



SouthWest Edmonton
Seniors Association

NEWS

NOTE: CANCELLATIONS

SELF HELP MASSAGE TIPS scheduled for September 30th at Yellowbird East Community Centre (YECC) from 1:00 to 4:00 p.m. has been cancelled due to insufficient registrations.

ALSO CANCELLED DUE TO INSUFFICIENT REGISTRATIONS:
SWESA's Nutrition Tour scheduled for Wednesday, September 24th, 11:00 a.m. to 12:00 noon, at Save on Foods, Magrath.

A **Chinese Cultural Field Trip** is scheduled for Saturday, September 27th. Participants will meet at YECC at 11:15 a.m. and depart by bus at 11:30 a.m. for the Centre for Education (Kingsway One). Activities will include music and traditional performances, tai chi demonstrations, Chinese cultural displays, and workshops pertaining to art and health. Traditional food samples are available onsite at the Taste of China Pavilion for \$1. The bus will return to YECC at 4:15 p.m. Cost: transportation is free of charge; participants are responsible for their own purchases throughout the day. Preregistration requested prior to September 24th.

Also on Saturday, September 27th, a **Seniors Housing Forum** will be held at Central Lions Recreation Centre from 9:00 a.m. to 3:00 p.m. This free event (including lunch) has as its goal to educate participants about the range of housing options and community supports available for older adults. Topics discussed will include: home and independent living, safe home design, legal documents you should have, supportive and facility living, caregiver support and family dynamics, financial literacy and housing, community resources and preventive health. Preregistration requested. Please contact: (780) 423-5510, ext, 310.

Join our new **KNITTING GROUP**: This is an informal drop-in program offered Fridays from 11:30 a.m. to 2:30 p.m. at YECC. Bring your own projects and work in a fun, social space. There is no instructor; members share ideas and learn from each other. Note: if this is your first time at a session, please call ahead!! The group occasionally meets offsite for field trips. Cost: \$2.00 drop-in or \$20.00 registration fee covering September through December 2014 meetings.

SWESA'S MEDITATION CLASSES HAVE BEEN RESCHEDULED. Due to unforeseen circumstances, SWESA's six-week Meditation classes have been postponed. The first session will be Wednesday, October 15th from 1:00 to 2:00 p.m. at YECC. We apologize for any inconvenience this change may cause.

Sixty members attended SWESA's **WELCOME BACK EVENT** on September 17th. Our thanks to all the volunteers who helped make the event a success. Thanks also to the City of Edmonton, Rutherford Heights Retirement Residence, Lewis Estate Retirement Residence, and Laurel Heights Retirement Residence (all part of the All Seniors Care Living Centres) for the door prizes awarded lucky attendees.

UPCOMING "TOONIE TALK:" preregistration required.

- **Caregiver Stress:** Monday, September 29th, 1:00 to 3:00 p.m., at Terwillegar Community Recreation Centre (TCRC). Identify the signs of poor work/life balance. How to take care of yourself; tips and strategies to help ease caregiving duties. Fee of \$2.00 per person.

SWESA Centre: Yellowbird East Community Centre
10710 - 19 Avenue NW
SWESA phone: 587-987-3200
SWESA E-mail: swedmontonseniors@gmail.com
SWESA website: www.swedmontonseniors.ca