



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
November 1, 2016	Guitar Lesson - Jam Session	12:00 – 2:00	YECC	\$2.00
November 1, 2016	Creative Writing	9:30 – 12:00	YECC	\$25.00
November 2, 2016	Air Quality Health Index	12:00 – 2:00	YECC	\$2.00

Please be sure to check registration requirements and program details in our [Fall Program Guide](#). To register, email or call the program coordinator at 587-987-3200 or click [HERE](#).

### Please Note:



We had such a fabulous time at our Tacky Tourist Luncheon. We would like to extend our thanks to our guests from SAGE and to SWESA member Jane T. and her friends for entertaining us and providing all of the beautiful decorations.

A special thanks to Rosie from [HappyNess Catering](#) for the delicious meal!



October 31 – November 4, 2016

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

### **Air Quality Health Index With Health Canada**

The Air Quality Health Index or "AQHI" is a scale designed to help you understand what the air quality around you means to your health. Come discover more about the impacts of air pollution on human health and ways to reduce exposure.

**Date:** Wednesday, November 2 from 12:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

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

### **Housing Options With Home Instead Senior Care**

Having a home that you are comfortable and secure in can ensure a happy and fulfilling environment as you age. The key is to match your housing with your lifestyle, health, and financial needs. Whether your search for housing options is prompted by a medical condition or just the need to downsize, finding the right place to live can be difficult and stressful. However, the earlier you assess your current needs and how those needs may evolve over time, the more choices and control you'll have. By learning about your options, you can make the right decision.

**Date:** Wednesday, November 9 from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

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

### **Moving Forward: Downsizing Tips for Seniors, Boomers and the Sandwich Generation**

Discover solutions to downsizing and moving that face multi-generational families of today. Hot topics will be discussed: staging to sell, to renovate or not, estate planning, decluttering, organizing and retirement financial planning. The presenter is Rennaye Miller from Realty Executives Polaris.

**Date:** Wednesday, November 16 from 1:30 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

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

### **Stay Connected:**

#### **Southwest Seniors' Outreach Society - Luncheon and Entertainment**

**Date:** Every Thursday from 11:45 am until 2:00 pm - Doors open at 10:00 am

**Location:** St. Agnes Church (10832 - 62 Avenue)

**Cost:** Member \$10; Non-member \$12 Registration is NOT required.

Call [780-435-9515](tel:780-435-9515) for information.

#### **The North West Edmonton Seniors Centre presents Country Blend**

Country Blend is a southern Manitoba-based group. These five seasoned musicians started touring in November 2004. This concert will feature many classics of traditional and gospel country music. Country Blend is a high energy group full of rhythm, great harmony and fantastic piano playing. All concerts and shows are performed at an easy listening volume.

**Date:** Thursday, November 17 from 12:00 pm – 4:00 pm

**Location:** 12963 120 Street

**Cost:** Tickets are \$25 each and on sale now - Call 780-451-1925.



### **Volunteering:**

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

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