



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
Nov. 8, 2016	Guitar Lesson - Jam Session	12:00 – 2:00	YECC	\$2.00
Nov. 8, 2016	SWESA Songbirds	12:00 – 2:00	YECC	\$2.00
Nov. 9, 2016	Housing Options for Seniors	1:00 – 3:00	YECC	\$2.00
Nov. 11, 2016	SWESA CLOSED	9:00 – 3:00	BOTH	

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:

SWESA will be closed for Remembrance Day on Friday, November 11, 2016.



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.

When: Wednesday, November 9 from 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

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

November 7-11, 2016

587-987-3200

programs@swedmontonseniors.ca

www.Swedmontonseniors.ca

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 include staging to sell, to renovate or not, estate planning, decluttering, organizing and financial planning for retirement. Presenter: Rennaye Miller, Realty Executives Polaris

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

Location: Yellowbird East Community Centre

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

If It Took a Lifetime to Accumulate Your Nest Egg, It's Worth Protecting

Sandra Nigeli joins SWESA once again for this informative session on life insurance from both an estate preservation and estate equalization perspective, as well as long-term care and critical illness insurance needs. Designed specifically for those homeowners who are over the age of 40, this seminar will discuss the changing insurance needs of Canadians as they age.

When: Monday, November 21 from 1:00 pm – 2:00 pm

Location: Terwillegar Community Recreation Centre

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

Stay Connected:

Orchestra Borealis

[Orchestra Borealis](#) (formerly the Concordia Symphony Orchestra) is a 60-piece volunteer orchestra which performs large-scale classical works by well-known composers and contemporary pieces by Canadian composers. Standard ticket prices for seniors are \$12, but as part of the orchestra's community outreach initiative, seniors are invited to attend the November concert at a reduced rate of only \$5. Present one of the [coupons](#) to receive the special rate. Seniors are welcome to attend on their own or with family.

When: Sunday, November 6 at 3:00 pm

Location: South Pointe Community Centre (11520 Ellerslie Road)

Cost: \$5 with coupon Please email adam.franzke@gmail.com for more information.

Remembrance Day Ceremony and Dinner

Special Guests: Deputy District Commander Dave Basham of the Royal Canadian Legion and Alvin Baragar. Reading "In Flanders Field" and March in Colour. Join us after the ceremony for a Remembrance Day dinner paying tribute to all our fallen servicemen and women.

When: Wednesday, November 9 at 5pm sharp Dining will be open for members starting at 4:30pm

Location: Strathcona Place (10831 University Avenue NW)

Cost: \$15 Please call 780-433-5807 for more information.

Petrolia Seniors' Group Lunch and Program

This week, Michael Walters, Edmonton Councillor, gives his neighbourhood update and will speak to local issues. Please call Nick at 780-435-1045 for more information or to confirm your attendance. We look forward to your participation.

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.

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