



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

Nov. 13	CLOSED for Remembrance Day		ALL	
Nov. 15	Dying with Dignity	10:00 – 12:00	YECC	\$2.00
Nov. 15	<b>Tai Chi</b>	12:00 – 1:00	YECC	\$10.00
Nov. 16	Cribbage	9:30 – 11:30	YECC	\$2.00
Nov. 16	Exchange-traded Funds	10:00 – 12:00	YECC	\$2.00
Nov. 16	Mixed Music Dance with Michelle	12:00 – 1:00	YECC	\$10.00
Nov. 17	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Nov. 17	Med Wise	1:00 – 3:00	YECC	Free

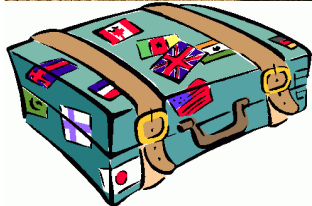
**Please Note:**



SWESA would like to extend our sympathy to the family, friends, colleagues and members of the Heritage Seniors Stop-In Centre following the recent passing of their President, Barry Wilinski.

Expressions of sympathy may be forwarded to the family via the website [www.hainstockedmonton.com](http://www.hainstockedmonton.com).

Our foyer has been brightened with the gift of a remembrance wreath from the Honourable Richard Feehan, MLA for Edmonton-Rutherford. Please note that all SWESA locations will be closed on Monday, November 13. For more information about local ceremonies, please check out the City of Edmonton [listings here](#).



The November 8 travel group meetup did not go as planned. Gwen was unable to make it but has rescheduled it for Tuesday, November 21 from 12:00 – 2:00 pm at YECC. Gwen will be sharing more information through this bulletin leading up to the session. Stay tuned.



**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. [See the poster here](#).

If you are interested in selling or displaying your crafts or artwork at the November luncheon, please contact Barb [here](#). Registration is due Friday, November 17 at noon.



Participants loved our **Tai Chi** class so much that we have an additional session starting on November 15 from 12:00 pm – 1:00 pm at YECC.

**Toonie Talks: It's not too late. Let us know if you plan to attend this week.**

### **Dying With Dignity – Physician-Assisted Dying, an Update**

Joan Brady is back to discuss the changes that have occurred since the passing of Bill C-14 in June of 2016. At least 1300 gravely ill adults have received a doctor's help to end their lives across Canada since legalization. Experts say those numbers are expected to rise. Join us as we learn more about some of the issues that have come about for both physicians and patients during first-year access.

**When:** Wednesday, November 15 from 10:00 am – 12:00 pm at YECC

### **The Role of Exchange-Traded Funds in Retirement Portfolios**

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. ETFs typically charge lower management fees than mutual funds and have been gaining in massive popularity among retirees for the past six years; they vary in how they are run. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investment in a retirement portfolio.

**When:** Thursday, November 16 from 10:00 am – 12:00 pm at YECC

### **Stay Connected:**

**City of Edmonton's Recreation Centres** are offering a FREE 2-week trial between November 1 to 30, 2017. Visit your recreation centre's admissions desk or visit [edmonton.ca/MemberTrial](http://edmonton.ca/MemberTrial) for more information and to sign up. Some restrictions apply.

### **Sergeant Wilson's Army Show**

**When:** Tuesday, November 21 from 6:00 pm – 9:00 pm

**Location:** Mill Woods Seniors Association (2610 Hewes Way, 2nd floor)

**Cost:** \$20 (show and light refreshments)

A musical act all the way from the Netherlands will entertain you with music from the 40s and 50s, including songs of Glenn Miller, the Andrews Sisters, Doris Day, Rosemary Clooney, and much more. Doors open at 6:00 pm, and the show begins at 7:00 pm. Tickets are on sale at the MWSA front desk. For more information, call 780-496-2997.

### **Remembrance Day Services**

Some seniors centres host special events in honour of Remembrance Day.

- Westend Seniors Activity Centre (9629 - 176 Street), Remembrance Day service & luncheon  
When: November 10 at 10:30 am No charge for the service, \$8 lunch. Call 780-483-1209.
- South East Edmonton Seniors Association (9350 - 82 Street) Remembrance Day service  
When: November 11 at 2:00 pm Call 780-468-1985.

### **Volunteers:**

Please submit your volunteer hours. Although none of us want to admit it, we are nearing the end of 2017! If you have done any volunteering for SWESA this year, please remember to submit your volunteer hours.

November 13 - 17, 2017

587-987-3200

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

Home Supports: 780-860-2931

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