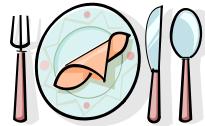


SOUTHWEST SENIORS – OCTOBER 2019

10832 – 62 Avenue
Edmonton, AB T6H 1N1
Ph: (780) 435-9515 Website: swseniors.com



THURSDAY LUNCHESES with ENTERTAINMENT

Doors open at 10:30 a.m. Please try to be here by 11:45 a.m. Lunch is served at 12:00 noon, followed by entertainment/other scheduled events from 1-2 p.m. Please remember to put your lunch ticket into the basket on table where cooks serve lunch.

Regular Thursday lunch tickets are \$10/member and \$12/non-member.

The following **entertainment/events** will be provided at our Thursday Luncheons:



September 26 – Rebound (Song/Dance)

October 3 – Troy Gates (Song/Dance)

*October 10 – Country Sunshine (Song/Dance) – Also Thanksgiving luncheon!

October 17 – Dwayne Oko (Song/Dance)

October 24 – Southwest Seniors' Choir (Autumn/Halloween themed)

October 31 – Jackson MacKenzie (Song/Dance)

*Tickets are pre-sold for Thanksgiving, Christmas, Easter and our Barbeque Wind-Up luncheons. Our **Thanksgiving luncheon is October 10** and tickets are on sale for \$15/member or \$17/non-member.

Board Meeting: Thursday, October 17, 2019 at 9:30 a.m.

Bus Trips:

Please ensure you are at the departure location at least 15 minutes prior to departure time.

For the following trips, bus fees, including bus rent and bus driver tip are covered by Southwest Seniors. Casino funds from casino events held every couple of years enable this.

Unless otherwise indicated, our new departure location will be from the CASA Centre (previously St. Agnes School) at 10645 – 63 Ave.. The CASA Centre covers the block between 62 Ave. and 63 Ave., between 106 and 107 St. We can park in any of the parking spots except for those immediately against the building. The bus will depart from the bus pull-off on the south side of the building on 62nd Ave..

Please ensure you purchase your tickets now for:

Sunday, October 20, 2019: Rotary Club Dinner Theatre in Westlock. Production is "Having Hope at Home", a comedy about a home birth fiasco. "Good intentions dissolve as modern medicine meets midwifery in a family feud." Total cost/person is \$50 which includes show and dinner on our return to Edmonton at the Szechuan Castle. Bus departs at 12 noon from the CASA Centre.

Sunday, November 24, 2019 - East of Sixty Dinner Theatre, Devon Community Centre - Comedy "Don't Dress for Dinner." Ticket prices: \$40/person Bus departs at 10 a.m. from CASA Centre

Purchase Tickets at a Future Date for:

Sunday, December 1, 2019: Beaver Regional Arts Society, Paragon Theatre, Holden - Musical "Opry Gold" a history of country music. Cost \$36 per person. Depart at 12:30 p.m. from CASA Centre.

Sunday, December 29, 2019: Festival Place presents Rodgers & Hammerstein's "Oklahoma!" More information to follow...

Wednesday, April 1, 2020: Cow Patti show in Lacombe. "American widow Iris Oulette and her good friend Natalie travel up to the coastal village of Lunenburg, Nova Scotia to

a house she's inherited from her recently deceased husband. The only problem is that Iris didn't know anything about her Canadian abode! As next-door neighbor handy man Charlie brings the gals up to speed, be prepared to laugh and gasp at the twists and turns in this newest Maritime comedy by Norm Foster. A fall down funny, romantic adventure that will envelope you in its warmth." Cost is \$55/person (includes brunch and show).

CASINO dates are March 25 and 26, 2020. If you are able to volunteer for a position, please let Mike Pearson, or Yvonne, in office, know. *Thank you to all of you who have already volunteered for a position!*

OTHER INFORMATION (Much of the following information is provided by Edmonton Seniors Coordinating Council, other senior organizations throughout the city, or organizations/individuals that have reached out to us.)

Seniors Advocate – Provides information and resolution support to senior Albertans and their families, identifies trends and systemic issues impacting seniors, makes recommendations to the Government of Alberta for improvements to seniors services and programs. How to contact: 780-644-0682, Monday – Friday, 8:30 a.m. – 4:30 p.m. (except statutory holidays). Email: seniors.advocate@gov.ab.ca. Website: seniorsadvocate.alberta.ca

University of Alberta – Are you 60-90 years old and in reasonably good health? Be a part of the **COMPASS-ND STUDY**. Participants in this Canada-wide study will help researchers address the large-scale causes, treatment, and prevention of neurodegenerative diseases. For more information, please contact: 780-248-1560 or rawle@ualberta.ca.

Free Admission Day!

Mark your calendars - Free Admission Day (City of Edmonton) 2019 is **Sunday, September 29!** 😊

Fun for everyone at participating City of Edmonton recreation centres, attractions and cultural facilities on Sunday, September 29, 2019 from 10am-6pm.

View the list of participating facilities over at <https://www.edmonton.ca/freeadmissionday>

The SouthWest Edmonton Seniors Association (SWESA) is expanding programs to the Blue Quill Community League. We would like to hear from you! If you are 55+ and live in Edmonton's SW, please take our survey and let us know what you would like to see happening in our new space.

<https://www.surveymonkey.com/r/QQN2GGS>

Thank you all in advance for your support and please do not hesitate to reach out should you have further questions or ideas.

Sunday, October 6, 2 – 4 p.m. You are invited to attend an Open House with food and live entertainment by Kay Da Silva at Garneau Hall's Independent and Supportive Living Community for Seniors, 10923 – 82 Avenue (Ph: 780-433-3177)

ANNE FRANK – A HISTORY FOR TODAY: A travelling exhibition from the Anne Frank House in Amsterdam: “This French-English (bilingual) exhibition tells the story of Anne Frank in parallel with the general history of the Holocaust and Canadian soldiers' experiences during the Second World War. Connections are also made to today's issues... The panels are composed by quote of Anne Frank's Diary and archive pictures.” **Tickets are \$2/person.** All proceeds will be donated to the Jewish Federation of Edmonton and Catholic Social Services. **When:** Saturdays (Oct 5 & 12), 10 a.m. – 2 p.m.; Wednesdays (Oct. 2, 9 & 16), 3:30 p.m. – 7 p.m.; Thanksgiving Monday (Oct. 14), 10 a.m. – 2 p.m. **Where:** Louis St. Laurent School, 11230 – 43 Ave. Edmonton

Saturday, November 23: Lifestyles – Riverbend, 200 Falconer Court, are having their annual Craft Sale, Bake Sale, Silent Auction, draws for different prizes (which surrounding businesses and residents donate) and even a Flea Market! Time: 10 a.m. – 3 p.m.



Thank you to Elaine Rajotte for donating some serving platters and salad sets!

Thank you to Rhea, Don & Sharon Schiewe's daughter, for providing some fabulous door prizes for future luncheons!

Thank you to Sandy Anderson who, voluntarily, instructs Clogging for Fun on Tuesdays! You are one special lady!

FLU SHOTS SEASON IS UPON US: Beginning October 15, Albertans 6 months of age and older are able to receive **influenza vaccine**, free of charge, at public health clinics and doctor's offices. Pharmacies are also able to administer the **vaccine** to Albertans 5 years of age and older.
