



SouthWest Edmonton  
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

**Join us for our regular weekly programs**

Date	Program	Time	Cost	Location
Mondays	Gentle Yoga	10 am – 11 am	\$7.00	YECC
Mondays	Quilting Group	11:30 am – 3 pm	\$2.00	YECC
Mondays	Coffee and Chat	1 pm – 4 pm	Donation	TCRC
Tuesdays	Coffee and Chat	9:30 am – 12 pm	Donation	YECC
Tuesdays	Cards – Canasta	12 pm – 3 pm	\$2.00	YECC
Wednesdays	Mahjong	9:30 am – 12 pm	\$2.00	YECC
Wednesdays	Coffee and Chat	1 pm – 4 pm	Donation	TCRC
Wednesdays	Contract Bridge	12:30 pm – 3 pm	\$2.00	YECC
Thursdays	Walking Group	11 am – 12 pm	\$5.00/season	YECC
Thursdays	Total Body Fitness	10 am – 11 am	\$7.00	YECC
Fridays	Art Group	9:30 am – 12 pm	\$2.00	YECC
Fridays	Knitting/Stitching Group	11:30 am – 3:30 pm	\$2.00	YECC

**Upcoming Programs**

Date	Program	Time	Location	Cost
October 10, 2016	SWESA CLOSED	9 am – 3 pm	BOTH	
October 11, 2016	JAM cancelled	12 pm – 2 pm	YECC	\$2.00
October 11, 2016	Financial Institution Fees	12:30 pm - 2 pm	YECC	\$2.00
October 11, 2016	Primary Care Network	1 pm – 2 pm	YECC	\$2.00
October 13, 2016	Taste of Tuscany	9 am – 12 pm	MC	\$15.00

Please be sure to check registration requirements and program details in our [Fall Program Guide](#).

**Please Note:**



“Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.” — Lauren DeStefano

October 10-14, 2016

587-987-3200  
programs@swedmontonseniors.ca  
[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

**The SWESA program coordinator will be away October 22 – 26. If you require immediate assistance with anything please contact Shirley at 780-266-1944 or [shirl.adam@gmail.com](mailto:shirl.adam@gmail.com)**  
The Yellowbird Community Centre will be open as usual Monday – Friday from 9:00 am – 3:00 pm, with the exception of a 2:00 pm closure on Thursday.

The **Sleep, The Silent Killer Toonie Talk** that was cancelled due to presenter illness on September 14th, has been rescheduled for Tuesday October 24th, from 12:30 - 2:30 at Yellowbird. Please register if you plan to attend.

Please make sure that you are registered for the **Tacky Tourist Luncheon by October 21.**

This luncheon will be catered and offered for \$12.00.

We have talent booked and secured and guests attending from SAGE. The menu will be Mexican and Hawaiian. Get dressed up in your loudest and boldest colours and come on down!

We will welcome a representative from the PCN to share all of the Who, What, Where, and When surrounding the network and the How of accessing these services. We will also have a chance to discuss the PCN's "seniors' centre without walls" model.

**When:** Tuesday, October 11 from 1:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$2; Non-member \$5 **Registration is requested**

### **Stay Connected:**

#### **North West Edmonton Seniors Centre Presents Fashion and More**

Enjoy a lovely lunch, fashion show and vendors: Princess Florence Handbags, 5<sup>th</sup> Avenue Jewellery, Avon, Epicure, Gifts for Gran, Hearts & Butterflies and Pampered Chef will be there to name a few.

**Where:** NWESC (12963 – 120 Street)

**When:** Friday, October 28 - Doors open at 11:30 am, fashion show begins at 1:00 pm

**Cost:** Tickets \$10.00 (includes lunch) Please call 780-451-1925 to register **before October 21.**

#### **Seniors United Now : The Link Between Oral Health and Overall Health**

Join us for our monthly meeting with our guest presenter, Tracy Fedorak. Tracy is a Registered Dental Hygienist and the Founder and CEO of Periosmart, a mobile dental hygiene and denture clinic.

**Where:** Whitemud Library Program room - 4211 - 106 street

**When:** October 14, 2016 Registration at 1:00 pm, Presentation at 1:30 pm

**Cost:** Free for members and non-members. **Please call 780-449-1816 for more information.**

### **Volunteering:**

SWESA is looking for **TACKY TOURIST LUNCHEON volunteers** for October 26.

If you are free in the hours leading up to the lunch or for a short while after, we could use your help. We are looking for decorators, table and chair setup helpers, table décor assistance, food table preppers and kitchen helpers. Please email [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca) if you can help.

**Photographers** – With all of these wonderful things happening at SWESA, we have gotten too busy to make sure that we document our fun with pictures. Please take it upon yourself to take pictures at our events and share them with our program coordinator so that we can add them to our SWESA scrapbook and use them for various promotional prints.

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