



[Regular Programs](#)



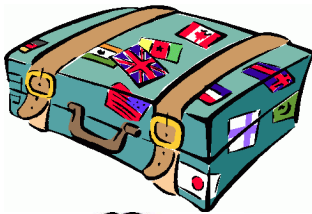
[Seniors Home Supports Program](#)

Upcoming Programs:

Oct. 9	CLOSED for Thanksgiving		ALL	
Oct. 11	SWESA Travel Interest Group	10:00 – 12:00	YECC	Free
Oct. 11	Wills and Estates	2:00 – 3:00	TCRC	\$2.00
Oct. 12	Your Life, Your Legacy	10:30 – 12:00	YECC	\$2.00
Oct. 12	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Oct. 13	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Oct. 13	Old Strathcona Ghost Tour	5:00 – 7:00	Self-drive	\$12.00

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

Please Note:



The SWESA Travel Interest Group will meet again this week to follow up with information gathered from the first meetings survey. Gwen will share more information about the top 4 popular destinations, as decided by our membership: North America, Australia/New Zealand, Europe and South America. She will discuss modes and methods of travel and prepare more information for the next meeting on November 8.

SWESA's yoga class is cancelled on October 9 (Thanksgiving) and October 16 (YECC voting station). The SouthWest Edmonton Outreach Society offers a Wednesday morning yoga class with Linda that you can participate in from 10:00 am – 11:00 am.

Location: St. Agnes United Church (10832 - 62 Ave NW)
Phone: 780-435-9515

We have **registration deadlines** coming up:

Candy Cane Tea at the Valley Zoo – Extended. **Seats left!**

Blood Pressure and Glucose Clinic – October 10

Hand Drumming – October 12

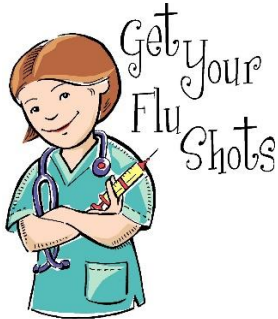
Cariboo Magi at the Rosebud Theatre – November 10

Christmas Lights Tour – November 29

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 at any time, or feel free to renew your registration, good until December 2018.

Don't Miss the
DEADLINE!

2018



 **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 are 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 be here to administer this year's flu shots from 11:00 am – 1:00 pm on Wednesday, October 25. Walk-ins are welcome. Please bring your Alberta health care card.

Stay Connected:

A Seniors United Now (SUN) Chapter Event

"Age Friendly Services by ETS" with Margaret Dorey, Accessible Transit Coordinator
The presentation will include accessibility, fare options, safety and security, where to get the ETS schedule, and trip planning information. Members and non-members are welcome.

When: Friday, October 13 at 1:00 pm

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

Email: unitenow@telus.net www.seniorsunitednow.com Call: 780-449-1816

Petrolia Seniors' Lunch and Program

"Seniors' Loneliness vs Social Isolation" with Amanda Harriman-Gojtan, SAGE Community Navigator

When: Tuesday, October 17 from 11:45 am (sharp) to 2:00 pm

Location: Greenfield Community Hall (3803 - 114 Street)

Cost: \$15.00

Volunteer, Meet Our Greeters



October 9-13, 2017

Derek has been a resident of the Yellowbird Community with his wife Yvonne for the last 16 years. His love of this place has led him to recent involvement in the Keheewin Advisory Committee and negotiations over the surplus school site.

You can find Derek volunteering with us and the Cross Cancer Institute during the colder months but when the sun doth shine, you can find him anywhere in between Radar Hill (BC) and Signal Hill (NL) on his Can-Am Spyder. We enjoy reading his anecdotal travel updates aloud during coffee on Tuesday mornings and sharing his adventure through slideshows when he returns. Derek's sense of humor and his ability to systematically manage chaos make him an excellent addition to our team. Thank you Derek.

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca