

Coming Up This Week:

Date	Program	Time	Location	Cost
Dec. 17	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Dec. 17	Christmas Singalong	12 pm – 2 pm	YECC	\$5.00
Dec. 17	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Dec. 17	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Dec. 17	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Dec. 17	EPL Tech Help: Instagram	1:30 pm – 3 pm	TCRC	\$2.00
Dec. 18	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Dec. 18	Cinema Cronies: <i>Imitation Game</i>	12:30 pm – 2:30 pm	YECC	\$5.00
Dec. 18	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Dec. 18	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Dec. 19	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Dec. 19	Cinema Cronies: <i>Last Vegas</i>	12:30 pm – 2:30 pm	YECC	\$5.00
Dec. 19	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Dec. 19	ESSETRICS & Cardio	1 pm – 2 pm	eOne	\$10.00
Dec. 19	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Dec. 20	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Dec. 20	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Dec. 20	Golden Years, Golden Gloves	10:15 am – 11:15	YECC	\$10.00
Dec. 20	Cabaret Dance	11:30 am – 12:30	YECC	\$65/session
Dec. 20	Cinema Cronies: <i>Christmas Chronicles</i>	12:30 pm – 2:30 pm	YECC	\$5.00
Dec. 20	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Dec. 21	Art Group	9:30 am – 12 pm	YECC	\$2.00
Dec. 21	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Dec. 21	Amahl and the Night Visitors	6:45 pm – 8pm	Self-drive	\$12.00

Colors indicate special classes or events.

Please Note:



The Winter 2019 Program Guide Has Arrived!
 Paper copies are now available at YECC or TCRC.
 Click [here](#) for the guide. Registration is now open.
 2019 memberships are also available for purchase.
 You can get a copy of the membership participation form [here](#).



SWESA holiday closures listed in the program guide and calendars initially showed that we would be closed on December 27, 28 and 31. To keep people connected over the holidays, we will be open at Yellowbird from 12:30 pm – 3:00 pm on these days. We will not be offering scheduled classes, but we will offer hot coffee, friendship and a place to share your leftover sweets.



Stay Connected:



Roy versus the Red Baron

The most feared and famous fighter pilot ever, the Red Baron, was shot down over France. The man credited with ending Baron von Richthofen's reign of the World I skies was an Edmonton man, Roy Brown. Edmonton playwright Kenneth Brown brings Roy and the Red Baron together in an afterlife officers' mess hall. They relive the famous day that started with Roy just trying to prevent the baron from killing his friend Wop May, also from Edmonton. Through stories, jokes, drink, and song, these warriors of the sky attempt to reconcile their conflicting views of the world in a live theatre performance that, in the words of one critic, is an "... educational play that has no business being this much fun or heart-wrenching."

When: Saturday, December 15 at 7:30 pm

Location: Alberta Aviation Museum (11410 Kingsway)

Cost: Advance tickets: \$20; groups of 6 or more \$16; \$25 at the door [Get tickets here.](#)

Caregiver Phone Support Group

This phone support group is perfect for busy caregivers who find it difficult to find time to get out of the house or who have limited respite options. The [sessions](#) will provide information and tips along with supportive discussions.

You will be provided with the phone-in details when you register. Contact Caregivers Alberta at 780-453-5088 or debbie@caregiversalberta.ca.



December 17 - 21, 2018

587-987-3200
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 Home Supports: 780-860-2931
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