



[Regular Programs](#)



[Seniors Home Supports Program](#)

**Upcoming Programs:**

Sept. 25	Seniors' Financial Options	12:30 – 1:30	YECC	\$2.00
Sept. 26	MLA Dr. Bob Turner	9:30 – 11:30	YECC	FREE
Sept. 26	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
Sept. 27	Home Supports	1:30 – 2:30	TCRC	Free
Sept. 28	Medicinal Marijuana	10:00 – 12:00	YECC	\$2.00
Sept. 28	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Sept. 29	Let's Talk Fibre	10:00 – 11:30	YECC	\$2.00
Sept. 29	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, will be attending our informal coffee and chat group on Tuesday, September 26, from 9:30 am – 11:30 am. He will be gathering feedback and engaging in conversation about issues of importance to seniors.**

**Seniors' Financial Assistance Options**

This presentation by a representative from Alberta's Ministry of Seniors and Housing will cover (1) Alberta seniors' benefits, (2) special needs assistance, (3) the Seniors Home Adaptation and Repair Program, and (4) the seniors' property tax deferral program. Information about the Seniors Advocate office and the 811 dementia health link will also be provided.

**Medicinal Marijuana in Canada: How Does It Work?**

Join fellow SWESA members for a session by a CMClinic educator who will explain the process of getting a referral to the clinic, how to find effective treatment for chronic and serious conditions, and how to navigate the new medical marijuana regulatory system.

**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

September 25 - 29, 2017

587-987-3200

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

Home Supports: 780-860-2931

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



Thanks to the [Ital-Canadian Seniors Association](#) for organizing their volunteers, Maria and Maria, to facilitate a gnocchi making workshop at our YECC Centre. Executive Director Connie Saccarello worked behind the scenes to support these lovely ladies and help to make everything run smoothly. Our members were happy to meet new friends, learn some new techniques and share a delicious meal. We look forward to attending their centre in the new year to make use of their indoor bocce courts.

**Stay Connected:**

**Global Online Consultation on Research Priority Setting for Healthy Ageing**

The World Health Organization (WHO) adopted the Global Strategy and Action Plan on Ageing and Health in May 2016. A key objective is to improve measurement, monitoring, and research on healthy ageing.

As part of an open public consultation that will help to identify research priorities to support the implementation of the new strategy, an [online survey](#) has been developed. Complete this short survey by September 30, so that it can be used to inform the UN on October 1, the International Day of Older Persons.

**Volunteer, Meet Our Greeters:**



September 25 - 29, 2017

Shahin has been a SWESA member since we started.

She and her husband moved to Edmonton from Iran in 1988 when her husband secured a sabbatical at the University of Alberta (U of A) in Animal Science. Shahin herself has a master's degree in Economic and Family Studies. Her desire to continue learning and contributing has kept her working part-time at the Department of Education at the U of A where she was employed full-time for 25 years.

Shahin is one of the regular members of our coffee group. If someone misses a meet-up without notice, she is the first to make a call to check up on them and offer her help in times of need.

Thank you Shahin, for making everyone feel welcome at SWESA.

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