

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Nov. 11	CLOSED FOR REMEMBERANCE DAY		ALL	
Monday, Nov. 4	Chronic Pain	9:30 am – 12 pm	BQCL	FULL
Monday, Nov. 4	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Nov. 4	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Nov. 4	A Taste of Dance – click here	1 pm – 2 pm	YECC	\$12.00
Monday, Nov. 4	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Nov. 4	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday, Nov. 4	Arizona Ten	1:30 pm – 4 pm	BQCL	\$2.00
Tuesday, Nov. 5	Lendrum Food Network	9:30 am – 11:30 am	YECC	\$2.00
Tuesday, Nov. 5	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Nov. 5	Watercolors	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Nov. 5	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Nov. 5	Choir	12:45 pm – 1:45 pm	YECC	\$10.00
Tuesday, Nov. 5	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Nov. 6	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Nov. 6	Increasing Fruit and Veggies	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Nov. 6	OPEN HOUSE	12 pm – 3 pm	BQCL	Donation
Wednesday, Nov. 6	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Nov. 6	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday, Nov. 6	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Wednesday, Nov. 6	Coffee w. Councillor Knack	3 pm – 4 pm	BQCL	Donation
Thursday, Nov. 7	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Nov. 7	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Nov. 7	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Nov. 7	Strokes	11 am – 12:30 pm	YECC	\$2.00
Thursday, Nov. 7	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Nov. 7	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Thursday, Nov. 7	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Friday, Nov. 8	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Nov. 8	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Nov. 8	Versal Workshop	9:30 am – 12:30 pm	YECC	\$25.00
Friday, Nov. 8	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Nov. 8	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

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

Please Note:

Registration Deadlines:

- Cow Patti and Calligraphy workshops – Last Call
- Nov. 10 – Christmas Card Workshop
- Nov. 15 – December lunch registration opens to non-members
- Nov. 15 – Opry Gold at Beaver Regional Arts
- Nov. 21 – Christmas Greenhouses
- Nov. 22 – November lunch deadline
- Nov. 22 – Candlelight Christmas



Coming Up:



Volunteers:

November 4 - 8, 2019

Session 2 Begins

We would like to remind you that all of our Health and Wellness and Watercolor classes are moving for the second session this fall. Fees are now due, or you can continue to pay on a drop-in basis. Please purchase a punch pass at Yellowbird East Community Centre for eOne Essentrics programs as they will not be accepting cash at the studio.

Have Your Say: Massive Online Open Courses

SWESA and the Edmonton Public Library are working together to bring you a new opportunity for university courses. We have some exciting ideas but would like to hear from you in order to make this a great experience for everyone. Please let us know if you would like to see a course in a variety of subjects ranging from Paleontology to Philosophy. Take the two-minute survey [here](#).

Lendrum Food Network

Come and learn how the residents of the Lendrum Place neighborhood are putting their green thumbs to good use through their food sharing network. The idea was sparked by Lendrum resident Erin Sawyer when she observed a raspberry bush brimming with ripe, unpicked berries and got thinking about how neighbors could share excess garden produce with one another. Tuesday, November 5 at YECC from 9:30 am – 11:30 am

Blue Quill Open House and Coffee With Councillor Knack

We have been expanding into Blue Quill slowly but surely and have started running some programs. The furniture is in place, and we are working on Saturday morning and Thursday afternoon coffee groups. We hope to build on the same warm and welcome atmosphere that got SWESA to our current 600+ members!

Join us for a look at the space at an open house, followed by coffee with Councillor Andrew Knack, who will arrive at 3 pm to share things that matter to you in our city.

When: Wednesday, November 6 from 12 pm – 3 pm

Location: Blue Quill Community League ([11304 - 25 Avenue](#))

Please click [here](#) and let us know if you are coming.

Remembrance Day

There are several ceremonies taking place throughout the city. For senior centre events, visit the Edmonton Seniors Coordinating Council website [here](#). Please note that SWESA will be closed on Monday, November 11.

SWESA Hosts/Hostesses

As we expand to our new space at the Blue Quill Community League, we are looking for program hosts/hostesses to share our SWESA hospitality. We are also seeking people who may be interested in helping us to distribute flyers in the neighborhood and to spread the word of our expansion. If you are interested in assisting with this important work, let us know [here](#).



November 4 - 8, 2019