



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

Date	Program	Time	Location	Cost
November 21, 2016	Protecting Your Nest Egg	1:00 – 2:00	TCRC	\$2.00
November 22, 2016	SWESA Jam Session	12:00 – 2:00	YECC	\$2.00
November 22, 2016	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
November 23, 2016	Christmas Cards	12:00 – 3:00	YECC	\$15.00
November 24, 2016	Councillor Knack	12:30 – 2:00	YECC	Free

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:

Shawn Turcotte’s session on **Housing Options** was a great success. If you had wanted a copy of his booklet, please find it [HERE](#).

If you would like to attend **the Chat with Councillor Knack** session on Thursday, November 24 at 12:30 pm, please RSVP the program coordinator by calling 587-987-3200 or email [HERE](#). For more information about the event, click [HERE](#).

We would like to extend our gratitude to the SWESA members and volunteers who have been putting in their time and effort to pilot our new volunteer desk and to help set up and take down the extra accommodations for the larger numbers of members attending our centre.



The Success Of Teamwork
Coming together is a beginning.
Keeping together is progress.
Working together is success.
~ Henry Ford ~

November 21-25 2016

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

Please Note:

The following program registration deadlines are coming up:

Date	Program	Registration Fee	Due
November 30 (12-2)	November Luncheon	\$15 member and non	November 25 at noon

Just for fun! Here is a [LIVE VIDEO](#) of our jam group. This was a “quiet” week for the jam sessions but as you can tell, there is enough talent in each of these individuals that there is rarely a dull moment.

Stay Connected:

Festival of Trees: Seniors Appreciation Day

Now in its 32nd year, the University Hospital Foundation’s Festival of Trees is firmly established as Edmonton’s signature kick-off to the holiday season — and the flagship fundraising and friend-raising event for the foundation. All seniors (65 and over) enjoy free admission to the festival, including [great shops](#) and [entertainment](#), and complimentary coat check on opening day.

Date: Thursday, November 24 from 9:00 am to 9:00 pm

Location: Shaw Conference Centre (9797 Jasper Ave. NW)

Cost: Free

Beating The Christmas Blues (featuring Jen Chow of Cornerstone Counselling)

Christmas is said to be "the most wonderful time of the year." But financial pressures, feelings of inadequacy, and memories of lost loved ones can all be amplified during the Christmas season. If you need some tips on how to survive the holidays, join us for this class. YOU are not alone.

Date: Thursday, December 8 from 7:00 pm to 9:00 pm

Location: South Pointe Community Centre (11520 Ellerslie Road SW)

Cost: \$25.00 For more information and to register, call 780-438-4523 on Tuesdays and Thursdays from 9:30 am – 3:30 pm.

Volunteering:

SWESA is looking for volunteers with writing experience to assist with any of these tasks:

a) document development/writing, b) editing, and c) formatting. You will determine the number of hours you commit per month and you will always be working with the assistance and guidance of a Board member. Tasks may include: writing news columns, newsletter articles or documents; filling in templates; editing; or improving the readability of documents with formatting/pictures/etc. If you feel that you may be able to help, please contact Ellen at communications@swedmontonseniors.ca to further discuss the possibilities.

SWESA is looking for a computer maintenance person to assist with the following:

monitoring computer performance, providing technical support, and installing new software for SWESA’s six computer users. Additionally, technicians may be responsible for setting up new equipment, performing minor repair work and establishing a backup schedule and process. Technicians may also create manuals and train others on hardware and software. This position is extremely flexible and can be broken down to incorporate the experience of those interested.

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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