

Coming Up This Week:

When	Program	Time	Location	Cost
July 22	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
July 22	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
July 23	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
July 23	EPL: Tech Help	10 am – 11:30 am	YECC	\$2.00
July 23	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
July 23	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
July 24	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
July 24	Patio Potluck	11:30 am – 1:30 pm	YECC	FREE
July 24	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
July 24	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
July 25	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
July 25	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
July 25	University Nursing Students: Vaping	10 am – 11 am	YECC	\$2.00
July 25	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
July 25	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
July 26	Euchre	9:30 am – 11:30 am	YECC	\$2.00
July 26	Edmonton Transit Tech Tools	9:30 am – 11:30 am	YECC	FREE
July 26	Art Group	9:30 am – 12 pm	YECC	\$2.00
July 26	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
July 26	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



Patio Potluck

Be sure to register for this casual afternoon with your fellow SWESA members and enjoy friendship and food. Please bring a food item like a main dish, casserole, cheese tray, salad, or fruit selection. Ice cream desserts will be provided by Rutherford Heights Retirement Residence. We thank them for their support. Call 587-987-3200 to register.

U of A Nursing Students: All About Vaping

In collaboration with the Edmonton Police Service, the nursing students are preparing vaping awareness projects to be shared with local junior high and high school students.

There are many marketing messages and strategies aimed at this age group that make vaping highly enticing, and unfortunately there is a steady increase in the number of youths vaping.

Join us to hear about their projects on July 25 from 10:00 am – 11:00 am.



Stay Connected:



Transit Tech Tools

Join Edmonton Transit staff as they walk you through their electronic tools for your own electronic device.

When: Friday, July 26 from 9:30 am – 11:30 am

On behalf of the program coordinator, thank you to our SWESA volunteers for their extra assistance from July 9 – July 19.

Extra tasks were taken on by the Executive Committee, Shirley A, Carol B, Elnora H, and Emily M while I was away enjoying my family and all the treasures that the East Coast has to offer. I'll be back, refreshed and renewed, on July 23 and charging ahead on the fall program guide.

Remember that our fitness classes are still running for all of July and August.

Join us for ESSETRICS 3x weekly, yoga 2x weekly and Golden Gloves or our regular Thursday walking group. Start those healthy habits now so that when the daylight and our energy decrease, the habit is stuck in stone!

For more information, check out our [program guide here](#).

Stony Plain Cowboy Gathering

Here's a legendary historical tribute to cowboy poetry, music and art!

When: Friday, August 16 – Sunday, August 18

Location: Stony Plain & Parkland Pioneer Museum (5120 - 41 Avenue, Stony Plain)

Ukrainian Day

Alberta's vibrant Ukrainian community commemorates the arrival of the first Ukrainians to Canada. This event is co-hosted by the Ukrainian Canadian Congress and the Alberta Provincial Council.

When: Sunday, August 18 from 9:00 am – 5:00 pm

Location: Ukrainian Cultural Heritage Village (Hwy 16E, 25 minutes east of Sherwood Park)

9th Annual Rocky Mountain Slam Bridge Tournament

Schedule

1:00 pm – 4:00 pm: Card play and refreshments

5:00 pm – 6:00 pm: Buffet dinner in the A/B C200 restaurant

6:00 pm – 9:00 pm: Card play with refreshments

Packages are priced from \$80.00 – \$275.00 per person based on room nights and meals.

For more information and to register, email

Melissa.mckenney@mpljasper.com or call 780-852-2516.

When: Wednesday, October 9

Location: The Crimson Jasper (Jasper, Alberta)