

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Sept. 9	Book Club: <i>Orphan Master's Son</i>	9:30 am – 11:30 am	YECC	\$5.00/s
Monday, Sept. 9	Medical Cannabis	9:30 am – 11:30 am	YECC	\$2.00
Monday, Sept. 9	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Sept. 9	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Sept. 9	GeriActors Improv Workshop	1 pm – 2:30 pm	YECC	\$10.00
Monday, Sept. 9	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Sept. 9	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Sept. 10	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Sept. 10	SWESA Town Hall	10 am – 11:30 am	YECC	FREE
Tuesday, Sept. 10	Watercolor Painting	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Sept. 10	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Sept. 10	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Sept. 11	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Sept. 11	Autism 101	10 am – 11:30 am	YECC	\$2.00
Wednesday, Sept. 11	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Sept. 11	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday, Sept. 11	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Sept. 12	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Sept. 12	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Sept. 12	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Sept. 12	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Thursday, Sept. 12	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Sept. 12	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Thursday, Sept. 12	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Friday, Sept. 13	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Sept. 13	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Sept. 13	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Sept. 13	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

[Click here for our Fall 2019 Program Guide.](#)

Please Note:



Welcome Week Was A Success! Thank you to all the volunteers who assisted with the front desk, office duties, creative development and photography, setup, and takedown. Many hands make light work! We would not be able to do it without you! If you missed it but would like to try a class prior to registering, please contact the program coordinator by email [here](#) or by phone at 587-987-3200.



We Are Growing!

In addition to Yellowbird, Terwillegar, eOne Fitness and pickleball at the YMCA, we are excited to be starting programs in a new dedicated space at Blue Quill Community League.

Watch our weekly email bulletin for more details or let us know if you have ideas for additional programming by email [here](#).

Coming Up At YECC:



Stay Connected:



Volunteers:



September 9 - 13, 2019

Medical Cannabis

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.

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

Autism 101

Autism Spectrum Disorder affects an estimated 190,000 Canadian children. 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 am – 11:30 am at YECC

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.

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

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

Monthly Luncheons

will resume on September 25. For the menu and all the details, [please click here](#). The Country Sunshiner's Square Dance group will provide the entertainment.

We welcome you to come in your western wear.

The [Wild Rose Old Tyme Fiddlers Association](#) invites you to attend an acoustic music jam and dancing session.

When: Mondays, from 7 pm – 10 pm

Location: Pleasantview Community Hall (10860 - 57 Avenue)

Cost: \$5 for members (\$15 annual membership)

For more information, email wildrosefiddlers@gmail.com.

Lunch Bunch Volunteers

The SWESA lunch bunch has some exciting plans and menus in the works for our members this fall. If you would like to contribute to helping with these luncheons, please contact Anne at armcnabb@shaw.ca.