



Fall 2019 Program Guide



September 2019 – December 2019

Yellowbird East Community Centre – 10710 - 19 Avenue NW
eOne Fitness Studio – 3474 Allan Drive SW
Terwillegar Community Recreation Centre – 2051 Leger Road NW
William Lutsky YMCA – 1975 - 111 Street NW

587-987-3200

programs@swedmontonseniors.ca

www.swedmontonseniors.ca

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Mailing Address

SWESA
Box 88008 Rabbit Hill PO
Edmonton, AB T6R 0M5

A Great Place To Be 55+

SouthWest Edmonton Seniors Association offers social, cultural and recreational programs at several locations that are gathering places for individuals 55+ living in southwest Edmonton. SWESA is growing every day and is run by a group of passionate volunteers and dedicated staff. Our mission is that, as a member-driven organization in concert with community groups and partners, SWESA empowers older adults in southwest Edmonton to be active and to be socially engaged through quality programs and services.

SWESA's vision is that we are a progressive organization creating a vibrant, welcoming age-friendly community. We ascribe to the core values of collaboration, respect, inclusion, accountability, and innovation.

Important Information

Membership

- SWESA's \$30 annual membership fee enables you to participate in SWESA's programs at member rates. The membership year runs from January 1 to December 31. There is a \$40 membership available in September through December that is valid until December of the following year for new members.
- Valid membership from other seniors centres may be recognized for participation in SWESA's programs and special events at member rates.
- Members will receive priority at registration. Non-SWESA members' names may be put on a waiting list at the time of registration and can be bumped to give priority to SWESA members.
- Your membership card entitles you to discounts at most City of Edmonton recreational facilities.
- Members will receive a weekly email bulletin with up-to-date news and events.

Registration (registration@swedmontonseniors.ca)

- You can register for activities at our Yellowbird East Community Centre office.
- Registration for select classes or events may be taken over the phone or by email. Please call 587-987-3200 or visit www.swedmontonseniors.ca for program details.
- Payment is by cash or cheque made out to SWESA.
- **Registration is only confirmed upon payment.**
- Sign up early to avoid cancellation due to insufficient registration.

Cancellations/Refunds

- SWESA reserves the right to cancel programs.
- Registered participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable.
- No refunds will be given to participants if they withdraw from a program of their own volition or should they cancel after a registration deadline. SWESA credit may be given in varying circumstances.

Disclaimer/Liability

- SouthWest Edmonton Seniors Association is not responsible for any physical injuries that may take place during any of its programming.
- Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of SouthWest Edmonton Seniors Association's board of directors, staff or volunteers.

Centre Hours/Closures

All three locations listed will be closed on September 2 (Labour Day), October 14 (Thanksgiving Day), November 11 (Remembrance Day), and December 24-26 (Christmas holidays).

For additional information, please see below.

Yellowbird East Community Centre, 10710 - 19 Avenue NW

Hours: Monday to Friday from 9:00 am – 3:00 pm (2:00 pm closure on Thursdays)

Terwillegar Community Recreation Centre, 2051 Leger Road NW

Hours: Mondays and Wednesdays, from 1:00 pm – 4:00 pm

William Lutsky YMCA, 1975 - 111 Street NW

Hours: Mondays and Thursdays, from 1:00 pm – 3:00 pm

Seniors Home Supports Program (SHSP)

Do you need help around your home but don't know who to call? The Seniors Home Supports Program is a referral service that gives Edmonton seniors referrals to screened service providers. The goal of this program is to assist seniors to remain in their homes longer, safely and independently by connecting them with affordable service providers. There is no charge to register for the program or for the referrals given. Seniors are required to pay the service provider for completing the work.

What services are offered?

Yard Help: lawn mowing and fall/spring cleanup (small tree removal, trimming, etc.) and gate, sidewalk and concrete repairs

Snow Removal: snow removal and de-icer (not chipping ice)

Housekeeping: cleaning floors, bathrooms, and refrigerators, dusting, and laundry

Minor Home Repairs and Maintenance: plumbing and electrical work, handyman services (painting, furnace and appliance repairs, window cleaning, roofing/eavestrough work, and deck/railing repairs)

Personal Services: hair, foot, home, and respite care

Moving Help: downsizing, organizing, junk removal

At SWESA, Barbara Newell is our dedicated Home Supports Program coordinator.

She is available at the Yellowbird East Community Centre on Mondays from 9:00 am – 3:00 pm and welcomes you to drop in during this time.

Barbara can be reached by phone or email from 8:00 am – 2:00 pm throughout the week.

Call 780-860-2931 or email hs@swedmontonseniors.ca.

Supports for Seniors

3-Digit Phone Numbers

- 211 Senior Information/Referrals
- 311 City of Edmonton Information Line
- 411 Directory Assistance
- 511 Alberta Travel and Road Report Information
- 611 Telephone Trouble
- 811 Health Link (includes dementia information)
- 911 Emergency

The Edmonton Seniors Coordinating Council (ESCC)

ESCC is an umbrella organization that encourages coordinated actions of its members to continue to build an Age Friendly Edmonton and enhance the lives of all Edmonton seniors. Under “[for seniors](#)” you will

- find recreational and wellness programs for adults 55+
- read about the latest news and events for seniors
- learn about ESCC member agencies and their services
- find your local seniors centre in Edmonton
- find useful information about a variety of seniors topics
- discover work and volunteer opportunities

Drive Happiness - Transportation

Mobility is about much more than simply getting from A to B. It’s about dignity, freedom and being in control of your lifestyle. With Drive Happiness, seniors can remain active, mobile and fully engaged in their community. Are you 65 years and over? Do you have difficulty using public transportation services? Are you able to enter and exit a vehicle with limited assistance? You may qualify for a ride. Exceptions may apply. Call 780-424-5438 for further information.

Government of Alberta Information for Seniors

The Government of Alberta provides several programs and services to support seniors in Alberta. This information is also helpful for caregivers and those Albertans who will be requiring these services in the near future. Call this toll-free number: 1-877-644-9992.

Alberta Seniors Advocate

Alberta’s Seniors Advocate Dr. Sheree Kwong See and her staff assist in dealing with concerns about government programs and services including housing, income and health benefit support programs, health and home care services, and continuing care. Albertans wishing to learn more can call 780-644-0682.

Fall Programs

Social

Coffee and Chat

Welcome to our home. Are you new to SWESA? This is a great way to meet fellow members in an informal, casual setting and an enjoyable way to stay in touch for longtime members. Join us for interesting conversation and a monthly birthday celebration. Stay for a short time or stay all morning! Coffee, tea and refreshments are always available.

Cost: A \$1-\$2 donation for refreshments is suggested.

Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW

Tuesdays, from 9:30 am – 12:00 pm

Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW

Mondays and Wednesdays, from 1:00 pm – 4:00 pm

The seniors lounge at TCRC will be closed on December 19 for the winter break.

Luncheons

Enjoy a good meal with great company. Each event will feature a new theme and menu items. Registration and payment are due by noon on the Friday prior to the luncheon. The proceeds from the 50/50 raffles and alcohol sales support SWESA's programs. The seniors lounge at TCRC will be closed on luncheon dates.

Monthly, from 11:30 am – 2:00 pm

We invite you to arrive when the doors open to enjoy conversation with friends.

The meal is served at 12:00 pm. Performances begin at 1:00 pm.

You may leave prior to the entertainment.

When: Wednesdays: September 25, October 30, November 27

Location: Yellowbird East Community Centre

Cost: Member \$15; Non-member \$20 **Registration is required.**

When: Friday: December 13

Location: Yellowbird East Community Centre

Cost: Member \$20; Non-member \$25 **Registration is required.**

Many hands make light work! If you are interested in being involved in the planning for our luncheons, please email volunteers@swedmontonseniors.ca.



Book Club



At their meetings, members discuss the book they have read and express their opinions, likes, dislikes, etc. SWESA provides the books and discussion questions. The book selections are chosen to appeal to a wide variety of reading tastes and will be given out and collected at SWESA. This is an informal and friendly group whose members have dynamic personalities, varying backgrounds, and interesting conversations.

Do not hesitate to join this group at any time throughout the year or attend for the company and conversation should you not finish the book.

When: Mondays, monthly from 9:30 am – 11:30 am
September 9, October 7, November 4, December 9

Location: Yellowbird East Community Centre

Cost: \$5/season

Individuals will be billed for late book returns.

Games

Come and learn to play a friendly game in a casual and warm setting in our Yellowbird coffee room. Some refer to this type of play as “kitchen cards.” Both beginners and experienced players are welcome and can join at any given time throughout the season.

If you are interested in booking time and space to organize a card group with SWESA, please contact the program coordinator.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 11:30			American Mahjong	Cribbage	Euchre
12:30 – 3:00	Cribbage	Hand and Foot Canasta	Contract Bridge		

We do ask that you arrive ahead of the listed program time to allow teams and tables to be set up for game play.

Location: Yellowbird East Community Centre

Cost: \$2 drop-in fee

Technology With EPL

Tech Help

Edmonton Public Library (EPL) staff can help you learn how to operate your tablet, camera, laptop, phone, or other tech device at their monthly visit. These sessions are open to any enquiry but will sometimes carry a specific theme. Check the SWESA weekly program bulletin for session topics. Whatever your questions are, EPL staff are here to help.

When: Tuesdays, monthly from 10:00 am – 11:30 am
September 24, October 29, November 19, December 17

Location: Yellowbird East Community Centre

Cost: Member \$2 **Registration is requested.**

Beginner Computer Classes

These free lessons will be led by friendly, experienced staff from the EPL. All materials will be provided, and topics will cover computer fundamentals including Internet use, email and Microsoft Word basics. We ask that if you are unable to attend all four classes, wait to register for a future session.

When: Thursdays, from 12:00 pm – 1:30 pm
October 3, 10, 17, 24

Location: TBA

Cost: \$5 **Registration is required by September 26.**

Drop-in Class

Have a coffee, meet other seniors and join in some fun activities. Each week we discuss a new topic, share our stories and learn something new.
For more information, call 780-944-5311.

When: Tuesdays, from 10:30 am – 12:00 pm

Location: Riverbend branch library (460 Riverbend Square)

Cost: Free

The Arts

Paper Quilling Group

Quilling is an art form that involves the use of rolling, shaping and gluing strips of paper to create decorative designs. During the Renaissance, French and Italian nuns and monks used quilling to decorate book covers and religious items. In the 18th century, quilling became favored by European "ladies of leisure." It is becoming more popular due to the simplicity and the low cost of materials.

When: Thursdays, from 12:00 pm – 2:00 pm

Session 1 (9 classes) September 5 to October 31

Session 2 (7 classes) November 7 to December 19

Location: Yellowbird East Community Centre

Cost: \$20 for both sessions (16 classes) or \$2 drop-in fee

Art Group

Calling all artists! This is an informal drop-in program for artists wanting to share studio space with like-minded individuals. Participants bring their own art supplies (drawings, watercolors and mixed media) and create art in a social, supportive environment.

There is no instructor for this program.

No strong scents are allowed due to our low-scent policy and participants' allergies.

When: Fridays, from 9:30 am – 12:00 pm

Session 1 (8 classes) September 6 to October 25

Session 2 (7 classes) November 1 to December 20 (No class on December 13.)

Location: Yellowbird East Community Centre

Cost: \$25 for both sessions (15 classes) or \$2 drop-in fee

Knitting and Stitching Group

Join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, etc.) and work in a fun, social group. While there is no instructor, members share ideas and learn from each other. The group occasionally plans independent field trips.

When: Fridays, from 11:30 am – 3:00 pm

Session 1 (8 classes) September 6 to October 25

Session 2 (7 classes) November 1 to December 20 (No class on December 13.)

Location: Yellowbird East Community Centre

Cost: \$20 for both sessions (15 classes) or \$2 drop-in fee

Improv Workshop With the GeriActors

Through theatre games, improv, laughter and fun, you can share your memories, use your imagination, and watch your stories come alive. Whether you have a history in theatre, have always dreamt of performing, or just want to try something new, a GeriActors workshop is the perfect place to begin! Workshops are barrier free and inclusive, with participants of all abilities and experiences.

When: Monday, September 9 from 1:00 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: \$10 **Registration is required by September 6.**

Watercolors for All Levels

Willie Wong has been teaching pencil, watercolors, acrylics, and oil painting for 20 years to students of all ages and all skill levels. He excels at inspiring beginner artists with his easy-to-learn watercolor basics. Providing his students with his tried-and-true techniques, he walks each student through a piece of their choosing from start to finish.

When: Tuesdays, from 12:30 pm – 2:30 pm

Session 1 (6 classes) September 10, 17, 24 and October 1, 8, 15

Session 2 (6 classes) November 5, 12, 19, 26 and December 3, 10

Location: Yellowbird East Community Centre

Cost: Member \$97.50/session; Non-member \$115/session

You are required to purchase supplies. This list is available any time at the SWESA front desk and can be picked up on the first day of class as materials are not needed then.

Registration is required.

SWESA Choir

Do re mi... Boost your self-esteem, meet new people and learn something new! Led by a professional choir instructor from Visionary Centre for the Performing Arts, SWESA welcomes all music lovers to enjoy the benefits of singing in a relaxed and friendly environment. No experience is necessary. There will be a scheduled performance at the end of the session.

When: Tuesdays, from 12:30 pm – 1:30 pm

Session 1 (12 classes) September 17 to December 3

Location: Yellowbird East Community Centre

Cost: \$75 or \$10 drop-in fee

Fundamentals of Photography

You will learn the basic operation of cameras, composition strategy, viewing your images, Digital Asset Management (DAM), and software. This workshop will introduce depth of field, aperture, shutter speed, composition, lighting, and flash. You can expect six hours of classroom instruction, one assignment, image critique, and handouts of all the presentations and teaching slides.

Our instructor David Buzzeo spent 35 years as a hobbyist photographer and hiker. He pursued formal photography training for many years at Metro College before obtaining accreditation in the scenic category with the Professional Photographers of Canada in 2011. In 2015, he accepted a position teaching landscape photography at the Burwell School of Photography. Much of his work centres around landscape photography, both alpine and urban. He is particularly interested in abstract landscape photography and leads photo tours to the mountains and around Edmonton. You will be required to provide your own camera (no smartphone cameras) and its manual as well as a charged battery and memory cards.

When: Thursday, September 26 and Friday, September 27 from 9:30 am – 12:30 pm

Location: Yellowbird East Community Centre

Cost: \$120 **Registration is required by September 16.**

Versal Workshop With the Edmonton Calligraphic Society (ECS)

Versals are ornately decorated letters that are usually written with a chisel-shaped nib or quill. These letters indicate headings, beginnings of verses or poems, and significant parts of text. An ECS volunteer will provide all supplies to allow you to create elegant lettering artwork.

When: Friday, November 8 from 9:30 am – 12:30 pm

Location: Yellowbird East Community Centre

Cost: \$25 **Registration is required by October 25.**

Christmas Card Making Workshop

Join us for a push to start your holiday preparations. This workshop is geared towards beginners who are interested in trying their hand at card making. Scrapbooker enthusiast Candace Boissonneault returns with all materials and step-by-step instructions to help you create six handmade Christmas cards. Those experienced with card making are also welcomed to attend and encouraged to bring past projects to keep beginners inspired.

When: Thursday, November 21 from 11:00 am – 1:00 pm

Location: TBA

Cost: \$15 **Registration is required by November 10.**

Health and Wellness

Walking Group

Join volunteer Val Solomon as she leads this group at a hearty pace through the neighbouring parks, paths and trails. Inexpensive with excellent health benefits, walking is a great way to stay fit and meet new people.

When: Thursdays, starting September 3 from 10:30 am – 11:30 am

This group will continue to walk until the weather gets too chilly.

Location: Yellowbird East Community Centre

Cost: Member \$5/season

Gentle Yoga

Participants will develop strength and flexibility while working at their own pace. Please bring a yoga mat and a blanket or shawl. Our longtime instructor Linda Vaudan has her older adult certification and can assist you through any concern or chronic pain. This class is suitable for all fitness levels and abilities. Poses may be performed with a chair.

When: Mondays, from 9:45 am – 11:00 am

Session 1 (7 classes) September 9 to October 28 (No class on October 14.)

Session 2 (6 classes) November 4 to December 16 (No class on November 11.)

Location: Yellowbird East Community Centre

Cost: Member \$55/session or \$100 for both sessions (13 classes) or \$10 drop-in fee

Drop-in spaces are limited.

ESSETRICS for Seniors

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650+ muscles. It has a slower pace than a general ESSETRICS class and combines standing and chair exercises. The class is designed for seniors who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for individuals who are beginning to exercise after being inactive. The exercises are ideal for anyone looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.

Tuesdays, from 1:00 pm – 1:45 pm	Fridays, from 1:00 pm – 1:45 pm
eOne Fitness Studio	Yellowbird East Community Centre
Instructor: Samara Hipkin	Instructor: Lori Griffith
Session 1 (8 classes) September 10 to October 29 Session 2 (7 classes) November 5 to December 17	Session 1 (7 classes) September 13 to October 25 Session 2 (7 classes) November 1 to December 20 (No class on December 13.)
Member \$65/session or \$10 drop-in fee You must purchase a punch pass at Yellowbird.	Member \$65/session or \$10 drop-in fee

ESSETRICS/Cardio for Active Ager

This class will include 20 minutes of low-impact cardio followed by a 40-minute ESSETRICS stretch and tone workout. The full body program is suitable for all fitness levels and combines stretching and strengthening, engaging all 650+ muscles while standing and performing chair and floor exercises. Increase flexibility and mobility with a healthy, toned and pain-free body. Please bring a yoga mat to class.

When: Wednesdays, from 1:00 pm – 2:00 pm
Session 1 (8 classes) September 11 to October 30
Session 2 (7 classes) November 6 to December 18

Location: eOne Fitness Studio

Cost: Member \$65/session or \$10 drop-in fee

You must purchase a punch pass at Yellowbird.

Stretch, Strengthen and Rejuvenate Yoga

The practice of yoga is another word for rejuvenation! This class will start with the foundations of yoga and gradually progress and build on them. Some of the benefits can include improved flexibility, muscle tone and strength, greater joint range of motion, more body awareness, and greater calm and ease of being.

When: Thursdays, from 9:00 am – 10:00 am
Session 1 (8 classes) September 12 to October 31
Session 2 (7 classes) November 7 to December 19

Location: Yellowbird East Community Centre

Cost: Member \$65/session or \$115 for both sessions (15 classes) or \$10 drop-in fee

Golden Years, Golden Gloves

Though it may seem surprising, this non-contact boxing-inspired fitness routine improves flexibility, balance, muscular strength, and cardiovascular endurance. The class is suitable for all abilities, and exercises can be adapted for those needing support with coordination and rehabilitation. Coach Louise Lepore provides encouragement so that each participant gets back what they put into this workout. Join this group to get moving and have fun.

When: Thursdays, from 10:15 am – 11:15 am
Session 1 (8 classes) September 12 to October 31
Session 2 (7 classes) November 7 to December 19

Location: Yellowbird East Community Centre

Cost: Member \$65/session or \$100 for both sessions (15 classes) or \$10 drop-in fee

Zumba Gold

SWESA is excited to offer Zumba Gold for the first time this fall! If you're looking for a low-impact workout with simple, fun steps, this class is for you. Move your body to the Latin rhythms of reggaeton, cumbia, salsa, and merengue. Forty-five minutes will fly by in this fun and supportive class led by experienced instructor Tammy Clark. Suitable for all abilities and mobility levels, dance your way to improved health and fitness.

When: Thursdays, from 1:00 pm – 1:45 pm
Session 1: (8 classes) September 12 to October 31
Location: Yellowbird East Community Centre
Cost: \$65/session or \$10 drop-in fee

Pickleball

SWESA and the YMCA have partnered to offer two weekly gym times for active players to participate in this court sport best described as halfway between tennis and ping-pong. Participant-organized drop-in play is for any skill level. Equipment is provided.

When: Mondays and Thursdays, September 9 to December 19 from 1:00 pm – 3:00 pm
Location: William Lutsky YMCA
Cost: \$3 drop-in fee Registration is requested at the YMCA.

Better Choices, Better Health™ Chronic Pain Self-Management Program

Do you or someone you care about have chronic pain? Are you frustrated and want more support? Join us for this free six-week workshop and explore ways to take care of yourself to enjoy a better quality of life! Some of the topics include tips on how to control pain, healthy eating and becoming more active, talking to your healthcare team, how to make everyday tasks easier, and dealing with feelings like anger, fear and frustration.

When: Mondays, September 23 to November 4 (6 weeks) from 9:30 am – 12:00 pm
No class on October 14.
Location: Yellowbird East Community Centre
Cost: Free **Registration is required by September 13.**

Boosting Your Brain Health

This popular four-week workshop is a memory enhancement program for adults ages 50+ who are interested in addressing their concerns about memory in relation to normal aging. Occupational therapists, registered dietitians, exercise instructors, and pharmacists (all from Alberta Health Services) will address

- how memory works
- normal changes that occur with aging
- ways to boost your memory
- factors that affect memory (e.g., diet, exercise, sleep, medications, and stress)

When: Wednesdays, October 2 to October 23 (4 weeks) from 12:30 pm – 3:00 pm
Location: Yellowbird East Community Centre
Cost: \$5 **Registration is required by September 20.**

Toonie Talks

All Toonie Talks are offered at a cost of \$2. Please let us know if you will be attending so that presenters can be prepared and SWESA can accommodate everyone. We will inform you should there be cancellations.

Cell Phones for Beginners

Most phones today, regardless of the plan you purchase, have Wi-Fi capabilities and built-in cameras. New technology can be confusing. Join staff from the Edmonton Public Library's Whitemud branch to learn more about getting the most from your cell phone.

When: Tuesday, September 3 from 10:30 am – 12:00 pm

Location: Yellowbird East Community Centre

Medical Cannabis

How do you ensure that medical cannabis is from a safe and reputable source? What should you do if you are using medical cannabis and you need further advice? Wasif Kamal, pharmacist and owner of iCare Pharmacy Windermere, has developed a special interest in chronic pain through his mentorship with chronic pain physicians. The experience has given him a wealth of knowledge about medical cannabis, oral medication, compounds, and non-pharmacological approaches to manage chronic pain.

Wasif will talk about how we can navigate some of these barriers with the help of Autumn Soto from Wellworth Health. She will share how they provide assessments in your home or through iCare Pharmacy in a much shorter time frame than the normal three-month waiting period.

When: Monday, September 9 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Autism 101

Autism Spectrum Disorder affects an estimated 190,000 Canadian children. First described in the early 1940s, this neurodevelopmental disorder impacts brain development, causing varying degrees of severity. It impedes a person's ability to function, and a wide range of symptoms may be present. Join staff from the Autism Society of Edmonton to gain more awareness and understanding of this disorder.

When: Wednesday, September 11 from 10:00 am – 11:30 am

Location: Yellowbird East Community Centre

Snow Removal Tips and Safety Concerns

As one ages, it can be both overwhelming and physically challenging to keep up with never-ending tasks especially snow removal. Join Barbara Newell, SWESA's Home Supports coordinator, for this free presentation. She will explain the program and welcome a snow removal service provider. They will answer your questions about recruiting a reliable contractor, safety, bylaw concerns for clearing snow, and offer snow removal tips.

When: Monday, September 16 from 10:00 am – 11:00 am

Location: Yellowbird East Community Centre

Understanding Fixed-Income Investments for Your Retirement Portfolio

Geared towards those who are interested in creating a reliable stream of income in their investment savings, this session covers bonds and bond mutual fund features as well as key strategies. Discover how to get the most out of fixed-income investments in the current market with investment advisor Wei Woo.

When: Tuesday, September 17 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

CPP, OAS and GIS

Bijoux Katamba, a citizen services specialist with Service Canada, will share information about the Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), and post-retirement benefits and help you to access the benefits finder on the Service Canada website. There will be time for questions or concerns.

When: Monday, September 30 from 2:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Save Your Photos Before Disaster Strikes!

Protecting your family photos and videos is the best thing you can do to leave a precious legacy for your family and future generations. Old printed photos are very susceptible to floods and fires, but the worst enemy is time. Photos and video clips stored in computers, cell phones and USBs are also at risk of technology failure or change. Carmen Carvajal, a member of the Association of Personal Photo Organizers, hosts this interactive session. Bring a few of your own photos and learn how to preserve them.

When: Tuesday, October 1 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Cooking With Pulses

You may already know more about this superfood than you think! Chickpeas, lentils, peas, and beans are left to dry in the field before they're harvested, giving them a longer shelf life and making them easier to store. They have one of the lowest carbon footprints of any food, and they're inexpensive. Join registered dietitian Shirzad Chunara as she shares information about how to easily prepare pulses packed with protein, fiber and antioxidants. Some samples and recipe ideas will also be provided.

When: Wednesday, October 2 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

All About Eyebrows: The Facts Behind the Fad

Microblading, powder, tattoo, ombré brows – What is the difference?

Genée Czako, owner and artist from Brow Envy, brings some of her team members to explain the latest styles in semi-permanent makeup and the services offered at their location in Millwoods. We will learn more about considerations when choosing an artist and the science of aging skin. Here's your chance to ask all you ever wanted to know about cosmetic tattooing.

When: Thursday, October 3 from 9:30 am – 10:30 am

Location: Yellowbird East Community Centre

Heart Attacks

Research has shown that pharmacists can play a role in significantly lowering the chances of heart attacks by assessing patient risk factors (e.g., blood pressure and cholesterol), providing health recommendations, updating and writing new prescriptions, and checking in with patients. Join Jerry La and Dan Park, community pharmacists and new owners of the Medicine Shoppe located at 831 Saddleback Road. They will discuss the causes and prevention of heart attacks and provide opportunity for questions and discussion.

When: Tuesday, October 8 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Medical Assistance In Dying (MAID)

In 2016, Bill C-14 received royal assent and medical assistance in dying became legal in Canada. It was at that time that Jo Heggerud began working with the Alberta Health Services North MAID Care Coordination team. Her 20 years of nursing experience help her in assisting individuals through the process of paperwork and assessments and with their ethical and spiritual care needs. She will speak about the legislation, eligibility and process for MAID, as well as answer any questions.

When: Wednesday, October 9 from 9:30 am – 10:30 am

Location: Yellowbird East Community Centre

Hip and Knee Surgeries

Hip hip hooray! This session will offer information about pre- and post-operative planning. Heather Savage-Stewart, owner of Advocann Health+Wellness Inc., draws upon her years of nursing experience to support those who feel overwhelmed and intimidated by healthcare issues. Through education and advocacy, she aims to empower patients and families as a prescription for peace of mind.

When: Thursday, October 10 from 10:30 am – 12:00 pm

Location: TBA

Estate Planning

More than just investments, a successful estate plan is about caring for family, friends and special organizations through some simple preplanning. Join Wei Woo, an investment advisor, as he speaks about some important ideas to consider for your estate planning from a financial advisor's perspective. It's never too early to prepare for your family's future.

When: Tuesday, October 15 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Garden Suites

Are you looking for an additional source of income so that you can remain in your home? Garden suites, also called granny flats or carriage homes, can be a great housing option to help meet your needs!

YEGarden Suites is Edmonton's only independent, non-profit, garden suite organization dedicated to serving homeowners who are interested in offering a backyard rental home. Ashley Salvador will share information about the workshops, tours, and educational events that guide Edmontonians through this new trend.

When: Wednesday, October 16 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Creating A Travel Sketchbook

Sue Anne Bottomley has been traveling from New Hampshire to Edmonton since 2002 to visit her family. She has many sketches of our city and surrounding areas that are available for viewing. Sue Ann is a working (and playing) artist and joins us to share her sketchbooks from French Polynesia, the Galapagos and Santa Catalina Island off the coast of California.

Her drawings and paintings, done on location, are pencil, pen and watercolors. She will discuss the pleasure she experiences from working on site, her techniques and materials. This session will include a hands-on opportunity for you to try your hand at sketching.

When: Tuesday, October 22 from 9:30 am – 10:30 am

Location: Yellowbird East Community Centre

Tracing the True Costs of Feeding Canadians

Dr. Lee Foote is a Louisiana native who worked for the US Geological Survey for eight years before moving to Canada as a faculty member in the Department of Renewable Resources. In 2011, he split his time between being the Director of the University of Alberta Botanic Garden and a professor of Conservation Biology.

His research portfolio is diverse with ecological studies published on wetlands, oil sands reclamation, African community forestry, wetland policy, and wildlife biology projects among others. Lee joins us to speak about tracing the ethical and environmental costs of feeding Canadians. We all need to eat, but what should we pay for an ear of Taber corn? How about a delicious Alberta pork loin? Let's see what the more complete cost-accounting would be when we consider the economic and environmental cost of our food. We will explore our relationship with food without guilt or blame.

When: Tuesday, October 29 from 12:30 pm – 2:00 pm

Location: Yellowbird East Community Centre

Personal Safety Devices

Good Samaritan TeleCare is a non-profit organization with the goal of assisting seniors to age in place for as long and as safely as possible. Edmund Lee will explain the advantages and limitations of personal safety monitoring devices currently available. He will offer an overview of the products and services that TeleCare provides and allow time for your questions and concerns.

When: Friday, November 1 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Lendrum Food Network

On a walk with a neighbourhood friend through the alleys of Lendrum Place, resident Erin Sawyer observed a plethora of raspberry bushes with unpicked fruit which got her thinking about how neighbours could share excess garden food with one another – a short walk and talk later, the Lendrum Food Network was born.

This summer, residents were invited to put excess garden produce in their wooden crates for passersby to help themselves. For produce that is best picked fresh, residents posted signs inviting people into their garden to pick produce.

The network started out as a gathering of neighbours interested in growing, eating and processing garden vegetables. Members organized several garden-related community events: workshops on composting and winter sowing, a beet preservation bee, tours of local gardens, and a group seed purchase. To top it all off, they planned a Harvest Festival in late September. Join community members from Lendrum to learn more about how they connected with their neighbours through gardens.

When: Tuesday, November 5 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Increasing Your Fruit and Vegetable Intake

Eating a healthy rainbow of fruits and vegetables can be expensive during the colder months. Registered dietitian Shirzad Chunara will share her tips on how to make sure that you keep your diet vibrant through the winter without compromising taste or your grocery budget.

When: Wednesday, November 6 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Strokes: Signs and Symptoms

Jerry La and Dan Park, community pharmacists from the Medicine Shoppe, are back for this session about the signs and symptoms of strokes and how a personal experience with a loved one impacts the way that they offer service to their clients.

When: Thursday, November 7 from 11:00 am – 12:30 pm

Location: Yellowbird East Community Centre

Protecting Your Retirement Portfolio in Today's Economy

The global economy is presently in an uncertain state due to US-China trade conflict, slowing global growth in the late/end of cycle economic stage. It is important to have specific financial strategies to adjust to market volatility and to take advantage of compelling opportunities. We will consider options for securing the principal of your retirement investments while ensuring you have the cash flow you need regardless of the economic situation. Come join investment advisor Wei Woo as we discuss these timely themes for current retirees.

When: Tuesday, November 12 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Housekeeping Tips and Safety Concerns

It can be both overwhelming and challenging to keep up with that never-ending list of chores. Join Barbara Newell, SWESA's Home Supports coordinator, and a service provider who will share tips, common safety concerns in seniors' homes, and how to choose the best person to fit your needs. There will be time for your questions and concerns.

When: Monday, November 18 from 10:00 am – 11:00 am

Location: Yellowbird East Community Centre

Medical Travel Concerns

Wasif Kamal, pharmacist and owner of iCare Pharmacy Windermere, will speak about medical travel issues. As one of the first Alberta pharmacists to receive his certification in providing injections, he has helped many patients by administering vaccines as well as providing general travel advice. Wasif has visited several countries in Europe as well as Asia and enjoys sharing stories of travel with other fellow adventurers. This session will cover a variety of topics including immunization, prevention and treatment of traveler's diarrhea, and ways you can keep yourself safe and healthy. He will also discuss travel medication kits and required documentation for airport security. Snacks and treats will be provided courtesy of iCare.

When: Wednesday, November 20 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Alzheimer's

iCare Pharmacy Windermere owner and pharmacist Wasif Kamal will be discussing the signs and symptoms of this disease and its impact on our loved ones. He has had personal experience helping friends, family and patients get through this difficult stage of life. Wasif will address common myths, diagnosis, treatment and care, how to reduce risk and prevention, and resources you can access to avoid feeling alone and overwhelmed. Treats will be provided by iCare.

When: Wednesday, December 4 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Fundamental Principles of Retirement Living

This seminar is designed for current retirees and those planning for their transition into retirement. Wei Woo, an investment advisor, will discuss the 10 principles of achieving the holistic retirement lifestyle you desire while protecting your retirement investments from unforeseen events.

When: Tuesday, December 10 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Special Events

Welcome Week

Fall is our busiest time of year. New and returning members are looking to root themselves into healthy routines and social circles before the arrival of our long, cold winter. As SWESA continues to grow, spaces in our classes are filling more quickly. Like other centres, the only way to guarantee that your spot is secure is to preregister and pay for the class. During Welcome Week, new and returning members can trial fitness and social programs, drop-in cards, and Toonie Talks.

The week's theme is "The Game of Life." After you have participated in all four program areas (Live Active, Intelligence, Friendship, and Entertainment), SWESA staff or volunteers will validate your entry form and you can enter to win some wonderful prizes!

For more information, check the weekly bulletin or email programs@swedmontonseniors.ca.

When: Tuesday, September 3 to Friday, September 6 (operational hours)

Location: Yellowbird East Community Centre

It's Showtime!

Popcorn, licorice and a comedy screening await you. The boardroom's comfy leather chairs, large screen and fireplace provide a relaxing atmosphere to enjoy an afternoon of giggles.

When: Wednesday, September 4 from 12:30 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: Free

B-I-N-G-O

This get-together is all about the company and not necessarily about the prizes. One card at a time, slow paced and simple, no cash will be won but new friendships and fun will leave everyone feeling like a winner.

When: Friday, September 6 from 10:30 am – 12:00 pm

Location: Yellowbird East Community Centre

Cost: Free

SWESA Town Hall

Once again, the last year has brought SWESA growth in membership and in programs. Learn about board structure and the projects our volunteers are working on. Ask questions and engage in an open discussion with volunteers and staff. Your feedback and questions about SWESA's direction and activities are welcome! Feel free to submit questions in advance to the program coordinator or drop them off in our suggestion box in the coffee room.

When: Tuesday, September 10 from 10:00 am – 11:30 am

Location: Yellowbird East Community Centre

Cost: Free **Registration is requested.**

Bus Trip: The River Cree Resort and Casino

You can bet on it! Guests will be treated to a free lunch and a \$5 playing voucher to experience the rush of the vibrant and exciting casino floor. The 1,350 slot machines, 10 VLTs and 40 table games offer something for everyone.

When: Tuesday, September 24 from 10:30 am – 3:00 pm

Location: Yellowbird East Community Centre

Cost: \$5 includes bus, playing voucher and lunch

Registration is required by September 17.

Edmonton Corn Maze and Picnic Lunch

This year's maze is a tribute to Dr. PatchUp and the Stollery Children's Hospital. Though the correct pathways can be walked in under 30 minutes, most directionally-challenged visitors – adults and children alike – will require about one hour to travel through more than 5 km of twists and turns and 85 decision points. We will meet at the maze and spend the day outdoors. Trails may include uneven terrain. A Subway boxed lunch will be provided. Special food requests can be made at the time of registration.

When: Monday, October 7 from 11:00 am – 2:00 pm

Location: Edmonton Corn Maze ([26171 Garden Valley Road, Spruce Grove](#))

Cost: Member \$20; Non-member \$30 includes entrance to the maze and meal

This is a self-drive event.

Registration is required by September 27.

Exploring Our Diverse Faith Community

(various dates from October 2019 to December 2020)

Immigrants bring a diverse array of religious and cultural traditions to Edmonton and play a significant role in the city's growth. Religious pluralism has grown because of shared support and contributions between local Indigenous peoples and European settlers. The creation of Catholic parishes, Protestant congregations, mosques, temples, gurdwaras, and cultural community centres influence and enrich our city today.

We not only welcome cultural diversity, we celebrate it! The Edmonton Heritage Festival, Diwali celebrations, Lunar New Year, Ukrainian New Year, and the Cariwest festival are just a few of the cultural celebrations hosted here in the "Festival City."

SWESA members are invited to go beyond just tolerating differences to growing knowledge, acceptance, respect and appreciation of these differences in our community.

Exploring Islam: Faith, Culture and Customs

Bus Trip: Canadian Islamic Centre/Al Rashid Mosque (Masjid)

In November 1982, the new Al Rashid Mosque opened its doors to serve over 20,000 Muslims. Today, the Edmonton Muslim community consists of 60,000+ members from over 62 ethnic

backgrounds. The mosque houses funeral services, educational programs, an accredited private school for grades K-12, and much more.

SWESA members will receive a tour and enjoy a free lunch with seniors who visit the mosque regularly. Please dress appropriately (no shorts, sleeveless blouses, T-shirts, tight-fitting T-shirts, or short skirts). You are requested to remove outdoor footwear upon entering the prayer halls only. Female visitors may bring or borrow a hijab (headscarf) from the office to enrich their experience. Questions are encouraged.

When: Wednesday, October 16 from 10:30 am – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Free

Registration is required by October 2.

My Journey As A Funeral Director

Salwa Kadri stepped into the role of funeral director with the Islamic Funeral Services Society this summer, more than a decade after she began caring for the deceased. She joins us, along with fellow members of The Islamic Funeral Society of Edmonton, to discuss some of the cultural differences they honour while serving over 60 different ethnic backgrounds. They will also address the importance of having a will, final burial rights, and a prescribed mourning period for us to come to terms with our loss.

When: Thursday, October 17 from 10:30 am – 12:00 pm

Location: TBA

Cost: Free

Oktoberfest

Oom-pah-pah! Immerse yourselves in this annual German folk fest – a tradition that has been in existence for many years. Our German-themed evening will include Schuhplattler performers, a silent auction, dancing, door prizes, 50/50, and litres of beer. So, wear your lederhosen or dirndl and enjoy the festivities.

When: Saturday, October 19 from 4:00 pm – 12:00 am

Doors open at 4:00 pm; dinner at 6:00 pm

Location: German-Canadian Cultural Centre of Edmonton (8310 Roper Road)

Dress code: Dinner casual or German attire

Cost: \$60 per person; tickets available at YECC

Call 587-987-3200 or email programs@swedmontonseniors.ca.

If you are interested in sponsoring, donating to our silent auction or helping to organize, please contact [Rob Agostinis](#) or [Bob Power](#) (event leads).

Bus Trip: Lunch and a Movie at Revera Retirement Residence

Join us for a road trip across Whitemud ravine to visit our neighbours at the Revera Retirement Residence near Rabbit Hill Road. Guests will enjoy a free bus ride and lunch before viewing "Living a Life of Purpose," a film by local youth starring Edmonton Revera residents.

When: Wednesday, November 13 from 11:00 am – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Free **Registration is required by November 1.**

Bus Trip: Cow Patti Professional Comedy Theatre

If you are growing tired of real-world stresses, then cast away your troubles and savor a Canadian comedy that traffics unabashedly in human goodness. Hosted in the Lacombe Golf and Country Club, The Great Kooshog Lake Hollis McCauley Fishing Derby will take audiences to the little community of Kooshog Lake. Investment banker James Bell gets stuck here during their fishing derby and meets some wise, witty and wonderful locals. He joins them in an effort to catch the elusive fish named Hollis McCauley in order to win a prize of \$92,000. Here's a comedy complete with romance, broken hearts and a shark attack.

When: Thursday, November 14 from 9:00 am – 5:30 pm

Brunch at 11:30 am; show at 1:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$85; Non-member \$115 includes bus, meal and show

Registration is required by October 18.

Bus Trip: The River Cree Resort and Casino

Feeling lucky? Guests will be treated to a free lunch and a \$5 playing voucher to experience the rush of the vibrant and exciting casino floor. The 1,350 slot machines, 10 VLTs and 40 table games offer something for everyone.

When: Thursday, November 28 from 10:00 am – 3:00 pm

Location: Yellowbird East Community Centre

Cost: \$5 includes bus, playing voucher and lunch

Registration is required by November 21.

Bus Trip: Opry Gold at the Beaver Regional Arts Society

To share the Opry's history is to share the story of country music. Leisa Way and her talented Wayward Wind Band will raise the roof with the hottest country songs from the last few decades. Opry Gold will have you singing along to Johnny Cash, Loretta Lynn, Patsy Cline, Kenny Rogers, Dolly Parton, Willie Nelson, Tammy Wynette, George Jones, and more. A delicious homestyle meal will be served following the show.

When: Sunday, December 1 from 12:00 pm – 7:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$80; Non-member \$110 includes bus, show and meal

Registration is required by November 15.

Bus Trip: Christmas Greenhouses and Gift Shops

Get into the Christmas spirit by hopping aboard the bus, singing carols, and experiencing some of the most impressive greenhouses and festive displays in Edmonton and area.

First, we will visit Kuhlmanns, a family business started in 1962. From the beginnings of a small pick-your-own stand by Dietrich and Elizabeth Kuhlmann, it has grown to include more than 300,000 square feet offering tree ornaments, German baking, home decor, vegetables, garden-related items, flowers, and unique gifts.

Our next stop is the spectacular and magical Christmas extravaganza at Greenland Garden Centre. On April 23, 1991, the new Greenland celebrated its grand opening. Enjoy the upside-down tree, the snowman house, an extensive selection of Christmas decor, and a behind-the-scenes tour of their poinsettia greenhouse. By this time, we are sure to have worked up an appetite. Headquarters restaurant in Sherwood Park will host us for your choice of a turkey or roast beef dinner.

Back on the road, we will make our final stop at the Salisbury Greenhouse. Opened in 1965 and operating 12 months a year, they grow their own poinsettias. Who better to share a quick "Poinsettia Care" session with us before we set off to see the sights? Lucky for us, it's market day too! You might find a few tasty treats or gifts from the local vendors. The lush atmosphere will provide the feel of a tropical vacation in the middle of winter.

When: Thursday, December 5 from 11:30 am – 5:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$55; Non-member \$85 includes bus and meal

Registration is required by November 21.

Candlelight Christmas at the John Walter Museum

Take part in a holiday tradition at Edmonton's John Walter Museum with Candlelight Christmas featuring the McDades. Spend an afternoon enjoying folk music in these amazing 19th century homes along the banks of the North Saskatchewan River. There will be two 45-minute musical performances with seasonal snacks in the interpretive centre during admission.

When: Saturday, December 14 from 2:00 pm – 4:00 pm

Location: John Walter Museum (9180 Walterdale Hill NW)

Cost: \$42 This is a self-drive event.

Registration is required by November 22.

Seasonal Centrepieces

SWESA members will create their own simple yet festive centrepiece with the guidance of Ellerslie Gift & Garden staff. All materials will be provided.

When: TBD

Location: Yellowbird East Community Centre

Cost: TBD

Book Shoppe

Do you like to read? If so, visit our book shoppe in the coffee room at Yellowbird East Community Centre. There is a large selection of books available for \$.50 each or a bag of books for \$5. All proceeds go towards supporting programming. We also accept book donations.

Volunteers

Volunteers are an important and integral part of our organization – without them we wouldn't be where we are today! There are many ways you can contribute your time and talents. Roles include special event and committee work, program hosts, personal phone callers, and many more. If you are interested in volunteering call us at 587-987-3200 or email swesa.volunteers@gmail.com.

Stay Tuned!

As we work to develop more programming, we may be introducing new classes and events that do not appear in this guide. For updated program information, see the calendar of events posted at Yellowbird East Community Centre, the seniors lounge at the Terwillegar Community Recreation Centre, and/or on our website at www.swedmontonseniors.ca under the SWESA News link. New programs also may be featured in issues of SWESA's weekly bulletin. You can subscribe to the weekly bulletin by clicking [here](#) or calling 587-987-3200.

Contact Information

If you have any questions or would like more information about programming, please call us at 587-987-3200 or email programs@swedmontonseniors.ca.

Our mailing address is Box 88008 Rabbit Hill PO, Edmonton, AB T6R 0M5.

Schedules of Programs/Events

Location Legend

Yellowbird East Community Centre (10710 - 19 Avenue NW) = YECC

eOne Fitness Studio (3474 Allan Drive SW) = eOne

Terwillegar Community Recreation Centre (2051 Leger Road NW) = TCRC

William Lutsky YMCA (1975 - 111 Street NW) = YMCA

Weekly Ongoing Programs

When	Program	Time	Location	Cost
Monday	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Tuesday	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday	Choir	12:30 pm – 1:30 pm	YECC	\$10.00
Tuesday	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday	ESSENTRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday	ESSENTRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursday	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
Thursday	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Thursday	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Friday	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday	ESSENTRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Special Programs/Events

When	Program	Time	Location	Cost
September				
Sept. 2	CLOSED: LABOUR DAY		ALL	
Sept. 3	Cell Phones for Beginners	10:30 – 12:00	YECC	\$2.00
Sept. 4	It's Showtime!	12:30 – 2:30	YECC	Free
Sept. 6	B-I-N-G-O	10:30 – 12:00	YECC	Free
Sept. 9	Book Club	9:30 – 11:30	YECC	\$5.00/s
Sept. 9	Medical Cannabis	9:30 – 11:30	YECC	\$2.00
Sept. 9	Improv Workshop	1:00 – 2:30	YECC	\$10.00
Sept. 10	SWESA Town Hall	10:00 – 11:30	YECC	Free
Sept. 10	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Sept. 11	Autism 101	10:00 – 11:30	YECC	\$2.00
Sept. 12	Zumba Gold	1:00 – 1:45	YECC	\$10.00
Sept. 16	Snow Removal Tips	10:00 – 11:00	YECC	Free
Sept. 17	Understanding Investments	9:30 – 11:30	YECC	\$2.00
Sept. 17	Choir	12:30 – 1:30	YECC	\$10.00
Sept. 17	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Sept. 19	Zumba Gold	1:00 – 1:45	YECC	\$10.00
Sept. 23	Better Choices, Better Health	9:30 – 12:00	YECC	Free
Sept. 24	Technology With EPL	10:00 – 11:30	YECC	\$2.00
Sept. 24	Bus Trip: River Cree	10:30 – 3:00	YECC	\$5.00
Sept. 24	Choir	12:30 – 1:30	YECC	\$10.00
Sept. 24	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Sept. 25	SWESA Luncheon	11:30 – 2:00	YECC	\$15.00
Sept. 26	Fundamentals of Photography	9:30 – 12:30	YECC	\$120.00
Sept. 26	Zumba Gold	1:00 – 1:45	YECC	\$10.00
Sept. 27	Fundamentals of Photography	9:30 – 12:30	YECC	\$120.00
Sept. 30	Better Choices, Better Health	9:30 – 12:00	YECC	Free
Sept. 30	CPP, OAS and GIS	2:00 – 3:00	YECC	\$2.00
October				
Oct. 1	Save Your Photos!	9:30 – 11:30	YECC	\$2.00
Oct. 1	Choir	12:30 – 1:30	YECC	\$10.00
Oct. 1	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Oct. 2	Cooking With Pulses	9:30 – 11:30	YECC	\$2.00
Oct. 2	Boosting Your Brain Health	12:30 – 3:00	YECC	\$5.00
Oct. 3	All About Eyebrows	9:30 – 10:30	YECC	\$2.00
Oct. 3	Beginner Computer Classes	12:00 – 1:30	TBA	\$5.00
Oct. 3	Zumba Gold	1:00 – 1:45	YECC	\$10.00
Oct. 7	Book Club	9:30 – 11:30	YECC	\$5.00/s
Oct. 7	Better Choices, Better Health	9:30 – 12:00	YECC	Free
Oct. 7	Edmonton Corn Maze	11:00 – 2:00	Self-drive	\$20.00
Oct. 8	Heart Attacks	9:30 – 11:30	YECC	\$2.00

When	Program	Time	Location	Cost
Oct. 8	Choir	12:30 – 1:30	YECC	\$10.00
Oct. 8	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Oct. 9	Medical Assistance In Dying	9:30 – 10:30	YECC	\$2.00
Oct. 9	Boosting Your Brain Health	12:30 – 3:00	YECC	\$5.00
Oct. 10	Hip and Knee Surgeries	10:30 – 12:00	TBA	\$2.00
Oct. 10	Beginner Computer Classes	12:00 – 1:30	TBA	\$5.00
Oct. 10	Zumba Gold	1:00 – 1:45	YECC	\$10.00
Oct. 14	CLOSED: THANKSGIVING DAY		ALL	
Oct. 15	Estate Planning	9:30 – 11:30	YECC	\$2.00
Oct. 15	Choir	12:30 – 1:30	YECC	\$10.00
Oct. 15	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Oct. 16	Garden Suites	9:30 – 11:30	YECC	\$2.00
Oct. 16	Bus Trip: Al Rashid Mosque	10:30 – 3:00	YECC	Free
Oct. 16	Boosting Your Brain Health	12:30 – 3:00	YECC	\$5.00
Oct. 17	My Journey As A Funeral Director	10:30 – 12:00	TBA	Free
Oct. 17	Beginner Computer Classes	12:00 – 1:30	TBA	\$5.00
Oct. 17	Zumba Gold	1:00 – 1:45	YECC	\$10.00
Oct. 19	Oktoberfest	4:00 – 12:00	Self-drive	\$60.00
Oct. 21	Better Choices, Better Health	9:30 – 12:00	YECC	Free
Oct. 22	Creating a Travel Sketchbook	9:30 – 10:30	YECC	\$2.00
Oct. 22	Choir	12:30 – 1:30	YECC	\$10.00
Oct. 23	Boosting Your Brain Health	12:30 – 3:00	YECC	\$5.00
Oct. 24	Beginner Computer Classes	12:00 – 1:30	TBA	\$5.00
Oct. 24	Zumba Gold	1:00 – 1:45	YECC	\$10.00
Oct. 28	Better Choices, Better Health	9:30 – 12:00	YECC	Free
Oct. 29	Technology With EPL	10:00 – 11:30	YECC	\$2.00
Oct. 29	Choir	12:30 – 1:30	YECC	\$10.00
Oct. 29	True Cost of Feeding Canadians	12:30 – 2:00	YECC	\$2.00
Oct. 30	SWESA Luncheon	11:30 – 2:00	YECC	\$15.00
Oct. 31	Zumba Gold	1:00 – 1:45	YECC	\$10.00
November				
Nov. 1	Personal Safety Devices	9:30 – 11:30	YECC	\$2.00
Nov. 4	Book Club	9:30 – 11:30	YECC	\$5.00/s
Nov. 4	Better Choices, Better Health	9:30 – 12:00	YECC	Free
Nov. 5	Lendrum Food Network	9:30 – 11:30	YECC	\$2.00
Nov. 5	Choir	12:30 – 1:30	YECC	\$10.00
Nov. 5	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Nov. 6	Increasing Fruit and Vegetable Intake	9:30 – 11:30	YECC	\$2.00
Nov. 7	Strokes	11:00 – 12:30	YECC	\$2.00
Nov. 8	Versal Calligraphy Workshop	9:30 – 12:30	YECC	\$25.00
Nov. 11	CLOSED: REMEMBRANCE DAY		ALL	
Nov. 12	Protecting Your Portfolio	9:30 – 11:30	YECC	\$2.00
Nov. 12	Choir	12:30 – 1:30	YECC	\$10.00
Nov. 12	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50

When	Program	Time	Location	Cost
Nov. 13	Bus Trip: Lunch and a Movie	11:00 – 3:00	YECC	Free
Nov. 14	Bus Trip: Cow Patti Theatre	9:00 – 5:30	YECC	\$85.00
Nov. 18	Housekeeping Tips	10:00 – 11:00	YECC	Free
Nov. 19	Technology With EPL	10:00 – 11:30	YECC	\$2.00
Nov. 19	Choir	12:30 – 1:30	YECC	\$10.00
Nov. 19	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Nov. 20	Medical Travel Concerns	9:30 – 11:30	YECC	\$2.00
Nov. 21	Christmas Card Making	11:00 – 1:00	TBA	\$15.00
Nov. 26	Choir	12:30 – 1:30	YECC	\$10.00
Nov. 26	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Nov. 27	SWESA Luncheon	11:30 – 2:00	YECC	\$15.00
Nov. 28	Bus Trip: River Cree	10:00 – 3:00	YECC	\$5.00
December				
Dec. 1	Bus Trip: Opry Gold	12:00 – 7:30	YECC	\$80.00
Dec. 3	Choir	12:30 – 1:30	YECC	\$10.00
Dec. 3	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Dec. 4	Alzheimer's	9:30 – 11:30	YECC	\$2.00
Dec. 5	Bus Trip: Greenhouses and Gifts	11:30 – 5:00	YECC	\$55.00
Dec. 9	Book Club	9:30 – 11:30	YECC	\$5.00/s
Dec. 10	Principles of Retirement Living	9:30 – 11:30	YECC	\$2.00
Dec. 10	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Dec. 13	SWESA Luncheon	11:30 – 2:00	YECC	\$20.00
Dec. 14	Candlelight Christmas	2:00 – 4:00	Self-drive	\$42.00
Dec. 17	Technology With EPL	10:00 – 11:30	YECC	\$2.00
Dec. 24	CLOSED: CHRISTMAS HOLIDAYS		ALL	
Dec. 25	CLOSED: CHRISTMAS HOLIDAYS		ALL	
Dec. 26	CLOSED: CHRISTMAS HOLIDAYS		ALL	

