



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 24, 2016	Sleep, the Silent Killer	12:30 – 2:30	YECC	\$2.00
October 25, 2016	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
October 25, 2016	SWESA Songbirds	12:00 – 2:00	YECC	\$5.00/season
October 26, 2016	SWESA Luncheon - FULL	12:00 – 2:00	YECC	\$12.00/\$15.00

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

Sleep, the Silent Killer: Who Are We Up Against?

Pharmacist Brian Chan returns with this well-received session. If you missed it the first time, he will discuss the myths of sleep for the aging, explain different factors that could affect the quantity and quality of sleep, and options we have for improving sleep.

When: Monday, October 24 from 12:30 pm – 2:30 pm

Location: Yellowbird East Community Centre

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

Creative Writing with Audrey Seehagen

During this creative writing class, we'll develop a structure for memoir or journal writing and use writing prompts. We'll further develop our writing with writing exercises and discuss the editing and revision process.

When: Tuesday, November 1 from 9:30 am – 12:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$25; Non-member \$35 **Registration is required.**

Please Note:

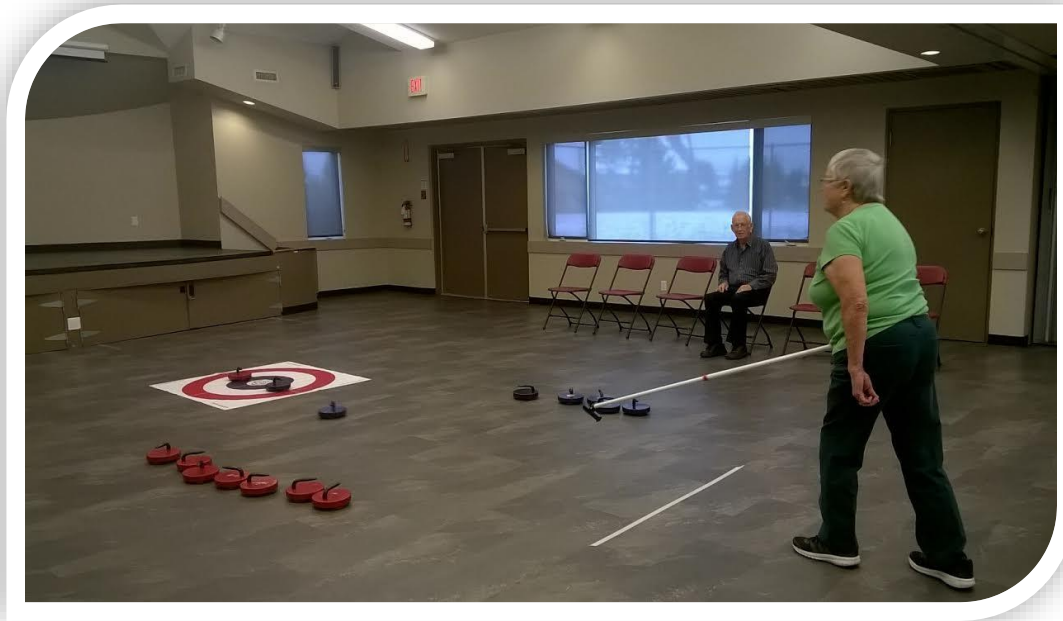


October 26, 2016

Joanne Mah, regular SWESA presenter and pharmacist from Rexall drugs, will be here with her staff to offer free flu shots to SWESA members and guests during our luncheon. Please bring your Alberta Health Card with you. Members who are not attending the lunch are still welcome to drop in for a flu shot.

The clinic will be in the boardroom from 10:30 am – 2:00 pm.

SWESA would like to thank [Rock Solid Productions](#) for bringing in their iceless curling equipment for us to try. We had a lot of fun and will be working on starting our own regular floor curling program in the new year. If you would be interested in playing on a regular or semi-regular basis, please let the program coordinator know at <mailto:programs@swedmontonseniors.ca?subject=Curling>



Our **Watch your MLA in Action** session is filling up. As guests of our MLA, 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 due Tuesday, November 1.**

When: Thursday, November 10

Meet at 1:00 pm. The session begins at 1:30 pm sharp and finishes at 3:00 pm.

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

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

Stay Connected:

Seniors' Health & Wellness Forum

This informative event aims to provide seniors and their caregivers with an excellent opportunity to learn more about local health and wellness-related resources, critical information from a variety of reputable sources that directly impacts wellness and quality of life for older adults.

When: Saturday, October 29 from 9:00 am – 2:30 pm

Location: Central Lions Seniors Recreation Centre (11113 113 Street NW)

Cost: Free - Seniors, their families and caregivers can RSVP by calling [780-809-8604](tel:780-809-8604).

Volunteering:

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

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.

October 24 - 28, 2016