



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+



[Regular Programs](#)



[Seniors Home Supports Program](#)

Upcoming Programs

August 31	Gentle Yoga – No Class August 7	10:00 – 11:00	YECC	\$10.00
August 2	Beautiful Bones	1:00 – 2:30	YECC	\$10.00
August 3	Walking Group	9:00 – 10:00	YECC	\$5.00/s
August 3	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 3	Pet Therapy Society	10:00 – 12:00	YECC	\$2.00
August 4	Edmonton Aboriginal Seniors Centre	10:00 – 1:00	YECC	\$20.00

Please Note:



Thank you to the members of SWESA’s board who made the time to talk with our members about plans for the future and to address questions surrounding last week’s [story in the Edmonton Journal](#). If you were unable to make it to the coffee group to speak with our directors, [here](#) are some of the key points.

We had a great time at our Klondike Days-themed luncheon. Thank you to all our volunteers who helped to make everything run smoothly. If you have any theme suggestions or would like to volunteer, please contact our coordinator by email here.



July 31 – August 4, 2017

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca



We have a few questions for you about our “Go Go Gadgets” program. Please take five minutes to complete this four-question survey. Click [HERE](#) to go to the survey.

Stay Connected:

Alberta Seniors Communities & Housing Association has requested your feedback to see if Albertans understand the difference between the various types of seniors housing and if the terms the industry, Alberta Health Services and the government of Alberta use are understood by seniors and families. The survey includes varied questions, as well as a few scenarios. Based upon your personal understanding, please answer as honestly as possible. This is not meant to be a test, but rather, a tool to identify public understanding. The hope is to discover areas where more education is needed, or where language needs to be changed. Please take a moment to complete [this survey](#).

Seniors’ Rest Tent at Heritage Festival

The Servus Heritage Festival celebrates Edmonton’s many multicultural communities and showcases food and entertainment from more than 100 countries and cultures. Make your visit to this year’s Servus Heritage Festival more enjoyable by visiting the seniors’ rest tent. The tent will be filled with plenty of tables and chairs, so you can rest in the shade for a while and take a break from the hustle and bustle.

This tent is conveniently located in the centre of the park near bathrooms and the first aid tent. Seniors will be able to hitch a ride on a golf cart to and from the tent from various points on the festival grounds.

The seniors’ rest tent is brought to you by Connecting Edmonton Seniors, an initiative of the Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS).

When: Saturday, August 5 – Monday, August 7

Location: William Hawrelak Park – There is no parking available. More info is [here](#).

Cost: Food item prices vary, find more information [here](#).

Badminton Fun Day Invitational

Come out and join the SEESA Badminton Club for this fun day of playing your favourite sport while meeting players from other senior centres across the city. No prior experience is required. Family and friends aged 55+ are invited to join in the activities. Games start at 9:00 am and tear down is at 11:00 am. You can purchase lunch in the cafeteria at 11:45 am (optional - not included in the price of the fun day).

Call 780-468-1985 or visit the SEESA front desk prior to August 11 to register for this fun invitational.

When: Friday, August 11 from 9:00 am – 1:00 pm

Location: SEESA (9350 82 Street)

Cost: \$3 in advance or \$5 on the day

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