



[Regular Programs](#)



[Seniors Home Supports Program](#)

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

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|---------|-------------------------------|---------------|------|---------|
| Oct. 30 | Drop-in Cribbage | 12:00 – 3:00 | YECC | \$2.00 |
| Oct. 30 | Go Go Gadgets – General Help | 1:30 – 3:00 | TCRC | \$2.00 |
| Oct. 31 | Go Go Gadgets – Photo Storage | 10:30 – 12:00 | YECC | \$2.00 |
| Nov. 1 | The Truth About Hearing Aids | 12:30 – 2:30 | YECC | \$2.00 |
| Nov. 2 | Drop-in Cribbage | 9:00 – 12:00 | YECC | \$2.00 |
| Nov. 2 | CommUNITY Drumming Circle | 12:00 – 1:00 | YECC | \$35.00 |

Please Note:

Thank you to the luncheon team, all of the volunteers, and to our dance class for entertaining us. We had a great time at “The Great Pumpkin Caper” luncheon. We had some great conversation with Dr. Bob Turner and Pharmacist Joanne Mah. Don’t miss the November luncheon. Details below.



Don’t miss the video of the event. Click [here](#).



Thank you to Michelle, our dance instructor, for her second session of mixed music line dance. We wrapped up with a short performance at the October luncheon. All participants enjoyed this class and are now looking to run a second session, including cabaret. Class starts Thursday, November 9 from 12:00 pm to 1:00 pm at YECC. No prior experience is needed. Michelle’s expertise makes classes easy for all abilities. If you would like to know more, please email us [here](#).



We had a great group of 12 attend the organizing meeting this week. We are now offering cribbage at YECC on Mondays from 12:00 pm – 3:00 pm and on Thursdays from 9:00 am – 12:00 pm. This is a drop-in program and all everyone is welcome to attend. We will also be looking for an additional location for mornings, further West of YECC. Stay tuned for more information. Cost: \$2.00

October 30 - November 3, 2017

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

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The Truth About Hearing Aids

For those who missed this session last year, Michael Chu from Miracle Ear is back after rave reviews. All types of hearing loss can affect one's ability to understand conversational sounds. This seminar highlights studies of the anatomy of the ear, hearing loss and its relation to cognitive function, dementia auditory deprivations, tinnitus, and hearing aid technology.

When: Wednesday, November 1 from 12:30 pm – 2:30 pm

Location: Yellowbird East Community Centre



Are you Ready??? Pssst... Winter is Coming, the Luncheon

The November 22 menu will include roast beef, oven-roasted potatoes, mashed turnip/mixed veggies, condiments, dessert, coffee, tea, and hot apple cider. There will be winter trivia and fun for all. Join us for a hearty hot meal and warmth among friends. Registration due Friday, November 17 at noon.



The November luncheon is now in the planning stages, and the luncheon team is calling all crafters. If you would like to showcase your works and possibly sell some Christmas gifts, please contact Barb [here](#).

Stay Connected:

Bus Tour with the Jewish Senior Citizen's Centre

This outing includes a tour of the Nanaskar Gurdwara Sikh Temple, a stop at the Greenland Garden Centre and brunch at Chartier restaurant in Beaumont. Sunday, November 5 from the Jewish Senior Citizen's Centre (10052 - 117 Street) **Cost:** \$40 Contact the centre at 780-488-4241 for information.

Meet Our Greeters:



A Manitoba transplant, Josie moved to Alberta with her husband Jack and three children in 1984, residing in St. Albert before retiring to the south side in 2008.

Although busy with the family and career, Josie loved to stay active in the community. She worked endless bingo and casinos for St. Albert Gymnastics Club and St. Albert Minor Hockey, was a member of the parent councils at the schools her children attended, and participated in fundraising activities for numerous other organizations. An avid quilter and scrapbooker, Josie also loves travelling, reading, golf, walking, self-development and is excited to try anything new that comes along! With a mantra of **“the best way to GET involved is to BE involved”**, she grabbed the opportunity to volunteer at SWESA. In the short time that Josie has been a member, she has enjoyed meeting and working with fellow members.

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