

Coming Up This Week:

When	Program	Time	Location	Cost
Sunday, Dec 1	Bus Trip: Opry Gold	12 pm – 7:30 pm	YECC	\$80.00
Monday, Dec. 2	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Dec. 2	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Dec. 2	Taste of Dance: Partners	1 pm – 2 pm	YECC	\$12.00
Monday, Dec. 2	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Dec. 2	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday, Dec 2	Pickleball Meeting	3 pm – 4 pm	YMCA	Free
Tuesday, Dec. 3	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Dec. 3	Choir	12:15 pm – 1:45 pm	YECC	\$10.00
Tuesday, Dec. 3	Watercolors	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Dec. 3	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Dec. 3	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Dec. 4	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Dec. 4	Alzheimer's	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Dec. 4	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Dec. 4	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Wednesday, Dec. 4	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, Dec. 5	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Dec. 5	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Dec. 5	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Dec. 5	Bus Trip: Greenhouses	11:30 am – 5 pm	YECC	\$55.00
Thursday, Dec. 5	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Dec. 5	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10.00
Thursday, Dec. 5	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Thursday, Dec. 5	Arizona Ten	1:30 pm – 4 pm	BQCL	\$2.00
Friday, Dec. 6	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Dec. 6	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Dec. 6	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Dec. 6	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

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

Please Note:



December 1 - 6, 2019

Bus Trip: Opry Gold at the Beaver Regional Arts Society – Seats open

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 Patsy Cline, Kenny Rogers, Dolly Parton, and more. A delicious homestyle meal will be served following the show.

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

Location: Yellowbird East Community Centre

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

Please leave parking at the building for the church group that uses the hall. You can park at the entrance to the lot, along 19 Avenue and if there is space at Steinhauer United Church, closest to YECC.



A Taste of Dance with Michelle: Partner Dance

This style has been requested several times over the last year. Any pairing goes! You may attend alone. Learn some Waltz and some Swing Dance in this class. Gain comfort with lead or follow partnering techniques. Attend and try it out.



Pickleball Discussions with the YMCA

Please join Taylor Cheung, centre manager and Kent Bittorf, vice president of health fitness and aquatics, at William Lutsky YMCA on Monday December 2 from 3 - 4 pm for a discussion on the SWESA-William Lutsky partnership. If you are unable to attend but would like to remain in the loop, please contact Taylor at taylor.cheung@northernalberta.ymca.ca.



Alzheimer's - Preregister to guarantee a seat.

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



Bus Trip: Christmas Greenhouses – Seats open

Kuhlmann's, Greenland and Salisbury Greenhouses await! If you have registered for this trip and have not given us your choice between a turkey or roast beef dinner, please email the program coordinator [here](#).

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

Location: Yellowbird East Community Centre

Cost: Member \$55



2020 Memberships Now Available

SWESA memberships are up for renewal at the end of this month. The membership fee will remain at \$30/person. The Winter 2020 Program Guide will be available to the membership on Friday, December 13. Registration will take place on December 19 and 20 from 10 am – 2 pm at YECC.

Stay Connected:



Lunch and a Program with Petrolia Seniors Group

Enjoy a festive turkey dinner with all the trimmings accompanied by a lively choral performance to lift your spirits. Call Nick at 780-435-1045 or Betty at 780-434-0711 for tickets.

When: Tuesday, December 10 from 11:45 am – 2 pm

Location: Greenfield Community Hall (3803 - 114 Street)

Cost: \$25



Men's Fellowship

Thursdays Men's Club

Devonshire and Citadel Village have started up a men's club for senior men looking to meet-up and socialize. This nine-week club offers activities such as a welcome pancake brunch, men's health presentation, bowling and pizza trip, matinee movie, and more.

Call 780-232-3818 for more information and to register.

Devonshire and Citadel Village (1728 Rabbit Hill Road)