



[Regular Programs](#)



[Seniors Home Supports Program](#)

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

Oct. 23	Implications of Trump's Presidency	12:30 – 2:30	YECC	\$2.00
Oct. 24	Blood Pressure/Glucose Clinics	1:00 – 3:00	YECC	Free
Oct. 25	SWESA LUNCHEON	12:00 – 2:00	YECC	<b>FULL</b>
Oct. 26	Travel Solo but Not Alone	10:00 – 11:00	YECC	\$2.00
Oct. 26	Cribbage Interest Get Together	10:30 – 12:30	YECC	Free
Oct. 26	CommUNITY Drumming	12:00 – 1:00	TBCL	\$35.00
Oct. 27	Air Quality Health Index	11:00 – 12:00	YECC	\$2.00

**Please Note:**

**Setting the Record Straight** Our “boxing” class is not a contact sport. This class is good for the brain and body and great for the soul.

Kathy started coming to our Golden Gloves program in December 2016. She had recently had a hip replacement and is fighting Parkinson's disease.

As with many older adults, balance and strength were Kathy's biggest concerns and when she began attending, she got tired quickly and used her walker throughout most of the class. She persisted and today, she has more energy, her balance has increased and she uses the walker far less.

“This class is very upbeat and has helped me tremendously”. Thanks for sharing, Kathy.



Thursdays from 10:00 am – 11:00 am  
\$10 drop-in (seasonal fee discounts available)



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 to discuss what day, time and format work best for you. Stay for a game and a chat with like-minded members.

Thursday, October 26 at 10:30 am If you are unable to attend, please email us [HERE](#) to let us know that you are interested.

**Volunteer**

If you are attending the luncheon next week, please let us know if you can help! We are looking for an additional kitchen helper as well as folks to help take down and clean up. Please [email Barb](#) with your offer of service.

October 23 - 27, 2017

587-987-3200

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

Home Supports: 780-860-2931

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### **Implications of Trump's Presidency for your Retirement Portfolio**

Tensions with North Korea, public controversy, healthcare reform challenges, travel bans on increasing numbers of countries, political flip flopping, and a divided Republican party have defined his term so far. One of the major questions many retirees have is what does this presidency mean for our global economies, the stock markets, and ultimately how it impacts retirement finances. Come join Wei Woo as he shares how to position your retirement portfolio for success. Monday, October 23 from 12:30 pm – 2:30 pm Please let us know if you plan to attend.

### **Air Quality Health Index with Health Canada**

The Air Quality Health Index (AQHI) is a scale designed to help you understand what the air quality around you means to your health. Come join Opel Vuzi, regional air quality and health specialist with Health Canada, to discover more about the impacts of air pollution on human health and ways to reduce exposure.

**When:** Friday, October 27 from 11:00 am – 12:00 pm at YECC

### **Stay Connected:**

#### **Improving Condo Living**

Public consultations are now underway for the second set of regulations. Albertans are invited to complete an online survey on issues such as

- how meetings are run and how votes take place,
- rules on renting a condo,
- who should repair units and pay for insurance,
- how reserve funds are managed, and
- how to make sure condo boards have the support they need to fulfill their roles.

You can take the survey by clicking [here](#). The deadline is November 10.

### **Meet Our Greeters:**



Peggy is a long-time SWESA member and volunteer extraordinaire here at SWESA. From keeping the library organized, planning bingos and now, helping at the front desk, she does everything with steadiness and a smile. Peggy is full of compassion and goodness and spreads her love for people wherever she goes.

As an avid knitter, you can find Peggy in the coffee room on Fridays outside of camping season, knitting slippers for her family or knitted prosthetics for Knitted Knockers Canada.

It was this love of people that brought her and her husband into the world of bus tours. Peggy worked part time as a tour host and Graham just went along for the ride. They did tours from coast to coast and made trips to Yuma, Reno and Nevada to name a few. We are happy that they landed here and share their contagious humor with all of us. Thank you, Peggy.

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