

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, August 19	Saving for Long-Term Care	9:30 am – 11:30 am	YECC	\$2.00
Monday, August 19	Gentle Yoga	9:45 am – 11:00 am	YECC	\$10.00
Monday, August 19	Cribbage	12:30 pm – 3:00 pm	YECC	\$2.00
Tuesday, August 20	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, August 20	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, August 20	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, August 21	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, August 21	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, August 21	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, August 22	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, August 22	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, August 22	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, August 22	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Friday, August 23	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, August 23	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, August 23	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, August 23	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



CHANGE: Bus Trip to the Stettler Train

We have had to move the trip back a day! 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: Friday, August 30 from 11:30 am – 9:30 pm

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

Location: Yellowbird East Community Centre

Tickets On Sale Now!

Our German-themed evening will include Schuhplattler performers, a silent auction, dancing, door prizes, 50/50, and litres of beer.

To guarantee seats together, tickets must be purchased together.

When: Saturday, October 19

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.



**Fall 2019
Program Guide**



September 2019 – December 2019

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

587-987-3200
programs@swedmontseniors.ca
www.swedmontseniors.ca

IT'S HERE!

THE FALL PROGRAM GUIDE HAS ARRIVED!

We have several new and exciting programs to offer this season including Zumba Gold, photography classes, computer classes, and bus trips to destinations near and far! Click [here](#) to view the Fall 2019 Program Guide.

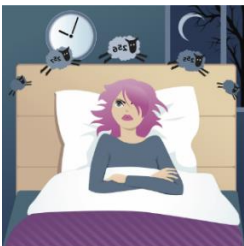
The print copy will be available on Thursday, August 22.

We would like to thank our instructors and presenters for their ongoing support.

Registration will take place on Thursday, August 29 from 9:30 am – 2:00 pm and Friday, August 30 from 9:30 am – 3:00 pm. Please be prepared with cash or a cheque.

As always, please let us know if you plan to attend our programs even if registration is not required. This helps the presenters and us to prepare. We are then able to contact you in the event of changes or cancellations.

Coming Up At YECC:



Volunteers:



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 Kamal 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

Welcome Week Hosts/Hostesses

September 3-6 is welcome week where we will offer our programs on a pay-what-you-will basis. We expect this to be a busy time. If you are friendly, outgoing, and interested in ensuring that everyone is greeted with a smile and that there is a hot cup of coffee waiting for them, please contact our program coordinator [here](#) or call 587-987-3200.