

## Seniors Connection News for those 55+

News from SouthWest Edmonton Seniors Association (SWESA)

by Carol Vaage

*Life starts all over again when it gets crisp in the fall.* F. Scott Fitzgerald

It's hard not to be impacted by the rapid loss of our daylight, the beautiful green of our summer trees, and the crisp winds. But how we react to these natural events this fall can make a big difference in our lives.

September is a reset time for those who are still in school, but we older adults have enjoyed the freedom of late summer longer. For us, October is our reset time. We may feel the old call of bringing in the harvest, preserving fruits and vegetables, and making our homes ready for the winter.

Fortunately, in our modern times, we need to worry less about those basics, and have the opportunity to invest our energy in other areas to reset ourselves.

Perhaps the fresh produce is motivating you to cook more, try healthier recipes. Maybe you feel like organizing and establishing a routine. Possibly you have more energy with the cooler temperatures.

There are a few ideas to support your reset this fall. One is the basic advice we hear from all our professionals: good sleep, exercise, healthy eating, and meaningful social connections. Another is to reduce your digital time, and pick up a book before going to bed. Learn something new. Find a way to be creative. Think of the fall as a time to reset your goals and commitments.

SWESA has many offerings in programs and options to help you with your fall reset. For exercise, Zumba Gold is thriving. It's fun and gets you moving with lively music and laughter. There is also the yogo and essentrics classes for flexibility, strength, and balance. You may want to try the Golden Gloves for non-contact boxing-inspired fitness. Louise, the instructor, is suitable for all abilities and can be adapted for those needing support with coordination and rehabilitation. Our Pickleball runs at the YMCA on Mondays and Thursdays, and they're always looking for more players.

If creativity is a goal for you, we have art classes and groups, drama, fibre arts, photography, calligraphy, and card-making. A special new addition is the SWESA choir which runs on Tuesday afternoons.

Our social events are the most attended, because SWESA has a motto to be very welcoming to all who join us! The monthly luncheons are very popular with great food and entertainment- a perfect

outing at a reasonable price. Our games groups are dynamic as well – crib, hand and foot canasta, American mahjong, contract bridge, and euchre. I often hear their laughter on the other side of the building. They definitely have fun.

If you're looking for something to learn, we have technology and financial talks and health issues - brain health, surgeries, medical travel concerns, and strokes. Our toonie talks are usually two hours long on a wide variety of topics.

We're excited to be offering some of our programs in an additional site: the Blue Quill Community Center (11304 25 Ave, Edmonton.) It's bright and roomy, so offers so much potential. We have a survey that we would like you to complete to share your ideas of what type of programming could be offered at this Blue Quill site. <https://www.surveymonkey.com/r/QQN2GGS>

A complete list of all our programs can be found on the website or stop in at the YECC site to pick up a print copy. We hope to see you soon! <http://swedmontonseniors.ca/>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinating the services for our community, including snow removal, yard work, housekeeping and minor repairs. Contact her at [Hs@swedmontonseniors.ca](mailto:Hs@swedmontonseniors.ca) or 780-860-2931.

SWESA Seniors' Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue  
SWESA Seniors' Lounge - Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road  
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