



SouthWest Edmonton Seniors Association

SouthWest Edmonton - A Great Place to Be 55+



Regular Programs



Seniors Home Supports Program

Upcoming Programs:

Sept. 18	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Sept. 19	Boosting Your Memory	12:30 – 3:00	YECC	\$20.00
Sept. 19	Navigating the Rivers	1:00 – 3:00	YECC	\$10.00
Sept. 20	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
Sept. 21	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Sept. 21	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
Sept. 22	Global Terrorism	12:30 – 2:30	YECC	\$2.00
Sept. 22	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00

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

Please Note:

Don't Miss the DEADLINE!

We have some **registration deadlines** coming up this month:

- Candy Cane Tea at the Valley Zoo – September 29
- Photo Organizing – September 29
- Old Strathcona Ghost Tour – October 2
- AMA Mature Drivers Course – October 2
- Blood Pressure and Glucose Clinic – October 10
- Hand Drumming – October 12



**Castor Pharmacy Museum Bus Trip**

The Edmonton Seniors Centre has offered to arrange a pickup of SWESA members who may be interested in learning more about the history of the early turn-of-the-century Western Canadian pharmacy. This is a very large collection with some unique collections of narcotic jars and calendars. Cabinets of patent medicines from the 1950's back to 1900 will evoke memories of former treatments used by families.

**When:** Wednesday, September 27 at 10:00 am

**REGISTRATION DEADLINE** September 20

**Location:** Pickup at YECC for 10:00 am

**Cost:** \$40 includes lunch

September 18 - 22, 2017

587-987-3200

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

Home Supports: 780-860-2931

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

## **Global Terrorism – Friday, September 22 from 12:30 pm – 2:30 pm at YECC**

Allan Bleiken, president of Global Trends Ltd., has accumulated more than 40 years of executive experience on a national and international level within industry, government, education, and the diplomatic field. As the owner and president of a private research company, he authored numerous reports, publications, and studies for industry and government. Join us and learn more about the causes and motivations of terrorism and why it's difficult to defeat it. There will be time for questions.



Thank you to our volunteers who hosted the SWESA information table at the Community BBQ at Greenfield Community League. Along with the chance to connect with some familiar faces, SWESA received a great deal of interest from the public.

SWESA would also like to extend our thanks to MLA Richard Feehan for the invitation to be a part of this event.

## **Stay Connected:**

### **The Eleventh Annual Seniors' Housing Forum**

This one-day event is for seniors, their families and caregivers. The goal is to educate participants about the range of housing options and community resources available for older adults and to guide individuals in planning appropriate future housing for themselves and/or significant others.

**When:** Saturday, September 23

**Location:** Central Lions Seniors Recreation Centre (11113 - 113 Street)

**Cost:** Free Register online [HERE](#) or call 780-809-8604.

## **Volunteer, Meet Our Greeters:**



Emily moved back to Edmonton after 30 years in St. Paul in 2012. After getting settled, she found SWESA just a short distance from home. Being one of our newer members, it did not take her long to roll up her sleeves and pitch in. Prior to her work as a front desk volunteer, Emily would slip in early for a game of cards and help tidy and organize the library or make phone calls to fellow SWESA members.

As an avid volunteer at the Maclab Centre for the Performing Arts, Emily knows firsthand about the impact of volunteering. Where there is a job to be done, Emily does not shy away. We would like to thank Emily for her systematic approach to process and her attention to detail.

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