

**Coming Up This Week:**

When	Program	Time	Location	Cost
Monday, August 5	<b>CLOSED for Heritage Day</b>		ALL	
Tuesday, August 6	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, August 6	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, August 6	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, August 7	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, August 7	Health and Wellness	<b>CANCELLED</b>	YECC	\$2.00
Wednesday, August 7	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, August 7	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, August 8	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, August 8	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, August 8	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, August 8	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Friday, August 9	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, August 9	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, August 9	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, August 9	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

**Please Note:**



August 5 - 9, 2019

**Health and Wellness: Toonie Talk Cancellation**

The Wednesday, August 7 session with Dr. Karn Kang has been cancelled. We have rescheduled for August 21 from 9:30 am – 11:30 am

**Last Call for the Bus Trip to the Stettler Train**

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 11.**

**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.



Guests will be immersed into this annual German folk fest – a tradition that has been in existence for many years. Our German-themed evening will include Schuhplattler performers, a silent auction, dancing, door prizes, 50/50, and litres of beer. So bring your lederhosen or dirndl (if you own) 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](mailto: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).

### Stay Connected:



### **Edmonton Heritage Festival**

Enjoy the tastes, smells, sights and sounds from 100 countries and cultures at 71 outdoor pavilions with free entertainment on more than 25 stages throughout the park. Take [ETS Park and Ride](#) or bring your bike. No onsite public parking. Visit [www.heritagefest.ca](http://www.heritagefest.ca) for details.

**When:** Saturday, August 3 to Monday, August 5 (various times)

**Location:** Hawrelak Park (9330 Groat Road)

### **Cariwest Festival**

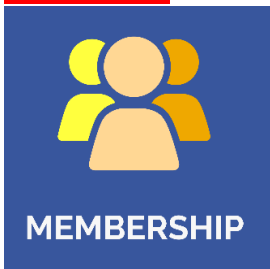
Come celebrate the 35th anniversary of carnival and Caribbean culture through music and the arts. The event will feature a wide range of activities, each of which will offer a different glimpse into the culture of the islands.

**When:** Friday, August 9 to Sunday, August 11 (various times)

**Location:** Capital Plaza (10178 - 106 Street)

Please find all event details on the website [here](#).

### **Volunteers:**



### **Membership Working Group**

SWESA is looking to further develop initiatives surrounding membership.

Chaired by a board lead, working group volunteers would help to make assessments and recommendations about overall membership benefits and development goals as we continue to grow.

If you have further questions about this group or are interested in volunteering, please contact Judy Baker [here](#).