



SouthWest Edmonton  
Seniors Association

# NEWS

## Oktoberfest Luncheon

Join **SWESA** members and friends to celebrate Oktoberfest on Wednesday, October 28<sup>th</sup>, 12:00 noon to 2:00 p.m. at Yellowbird East Community Centre (YECC). Enjoy typical Oktoberfest fare and good fellowship!!! Cost: members, \$8.00; non-members, \$12.00. Preregistration is required.

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## FLU VACCINATIONS AVAILABLE

**SWESA** members and friends will also be able to get their flu vaccinations from registered pharmacists at YECC on Wednesday, October 28<sup>th</sup>, from 11:00 a.m. to 3:00 p.m.. The flu shot is free, but you will need to show your Alberta Health Care card. It's time to get ready for the flu season.

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**JUST A REMINDER:** Daylight Savings Time ends Sunday, November 1<sup>st</sup>.  
**REMEMBER:** Set your clocks back one hour Saturday night, October 31<sup>st</sup>.

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**Congratulations** to Liza Bouchard, **SWESA's** previous Program Coordinator, on the birth of Bridgette Elizabeth, 9 pounds, 6 ounces, on October 4<sup>th</sup>. Our best wishes to Mom, Bridgette, Dad, and "big brother."

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**REMEMBER:** our search for additional Board members closes on October 31<sup>st</sup>. Please contact SWESA at 587-987-3200 if you are interested.

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### **IMPORTANT DATES TO REMEMBER:**

- **October 26<sup>th</sup>:** Monday, 9:30 to 11:00 p.m., **YECC Book Club**. Cost: members, \$5.00 one-time registration fee; non-members, \$15.00, one-time registration fee.

- **November 5<sup>th</sup>:** Thursday, 1:00 to 3:00 p.m., **Table Top Olympics**, YECC. Come and compete for fun and prizes. Enjoy games such as Weight “Squeeze” Lifting, “Threading,” Long Jump, “Stacking,” Pole Vault, “Chop Sticks,” Basketball, etc.. Refreshments. Cost: members: \$5.00; non-members, \$8.00. Preregistration is required.
- **November 6<sup>th</sup>:** Friday, **Nacho Day**, 11:00 a.m. to 12:00 noon, YECC. Come and celebrate national Nacho Day; enjoy nachos with various toppings. Cost: members, \$5.00; non-members, \$8.00. Preregistration requested.

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**“TOONIE TALKS:”** Cost: \$2.00 per session per member; \$4.00, per non-member. Preregistration is requested.

- **EPL Card + Tablet = Fun!** Tuesday, October 27<sup>th</sup>, 10:00 to 11:30 a.m., YECC. In partnership with Edmonton Public Library (EPL), learn the basics of tablets and see what EPL resources you can access for free! Remember to bring your own tablet to class.
- **Introduction to Facebook:** Monday, November 2<sup>nd</sup>, 1:30 to 3:00 p.m., Terwillegar Community Recreation Centre (TCRC). Also in partnership with EPL, this session will introduce you to the social media site Facebook. Learn the basics and get connected!
- **Alternative Therapies:** Wednesday, November 4<sup>th</sup>, 1:30 to 2:30 p.m., TCRC. What are Alternative Therapies, how can we use them, is there a process to pay for them? How do we check if the therapy is delivered by a recognized provider and will help us?

**AND HAVE A HAPPY HALLOWEEN!!!**

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