



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

Nov. 20	Cribbage	12:30 – 3:00	YECC	\$2.00
Nov. 20	River Cree Bus Trip	10:00 – 3:00	YECC	\$5.00
Nov. 21	Travel Group	12:00 – 2:00	YECC	Free
Nov. 22	SWESA LUNCHEON	12:00 – 2:00	YECC	<b>SALES CLOSED</b>
Nov. 23	Cribbage	9:30 – 11:30	YECC	\$2.00
Nov. 23	When Anxiety Is Too Much	10:00 – 12:00	YECC	\$2.00
Nov. 23	Mixed Music Dance with Michelle	12:00 – 1:00	YECC	\$10.00
Nov. 24	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00

**Please Note:**

*Thanks*



SWESA would like to extend our thanks to Joan Brady for her time and knowledge that she shared during our “Physician-Assisted Dying” Toonie Talk. Joan is an avid volunteer in many roles, but her work with us in varying levels always leaves our members informed, engaged and empowered. Joan will be back for a spring/summer session to facilitate an Aging in Place workshop.

The November 8 travel group meetup did not go as planned. Gwen was unable to make it but has rescheduled the meetup for Tuesday, November 21 from 12:00 pm – 2:00 pm at YECC. [Gwen has provided further information on itineraries and pricing HERE.](#)

Join SWESA for another day of fun at the River Cree Resort and Casino on Monday, November 20. Lunch options are available for free as well as a \$5 playing voucher. The bus will leave YECC at 10:00 am and return at approximately 3:00 pm. Please park near the entrance of the parking lot if you will be leaving your vehicle all day.

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

**When Anxiety Is Too Much: Turning Down the Anxiety Dial**

If you experience anxiety, you are normal. All of us experience some level of anxiety. This workshop is for anyone who ever struggled with anxiety and provides a frame for understanding how your brain makes you anxious and what you can do to change it and turn down the anxiety dial. Learn practical, effective tips to manage your anxiety on a daily basis. Attending this workshop will boost your confidence in how to both prevent and manage your anxiety. You will leave the session with an expanded collection of tools and techniques.

Thursday, November 23 from 10:00 am – 12:00 pm at YECC

November 20-25, 2017

587-987-3200

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

Home Supports: 780-860-2931

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

## **Stay Connected:**



### **ESCC Seasonal Gathering: Belonging and Seniors**

This forum explores the sense of belonging experienced by senior members of our community.

Using this year's Vital Signs report as a starting point, this forum will explore avenues of belonging in the seniors' community. We will hear presentations from community members reflecting on this theme from the perspective of immigrant and refugee seniors and Indigenous seniors. We will learn about an initiative to involve more senior men in programs in Edmonton's northeast and about a facility's work to be more welcoming and inclusive for LGBTQ seniors.

Please join us for a morning of interesting conversation and networking. Presentations will take place from 9:00 am – 12:00 pm. Lunch will begin at noon. [Register here by November 22.](#)

Thursday, November 30, 9:00 am – 1:00 pm. at Ital-Canadian Senior Centre (9111 - 110 Avenue)

### **Journey Map: Social Vulnerability May Lead to Isolation**

Isolation is a complex issue. There are many things that increase the likelihood of a senior becoming isolated and just as many that can prevent or mitigate it.

A journey map developed for the PEGASIS initiative, using information from in-depth interviews with isolated seniors and senior-serving workers, illustrates many of these factors.

[View the journey map and learn more about the complex factors involved with social vulnerability and isolation.](#)

**City of Edmonton's Recreation Centres** are offering a FREE two-week trial 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.

### **SCONA - Choir Performance and Craft/Bake Sale**

Doors will open at 1:30 pm, and The German Men's Choir will perform at 2:00 pm.

Refreshments will follow. The cost is \$15.

A Christmas craft and bake sale will be held in the hall foyer from 1:30 pm – 5:00 pm.

Sunday, November 26 at Ritchie Hall (7727 - 98 Street)

Phone 780-433-5377 for more information.

### **Yellowbird East Craft Fair**

The annual craft fair will take place tomorrow from 10:00 am until 4:00 pm. Admission is free.

[Find all the details HERE.](#)

### **Volunteers:**

Please submit your volunteer hours. Although none of us wants 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. Please [contact Elnora](#) with any questions or concerns.

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