



SouthWest Edmonton Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

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

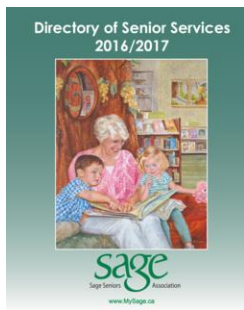
Upcoming Programs

Table with 5 columns: Date, Program, Time, Location, Cost. Rows include Book Club, Downsizing, Christmas Candy, and Tom Russell - New Moon Folk.

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: The following program registration deadlines are coming up:

Table with 4 columns: Date, Program, Registration Fee, Due. Rows include Christmas Candy Workshop, Christmas Card Making, Candy Cane Tea, and November Luncheon.



You can pick up your copy of the SAGE Directory of Senior Services at either of our locations. The directory has been the most comprehensive seniors' resource guide in northern Alberta for over 31 years. SAGE compiles over 250 pages of updated information annually and prints and distributes 45,000 copies of the directory at no cost to readers. You can view the entire 2016-2017 directory in an online format by clicking [here](#).

The SWESA Winter 2017 Program Guide will be available in December for the January to April months. Are we missing something? Please do not hesitate to let the program coordinator know if you have any suggestions for programming; ideas are welcomed at any time.



Thank you to Shawn Trucotte of [Home Instead Seniors Care](#) for his time in sharing some of his knowledge with us about "Housing Options" - another successful SWESA Toonie Talk for the books with 30 members in attendance. Knowledge is power.

November 14-18, 2016

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

Don't Forget:

Councillor Andrew Knack will be returning to SWESA at Yellowbird. Andrew is currently responsible for three council initiatives: seniors, transit and post-secondary. Please join us in welcoming him and to discuss the concerns and issues that are important to you.

Date: Thursday, November 24 from 12:30 pm – 2:00 pm

Location: Yellowbird East Community Centre (10710 - 19 Avenue)

Cost: FREE Registration is requested but not required

Email: programs@swedmontonseniors.ca

Stay Connected:

LIFT Drive Happiness services are delivered by [Lifestyle Helping Hands Seniors Association](#). Our focus is helping seniors retain their independence and age with dignity by meeting their transportation needs. You can become a member if you

- are 65 years and over,
- have difficulty using public transportation services,
- can enter and exit a vehicle with limited assistance, and
- have an annual income under \$35,000 if single and \$60,000 if a couple.

Exceptions may apply.

Cost: \$24 annually (due July 1 each year, half-price after January)

A ride ticket costs \$8 for a 1 ½ hour time period.

Phone: 780-424-LIFT (5438) Email: info@drivehappiness.ca

Petrolia Seniors' Group Lunch and Program

Michael Walters, Edmonton Councillor, will give his neighbourhood update and will speak to local issues.

Date: Tuesday, November 15 from 11:45 am (sharp) to 2:00 pm

Location: Greenfield Community Hall (3803 - 114 Street)

Cost: \$15

Phone Nick at 780-435-1045 for more information or to confirm your attendance.

Seniors United Now (SUN) Chapter Event: Moving For Health

Join AHS kinesiologist Devin Chaluk to learn more about the benefits of physical activity, doing physical activity safely and what type of physical activity is most beneficial.

Date: Friday, November 18

Registration: 1:00 pm Presentation: 1:30 pm

Location: Whitemud Crossing Public Library (4211 - 106 Street)

Cost: FREE Members and non-members are welcome.

Phone: 780-449-1816 Email: unitenow@telus.net

Volunteering:

Our October luncheon was a major success and has set the bar very high for our next luncheon social. If you are interested in helping with set up, take down, decorating or event planning, please contact the program coordinator at programs@swedmontonseniors.ca

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

November 14-18, 2016

587-987-3200

programs@swedmontonseniors.ca

www.Swedmontonseniors.ca