



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

[For a listing of our regular weekly programs, please click HERE.](#)

Upcoming Programs

Date	Program	Time	Location	Cost
October 17, 2016	Book Club	9:30 – 11:00	YECC	\$5.00/season
October 18, 2016	Jam Session	Postponed	YECC	\$2.00
October 18, 2016	Heart to Home Meals	1:00 – 2:00	YECC	\$2.00
October 18, 2016	Floor Curling	1:00 – 2:00	YECC	\$10.00
October 19, 2016	Powers of Attorney	2:00 – 3:00	YECC	\$2.00
October 20, 2016	Antiques Interest Group	1:00 – 3:00	YECC	\$5.00/season

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

Please Note:

Our apologies for the postponement of Tuesday’s Jam Sessions. These sessions are really gaining quite a bit of interest and momentum!



The Tacky Tourist Luncheon is just around the corner on October 26th! Registration is **REQUIRED** by October 21. This luncheon will cost \$12.00.

The **Sleep, The Silent Killer Toonie Talk** will take place on **MONDAY** October 24th, from 12:30 - 2:30 at Yellowbird. Please register if you plan to attend.

On October 18th, SWESA is hosting an introduction to **Floor Curling at YECC**. We would love to get enough interest to warrant purchasing our own equipment for a winter curling league. If you love to curl or are interested in learning, please watch this [video](#) and register [HERE](#). The \$10 registration fee covers the cost of an instructor for the session and the rental of equipment from 1pm – 2pm.

October 17 – 21, 2016

587-987-3200
programs@swedmontonseniors.ca
www.Swedmontonseniors.ca

Our **Watch your MLA in Action Session** has been confirmed. We will be met at the North stairs by Thomas Bonifacio, the Edmonton-Rutherford Constituency Manager of Honourable Richard Feehan. He will take us to guest services where they will direct us into the galleries during session time to view the Members of the Legislature at work. We will see the Speaker's procession and listen to the deliberations of the Assembly. Oral Question Period takes place at the start of the afternoon's Routine proceedings. **Registration is required by November 1.**

Where: [The Alberta Legislature](#) - Map to be provided to registrants.

When: Thursday, November 10. Meet at 1pm and finishes at 3pm. The session begins at 1:30 sharp.

Cost: Free. Each member is required to find their own transportation to and from the event.

Heart to Home Meals

Heart to Home Meals has over 100 frozen meals, soups and desserts to choose from as well as products for special dietary needs. Each meal is designed a chef and dietitian and as a result, you get the great flavour and the necessary nutrition all detailed in the catalogue to make it easy to choose. All you have to do is select the meals, order and the friendly drivers will deliver them direct to your home. There is no minimum order, no contracts or commitments, and always FREE delivery. Come hear more about Edmonton's newest meal service and enjoy some samples.

When: Tuesday, October 18 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$2; Non-member \$5 **Registration is required by Monday October 17**

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

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.

Stay Connected:

The Yellowbird East Community League is hosting it's annual **"Pumpkin Patch Halloween Party"** They are in need of volunteers on Wednesday October 26 from 6:00pm till 9:00pm for decorating and Friday October 28th from 5:00pm till 9:00pm for Kitchen, craft table, ticket sales, and clean up. Volunteer or bring the grandchildren to enjoy the festivities.

When: Friday October 28th from 5:00pm till 8:30pm

Where: Yellowbird East Community League 10710 19 Avenue

Cost: FREE entrance, tickets and concession from \$2.00 - \$5.00

Volunteering:

There are so many ways you can contribute to SWESA with your time and experience. Please look [HERE](#) for more information.

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.

Special Events – Are you interested in adding your creative flair to our luncheons to help make them that much more enjoyable for our members? We are looking for table and luncheon decorators. This can be a one-time volunteer offer or an ongoing commitment. Please speak with the Program Coordinator for more information.

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