



[Regular Programs](#)



[Seniors Home Supports Program](#)

Upcoming Programs

August 22	Healthy Sleep Hygiene	12:00 – 2:00	YECC	\$2.00
August 23	SWESA Tent at Farmers' Market	4:00 – 7:30	TCRC	FREE
August 24	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 24	Walking Group	10:00 – 11:00	YECC	\$5.00/s
August 25	Nacho Friday	12:30 – 2:00	YECC	\$8.00

Please Note:



You may have noticed some friendly-faced greeters when entering the centre this week. The SWESA front desk volunteer program has begun! We would like to thank each of the new volunteers who is focused on learning the ropes and extend our gratitude to the wonderful coordinating team who has been working tirelessly to put together a comprehensive, sustainable program. These volunteers will help to make sure that everyone who enters the centre is greeted warmly and helped immediately.

Fall 2017 Program Guide

Don't Miss Out! Register Today!

Click [HERE](#) for an electronic copy.

- Essentrics
- Pickleball
- Floor Curling
- Line Dancing
- Tai Chi
- Grief and Loss Support
- Hand Drumming
- Boosting Your Memory
- Rosebud Theatre
- Old Strathcona Ghost Walk
- Christmas Lights Tour
- Candy Cane Tea

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. Wednesday, August 30 (12 pm – 2 pm)

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.



587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca

Meet the Instructors

We wanted to provide some extra insight about two of our health and wellness programs this fall by offering SWESA members a chance to meet our brand new Essentrics instructor Lori Griffith at our August luncheon and by welcoming everyone to attend one free Golden Gloves, Golden Years class on September 7 with fitness instructor Louise Lapore.

The last SWESA walking group meeting will be September 7 from 10:00 am until 11:00 am.

Stay Connected:

Solar Eclipse:

On August 21 a total solar eclipse — meaning the moon will block out the sun — will be visible across a strip of North America. Sadly, Edmonton is too far north to be included in the area that will be plunged into total darkness, but the astronomical event will still be visible from here. Daylight will dim slightly for about two hours, from 10:24 am to 12:48 pm. About 75% of the sun will be covered by the moon.

The Telus World of Science is offering an opportunity to learn more about eclipses and also to view this event through their telescopes. You can catch a special showing of [A Journey into the Dark: Eclipses & Transits](#) at 10:00 am in the Margaret Zeidler Star Theatre planetarium and then see the real thing for yourself! Clear skies permitting.

Join us at the RASC Observatory, beginning at 10:00 am to 1:00 pm. to experience the partial solar eclipse together! We will have telescopes set up for public viewing. The partial eclipse begins at 10:24 am, maximum eclipse at 11:35 am and ends at 12:49 pm.

When: Monday, August 21 from 10:00 am to 1:00 pm

Location: Telus World of Science (11211 - 142 Street NW)

Cost: The observatory alone is free but it costs \$16.95 to see the planetarium movie.

Alberta Human Rights Act - Age Amendments: Ageism

The Government of Alberta is seeking input on proposed changes to the Act concerning age discrimination. Your perspectives and feedback will allow them to make informed changes. There is a [guide](#) to help participants focus their thoughts and responses.

Submit your written response by August 31 to the Alberta Human Rights Act - Age Amendments Team by email at JSG.ageexceptions@gov.ab.ca.

Women in Politics with EPL

EPL will welcome former Prime Minister the Rt. Honourable Kim Campbell and the former Deputy Prime Minister the Honourable Anne McLellan as the next presenters in the Forward Thinking Series. Women in Politics is presented in partnership with Women's Initiative Edmonton.

Join us as they reflect on their remarkable careers and experiences as women taking prime positions in what is otherwise an underrepresented role for women and share insight into the future of the political realm of Canada.

When: Tuesday, September 26 at 7:00 pm (doors open at 6:00 pm)

Location: Chateau Lacombe Hotel

Cost: Tickets are [now available through Eventbrite](#) starting at \$10 for general admission

August 21-25, 2017

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