



Coming Up This Week:

Date	Program	Time	Locatio	Cost
Jan. 29	Schizophrenia: Myths Reality	10:00 – 12:00	YECC	\$2.00
Jan. 30	Go Go Gadgets – tech help	1:00 – 2:30 (later time)	YECC	\$2.00
Jan. 31	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
Feb. 1	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
Feb. 2	Cinema Cronies – Hidden Figures	12:00 – 2:00	YECC	\$5.00
Feb. 2	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Feb. 4	Orchestra Borealis Trip	12:30 – 5:30	YECC	\$25.00

The Winter 2018 Program Guide is available online [HERE](#).

Please Note:



Go Go Gadgets has been moved to 1:00 pm – 2:30 pm on January 30.

The Seniors Home Supports Talk at TCRC on February 7 has been cancelled due to the SHSP Coordinator being called to a meeting. If you need assistance with home repairs, cleaning, yard maintenance or snow removal, please contact her [HERE](#).



Schizophrenia: Myths and Reality

The Schizophrenia Society of Alberta’s Community Outreach staff will join us for this presentation to reduce the stigma and discrimination related to mental illness. The session offers lived-experience perspectives on serious mental health issues, current facts about schizophrenia and similar disorders, and the impact of psychosis. Let us know if you can make it [HERE](#).



Last Call for Registration for Our Trip to the MacLab Centre

The Hank Williams Show registration deadline is January 31. Join us for this group outing as we enjoy a meal at Kosmo’s Leduc and an evening of all of Hank Williams’ hits. If you haven’t visited this 460-seat performing arts centre just a short drive down Highway 2, you are in for a treat!



Tell Us What You Want!

The 2018 Spring/Summer program plan is coming together. Give us your

[FEEDBACK + SUGGESTIONS + REQUESTS + QUESTIONS](#)

With so many new members joining us in 2018 already, we want to make sure that we try our best to make you feel at home. Click [here](#) to share.



[A Visit with Councillor Andrew Knack](#)

As the city councillor responsible for the Seniors Initiative, Andrew Knack will be visiting us at SWESA and would be pleased to update you on current City issues and to answer your questions on any concerns and issues that are important to you.

When: Tuesday, February 6 from 3:00 pm – 4:30 pm

Location: YECC (10710 - 19 Avenue)

This is a free event. Snacks and refreshments will be provided. Please RSVP [here](#).



Check Our Program Guide ([here](#)) for February Events

Including:

Carrot Cake Day	Slips and Trips Prevention	Alberta's First Satellite
SWESA Town Hall	Living Stronger Longer	Living a Pain-Free Life
International Women's Day Speakers	Coffee and Collaboration	Technology and Innovation Investments

Stay Connected:

Sage Awards

Do you know an outstanding senior in your community? Nominate a senior for a Sage Award in one of the following categories: Arts & Culture, Community Building, Education, Health & Wellness, Public & Non-Profit, Science & Technology, Social Justice & Peace, and Truth & Reconciliation (new). Nominations are open now and close February 1.

Download the [2018 Sage Awards Nomination Package](#). Nominees and award recipients will be honoured at the 12th Annual Sage Awards Luncheon on May 8.

For more information, call 780-701-9017 or email jlparenteau@mysage.ca.

Petrolia Seniors' Group (55+) - Luncheon and Entertainment

Billie Milholland – author of *Living in the Shed*

The History of Early Settlement in the Edmonton River Valley

When: Tuesday, February 20 from 11:45 am to 2:00 pm

Location: Greenfield Community Hall (3803 - 114 Street)

Cost: \$15 Please call Betty at 780-434-0711 to confirm your attendance or for more information.

Primetimers 55+ Group

Join this group of friendly locals for social gatherings and information sharing. February's meeting brings a guest speaker about hearing health and hearing aids.

When: Wednesday, February 21 from 1:00 pm – 3:00 pm and every third Wednesday of the month

Location: Risen Lord Lutheran Church (10709 - 32 A Avenue)

For more information, contact Irma at 780-437-1577.

January 29 – February 2, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca