



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+



[Regular Programs](#)



[Seniors Home Supports Program](#)

Upcoming Programs:

Oct. 2	Home Supports	1:30 – 2:30	YECC	Free
Oct. 2	Go Go Gadgets: All about iCloud	1:30 – 3:00	TCRC	\$2.00
Oct. 4	Tai Chi	12:00 – 1:00	TBCL	\$10.00
Oct. 4	Photo Organizing	12:30 – 2:00	YECC	\$25.00/2
Oct. 5	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Oct. 5	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
Oct. 6	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00

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



Dr. Bob Turner, our MLA for Edmonton-Whitemud, attended our informal coffee and chat group on Tuesday, September 26. He discussed consumer protection, including [door-to-door sales](#) and shared some alternatives and suggestions when our members voiced concern about the cost of comprehensive dental work.

Thank you for taking the time to listen to our members and for your commitment to meeting face-to-face with your constituents.

Please Note:

Don't Miss the
DEADLINE!

2018

We have registration deadlines coming up this month:
Candy Cane Tea at the Valley Zoo – Extended. **Seats left!**
Photo Organizing – Still open for last-minute registrations
Old Strathcona Ghost Tour – October 2
AMA Mature Drivers Course – October 2
Blood Pressure and Glucose Clinic – October 10
Hand Drumming – October 12

The 2018 membership cards are in and registration for 2018 is now open. If you have already purchased your 2018 membership, please pick up your card or feel free to renew your registration, good until December 2018, at any time.

October 2 - 6, 2017

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca



🍁 **OCTOBER LUNCHEON** 🍁

The Great Pumpkin Caper luncheon will be held on October 25. The menu includes meat and vegetarian lasagna, Caesar salad with all the fixings, garlic bread. Tea, coffee, dessert and treat bags are included.

There will be Halloween trivia, 50/50, and door prizes. Costumes are welcome or orange and black dress is encouraged. The registration deadline is October 20.



We are excited to start our Tai Chi class this week at Twin Brooks Community League.

The building is located at 11341 - 12 Avenue. Our instructor, Penny, and volunteers from the Twin Brooks Seniors Initiative Fund (SIF) will arrive at 11:45 am to meet and greet you. We look forward to this new program partnership between SWESA, Twin Brooks SIF and the Twin Brooks Community League. See you next week!

Stay Connected:

Greenfield Community Seniors Day Celebration - Open Invitation

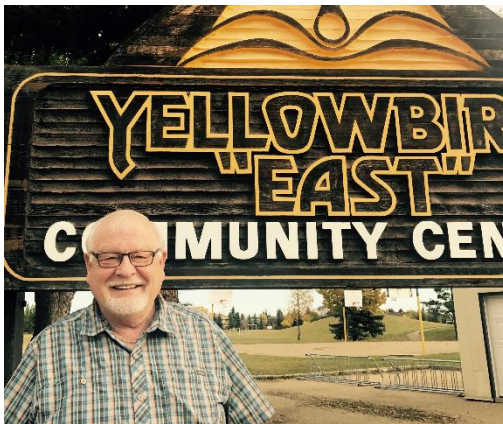
Lucie Heins from the Royal Alberta Museum will speak on "Discovering Alberta's History...One Quilt at a Time" (1:00 pm – 2:00 pm). Information on flu prevention and medication management will be available. Wendy Gregson will entertain with live guitar music. Food, coffee, and door prizes offered.

When: Saturday, September 30 from 11:00 am – 3:00 pm

Location: Greenfield Community League Hall (3803 - 114 Street)

Cost: Free! For more information contact seniors@greenfieldcommunityleague.com

Volunteer, Meet Our Greeters:



Selmer is a retired minister and an active business consultant. SWESA was quick to capitalize on his ability to analyze and improve business operations in implementing our new endeavor with the front desk volunteer program.

Selmer's sense of adventure and dedication to the welfare and service of mankind, led him and his wife Sharon to travel the world while he served as a military chaplain.

Now semi-retired, Selmer keeps the adventure alive by touring on his Honda motorcycle, contributing to our beautiful community garden project and now, keeping things running smoothly with our volunteers. Thank you Selmer!