

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Nov. 25	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Nov. 25	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Nov. 25	Taste of Dance: Burlesque	1 pm – 2 pm	YECC	\$12.00
Monday, Nov. 25	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Nov. 25	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Nov. 26	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Nov. 26	Choir	12:15 pm – 1:45 pm	YECC	\$10.00
Tuesday, Nov. 26	Watercolors	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Nov. 26	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Nov. 26	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Nov. 27	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Nov. 27	SWESA LUNCHEON	11:30 am – 2 pm	YECC	FULL
Wednesday, Nov. 27	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Nov. 27	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, Nov. 28	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Nov. 28	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Nov. 28	Bus Trip: River Cree	10 am – 3 pm	YECC	\$5.00
Thursday, Nov. 28	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Nov. 28	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Nov. 28	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10.00
Thursday, Nov. 28	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Thursday, Nov. 28	Arizona Ten	1:30 pm – 4 pm	BQCL	\$2.00
Friday, Nov. 29	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Nov. 29	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Nov. 29	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Nov. 29	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

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

Please Note:



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

Yellowbird Hall has a group meeting on Sunday. Please park at the end of the lot, along 19 Avenue and if there is space at Steinhauer United Church.



Coming Up:



Stay Connected:



Volunteers:



SWESA Choir

Choir is starting 30 minutes earlier over the next few weeks in preparation for the big performance at our Christmas luncheon. Remember to change the time in you calendars.

SWESA Photos

We have had several requests for access to SWESA event photos. Ask and you shall receive! SWESA volunteer photographer Barry Headrick has set us up with a SmugMug account where we can share all the great photos that he and other members have taken. He will add all our historical files over the next while too. Please make sure to give Barry a pat on the back! Click [here](#) to explore.

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 am – 3 pm

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

St. Joseph's Auxiliary Annual Christmas Bake Sale

The profits are used to benefit the residents at St. Joseph's Hospital. Baking, gently used decorations, and costume jewelry will be offered.

When: Friday, November 29 from 11:30 am – 2:30 pm

Location: St. Joseph's Auxiliary Hospital Auditorium (10707- 29 Avenue)

Cost: Free

Royal Canadian Artillery (RCA) Band

The RCA Band, joined by the Military Wives' Choir, will perform traditional and contemporary holiday favourites. Donations can be made in the lobby and will go to the Military Family Resource Centre.

When: Monday, December 9 at 7 pm

Location: The Winspear Centre (4 Sir Winston Churchill Square)

Free tickets will be available at the door.

Handy People Needed

We are getting organized to create a library space, like the one at Yellowbird, over at Blue Quill. We have the shelving ordered but require help putting it together. If you have a few screwdrivers, some handy savviness, and a willingness to help, contact the program coordinator [here](#).