

Coming Up This Week:

When	Program	Time	Location	Cost
July 1	CLOSED FOR CANADA DAY		ALL	
July 2	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
July 2	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
July 2	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
July 3	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
July 3	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
July 3	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
July 4	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
July 4	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
July 4	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
July 4	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
July 5	Euchre	9:30 am – 11:30 am	YECC	\$2.00
July 5	Art Group	9:30 am – 12 pm	YECC	\$2.00
July 5	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
July 5	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



The TCRC Seniors Lounge is now closed for the summer.

We would like to extend our sincere gratitude to the group of volunteer hosts and hostesses at TCRC for another successful season. These folks take care of coffee supplies, cookies and memberships for this location 10 months out of the year. They process memberships and welcome new faces into the mix.

Thank so much! We appreciate you!

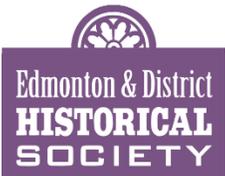
Pickleball at the YMCA is now over for the summer.

The Pickleball group at the YMCA has grown since the fall. We have been fortunate to continue to use the YMCA space and have the bonus of their amazing volunteers, a coordinator, and our welcoming crew that keep the traditionally super competitive game open and non-intimidating for new joiners. Despite the YMCA group closing for the summer, there are many places to keep playing! Check out the Edmonton Pickleball Club [here](#).

We hope to see you all back in September!



Stay Connected:



Volunteers:



Let us know you're coming!

Bus Trip: Birchwood Meadows, A U-Pick Flower Farm ([click here](#))

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 middle of garden season. 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 in Morinville.

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

Cost: \$80 Registration is required by July 2.

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. 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.

The Edmonton and District Historical Society has proudly presented its annual Historic Festival & Doors Open Edmonton for 20 years. During the festival, the society partners with community arts and heritage organizations and historic places throughout the Edmonton region for a solid week of fascinating events.

History is about pursuits – of property, opportunity, rights and freedoms, and many others. The 2019 edition of Historic Festival & Doors Open Edmonton will embrace another sort of pursuit – the pursuit of leisure.

For all event listings of this festival, click [here](#).

Taste of Edmonton Volunteers Needed July 22 – 28

Weekend workers needed! SWESA will be compensated \$13.00/h for each of the positions that we fill with volunteers.

Family and friends welcome! All volunteers will receive a t-shirt, break refreshments and meals in the volunteer tent, and complimentary vouchers. If you are free but the shifts are filled, please email Anne [here](#) to let her know that you could be a backup if we get cancellations. Training will be provided.

Sign up for your shift [here](#). You do not need to create an account or password!