



Upcoming Programs:

Sept. 4	CLOSED for Labour Day		ALL	
Sept. 5	Roads to Healing	1:00 – 3:00	YECC	\$2.00
Sept. 7	Last Walking Group	10:00 – 11:00	YECC	\$2.00
Sept. 7	Golden Years, Golden Gloves	10:00 – 11:00	YECC	FREE
Sept. 7	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
Sept. 7	Floor Curling	1:30 – 3:00	YMCA	\$2.00
Sept. 8	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00

Just a reminder that we are closed on Monday, September 4 for Labour Day.

Find out more about our Fall Programs [HERE](#).

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 loved ones. We want to help you connect with your peers and give you the 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 Tour – September 8
- September Luncheon – September 15
- Candy Cane Tea at the Valley Zoo – September 30

Stay Connected:

Work the Election

More than 3,000 workers are needed for the 2017 Edmonton Election. Interested? Check out the positions available and start with the online Election Worker Application Form [found HERE on the city of Edmonton website](#).

The Edmonton City Election is happening on Monday, October 16, 2017.

September 4 - 8, 2017

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca

Beaver Hills Dark Sky Preserve Star Party

Enjoy guest speakers, presenters, displays and activities for all ages. Additionally, volunteer astronomers will help you see the stars with both solar and night sky viewing.

Read more: <http://www.pc.gc.ca/en/pn-np/ab/elkisland/activ/spec#n7>

If you are interested but unable to travel on your own to the event, the Jewish Senior Citizen's Centre will be offering a bus from their centre (10052 - 117 Street) departing at 6:00 pm – 9:00 pm for \$25 per person. For tickets, email jdic@shaw.ca or call 780-488-4241.

When: Sunday, September 3 from 2:00 pm – 11:00 pm

Location: Astotin Lake, Elk Island Park (54401 Range Rd 203, Fort Saskatchewan)

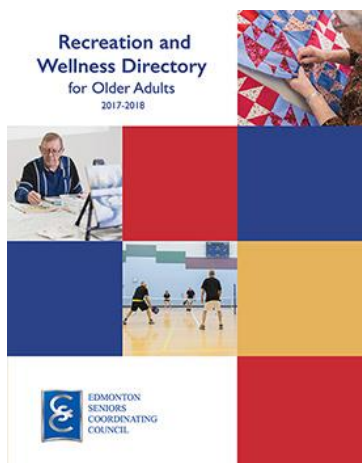
Cost: Free

Grandparent's Day BBQ

AUPE's Women's Committee will be hosting the annual [Grandparents' Day BBQ](#) at the Legislature Grounds.

When: Wednesday, September 6 from 11:30 am – 1:30 pm

Location: Legislature Grounds **Cost:** Free



Recreational and wellness opportunities for older adults

The 2017-2018 Recreation and Wellness Directory for Older Adults outlines 1400 arts, fitness, technology, health and recreational activities for adults 55+ in the Edmonton area. Download a [PDF copy](#), search the [online directory](#) or pick up a print copy at our YECC location.

Volunteer, Meet our Greeters:



Elnora is a long-time SWESA member and avid volunteer. Chances are that you've seen her packing punches in the boxing class, teaching beginners the ropes of mah jong or bridge and welcoming members of the community when they drop in to check us out. As a retired nurse, Elnora is passionate about keeping older adults healthy and at SWESA, that means creating a welcome and warm environment so that people feel comfortable accessing our programs.

September 4 - 8, 2017

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca