

**Coming Up This Week:**

When	Program	Time	Location	Cost
May 13	Book Club: <a href="#">Orphan Train</a>	9:30 am – 11:30 am	YECC	\$5/s
May 13	Philosophy of Health	9:30 am – 11:30 am	YECC	\$2.00
May 13	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
May 13	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
May 13	Pickleball	1 pm – 3 pm	YMCA	\$3.00
May 13	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 14	Investing for Women	9:30 am – 11:30 am	YECC	\$2.00
May 14	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
May 14	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
May 14	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
May 15	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
May 15	ESSETRICS Golf	12:30 pm – 1:30 pm	YECC	\$48.00
May 15	ESSETRICS/Cardio	12:30 pm – 1:30 pm	eOne	\$10.00
May 15	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 15	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 16	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
May 16	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 16	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
May 16	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
May 16	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
May 16	Paper Quilling	12 pm – 2 pm	YECC	\$2.00
May 16	Pickleball	1 pm – 3 pm	YMCA	\$3.00
May 17	Euchre	9:30 am – 11:30 am	YECC	\$2.00
May 17	Art Group	9:30 am – 12 pm	YECC	\$2.00
May 17	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
May 17	ESSETRICS for Seniors	1:00 pm – 1:45 pm	YECC	\$10.00

**Please Note:**



**May Luncheon Menu and Theme**

It's the Queen's 200<sup>th</sup> birthday bash! Make an exhibition of yourself!

The lunch poster, showing the full menu and featuring roast beef and gluten-free gravy, can be found [here](#). The [GeriActors](#) will be presenting their short play entitled "Love Me Tinder."

Registration and payment due May 24 but this event will sell out prior to then.



### Stay Connected:



## Live Active Health Expo

Remember that tomorrow is our exciting event!

10:00 am – Doors open

10:30 am – Tai Chi demonstration

11:00 am – Opening address and Dr. Streat: “Joy is the Key to Live Active”

1:00 pm – ESSENTRICS demonstration with Lori Griffith

2:00 pm – Twin Brooks Qipao and Square Dance Band demonstration

You can come at any time to browse, socialize and meet the many exhibitors. This is a free event and open to everyone. Please invite your family and friends. More information can be found [here](#).

## This Week's Toonie Talks

### Philosophy of Health

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

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

## Westend Seniors Centre: Vintage Fashion Show

This wonderful fashion show tells a story of how clothing has changed over a 25-year period. Come see 38 different outfits, with first half of the show from the 1940's and second half, the 1960's! Music will complement clothing from those eras.

**When:** Saturday, May 25 from 1:30 pm – 4:30 pm

**Location:** Westend Seniors Activity Centre (9626 - 176 Street)

**Cost:** \$22.00 (includes light refreshments) Call 780-483-1209 for information.

## Twin Brooks Seniors Innovation Fund Group Annual Declutter Sale

The Twin Brooks SIF group offers community programs to area residents. Help support their efforts by donating your gently used housewares, books, toys, sporting equipment, and personal accessories. Any unsold items will be given to Inclusion Alberta. To donate contact Ida at 780-989-5431.

**When:** Sunday, June 9 from 11:00 am – 5:00 pm

**Location:** Twin Brooks Community League (11341 - 12 Avenue)