



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

Dec. 4	Cribbage	12:30 – 2:30	YECC	\$2
Dec. 4	Pickleball	1:30 – 3:00	YMCA	\$2
Dec. 5	Candy Cane Tea Bus Trip	1:00 – 3:00	YECC	\$40
Dec. 7	Cribbage	9:30 – 11:30	YECC	\$2
Dec. 7	Floor Curling	1:15 – 3:00	YMCA	\$2
Dec. 8	Essentrics for Seniors	1:00 – 1:30	YECC	\$10
Dec. 8	MedWise	1:00 – 3:00	YECC	FREE

**Please Note:**



We are conflicted as we announce that the December luncheon has sold out at a record number of 96 seats and in record time. We are currently taking a waiting list should we receive cancellations. Please bear with us as we do our best to accommodate our growing membership.

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



The Candy Cane Tea bus will depart at 1:00 pm sharp. Please be sure to wear appropriate footwear as this warm weather has created slippery surfaces throughout our city.

2018

2018 membership cards are available now so snowbirds, remember to renew before you head south. Our Winter 2018 program guide will be available on December 15 online and in person.



SWESA has had a few calls from Curves members inquiring about our programs in the wake of the Blue Quill location closing. We welcome all Curves members to try out one of each of our health and fitness classes for FREE in the first two weeks of December.

- Mondays – Gentle Yoga from 10:00 – 11:00 at YECC
- Thursdays – Golden Gloves from 10:00 – 11:00 at YECC
- Fridays – Essentrics from 1:00 – 1:45 at YECC

Please call 587-987-3200 for more information.

## **Stay Connected:**

### **MLA Bob Turner's Holiday Party**

Join Dr. Bob Turner, your MLA for Edmonton-Whitemud, for a celebration of the holiday season! Snacks, beverages and good conversation will be provided. View the poster [HERE](#).

**When:** Friday, December 8 from 4:00 pm – 7:00 pm

Register at [edmonton.whitemud@assembly.ab.ca](mailto:edmonton.whitemud@assembly.ab.ca) or call 780-413-5970.

### **Strathcona Place 55+ Christmas Dinner**

Enjoy a traditional Christmas dinner and entertainment.

**When:** Wednesday, December 13 at 5:00 pm

**Location:** Strathcona Place 55+ Centre (10831 - University Avenue)

**Cost:** \$15 in advance or \$18 at the door

Call 780-433-5807 to reserve a seat.

### **Southwest Seniors' Outreach Society Christmas Lunch**

Join us for a festive meal with performances from the Southwest Seniors' Choir.

**When:** Thursday, December 14.

**Location:** Southwest Seniors' Outreach Society (10832 - 62 Avenue)

**Cost:** \$10/person with \$10/year membership or \$12 for non-members

Call 780-435-9515 for more information.

### **Central Lions Seniors Association Annual Christmas Luncheon**

While you're enjoying a traditional Christmas dinner with all the trimmings, listen to CLSA's very own Firefighter's Alumni Band and choral group Homegrown Harmonies as they serenade you with holiday and historical favourites. Cash bar - entertainment and meal are included in ticket price.

**When:** Friday, December 15 – Doors open at 11:30 am

**Location:** Central Lions Seniors Association (11113 - 113 Street)

**Cost:** \$25 members; \$30 guests/non-members

Registrations can be done before December 12 in person, online at [www.edmonton.ca/ereg](http://www.edmonton.ca/ereg) or over the phone through 311. Use barcode 621582.

## **Volunteers:**

The Front Desk Volunteer Program has been in operation for three months now. Can you believe it? On November 24, our coordinators gathered the group together for a review. We had an opportunity to get to know one another and to discuss some of the strengths and weaknesses of the program to date. The group is united, recharged and ready to move in to 2018. Our sincere thanks to our organizers and to all our volunteers for sharing even more of your time with us.

If you have suggestions for SWESA in this area or are interested in offering some of your time and skills to this work, please contact Elnora at [ehibbert@shaw.ca](mailto:ehibbert@shaw.ca).

December 4 - 8, 2017

587-987-3200

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

Home Supports: 780-860-2931

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