



[Regular Programs](#)



[Seniors Home Supports Program](#)

Upcoming Programs:

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|-----------|-----------------------------|---------------|------|---------|
| August 28 | Ikebana – CANCELLED | 11:00 – 12:00 | YECC | \$15.00 |
| August 30 | SWESA LUNCHEON | 12:00 – 2:00 | YECC | \$15.00 |
| August 31 | Golden Years, Golden Gloves | 10:00 – 11:00 | YECC | \$10.00 |
| Sept. 1 | Walking Group | 10:00 – 11:00 | YECC | \$5.00 |
| Sept. 1 | The F Word: Feminism | 10:00 – 11:00 | YECC | \$2.00 |
| Sept. 1 | Essentrics for Seniors | 1:00 – 1:30 | YECC | \$10.00 |

The SWESA walking group is now moving to 10:00 am for the last two weeks of the year.

Welcome to Fall! We have a busy roster of programs waiting for you for September and October before we slow down a bit, in frequency not quality, for November and December.

The F Word: Feminism

What exactly is feminism? Join Kaylin Betteridge, a registered social worker and a women's initiative coordinator with the city of Edmonton, as she discusses some myths of feminism and shares what the city is doing to make things better for all genders. This session is open to everyone.

Roads to Healing

Roads to Healing is a two-hour presentation that gives an overview of how grief is experienced and introduces ideas about how to deal with one's own experience. Many SWESA members join our organization after the loss of their partner or friends. We want to help you connect with your peers and give you tools to help cope with grief as we move into the six-week Navigating the Rivers of Grief series.

Please Note:



We have some registration deadlines coming up this month:

- Boosting your Memory – September 5
- Gnocchi Making with the Ital Canadian Seniors – September 6
- Edmonton Waste Management – September 8
- September Luncheon – September 15
- Candy Cane Tea at the Valley Zoo – September 30

Remember to redeem the FREE two-week trial of the YMCA for SWESA members. You may be interested in taking advantage of the entire facility while visiting SWESA pickleball and floor curling programs starting this month! This pass is not limited to program participants. Please read more [HERE](#).

Stay Connected:

Alberta Human Rights Act - Age Amendments

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.

Cutline: From the Photography Archives of *The Globe and Mail*

This exhibition revisits the war, political events, social revolutions, and cultural icons from the 1950s through the 1980s through newspaper photographs, drawn from over 25,000 prints donated by *The Globe and Mail* to the Canadian Photography Institute.

When: July 1 to November 12

Location: Art Gallery of Alberta (#2 Sir Winston Churchill Square)

Cost: Seniors \$8.50 For more information, please visit this website youraga.ca.

Flower Arranging

Have you always wanted to arrange your cut flowers in your favourite vase at home so it looks the same as on TV or at the floral shop? This workshop can help you with that. ESC is offering an opportunity to create autumn-themed arrangements to fill your home with fall colours. You take home a mid-sized arrangement with \$60 worth of product, and you also get ESC's homemade cookies and beverages. You must have registered and paid by September 6. Call 780-342-8625 for information.

When: Wednesday, September 13 at 1:30 pm

Location: Edmonton Seniors Centre (Room-3Y, 11111 Jasper Avenue)

Cost: \$75

Volunteer:



Once again, we have more than enough volunteers to fulfill the need for the monthly luncheon. Thank you to everyone for your offers. Please do not hesitate to share any offers of service, theme ideas and feedback with the luncheon committee by emailing Barb [HERE](#).

August 28 - September 1, 2017

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca