

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Oct. 21	Chronic Pain	9:30 am – 12 pm	BQCL	FULL
Monday, Oct. 21	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Oct. 21	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Oct. 21	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday, Oct. 21	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Oct. 21	Arizona Ten	1:30 pm – 4 pm	BQCL	\$2.00
Tuesday, Oct. 22	Create A Travel Sketchbook	9:30 am – 10:30 am	YECC	\$2.00
Tuesday, Oct. 22	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Oct. 22	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Oct. 22	Choir	12:45 pm – 1:45 pm	YECC	\$10.00
Tuesday, Oct. 22	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Oct. 23	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Oct. 23	Boosting Brain Health	12:30 pm – 3 pm	YECC	\$5.00
Wednesday, Oct. 23	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Oct. 23	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday, Oct. 23	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Oct. 24	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Oct. 24	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Oct. 24	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Oct. 24	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Oct. 24	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Thursday, Oct. 24	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Friday, Oct. 25	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Oct. 25	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Oct. 25	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Oct. 25	Computers for Beginners	12 pm – 1:30 pm	BQCL	\$5.00
Friday, Oct. 25	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

[Click here for our Fall 2019 Program Guide.](#)

Please Note:



We had an amazing time at the Al Rashid Mosque. We appreciate the warm and welcoming environment and those who shared more about their culture, tradition and history with us this week.

Oktoberfest is tomorrow! The volunteers who organized this event have been working their hinterns off. Click [here](#) to see some of them on Global TV last weekend. Our sincerest thanks to everyone who organized, promoted and purchased tickets to the event.

Doors open at 4 pm, meal at 6 pm at [8310 Roper Road](#)

Coming Up:



Volunteers:



2019 Flu Vaccines - [iCare Pharmacy Windermere](#) will be on site to provide free flu vaccines. Click [here](#) to let us know you're coming.

Monday, October 21 from 2 pm – 4 pm at TCRC

Tuesday, October 29 from 11:30 am – 2 pm at YECC

Wednesday, October 30 from 11 am – 2 pm at YECC

Big News: Mobile Scanner!

You no longer will have to make your way into the building before boarding a bus trip. We will meet you on the bus and scan your key tag from your seat or as you board. We do ask that you continue to bring your membership key tag with you when you attend SWESA programs at any location. Thank you to our dedicated volunteers for getting this technology in place and to all our members for continuing to use this technology to help us measure our statistics. If working with this membership management system interests you, please let us know [here](#).

Creating A Travel Sketchbook Sue Anne Bottomley has been traveling from New Hampshire to Edmonton since 2002 to visit her family. She is a working (and playing) artist and joins us to share her sketchbooks from French Polynesia, the Galapagos and Santa Catalina Island off the coast of California. She will discuss the pleasure she experiences from working on site, her techniques and materials. This session will include a hands-on opportunity for you to try your hand at sketching or to share in stories of travel.

Tuesday, October 22 from 9:30 am – 10:30 am at YECC

A Taste of Dance with Michelle

Dance instructor Michelle Mitchell is back from her hip surgery and feeling better than ever! We are ready to accommodate all of those who were interested in attending the dance classes originally scheduled for the fall.

We are offering a 6-week program sampling a variety of dance styles and will be working with participants to plan sessions in January. [Click here](#) for the poster.

Mondays from 1 pm – 2 pm at YECC, starting October 28

Tracing the True Costs of Feeding Canadians Dr. Lee Foote is a Louisiana native who moved to Canada as a faculty member in the Department of Renewable Resources. His research portfolio is diverse with studies published on wetlands, oil sands reclamation, wetland policy, and wildlife biology projects among others.

Lee joins us to speak about tracing the ethical and environmental costs of feeding Canadians. We all need to eat, but what should we pay for an ear of Taber corn? How about a delicious Alberta pork loin? Let's see what the more complete cost-accounting would be when we consider the economic and environmental cost of our food. We will explore our relationship with food without guilt or blame.

Tuesday, October 29 from 12:30 pm – 2 pm at YECC

Cutlery/Placemat Rolls Do you have extra fabric lying around? As you've noticed we are trying to lessen the environmental impact of our lunches by encouraging everyone to bring their own cutlery and cups. If you can sew [some of these](#) to donate to SWESA, we would be grateful!