

**Coming Up This Week:**

Date	Program	Time	Location	Cost
Nov. 5	Book Club ( <i>Madonnas of Leningrad</i> )	9:30 am – 11:30 am	YECC	\$5.00/s
Nov. 5	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Nov. 5	Christmas Card Workshop	12 pm – 2 pm	YECC	\$15.00
Nov. 5	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Nov. 5	Coffee and Chat	1 pm – 4pm	TCRC	Donation
Nov. 5	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Nov. 6	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Nov. 6	Better Choices and Chronic Pain	9:30 am – 12 pm	YECC	<b>FULL</b>
Nov. 6	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Nov. 6	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Nov. 6	Intermediate Watercolors	1 pm – 3 pm	YECC	\$97.50
Nov. 7	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Nov. 7	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Nov. 7	ESSETRICS & CARDIO	1 pm – 2 pm	eOne	\$10.00
Nov. 7	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Nov. 8	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Nov. 8	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Nov. 8	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Nov. 8	Cabaret Dance	11:30 am – 12:30 pm	YECC	\$65/session
Nov. 8	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Nov. 9	Art Group	9:30 am – 12 pm	YECC	\$2.00
Nov. 9	Drive Happiness	10:30 am – 11:30 am	YECC	\$2.00
Nov. 9	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Nov. 9	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

**Coming Up This Month:**

Nov. 12 – SWESA Closed	Nov. 21 – Ask a Lawyer
Nov. 13 from 10 am – 11:30 am SWESA Town Hall	Nov. 23 – Lunch Registration Due
Nov. 15 and Nov. 16 – AMA Mature Drivers	Nov. 23 and Nov. 30 – Holistic Decluttering
Nov. 20 – Investing in Emerging Markets	Nov. 28 – November Luncheon

Please call 587-987-3200 to register or [click here](#) to read more about our programs.

**Please Note:**

SWESA is closed on Monday, November 12 in lieu of Remembrance Day.  
The City of Edmonton is hosting a Remembrance Day ceremony, and there will be an Armistice 100 Tribute at the Alberta Legislature grounds. For more details, please [click here](#).



We had a full house for our Halloween Luncheon. Thank you to all the Lunch Bunch volunteers and guests for creating such a lovely event and, as always, a warm welcome to our new members.

We had a lot of fun and hope to see this recreated on November 28. [See the picture slide show here.](#)



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**Declutter and Downsize in a Holistic Way**

Are you or a loved one planning to declutter and then downsize to a smaller home? Is all your "stuff" weighing you down? Are you overwhelmed with what to do with your possessions? It is not too early to start preparing.

Class 1: Learn the S.P.A.C.E. strategy and more ways that will help you keep the items that bring you joy.

Class 2: Develop a plan (the four P's) to downsize and move with less stress and more ease.

**When:** Fridays, November 23, and 30 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

**Cost:** Member \$20; Non-member \$25 for both classes

Registration is required by November 2.

**Stay Connected:**



**Public Engagement Opportunities: The Future of Waste**

Opportunities to provide input to shape Edmonton's future waste system will be available from October 2018 through March 2019. Waste Services is seeking residents' suggestions at the following in-person sessions:

**November 1** Terwillegar Rec Centre **2051 Leger Road NW**  
4 pm – 7 pm Main Lobby

**November 2** Southgate Mall **5015 111 Street #51**  
4 pm – 7 pm Centre Court

If you are not able to make it in person, please take the time to take the survey by clicking [here](#).

**Personal Directive and Enduring Power of Attorney Workshop**

Get help creating your own personal directive and enduring power of attorney. It is important to identify a person(s) you trust to make financial, personal and health-related decisions on your behalf should you lose the capacity to do so. This is more than just an information session; participants will leave this workshop with their own completed personal directive and enduring power of attorney.

November 15: 5:45 pm – 8:15 pm	November 27: 1:30 pm – 4:00 pm
December 11: 5:45 pm – 8:15 pm	December 13: 1:30 pm – 4:00 pm

**Location:** Southside Primary Care Network (#100 3110 Calgary Trail)  
**Cost:** Free Call 780-395-2626 to register.



November 5 - 9, 2018

587-987-3200  
[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)  
Home Supports: 780-860-2931  
[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)