



SouthWest Edmonton  
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+



[Regular Programs](#)



[Seniors Home Supports Program](#)

### Upcoming Programs

August 7	CLOSED for Heritage Day		BOTH	
August 10	Walking Group	9:00 – 10:00	YECC	\$5.00/seas
August 10	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 11	Medication Management	10:30 – 11:30	YECC	\$2.00

### Please Note:



#### SWESA MONTHLY LUNCHEON

Lazy, Hazy, Crazy, Days of Summer

Join us for a garden party-style lunch! We will offer a variety of salads, cold cuts, breads/buns and toppings. Dessert, lemonade, tea and coffee are included.

If you wish to dress to suit the theme, throw on your casual tacky tourist attire. Once again, we will be offering door prizes and a great environment with friendly folks!

Registration is due August 25.



SURVEY CLOSING MONDAY! 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.



Thank you again to all our dedicated volunteers who braved the extremes of our Edmonton weather to make some extra funds for SWESA. A special THANK YOU to Rob Agostinis and Bob Power for organizing this opportunity for us. [Here is a little slideshow for you!](#)

August 7 - 11, 2017

587-987-3200

[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)

Home Supports: 780-860-2931

[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

## **Stay Connected:**

### **ETS launches Passenger Safety Awareness Campaign**

Everyone knows someone who takes transit, whether it's for their daily commute or their ride to Edmonton's many events. Edmontonians take pride in looking out for one another and understand that by working together, we can maintain a safe and welcoming transit environment.

The *Let's Keep Each Other Safe* campaign serves as a safety reminder, encouraging riders to report unusual, suspicious or unsafe activities that could impact themselves or others. Support one another, especially vulnerable groups, and help spread the word. For more information, click [here](#).

### **Housing Terminology Public Survey**

Alberta Seniors Communities & Housing Association

The seniors housing industry, Alberta Health Services and the government of Alberta use various terms to describe types of seniors housing. Alberta Seniors Communities & Housing Association is gathering feedback about how seniors and their families understand this terminology. They are asking people to complete an [online survey](#) based on their own personal understandings so that they can find areas where language needs to be changed or where more education is needed.

### **Book Sale**

Visit this huge book sale and browse through tables and tables of all kinds of books. You'll find a great selection of great priced finds new and old. Call 780-433-5807 for more information.

**When:** All summer, Mondays to Fridays, from 9:00 am – 4:00 pm

**Location:** Strathcona Place 55+ Centre (10831 University Avenue)

### **Pole Walking Group**

If you are looking for a regular opportunity to get out and get moving, this is the group for you. The group goes rain or shine. Guidance and trial poles are available. The group is offered on a drop-in basis, but pre-registration is recommended to be contacted about changes. Everyone is welcome.

**When:** Wednesdays at 1:00 pm

**Location:** SAGE (15 Sir Winston Churchill Square)

**Cost:** Free

## **Volunteers:**

**Luncheon volunteers** – We are looking for assistance with the registration table, setup, takedown, meal prep, kitchen cleanup, and garbage clear out. Please email Barb [here](#).

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