

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, August 12	Book Club: The Aviators Wife	9:30 am – 11:30 am	YECC	\$5.00/s
Monday, August 12	Gentle Yoga	9:45 am – 11:00 am	YECC	\$10.00
Monday, August 12	Cribbage	12:30 pm – 2:30 pm	YECC	\$2.00
Tuesday, August 13	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, August 13	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, August 13	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, August 14	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, August 14	New Retirement Realities	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, August 14	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, August 14	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, August 15	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, August 15	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, August 15	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, August 15	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Friday, August 16	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, August 16	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, August 16	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, August 16	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



SEATS OPEN! Bus Trip to the Stettler Train

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 **11:30 am – 9:30 pm**

Departure time moved up a half hour to 11:30 am

Location: Yellowbird East Community Centre

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

Registration is required by August 17.

Pickleball Program Survey

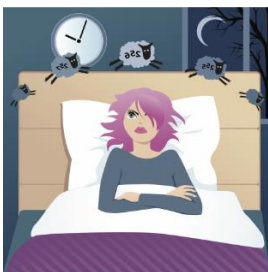
We are looking forward to restarting our program with the YMCA this fall. It would be beneficial if those who participated once or on a regular basis could share their thoughts or suggestions on how to make this program even better.

Please click [here](#) to complete a short survey by August 11.



**SouthWest Edmonton
Seniors Association**

Coming up at YECC:



Stay Connected:



August 12-16, 2019

TICKETS ON SALE NOW!

Our German-themed evening will include Schuhplattler performers, a silent auction, dancing, door prizes, 50/50, and litres of beer. Wear your lederhosen or dirndl and enjoy the festivities.

When: Saturday, October 19

Doors open at 4:00 pm; dinner at 6:00 pm

Location: German-Canadian Cultural Centre of Edmonton (8310 Roper Road)

Dress code: Dinner casual or German attire

Cost: \$60 per person; tickets available at YECC

Call 587-987-3200 or email

programs@swedmontonseniors.ca

If you are interested in sponsoring, donating to our silent auction or helping to organize, please contact [Rob Agostinis](#) or [Bob Power](#) (the event leads).

New Retirement Realities 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

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 Hershowy, 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

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

Alberta Open Farm Days is about farmers and ranchers inviting their urban and rural neighbors to stop in for a visit to share stories, see demonstrations, and learn more about the farmers who grow their food. As well, some of Alberta's most talented chefs and rural communities will be hosting a memorable series of farm to table culinary events that will be held around the province using Alberta farm products. Plan your trip by clicking [here](#).

When: August 17 and 18, 2019

Location: All throughout Alberta