



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

Nov. 6	Book Club	9:30 – 11:30	YECC	\$5.00/s
Nov. 6	Cribbage	12:00 – 3:00	YECC	\$2.00
Nov. 6	Med Wise	1:00 – 3:00	YECC	FREE
Nov. 7	TELUS WISE	12:30 – 2:30	YECC	\$2.00
Nov. 8	SWESA Travel Interest Group	10:00 – 12:00	YECC	FREE
Nov. 9	Cribbage	9:30 – 11:30	YECC	\$2.00
Nov. 9	Drive Happiness	11:00 – 12:00	YECC	\$2.00
Nov. 9	Dance with Michelle	12:00 – 2:00	YECC	\$60.00
Nov. 9	CommUNITY Drumming Circle	12:00 – 1:00	TBCL	\$35.00
Nov. 10	Healthy Food Choices	10:30 – 11:30	YECC	\$2.00

Please Note:



Our next dance class session will follow the original program, with participants learning a variety of mix line dances such as country, disco, swing and tango. Simple combinations of steps in sequence make these routines easy to learn in the first half hour. During the second half of the class, the group will be learning a fun cabaret routine for Christmas to “Santa Baby” with top hats for props! Performing is optional. This super fun class gives you exercise and energy through the joy of music! Men and ladies welcome! Thursday, November 9 from 12:00 pm to 1:00 pm



We had a great turnout for our first cribbage meetup on October 30. 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 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



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 is due Friday, November 17 at noon.



The luncheon team is calling all crafters. If you would like to display your works and possibly sell some Christmas gifts, please contact Barb [here](#).



Med Wise: In partnership with the University of Alberta, SWESA invites everyone to attend the Med Wise part 1 session. You will identify risks and benefits associated with medication use for seniors, discuss the pharmacists' role, and learn why it is important to keep an updated medication list. In part 2, you will practice communication skills with peers and a guest pharmacist.
Monday, November 6 from 1:00 pm – 3:00 pm

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

TELUS WISE

TELUS WISE (Wise Internet and Smartphone Education) is an industry-leading educational program on Internet and Smartphone safety. TELUS is introducing this program to our SWESA members that will include in-class training about safety when using the Internet as well as a variety of tips and tools.

When: Tuesday, November 7 from 12:30 pm – 2:30 pm **Location:** YECC

Drive Happiness

Drive Happiness is an Edmonton non-profit volunteer driving organization whose focus is meeting the transportation needs of seniors, helping them retain their independence, and creating awareness for seniors' isolation. Join us to learn more about accessing this service or how to become a volunteer.

When: Thursday, November 9 from 11:00 am – 12:00 pm **Location:** YECC

Healthy Food Choices

Making healthy food choices can be difficult while managing diabetes and in trying to avoid high blood sugars for those who are not diabetic. Diabetes Canada offers a great educational presentation and take-home materials to help you balance your diet and take control or avoid diabetes.

When: Friday, November 10 from 10:30 am – 11:30 am **Location:** YECC

Stay Connected:

Don't Forget:

Remember to turn your clocks back an hour at 2:00 am Sunday, the official end of daylight saving time and the return to standard time.

The good news is you get back the hour of sleep you lost when daylight saving time started in March. The bad news is that darkness will descend an hour earlier.

Volunteers:

You have now had a chance to meet some of front desk volunteers through your attendance at YECC or from the spotlight here in this bulletin. We hope that you have recognised that they are friendly, outgoing people that are doing a wonderful job. They are so efficient that they are now ready to help you learn the ropes too! We are now looking to expand our roster of helpers to be able to expand the hours of the volunteer desk. [Please see our advertisement here](#) and again, thanks to everyone who visits the centre for treating these volunteers so well. Keep up the good work!

November 6 - 10, 2017

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca