



**SouthWest Edmonton
Seniors Association**

SWESA MEMBERSHIP AVAILABLE FOR 2016!!!

For the annual fee of \$30.00 you can become a member of **SWESA** through 2016 and participate in **SWESA's** programs, activities, luncheons, and camaraderie at member rates. In addition, you will receive regular copies of our newsletter, **SWESA News**, and are eligible to receive a 15% to 20% discount at City of Edmonton sports and fitness facilities. For further information, contact swesa.programs@gmail.com or 587-987-3200.

Membership application forms are available on **SWESA's** website. You can join **SWESA** at our Seniors Lounge, Terwillegar Community Recreation Centre (TCRC) on Mondays and Wednesdays, 1:00 to 4:00 p.m., or at our office, Yellowbird East Community Centre (YECC) during program hours.

SWESA PROGRAM CHANGE: *The Art Group* drop-in program is cancelled for Friday, November 13th. The gymnasium has been booked for another use.



DON'T FORGET: Payment is due from **SWESA** members who have booked the bus trip to the Legislature to see the **Magna Carta** (Friday, November 27th) and the bus trip to **Greenland Garden Centre** (Tuesday, December 8th). If you need to cancel your booking, please notify **SWESA**'s office as soon as possible to enable someone on the wait list to take your place. For some Magna Carta Fun Facts, click [HERE](#).



As part of the Seniors Initiative, **SWESA** will host **A Visit from Councillor Andrew Knack** on Friday, November 20th from 9:00am – 11am, YECC. The Ward 1 Councillor will discuss City of Edmonton's growth and answer your questions on seniors' issues. Refreshments will be served.

IMPORTANT DATES TO REMEMBER:

- **November 6th:** 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, \$6.00; non-members, \$8.00. Preregistration requested.

- **November 17th:** Tuesday, 1:00 to 3:00 p.m., **BINGO!**, YECC. Try your luck, have some fun, and maybe even win a prize! Free.

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

- **Go Go Gadgets:** Monday, November 16th, 1:30 to 3:00 p.m., TCRC. This is an interactive session about gadgets in partnership with Edmonton Public Library. Technology experts will teach you how to use your eReader, tablet, iPad, mobile phone, laptop, or other “gizmos.” Remember to bring your gadget and your questions!!!
- **Vitamins, Supplements & Medications:** Wednesday, December 9th, 11:00 a.m. to 12:00 noon, YECC. Do you have questions about vitamins, supplements, and medications? Clinical pharmacy experts will discuss the benefits and uses of vitamins and supplements, including their interactions with medications. Question and answer session featured.

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by **Petrolia Seniors Group** on Tuesday, November 17th, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. **Protecting Edmonton’s Heritage Homes** with Dr. Melanie Moore, Owner of a Heritage Home. Cost: \$15.00. Contact Nick at 780-435-1045 to register.

SWESA Centre: Yellowbird East Community Centre
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SWESA E-mail: swedmontseniors@gmail.com
SWESA website: www.swedmontseniors.ca