

Coming Up This Week:

Date	Program	Time	Location	Cost
Nov. 19	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Nov. 19	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Nov. 19	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Nov. 19	Go Go Gadgets	1:30 pm – 3 pm	TCRC	\$2.00
Nov. 19	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Nov. 20	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Nov. 20	Investing in Emerging Markets	10 am – 12 pm	YECC	\$2.00
Nov. 20	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Nov. 20	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Nov. 20	Intermediate Watercolors	1 pm – 3 pm	YECC	\$97.50
Nov. 21	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Nov. 21	Ask A Lawyer	10 am – 12 pm	YECC	\$2.00
Nov. 21	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Nov. 21	ESSETRICS & CARDIO	1 pm – 2 pm	eOne	\$10.00
Nov. 21	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Nov. 22	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Nov. 22	Cribbage	9:30 am – 12:30 pm	YECC	\$2.00
Nov. 22	Home Supports	10 am – 12 pm	YECC	FREE
Nov. 22	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Nov. 22	Cabaret Dance	11:30 am – 12 pm	YECC	\$65/session
Nov. 22	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Nov. 23	Holistic Decluttering	9:30 am – 11:30 am	YECC	\$20.00
Nov. 23	Art Group	9:30 am – 12 pm	YECC	\$2.00
Nov. 23	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Nov. 23	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

Coming Up This Month: Please call 587-987-3200 to register or [click here](#) for the program guide.

Nov. 23 – Lunch Registration Due	Nov. 28 – Christmas Lights Registration Due
Nov. 23 and Nov. 30 – Holistic Decluttering	Dec. 1 – Amahl Registration Due
Nov. 28 – November Luncheon	Dec. 10 – Christmas Singalong Registration Due

Seniors Home Supports: Housekeeping Tips and Safety Concerns

Join Home Supports Program Coordinator Barbara Newell as she explains this referral service and welcomes a vetted housekeeping service provider who will present and answer questions on topics such as cleaning tips, safety concerns and tips on recruiting a housekeeper.

When: Thursday, November 22 from 10:00 am – 11:00 am

Please Note:



SWESA 2019 Casino News

Save the date! SWESA received our notice for the casino license from the Alberta Liquor and Gaming Commission. SWESA will need volunteers to man our largest fundraiser on April 15 and 16, 2019.

If you are interested in supporting us at this event, please email Shirley Adam at shirl.adam@gmail.com.



Last Call for Winter Program Requests and Suggestions

The SWESA Winter 2019 Program Guide covering January – April is coming together.

We would like to encourage you to send your requests or suggestions for any future programs to the program coordinator at programs@swedmontonseniors.ca.

Stay Connected:



Interview Series With Prominent Albertans

The first in a series of interviews with prominent Albertans, this one-on-one interview with Her Honour, the Honourable Lois E. Mitchell, CM, AOE, LLD will explore her life as an accomplished businesswoman, tireless community volunteer, and her current role as the Queen's representative in Alberta.

Space is limited in the Pehonan Theatre, so please reserve your spot today. Register through [Eventbrite](https://www.eventbrite.com) or by contacting Visitor Services at 780-427-7362 or by email at visitorinfo@assembly.ab.ca.



Lifestyle Options Christmas Bazaar

Baking, knitted crafts, raffles, a silent auction, and vendor's wares – fantastic gift ideas for everyone on your list! Everyone is welcome. Admission is free.

When: Saturday, November 24 from 10:00 am – 3:00 pm

Location: Lifestyle Options Riverbend (200 Falconer Court)
Situated in Riverbend Square