

**Coming Up This Week:**

When	Program	Time	Location	Cost
July 8	Book Club: <i>The Outlander</i>	9:30 am – 11:30 am	YECC	\$5.00/s
July 8	Semi-Annual Global Market Review	9:30 am – 11:30 am	YECC	\$2.00
July 8	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
July 8	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
July 9	Promotion Tours	9:30 am – 11:30 am	YECC	\$2.00
July 9	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
July 9	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
July 9	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
July 9	Taste of Edmonton Orientation	1 pm – 3 pm	YECC	Free
July 10	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
July 10	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
July 10	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
July 11	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
July 11	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
July 11	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
July 11	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
July 12	Euchre	9:30 am – 11:30 am	YECC	\$2.00
July 12	Art Group	9:30 am – 12 pm	YECC	\$2.00
July 12	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
July 12	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00
July 12	Nacho Friday	1 pm – 2:30 pm	Off-site	\$12.00

**Please Note:**



July 8 - 12, 2019

**SWESA Luncheon/Potluck**

Over July and August, we are taking a break from the big production of monthly luncheons. We wish to thank all the volunteers who have assisted in making the luncheon so successful.

July has presented us an opportunity to get back to our luncheon roots! We have planned a simple and friendly potluck. Come and join us!

**When:** Wednesday, July 24 from 11:30 am – 1:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free Registration is due July 17.

**Posture and Chronic Pain**

Dr. Karn Kang is back as requested to address the common concerns around poor posture, structural or chemical imbalance and other issues in your tissues. There will be plenty of time for questions and answers.

**When:** Monday, July 29 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre



**Promotion Tours** is a locally-owned tour bus company that has been in business since 1985. They offer multiple short or extended guided bus tours yearly to a variety of North American historic, tourist, or casino destinations, as well as sporting and music events. Join Bryon Steinwand to learn more about upcoming tours.  
**When:** Tuesday, July 9 from 9:30 am – 11:30 am

**Seniors on the Go** is a free summer program designed to give Edmonton's seniors the opportunity to feel more comfortable, confident, and safe using public transportation. This presentation and outing will go over the benefits of public transportation, the cost of ETS, and the safety and accessibility features of ETS. On our tour, the group will get to see the new developments of downtown as well as the more historical areas of Whyte Avenue and the University of Alberta.

There will be a short stop at the Legislature, if needed, so participants may use the restrooms and stretch their legs for a few minutes before reboarding the bus. We will continue on the last leg of the tour before returning to our centre. Awesome transit goody bags will be provided for each participant!

**When:** Thursday, July 18 from 9:30 am – 1:00 pm

Additionally, a Transit Tech Session will be held on July 26 from 9:30 am – 11:30 am. More information will follow. You may attend one or both sessions.

### Stay Connected:



SWESA member Shirley A. learns the ropes at GESA.

### [The Greater Edmonton Shuffleboard Association \(GESA\)](#)

Shuffleboard has been popular with snowbirds for years and is now gaining momentum here in Edmonton for the warmer months. Experienced and passionate volunteers are always on hand to support and encourage beginners with lessons and non-competitive play. The more the merrier!

We wish to thank GESA for welcoming some of our members into the group when they hosted lessons this spring. "I have been enjoying shuffleboard immensely! The group is very friendly, and I've learned so much already. I am looking forward to playing in my second tournament this July. I encourage anyone who is interested in trying to come out and play". – SWESA member Shirley A.

It's not too late to join! Try a drop in any Tuesday, Wednesday or Thursday morning or learn more about their evening games and tournaments on their website [here](#).

There is a mixed doubles tournament from July 29 – August 1 at a cost of \$25.00 per person with an optional July 30 banquet for \$25.00. Singles are welcome and will be partnered.

To speak to Charlie directly call [\(780\) 710-7590](tel:780-710-7590)