

**Coming Up This Week:**

When	Program	Time	Location	Cost
Monday, Oct. 7	Book Club: <a href="#">Alone in the Class...</a>	9:30 am – 11:30 am	FULL	Free
Monday, Oct. 7	Chronic Pain	9:30 am – 12:30 pm	<b>BQCL</b>	FULL
Monday, Oct. 7	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Oct. 7	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Oct. 7	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday, Oct. 7	Arizona Ten	1:30 pm – 4 pm	<b>BQCL</b>	\$2.00
Monday, Oct. 7	CPP, OAS, and GIS	2 pm – 3 pm	YECC	\$2.00
Tuesday, Oct. 8	Heart Attacks	9:30 am – 11:30 am	YECC	\$2.00
Tuesday, Oct. 8	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Oct. 8	Watercolor Painting	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Oct. 8	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Oct. 8	Choir	<b>12:45 pm – 1:45 pm</b>	YECC	<b>\$10.00</b>
Tuesday, Oct. 8	ESSETRICS for Seniors	1 pm – 1:45 pm	<b>eOne</b>	\$10.00
Wednesday, Oct. 9	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Oct. 9	Medical Assistance in Dying	9:30 am – 10:30 am	YECC	\$2.00
Wednesday, Oct. 9	Boosting Brain Health	12:30 pm – 3 pm	YECC	\$5.00
Wednesday, Oct. 9	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Oct. 9	ESSETRICS/Cardio	1 pm – 2 pm	<b>eOne</b>	\$10.00
Wednesday, Oct. 9	Coffee and Chat	1 pm – 4 pm	<b>TCRC</b>	\$10.00
Thursday, Oct. 10	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Oct. 10	Hip and Knee Surgeries	10:30 am – 12 pm	YECC	\$2.00
Thursday, Oct. 10	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Oct. 10	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Oct. 10	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Thursday, Oct. 10	Computers for Beginners	12 pm – 1:30 pm	YECC	\$5.00
Thursday, Oct. 10	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Oct. 10	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Friday, Oct. 11	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Oct. 11	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Oct. 11	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Oct. 11	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00
Monday, Oct. 14	CLOSED for Thanksgiving	ALL	YECC	

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

**Please Note:**



A huge thank you to all our presenters this week.

Shirzad Chunara and her session on “Cooking with Pulses” was a huge success. Her handouts can be found [here](#) and [here](#).

Genee Czako from Brow Envy held no punches when she shared the realities of Eyebrow trends. Feel free to reach out to her [here](#).

## Coming Up At YECC:



## Volunteers:



**2019 Flu Vaccines** - [iCare Pharmacy Windermere](#) will be on site to provide free flu vaccines.

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

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

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

### **Bus Trip to the Mosque: Exploring Islam**

We are looking forward to joining the seniors group at the Al Rashid Mosque on Wednesday, October 16 for a tour and lunch. If you are attending or curious, click on the links below for more information:

[Brief History – Al Rashid Mosque](#)

[Guidelines for Visitors](#)

There are still a few seats left! Call 587-987-3200 to register. If you are a Telus customer, turn to channel 707. Here you will find a local documentary titled “Secret Edmonton: Canada’s First Mosque” that shares more about the coming together of many faiths and cultures in Edmonton to build the original mosque.

### **Blue Quill Community League**

LAST CALL for the SWESA survey! [Click here](#) to give us your feedback on the events and programs you would like to see at Blue Quill.

**Location:** 11304 - 25 Avenue

**The October Lunch** is open for registration.

Being the 30<sup>th</sup> of October, feel free to dress up in your scariest, sweetest or funniest costumes! Prizes for best costumes will be given out.

The poster can be found [here](#).

### **SWESA Diversity and Inclusion Committee**

Chaired by a board director, this committee acknowledges and respects diversity, recognizes barriers to inclusion, and actively works to meet the needs of seniors with varied and diverse backgrounds. With four existing members, they are looking for joiners who are interested in supporting SWESA to bring education and awareness to diversity and inclusion in our membership. The group meets monthly and is actively planning a forum in the new year. For more information or to express interest, please contact Rita at 780-756-0688 or email her [here](#).

### **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!