



# Spring/Summer 2019 Program Guide



*Muscari*    *Iris*    *Tulip*

**May 2019 – August 2019**

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

**587-987-3200**

**[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)**

**[www.swedmontonseniors.ca](http://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 (SWESA) is Edmonton's newest nonprofit district seniors organization. SWESA 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.
- 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](mailto: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](http://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 May 20 (Victoria Day), July 1 (Canada Day), and August 5 (Heritage Day).

For additional information, please see below.

### Yellowbird East Community Centre

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

This location is closed for the summer on June 25.

### William Lutsky YMCA, 1975 - 111 Street NW

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

This location is closed for the summer on June 28.

## **Seniors Home Supports Program (SHSP)**

Do you need help around your home but don't know who to call?

This program gives seniors referrals for vetted service providers. Seniors are not charged for referrals, but they will pay the service provider for completing the work.

The scope of the Seniors Home Supports Program is

Yard Maintenance: mow lawn, spring/fall cleanup including small tree removal, weeding, trimming, etc. and gate, sidewalk and concrete repair

Housekeeping: clean floors, clean bathrooms, do laundry, dust, clean fridge

Home Repairs and Maintenance: indoor/outdoor repairs, electrical, plumbing, painting, handyman, roofing/eavestroughs, deck and railing install/repairs, fences, decks, window cleaning

Personal Services: foot care, home and respite care (personal care, homemaking, nursing care, companionship, transportation)

Moving Help: organizing, junk removal, downsizing

Snow Removal: remove snow and put down de-icer

At SWESA, Barbara Newell is our dedicated Home Supports Program coordinator. She is at the Yellowbird East Community Centre on Mondays from 9:00 am – 3:00 pm and welcomes you to drop in during this time. Tuesday through Friday, Barbara can be reached by phone or email from 8:00 am – 2:00 pm.

Call Barbara at 780-860-2931 or email [hs@swedmontseniors.ca](mailto:hs@swedmontseniors.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? Do you have an annual income under \$35,000 (if single) or \$60,000 (if a couple)? 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.

## Spring/Summer 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 June 25 for the summer.

### 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.

**When:** Wednesdays, from 12:00 pm – 2:00 pm

May 29, June 26

Details for July and August social gatherings are in the special events section.

**Location:** Yellowbird East Community Centre

**Cost:** \$15 **Registration is required.**

We are always open to sharing our SWESA connection's talent!

If you would like to speak or perform at one of our luncheons, please let us know.

Many hands make light work! If you are interested in being involved in the planning for our luncheons, please email [volunteers@swedmontseniors.ca](mailto:volunteers@swedmontseniors.ca).



## Book Club



SWESA’s book club meets monthly to discuss the book that members have read and to 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

May 13, June 10, July 8, August 12

**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.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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 for game play.

**Location:** Yellowbird East Community Centre

**Cost:** \$2 drop-in fee

## Technology

### Tech Help from Edmonton Public Library

Edmonton Public Library staff can help you learn how to operate your tablet, camera, laptop, phone, or other tech device at their monthly SWESA visit. These sessions are open to any inquiry but will sometimes carry a specific theme. Keep watching 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

May 28, June 25, July 23, August 27

**Location:** Yellowbird East Community Centre

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

### **Drop-in Class at Edmonton Public Library**

The Riverbend branch now offers a free seniors drop-in class. Have a coffee, meet other seniors, and join in some fun activities. Each week we meet to discuss a new topic, share our stories and learn something new.

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

**Location:** Riverbend branch library (460 Riverbend Square)

For more information, call 780-944-5311.

### **Home Service**

If you can't make it in for over three months, we'll bring our collection to you.

EPL provides home service where you live, whether it's an extended care facility, a seniors' lodge or your own home.

We'll match you with a carefully screened and trained volunteer who will deliver materials selected by staff directly to you. [Register here.](#)

**Large Print Books** Hardcover and lighter, softcover books are available at all EPL branches. Our largest selection is found at our Enterprise Square (downtown) branch.

**DAISY Books** are digital talking books used by people with print disabilities. They're played on a special player or MP3 enabled CD players (such as many computers).

To borrow DAISY Books, please speak to staff at any EPL branch, and they will make the necessary adjustment to your library account.

## The Arts

### 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 to parks 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 for your camera.

**When:** Thursday, May 2 and Friday, May 3 from 9:30 am – 12:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$120

**Registration is required by April 25.**

### Paper Quilling Group

Quilling is an art form that involves the use of rolling, shaping and gluing strips of paper to create decorative designs. Also known during the Renaissance as paper filigree, 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."

Today it is becoming more popular in every walk of life due to the simplicity of techniques and the low cost of materials.

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

Session 1 (9 classes) May 2 to June 27

Session 2 (9 classes) July 4 to August 29

**Location:** Yellowbird East Community Centre

**Cost:** \$20 for both sessions (18 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 (9 classes) May 3 to June 28

Session 2 (9 classes) July 5 to August 30

**Location:** Yellowbird East Community Centre

**Cost:** \$30 for both sessions (18 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 (9 classes) May 3 to June 28

Session 2 (9 classes) July 5 to August 30

**Location:** Yellowbird East Community Centre

**Cost:** \$25 for both sessions (18 classes) or \$2 drop-in fee

### **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) May 21, 28 and June 4, 11, 18, 25

**Location:** Yellowbird East Community Centre

**Cost:** \$97.50/session You are required to purchase supplies. The list is available at the SWESA front desk at any time and can be picked up on your first day of class.

**Registration is required.**

## **Health and Wellness**

### **ESSETRICS/Cardio for Active Agers**

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) May 1 to June 19

Session 2 (8 classes) June 26 to August 14

**Location:** eOne Fitness Studio

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

**Must purchase 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 range of motion of the joints, more body awareness, and greater calm and ease of being.

**When:** Thursdays, from 9:00 am – 10:00 am

Session 1 (9 classes) May 2 to June 27

Session 2 (9 classes) July 4 to August 29

**Location:** Yellowbird East Community Centre

**Cost:** Member \$75/session or \$115 for both sessions (18 classes) or \$10 drop-in fee

### **Golden Years, Golden Gloves**

This fitness class is designed to increase flexibility, balance, muscular strength, and cardiovascular endurance while providing a full body workout in a fun, upbeat and supportive environment. No equipment is required, and your workout is what you make it. The class is suitable for all abilities, and exercises can be adapted for those needing support with coordination and rehabilitation.

**When:** Thursdays, from 10:15 am – 11:15 am

Session 1 (9 classes) May 2 to June 27

Session 2 (9 classes) July 4 to August 29

**Location:** Yellowbird East Community Centre

**Cost:** Member \$65/session or \$100 for both sessions (18 classes) or \$10 drop-in fee

### **Walking Group**

Join volunteer Val Solomon as she leads this walking 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, May 2 to August 29 from 10:30 am – 11:30 am  
Times will vary and get earlier as the days heat up.

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5/season

### **Latin Groove Classes With Michelle**

Our certified dance instructor Michelle Mitchell will have you moving and grooving to the sounds of salsa, merengue, bachata, cha-cha, samba, rumba, tango, mambo, and more. True Latin movement and step work will be learned along the way to a happy and vibrant you. No experience is required. Good footwear, a water bottle and a great attitude are all you need to make the best of this class. An hour of exercise will fly by quickly!

**When:** Thursdays, from 11:30 am – 12:30 pm

Session 1 (9 classes) May 2 to June 27

Session 2 (9 classes) July 4 to August 29

**Location:** Yellowbird East Community Centre

**Cost:** Member \$65/session **No drop-ins will be accepted.**

### **Pickleball**

Together, SWESA and the YMCA 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, May 2 to June 20 from 1:00 pm – 3:00 pm

**Location:** William Lutsky YMCA

**Cost:** \$3 drop-in fee **Registration is requested at the YMCA.**

### **Declutter and Downsize in a Holistic Way**

Are you or a loved one planning to declutter and then downsize to a smaller home? Is all your "stuff" weighing you down? It is not too early to start preparing.

Class 1: Learn the S.P.A.C.E. strategy, Top 11 Checklist, Two Pile Plus system, and more ways that will help you keep the items that bring you joy and find new homes for those that don't. Get inspired to work on your goals within the following 14 days.

Class 2: Develop a plan (the four P's) to downsize and move with less stress and more ease. Celebrate your successes, ask questions and find solutions for your challenges.

Lynn Fraser's self-care tools respect you and your special memories holistically so you can transition joyfully into an energy-giving and peaceful space.

**When:** Fridays, May 3 and 10 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

**Cost:** Member \$25; Non-member \$30 for both classes

**Registration is required by April 25.**

### **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) May 6 to June 24 (No class on May 20.)

Session 2 (7 classes) July 8 to August 26 (No class on August 5.)

**Location:** Yellowbird East Community Centre

**Cost:** Member \$55/session or \$100 for both sessions (14 classes) or \$10 drop-in fee

**Drop-in spaces are limited.**

### **Floor Shuffleboard Workshop**

The Greater Edmonton Shuffleboard Association is a nonprofit organization that promotes the game of floor shuffleboard with the goals of fun, social interaction, the challenge of competition, and wellness through exercise, for individuals of all ages and abilities. SWESA members are invited to attend a free orientation that will give you a look at the facility, a lesson with avid players, and the opportunity to play. Rubber-soled running shoes are needed for play. The program runs from May to August. Memberships are available for \$30 or you can choose to drop in for \$3 per day.

**When:** Choose one date - May 7, 8 or 9 from 9:30 am – 11:00 am

**Location:** Ottewell Curling Club (4205 - 102 Avenue)

**Cost:** Free Please call 587-987-3200 to confirm as space is limited.

**Registration is required.**

### **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) May 7 to June 25 Session 2 (8 classes) July 9 to August 27	Session 1 (8 classes) May 3 to June 28 (No class on June 21.) Session 2 (8 classes) July 5 to August 23
Member \$65/session or \$110 for both sessions (16 classes) or \$10 drop-in fee <b>Must purchase punch pass at Yellowbird</b>	Member \$65/session or \$110 for both sessions (16 classes) or \$10 drop-in fee

### **Better Choices, Better Health: Chronic Pain**

Alberta Health Services staff will facilitate this six-week workshop for those who are experiencing chronic pain. Each participant is loaned a workbook and CD with an exercise program. Adult family members and caregivers are welcome.

Topics include

- managing your medications
- pacing yourself
- breathing
- managing sleep
- options for treatment
- dealing with difficult feelings

**When:** Wednesdays, May 8 to June 12 from 9:30 am – 12:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free

**Registration is required by May 1.**

### **ESSETRICS Tone for Golfers: Level 3**

ESSETRICS is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. Ideal for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries, and unlocks tight joints, muscles and connective tissue. This equipment-free workout will have you feeling energized, youthful, and healthy just in time for golf season.

Please bring a yoga mat and a water bottle.

**When:** Wednesdays, from 12:30 pm – 1:30 pm  
May 8, 15, 22, 29

**Location:** Yellowbird East Community Centre  
The May 29 class will be held at eOne Fitness.

**Cost:** \$48 per person for all four classes

**Registration is required by April 26.**

## **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, SWESA can accommodate everyone, and we can inform you should there be cancellations.

### **All Aces Tours: Manitou Springs and More**

Operations at All Aces Tours began more than 26 years ago with several years of travel and tourism experience. The first motorcoach trip was to Spokane, Washington, a familiarization gaming trip with 28 enthusiastic passengers. The next outing to this same destination was with two full coaches and 110 travelers. From Saskatchewan to Vancouver to Egypt and exotic India, this company has years of experience delivering on their "Tell Us Where, We Will Take You There" motto.

Marilou will field your questions about coach travel as well as share the itinerary for the 4 days/3 nights June 21 trip to Manitou Springs, the Dead Sea of Canada.

**When:** Monday, May 6 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Dentures: Current Options**

For anyone who is already wearing dentures or about to become a denture wearer, this lecture will explain most options available today. Topics include

- cases where each option can/cannot work
- advantages/disadvantages of each
- acrylic vs. metal partial dentures
- clear clasps
- new techniques for full denture fabrication that increase lower denture retention

Questions will be answered throughout the talk as well as at the end of the lecture.

**When:** Tuesday, May 7 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Not Your Local Food Bank**

"Why don't your families just go to the food bank?" This was a question we were consistently asked when we talked about our small food rescue project that was set up to address emergency food needs of migrant women and their families. Dr. Maria Mayan shares more about how a small food rescue program blossomed into a network to address food waste and food insecurity in Edmonton. It has now grown into a multisector network of business, university, citizen groups, advocacy groups, service organizations, and government to not only address the lack of "same day" food many families experience, but also consider ways to creatively repurpose excess food (bread beer anyone?), develop social enterprises, change food waste policy, and contribute to a building social movement. Through this presentation, attendees will learn how our group is tackling both food waste and food insecurity in Edmonton.

**When:** Friday, May 10 from 10:00 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Philosophy of Health**

Dr. Karn Kang has always been heavily involved in sports and lives an active lifestyle. He obtained his degrees in Human Kinetics and later in Chiropractics.

Karn enjoys the level of results his work produces and is passionate about helping his patients return to normal function.

Topics will include

- What is health?
- Why do we have poor posture, and how does it relate to health?
- Are you healthy if you have no symptoms?

**When:** Monday, May 13 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Investing for Women**

It's no wonder that everyone thinks that investing is too complex. But we have some wonderful and exciting news: It's not. Whether you are working, single, married, or widowed, every woman should have a basic understanding of how to invest and manage her money by grasping these six simple investing basics – mastering them will help you gain control of your financial future!

**When:** Tuesday, May 14 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Advance Care Planning**

This session will get you thinking about, talking about and documenting wishes for healthcare if you become incapable of consenting to or refusing treatment. You may never need your advance care plan – but if you do, you'll be glad that it's there and that you have had these conversations to ensure your voice is heard when you cannot speak for yourself. Tammy Damberger, a nurse practitioner, will walk us through the Green Sleeve, a plastic pocket that holds your advance care planning forms. Think of it like a medical passport: It holds important legal forms that go with you through the healthcare system. In an emergency, Alberta Health Services medical providers can access your Green Sleeve and know your healthcare wishes.

**When:** Monday, June 3 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Optimizing the Retirement Benefits of a Tax-Free Savings Account**

The Tax-Free Savings Account has been available since 2009.

It is now 2019 and many retired Canadians are still confused about how to best utilize this investment shelter. What complicates matters further, is that depending on which financial representative of the bank you deal with, there seems to be conflicting advice.

Wei Woo will clarify the myths and discuss how to use this highly flexible account to maximize your personal financial strategies during your retirement years.

**When:** Tuesday, June 11 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Plastics: Blessing or Curse?**

SWESA is delighted to welcome back Dr. Margaret-Ann Armour. Born in Scotland and educated at Edinburgh University (BSc, MSc), and the University of Alberta (PhD), Margaret-Ann Armour joined the Chemistry Department at the University of Alberta in 1979, and from 1989 to 2005, was Assistant Chair of the Department. Since 2005, she has been Associate Dean of Science, Diversity. She has received a number of awards for her research, teaching and outreach activities, including a 3M Teaching Fellowship, Canada's premier award for undergraduate teaching, a Governor General's Award in Commemoration of the Person's Case, the Montreal Medal of the Chemical Institute of Canada, twice named one of the top 100 most powerful women in Canada by the Women's Executive Network, and an Innovator Award at the 2011 APEC Summit on Women in the Economy. She was named a member of the Order of Canada in 2006 and has honorary degrees from the University of British Columbia, the Northern Alberta Institute of Technology, MacEwan University, the University of Alberta, and Memorial University of Newfoundland. Recently, the Dr. Margaret-Ann Armour School in southwest Edmonton opened its doors.

In this talk, we will look at what these plastic materials are, why they are so durable, and at their huge variety of uses. We will examine the effect of waste plastics on us, on wildlife, and on the planet. Additionally, we will discuss how we can mitigate the pollution that has already occurred, and share the methods being used to reduce and hopefully eliminate plastic trash in the future.

**When:** Thursday, June 13 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Vertigo**

When you talk about vertigo, you tend to think of an inner ear disturbance. But it can be many things in the older adult, from loss of function from a viral infection to dislodged crystals in the ear. Vertigo can be dangerous when it leads to loss of balance. Tyler Gambin, a physical therapist and co-owner of Active Physio Works, returns to discuss his techniques for treating vertigo.

**When:** Tuesday, June 18 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Letters to Normand**

My *Sundays with Normand* is a book of 77 poems written by Adele Fontaine to honor the difficult process of grieving for her husband after he died in November 2014 due to complications from heart surgery. The father of their seven children and her husband of 53 years, he was a lover of music and, above all, an artist who wrote and painted for most of his life. These poems soon became a way for her to spend time with him, reflecting on their lives together in order to cope with the sadness she was feeling. Originally, she was only writing for herself though she did share them with their children. They, in turn, encouraged her further. A few people said, "Adèle, this needs to be put into a book." "I really didn't want to send them all off to a publisher who is going to tell me that this is all shit. I can decide that for myself." She self-published her book with modest expectations. "I thought I would sell 25 but now it's getting out of hand. People say what you've done, Adèle, is make the ordinary sacred." Join Adele as she shares some of her poems and conversation about how she feels his presence deep in her bones every time she flips open her MacBook to begin writing. Copies of her book will be available for purchase.

**When:** Wednesday, June 19 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Migraines/Headaches**

If you were unable to attend Dr. Kang's first session, he returns to answer frequently asked questions

- migraines vs. headaches
- new research on migraines/headaches
- what you can do today to better track your migraines/headaches
- NuCCA upper cervical care

**When:** Monday, June 24 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **2019 Semi-Annual Global Financial Market Review and Outlook**

Join Wei Woo for the latest updates on political, economic, and market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2019 and receive guidance on what to expect for the rest of the year.

**When:** Monday, July 8 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Posture and Chronic Pain**

Dr. Karn Kang is back by request to address common concerns

- poor posture
- issues in the tissues from past emotional trauma
- structural or chemical imbalance
- why alignment and body balance matter
- chronic pain

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

**Location:** Yellowbird East Community Centre

### **Health and Wellness**

What does wellness really mean? Are you healthy if you do not have any symptoms? Dr. Karn Kang will help you to understand the intelligent design of your body and the three areas of body interference that limit health.

**When:** Wednesday, August 7 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **New Retirement Realities**

This presentation provides a look at the new landscape of retirement and how the changing retirement experience will impact investors, those who are retired, and their families. Wei Woo discusses the evolving family structure and what it means to be financially stable during the retirement years.

**When:** Wednesday, August 14 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **6 Ways to Help Pay for Long-Term Care**

Middle- to higher-income families can typically afford first rate retirement communities without concern. For those who cannot, long-term care insurance isn't the only way to receive quality care. Brad Hershov, a registered retirement consultant with Investors Group, will offer advice that will help you save money and understand more about what to expect for your dollar.

**When:** Monday, August 19 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Insomnia**

Wasif from iCare Pharmacy will explore various causes and some medicinal, herbal and non medicinal treatment options for your lost sleep.

**When:** Monday, August 26 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

## **Special Events**

### **SWESA Volunteer Appreciation Tea**

In 2018, volunteers contributed over 7,000 hours! If this amount were translated into wages, this has saved SWESA over \$105,000. With sincere appreciation for your friendship and goodwill, we ask those of you who have donated your time and talents to join us for a light lunch; let's celebrate SWESA's progress. We are delighted to welcome the grades 3/4 choir from Monsignor Fee Otterson School for a performance.

**When:** Wednesday, May 1 from 12:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free **Registration is required by April 26.**

### **SWESA Live Active Expo: Promoting Health and Wellness**

SWESA is embarking on its very first health fair. The goals of Live Active are to keep our bodies moving, our minds healthy and our spirits alive.

The expo has five themes

- motion is lotion
- fuel your machine
- mend your mind
- partners in health
- grow your future

If you are interested in sponsoring, setting up a table or helping to organize, please contact the SWESA office. Any profits will be given to SWESA for future events and programming. To view our sponsorship package, click [here](#).

**When:** Saturday, May 11 from 10:00 am – 3:00 pm

**Location:** Lillian Osborne High School foyer and main gymnasium  
(2019 Leger Road - beside the Terwillegar Recreation Centre)

**Cost:** Free

### **Segways or Suckers?**

The best way to experience Edmonton's river valley is with River Valley Adventure Co. as they strive to ensure your experience is safe, fun and extremely memorable.

SWESA members can opt to take a 60-minute Segway tour (30 minutes of instruction included) or try their luck fishing from the public dock at the North Saskatchewan River. Segway riders should wear closed-toed runners.

Fishing folks should bring either a copy of their fishing licence or cash to purchase one. Everyone will need to dress for the weather and bring sunglasses, sunscreen and bug spray along with a positive attitude and the courage to try something new!

Refreshments may be purchased on site at the Urban Eco Café.

**When:** Monday, May 27 from 10:30 am – 12:30 pm

**Location:** River Valley Adventure Co. (9735 Grierson Hill)

**Cost:** \$50 **Registration is required by May 13.**

### **Seniors Tour and Tea**

The Legislative Assembly of Alberta welcomes seniors from across the province to take part in a special tour of the Legislature Building and a complimentary special tea in the Edmonton Federal Building. Reminisce with stories of the men and women who founded our province, gain insight into provincial politics, and admire the architecture of one of Alberta's most cherished landmarks.

**When:** Wednesday, June 5 from 9:30 am – 2:30 pm

**Location:** Federal Building (9820 - 107 Street)

**Cost:** Free

**Registration is required by May 24.**

### **Bus Trip: Gruger Family Fungi and Rig Hand Craft Distillery**

Just a short bus ride away, you will find three family-owned businesses nestled in the industrial hamlet of Nisku. Nisku isn't just about oil anymore.

The first stop is family-run [Beans Restaurant](#) where diners will have a choice of homemade soups and sandwich offerings. This little hole in the wall has been running for 25 years, and the simple menu keeps their regular customers coming back.

[Gruger Family Fungi](#) is home to a locally grown hemp-based vertical mushroom farm. Ethically cultivated with recycled material and handpicked for peak nutrition, Gruger Family Fungi sells their harvests as culinary delights and for medicinal effects. Mushrooms will be available for purchase. Not a mushroom lover? The rainbow of colors and variety of shapes will not disappoint.

[Rig Hand Craft Distillery](#) is in the unique position of being the first craft distillery in the greater Edmonton area. The family business makes vodka, rum, whisky, gin, moonshine, and coffee cream liquor that is locally sourced, produced, and distributed. The products are packaged in a distinctive trademarked bottle that is a replica of the Leduc #1 drilling rig, paying tribute to our rich history of both agriculture and resource development in Alberta. We will tour the facility, sample some products and finish with a complimentary cocktail.

**When:** Friday, June 14 from 10:30 am – 3:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$45; Non-member \$60 Cost includes bus, lunch and tours

**Registration is required by May 31.**

### **SWESA at the Southwest Edmonton Farmers' Market**

The Southwest Edmonton Farmers' Market is a vibrant, seasonal gathering place that operates in the parking lot of the Terwillegar Community Recreation Centre. It is a not-for-profit organization, run by a group of dedicated volunteers, who bring the community together and provide a valuable market for local farmers, food producers and artisans. The market opens May 15 and runs Wednesdays until the fall. Stop by in June to visit your friendly SWESA hosts.

**When:** Wednesday, June 19 from 4:00 pm – 7:30 pm

**Location:** Terwillegar Community Recreation Centre

**Cost:** Free

### **Coffee and Conversation With Councillor Knack**

As the city councillor responsible for the Seniors Initiative, Andrew Knack will be visiting SWESA to update you on current issues and to answer your questions on any concerns and topics that are important to you.

**When:** Friday, June 21 from 1:30 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free **Registration is requested.**

### **Bus Trip: The River Cree Resort and Casino**

It's time for another day of fun! SWESA members will be treated to a free lunch and a \$5 playing voucher.

**When:** Tuesday, June 25 from 10:00 am – 2:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$5

**Registration is required by June 10.**

### **The Freewill Shakespeare Festival: *The Winter's Tale***

The Heritage Amphitheatre is western Canada's largest outdoor amphitheatre. Its distinctive white canopy offers excellent acoustics and an open view of the park. *The Winter's Tale* was originally published in the *First Folio* of 1623. Although it was grouped among the comedies, some modern editors have relabeled the play as one of Shakespeare's late romances. Some critics consider it to be one of Shakespeare's "problem plays" because the first three acts are filled with intense psychological drama, while the last two acts are comedic and supply a happy ending.

This is a self-drive event. Please be prepared for the weather. We will meet at the gate at 7:15 pm sharp and be seated as a group. Food and drink are available for purchase.

**When:** Thursday, June 27 from 8:00 pm – 10:30 pm

**Location:** William Hawrelak Park (9930 Groat Road)

**Cost:** \$30

**Registration is required by June 20.**

### **5th Annual Nacho Friday**

Back by popular demand at Brewsters Brewing Company! The high ceilings and extensive patio will provide us with the perfect place to snack and socialize come rain or shine. Your personal plate of nachos will include your choice of mango chipotle chicken breast, pulled pork, or just the “basics” of Tex-Mex cheese, tomatoes, black olives, and green onion. All nachos will be served with guacamole, salsa and sour cream.

**When:** Friday, July 12 from 1:00 pm – 2:30 pm

**Location:** Brewsters (2335 - 111 Street)

**Cost:** Member \$12 Cost does not include beverage order or gratuity

**Registration and order are required by June 28.**

### **Bus Trip: Birchwood Meadows, A U-Pick Flower Farm**

The day will begin with a morning bus ride through the rural countryside to the beautiful family-run gardens. We will take in the sights and smells on our tour of the garden during the peak of sunflower and dahlia season. There will be time to visit the gift shop and greenhouse before we refresh with cucumber water and a snack.

Guests will choose their own 15-stem bouquet to take home. Afterwards, we will slip out of the sun and end this country escape with a sit-down farmhouse meal at The Station Restaurant and Bakery in Morinville.

**When:** Tuesday, July 16 from 10:00 am – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$80

**Registration is required by July 2.**

### **Potluck Patio Party**

The warm weather doesn't last too long in Alberta; we all try to enjoy the outdoors as much as possible. What better way than to combine friends and food? This casual get-together will offer fun activities and opportunities to socialize with fellow members. Please let us know what food item you will be bringing to share.

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

**Location:** Yellowbird East Community Centre

**Cost:** Free

**Registration is required by July 10.**

### **Bus Trip: Ellis Bird Farm**

Ellis Bird Farm is both a nonprofit company and a working farm dedicated to the conservation of mountain bluebirds, tree swallows, and other native cavity nesting birds. Additionally, the farm has a summer nesting program and a winter bird feeding program. Workers conduct and support scientific research and develop and deliver public education programs, resulting in them receiving international recognition. Several popular books have been published by the Ellis Bird Farm. All passengers will enjoy a 45-minute site tour of the grounds or you may choose to relax on the veranda. Included in your ticket is a buffet lunch (assorted soups, sandwiches and squares) at the Ellis Café. Here's an interesting, educational and enjoyable outing!

**When:** Wednesday, July 31 from 9:30 am – 3:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$125, Non-member \$145

**Registration is required by July 12.**

### **Bus Trip: Stettler Train Ride**

This is a first for SWESA! Due to numerous requests, we have organized a bus and tour to Stettler. Included in your ticket is the coach bus and iconic steam train ride with a buffet-style Alberta roast beef meal, time for sightseeing in Big Valley, and on-board entertainment. Shuttles to tour Big Valley will also be provided.

**When:** Thursday, August 29 from 12:00 pm – 9:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$160; Non-member \$175

**Registration is required by August 8.**

### **STARS Air Ambulance Tour**

The Shock Trauma Air Rescue Service (STARS) is a Canadian nonprofit helicopter air ambulance organization funded by individual and corporate donors, service groups, and government contributions. STARS provides rapid and specialized emergency care and transportation for critically ill and injured patients, operating from bases in Calgary, Edmonton, Grande Prairie, Regina, Saskatoon, and Winnipeg. SWESA members will visit the Edmonton base and watch a short presentation, visit the helicopter, and possibly meet some of the medical crew and pilots. All guests must wear closed-toed footwear.

**When:** TBA Keep watching the weekly bulletin for details.

**Location:** Edmonton International Airport

**Cost:** Free

## **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](mailto: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](http://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](#).

## **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](mailto: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  
 Terwillegar Community Recreation Centre (2051 Leger Road NW) = TCRC  
 William Lutsky YMCA (1975 - 111 Street NW) = YMCA  
 eOne Fitness Studio (3474 Allan Drive SW) = eOne

### Weekly Ongoing Programs

<b>When</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>	<b>Cost</b>
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	<b>YMCA</b>	\$3.00
Monday	Coffee and Chat	1 pm – 4 pm	<b>TCRC</b>	Donation
Tuesday	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday	ESSETRICS for Seniors	1 pm – 1:45 pm	<b>eOne</b>	\$10.00
Wednesday	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Wednesday	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday	ESSETRICS/Cardio	1 pm – 2 pm	<b>eOne</b>	\$10.00
Wednesday	Coffee and Chat	1 pm – 4 pm	<b>TCRC</b>	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	\$5.00/s
Thursday	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Thursday	Paper Quilling	12 pm – 2 pm	YECC	\$2.00
Thursday	Pickleball	1 pm – 3 pm	<b>YMCA</b>	\$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	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

## Special Programs/Events

<b>When</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>	<b>Cost</b>
<b><u>May</u></b>				
May 1	Volunteer Appreciation Tea	12:00 – 2:00	YECC	Free
May 2	Fundamentals of Photography	9:30 – 12:30	YECC	\$120.00
May 3	Declutter and Downsize	9:30 – 11:30	YECC	\$25.00
May 3	Fundamentals of Photography	9:30 – 12:30	YECC	\$120.00
May 6	All Aces Tours	9:30 – 11:30	YECC	\$2.00
May 7	Floor Shuffleboard Workshop	9:30 – 11:00	Off-site	Free
May 7	Dentures: Current Options	9:30 – 11:30	YECC	\$2.00
May 8	Floor Shuffleboard Workshop	9:30 – 11:00	Off-site	Free
May 8	Better Choices, Better Health	9:30 – 12:30	YECC	Free
May 8	ESSETRICS Tone for Golfers	12:30 – 1:30	YECC	\$48.00
May 9	Floor Shuffleboard Workshop	9:30 – 11:00	Off-site	Free
May 10	Declutter and Downsize	9:30 – 11:30	YECC	\$25.00
May 10	Not Your Local Food Bank	10:00 – 11:30	YECC	\$2.00
May 11	Live Active Expo	10:00 – 3:00	Off-site	Free
May 13	Book Club	9:30 – 11:30	YECC	\$5.00/s
May 13	Philosophy of Health	9:30 – 11:30	YECC	\$2.00
May 14	Investing for Women	9:30 – 11:30	YECC	\$2.00
May 15	Better Choices, Better Health	9:30 – 12:30	YECC	Free
May 15	ESSETRICS Tone for Golfers	12:30 – 1:30	YECC	\$48.00
<b>May 20</b>	<b>CLOSED FOR VICTORIA DAY</b>		<b>ALL</b>	
May 21	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
May 22	Better Choices, Better Health	9:30 – 12:30	YECC	Free
May 22	ESSETRICS Tone for Golfers	12:30 – 1:30	YECC	\$48.00
May 27	Segways or Suckers?	10:30 – 12:30	Off-site	\$50.00
May 28	EPL: Tech Help	10:00 – 11:30	YECC	\$2.00
May 28	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
May 29	Better Choices, Better Health	9:30 – 12:30	YECC	Free
May 29	SWESA Luncheon	12:00 – 2:00	YECC	\$15.00
May 29	ESSETRICS Tone for Golfers	12:30 – 1:30	eOne	\$48.00
<b><u>June</u></b>				
June 3	Advance Care Planning	9:30 – 11:30	YECC	\$2.00
June 4	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
June 5	Better Choices, Better Health	9:30 – 12:30	YECC	Free
June 5	Seniors Tour and Tea	9:30 – 2:30	Off-site	Free
June 10	Book Club	9:30 – 11:30	YECC	\$5.00/s
June 11	Tax-Free Savings Accounts	9:30 – 11:30	YECC	\$2.00
June 11	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
June 12	Better Choices, Better Health	9:30 – 12:30	YECC	Free

<b>When</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>	<b>Cost</b>
June 13	Plastics: Blessing or Curse?	10:00 – 12:00	YECC	\$2.00
June 14	Bus Trip: Nisku Businesses	10:30 – 3:30	YECC	\$45.00
June 18	Vertigo	9:30 – 11:30	YECC	\$2.00
June 18	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
June 19	Letters to Normand	9:30 – 11:30	YECC	\$2.00
June 19	Farmers' Market Tent	4:00 – 7:30	Off-site	Free
June 21	Councillor Knack	1:30 – 3:00	YECC	Free
June 24	Migraines/Headaches	9:30 – 11:30	YECC	\$2.00
June 25	EPL: Tech Help	10:00 – 11:30	YECC	\$2.00
June 25	Bus Trip: River Cree	10:00 – 2:30	YECC	\$5.00
June 25	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
June 26	SWESA Luncheon	12:00 – 2:00	YECC	\$15.00
June 27	Shakespeare in the Park	7:15 – 10:30	Off-site	\$30.00
<b><u>July</u></b>				
<b>July 1</b>	<b>CLOSED FOR CANADA DAY</b>		<b>ALL</b>	
July 8	Book Club	9:30 – 11:30	YECC	\$5.00/s
July 8	Semi-Annual Global Review	9:30 – 11:30	YECC	\$2.00
July 12	Nacho Friday	1:00 – 2:30	Off-site	\$12.00
July 16	Bus Trip: Birchwood Meadows	10:00 – 3:00	YECC	\$80.00
July 23	EPL: Tech Help	10:00 – 11:30	YECC	\$2.00
July 24	Potluck Patio Party	11:30 – 1:30	YECC	Free
July 29	Posture and Chronic Pain	9:30 – 11:30	YECC	\$2.00
July 31	Bus Trip: Ellis Bird Farm	9:30 – 3:30	YECC	\$125.00
<b><u>August</u></b>				
<b>Aug. 5</b>	<b>CLOSED FOR HERITAGE DAY</b>		<b>ALL</b>	
Aug. 7	Health and Wellness	9:30 – 11:30	YECC	\$2.00
Aug. 12	Book Club	9:30 – 11:30	YECC	\$5.00/s
Aug. 14	New Retirement Realities	9:30 – 11:30	YECC	\$2.00
Aug. 19	6 Ways to Pay for Long-Term Care	9:30 – 11:30	YECC	\$2.00
Aug. 26	Insomnia	9:30 – 11:30	YECC	\$2.00
Aug. 27	EPL: Tech Help	10:00 – 11:30	YECC	\$2.00
Aug. 29	Bus Trip: Stettler	12:00 – 9:30	YECC	\$160.00

