



NEWS

Happy Thanksgiving!!!

Join us for our Wednesday, October 8th, Thanksgiving Luncheon at Yellowbird East Community Centre (YECC), 12:00 noon to 2:00 p.m. Enjoy soup, sandwiches, and pumpkin pie with great company!!! Cost: \$7.00 for members; \$10.00, non-members. Registration required.

CANCELLATION: The **Driving and Beyond Workshop** scheduled for October 16th in partnership with Edmonton Transit System, AMA, and Westend Seniors Activity Centre has been **CANCELLED**. For more information, contact Alex at 587-987-3200 or swesa.programs@gmail.com.

SWESA's "**LET'S WALK**" group has walked over 40,000 steps over the past few weeks for a total of over 30 KM! There are just a few more sessions left before the weather turns cold. Join SWESA members on Thursday mornings at 10:00 a.m. at YECC for some outdoor fun!!

SWESA's Board of Directors is pleased to announce the addition of three new members. Shirley Adam, Michel Lamoureux, and Elaine Parfitt will be Directors, and Michel will assume the role of SWESA's Treasurer. Our congratulations and thanks to Shirley, Elaine, and Michel for volunteering. We look forward to working with them!

JUST A REMINDER: SWESA is introducing an annual membership fee of \$30.00 *per person* in January 2015. Watch **SWESA News** for further

information about the benefits you will derive from being a SWESA member.

“Toonie Talks”: Cost: \$2.00 *per session per person*.

- **Introduction to Google Maps**: Monday, October 6th, 1:00 to 3:00 p.m., Terwillegar Community Recreation Centre (TCRC). **Note**: Participants need to have an understanding of the basic internet and/or app functions of their device. Registration is required. There is a maximum of 10 participants for this program.
- **Introduction to Diabetes**: Thursday, October 9th, 12:30 to 2:00 p.m., at YECC. Information will include prevention and warning signs, strategies to manage the disease, and the differences between Type 1 and Type 2 diabetes.
- **Go Go Gadgets**: Thursday, October 23rd, 10:30 a.m. to 12:00 noon, YECC. Do you need help with a gadget or gizmo? Is it an e-Reader, tablet, camera, i-pad, lap-top, phone? Bring your gadget with you and Edmonton Library staff will help you navigate through the electronic maze. Registration required. **Note**: we need to know ahead of time what you are bringing.

OTHER PROGRAMS:

- **Free Pickleball Lessons** on the four Tuesdays in October, 7:30 to 10:00 a.m. at TCRC. Equipment supplied. For further information, contact Ken at 780-660-4127 or e-mail ken.hurshowy@shaw.ca.
- **Greenfield Community Luncheon** sponsored by Petrolia Seniors Group on Tuesday, October 14th, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. Bob Lang will speak on **Experiences of a Locksmith**. Contact Betty at 780-434-0711 to confirm attendance or for further information.

SWESA Centre: Yellowbird East Community Centre
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