



[Regular Programs](#)



[Seniors Home Supports Program](#)

**Upcoming Programs:**

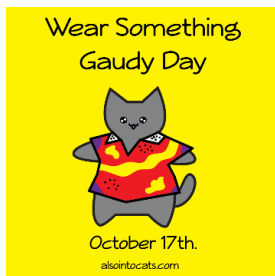
Oct. 16	Book Club	9:30 – 11:30	YECC	\$5.00/s
<b>Oct. 16</b>	<b>Gentle Yoga</b>	<b>Cancelled</b>		
Oct. 16	Go Go Gadgets – Syncing Devices	1:30 – 3:00	TCRC	\$2.00
Oct. 17	Wear Something Gaudy Day	10:00 – 11:00	YECC	Donation
Oct. 18	Tai Chi	12:00 – 1:00	TBCL	\$10.00
Oct. 18	Photo Organizing	12:30 – 2:00	YECC	\$25.00/s
Oct. 19	AMA's Mature Driver Course	9:30 – 12:30	YECC	\$52.50
Oct. 19	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Oct. 20	AMA's Mature Driver Course	9:30 – 12:30	YECC	\$52.50
Oct. 20	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
<b>Oct. 20</b>	<b>Meet the AB Seniors Advocate</b>	<b>1:00 – 3:00</b>	<b>YECC</b>	<b>Free</b>

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

**Please Note:**



Calling all crib players! There are a few card players looking to organize a regular crib group for Thursday or Friday mornings. Come meet with us on Thursday, October 26, at 10:30 am to discuss what day, time and format work best for you. Stay for a game and a chat with like-minded members. If you are unable to make it, please email us [HERE](#) to let us know that you are interested.

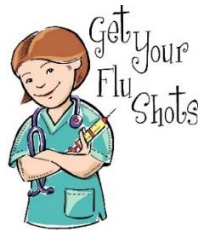


Wear something gaudy day is a real thing. Jennifer could not make this up. Gaudy implies a tasteless use of overly bright, often clashing colors or excessive ornamentation. Join us for a giggle at Tuesday morning coffee in that over the top print, gold blazer or haul of costume jewellery that hasn't seen the light of day since 1985!

Don't Miss the  
**DEADLINE!**

We have **registration deadlines** coming up:  
Candy Cane Tea at the Valley Zoo – Extended. **Seats left!**  
Blood Pressure and Glucose Clinic – Last call  
Hand Drumming – **Last call**  
Cariboo Magi at the Rosebud Theatre – November 10  
Christmas Lights Tour – November 29

October 16 - 20, 2017



## OCTOBER LUNCHEON

The Great Pumpkin Caper luncheon will be held on October 25. The menu includes fresh baked meat and vegetarian lasagna from the Italian Centre, Caesar salad with all the fixings, and garlic bread. Tea, coffee, dessert, witches' brew and treat bags included. There will be Halloween trivia, 50/50, and door prizes. Costumes are welcome; orange and black dress is encouraged. The registration deadline is October 20.

Joanne Mah, pharmacy manager at Rexall Drugs Heritage, will administer this year's flu shots from 11:00 am – 1:00 pm on Wednesday, October 25. Walk-ins welcome. Please bring your Alberta health card.

### **Stay Connected:**

#### **Seniors' Health & Wellness Forum, presented by Age Friendly Edmonton**

This informative, **FREE** event, for seniors and their caregivers, will provide an excellent opportunity to learn more about health and wellness related resources that support older adults in the Greater Edmonton area. For more information, click [HERE](#).

**When:** Saturday, November 4, from 9:00 am - 2:30 pm

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

#### **"Better Choices, Better Health® - Chronic Pain Self Management Program"**

The goal of this program is helping you to learn more about chronic pain and explore ways to take care of yourself to enjoy a better quality of life. Topics to be discussed include (1) techniques to control pain like proper breathing and relaxation, (2) suggestions for healthy eating and becoming more active, (3) tips for talking to your health care team, (4) ideas for dealing with feelings like fear, anger, frustration, and worry, and (5) strategies to make everyday tasks easier. You will find support and gain confidence in your ability to live your life to the fullest!

**When:** Wednesdays, November 8 – December 13, from 6:00 pm – 8:30 pm

**Location:** Edmonton Public Library - Whitemud Crossing branch (4211 - 106 Street)

**Cost:** Free

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



Pat was born in Bawlf, Alberta. When highway 13 moved in, it started her family and their business on a move to Alberta Beach. Pat continued her education in Onoway before attending McTavish Business College in Edmonton where she met her husband Bob. They moved to Whitecourt where "staying home" with the kids was anything but. Between skating, girl guides and church activities, the time in Whitecourt flew by before another move for Bob's work to High Level. They returned to Edmonton in 1976 and settled into retirement in the Blue Quill community. In 2014, Pat's husband Bob passed and Pat has been living her life grateful for the time that they did have and enjoying her wonderful children, grandchildren, and great-grandchildren. We are grateful she is here to share her kindness with us.

October 16 - 20, 2017

587-987-3200

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

Home Supports: 780-860-2931

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