



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

Nov. 27	Cribbage	12:30 – 3:00	YECC	\$2.00
Nov. 27	Go Go Gadgets - Instagram	1:30 – 3:00	TCRC	\$2.00
Nov. 28	Go Go Gadgets -Tech Help	10:30 – 12:00	YECC	\$2.00
Nov. 29	Cariboo Magi at Rosebud, Alberta	7:30 am – 8:00 pm	YECC	\$95.00
Nov. 30	Cribbage	9:30 – 11:30	YECC	\$2.00
Dec.1	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00

**Please Note:**



We had a wonderful time at our November luncheon. Thank you to the team of volunteers who put on this bustling event! We look forward to having you all to the Christmas lunch on Friday, December 15 from 12:00 pm – 2:00 pm. Tickets are almost already sold out with a total of 96 seats available! There will be a succulent turkey dinner with all the trimmings as well as another record 50/50 we are sure. Thank you to all the SWESA members who make these events so much fun.

You can find the December poster [here](#).



The Candy Cane Tea will include special performances, educational talks, and interesting facts about different animals. To wrap up a perfect afternoon, guests will be treated to candy cane tea, hot chocolate and festive baked goodies. Four tickets are available. The event price includes your bus ride from YECC to the zoo and your return to YECC.

When: Tuesday, December 5 from 1:00 pm – 3:00 pm Cost: \$40



2018 Membership cards are available now so snowbirds, don't forget to renew before you head south. Our Winter 2018 program guide will be available on December 15 online and in person.

We now have cards four days a week. No experience is necessary. These groups are friendly and casual and always offer a great time.



Monday – Cribbage 12:30 pm – 3:00 pm  
 Tuesday – Hand and Foot Canasta 12:30 pm – 3:00 pm  
 Wednesday – Mahjong 9:00 am – 12:00 pm, Bridge 12:30 pm – 3:00 pm  
 Thursday – Cribbage 9:30 am – 11:30 am

**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**

This session brought a lot of members and non-members in to our Yellowbird Centre. Our sincerest thanks to counselor Laurie for her work on this custom session for SWESA members. Laurie has previously worked with us; we look forward to having her return for a mindfulness session in the spring. Attendees, thank you for sharing your thoughts, suggestions and personal space with Laurie and the other attendees. We are so happy to see our presenters getting these large turnouts.

### **Go Go Gadgets with Edmonton Public Library**

Keeping up with technology can be difficult for anyone. It seems that we can get the hang of one device just in time for a newer version to be released. The knowledgeable staff members from EPL are at two SWESA locations this week and can help you learn how to operate your tablet, camera, laptop, phone or other tech device.

Nov. 27	Go Go Gadgets - Instagram	1:30 – 3:00	TCRC
Nov. 28	Go Go Gadgets - General Tech Help	10:30 – 12:00	YECC

### **Stay Connected:**

#### **Roberta McAdams School - Christmas Concert**

Corinne Kerr, music teacher at Roberta McAdams School, passed on an invitation to all SWESA members to attend their Christmas concert. There are two shows to choose from:

Tuesday, December 5 from 1:00 – 2:00 pm or Wednesday, December 6 from 10:30 am – 11:30 am  
Location: 2099 Blackmud Creek Drive Please email [Jennifer](#) to register.

#### **Sherwood Park's Festival Place - Matinee Production of *Fiddler on the Roof***

SouthWest Edmonton Outreach has offered a few seats to this iconic production of life, love and acceptance. Songs include "Sunrise, Sunset," "If I Were a Rich Man," "Matchmaker, Matchmaker," and "Tradition." The cost is \$38/person and includes ticket to the show, bus transportation and bus driver tip. The bus will depart from Mt. Pleasant School (10541 - 60A Avenue) at 12:30 pm (please be there 15 minutes early). To register, please contact Yvonne at [780-435-9515](tel:780-435-9515).

#### **Affordable Quality Dentures**

Students in the NAIT Denturist Technology Program, under the direct supervision of a registered denturist, provide complete and partial [denture services](#) from September to June. Call 780-471-7786 to book an appointment.

#### **Volunteers:**

Would you be willing to lend some support to one of the Board Committees? SWESA needs someone with basic word processing skills to take minutes, book meeting space and help the Board Chair keep track of actions. The two-hour meetings are once a month during the day. You'd be a great help to the Board, meet interesting people and be part of a very interesting phase of SWESA's development through this small but valuable role.

If you think you might be interested, please contact [Jennifer Hanrahan](#) to learn more.

November 27 – December 1, 2017

587-987-3200

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

Home Supports: 780-860-2931

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