

AUGUST 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***For more fun activities, check out our Summer Program Guide for classes and drop-in programs. ***</p>		1	2	3 OPEN ART STUDIO 10 AM-12 NOON (\$)	4 MWSA CLOSED
06 HERITAGE DAY MWSA CLOSED	07 OUTING: DEVONIAN GARDENS 10-3 PM (\$)	08 OUTING: CHINATOWN WALKING TOUR & LUNCH 9:30-3:30 PM (\$)	09 OUTDOOR WALKING CLUB 9:30-10:30 (\$)	10 OPEN ART STUDIO 10 AM-12 NOON (\$) SMARTPHONE 101 1:30-3:30 PM (\$)	11 OUTING: ST. ALBERT'S FARMERS MARKET/ SHOW & SHINE 9:30 AM-3:30 PM (\$) MWSA CLOSED
13 COOKING DEMO: RICE NOODLE SALAD/BRUSCHETTA 2:30-3:30 (\$)	14 INSTAGRAM 101 2-3 PM (\$)	15	16 PRESENTATION: DOWNSIZING 10:30 AM-12:30 PM (\$) HAPPY HOUR w/MWSA BOARD 6-8 PM	17 OPEN ART STUDIO 10 AM-12 NOON (\$) OUTING: DOWNTOWN WALKING TOUR & LUNCH 10:30-4:00 PM (\$)	18/ MWSA CLOSED SUN AUG 19 OUTING: PRAIRIE GARDENS/FARMS 9:00 AM-2:00 PM (\$)
20 PRESENTATION: POSTURE & HEALTH 10:30-11:30 AM (\$) PRESENTATION: BETTER DRIVER 1-3 PM (\$)	21 PRESENTATION: BIGHORN BACKCOUNTRY 11-12 PM	22 OUTING: FRINGE FESTIVAL PLAY 11-4 PM (\$)	23 MIND2MEDITATION 9:00-10:30 AM	24 OPEN ART STUDIO 10 AM-12 NOON (\$) WORKSHOP: MEDICINE WHEEL & SHAMANIC DRUMMING 1-4 PM	25 MWSA CLOSED
27	28	29 OUTING: AGA/MOVIE, "MAUDIE" 5:00-10:00 PM (\$)	30	31 OUTING: URBAN BEEKEEPING TOUR 10:45 AM-2:15 PM (\$) MONTHLY BIRTHDAY PARTY 2:00-3:30 (\$)	

PLEASE SIGN UP FOR THESE EVENTS IN ADVANCE.

If you have any additional questions or concerns or to RSVP for programs, please call 780 496 2997. (Updated 7/27/2018)

AUGUST 2018 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Open Art Studio, Fridays 10-12 Noon Bring your own art supplies and projects, while working with other artists for fun and inspiration. **Cost: \$2 M/\$4 NM**

Tues Aug 7, 10-3 PM Outing: Devonian Gardens Join us as we visit this beautiful 240-acre park known for its cultivated gardens and plant collections, and extensive nature trail system. See the Kurimoto Japanese Garden, a Tropical Showhouse with exotic butterflies; Native Peoples Garden, and the new Aga Khan Garden! Cost includes admission and yellow bus transportation. Please bring a bagged lunch and comfortable shoes. Bus to leave MWSA at 10 AM; return by 3 PM. **Cost: \$25 M/\$35 NM. Please RSVP by Aug 2.**

Wed Aug 8, 9:30 AM-3:30 PM Outing: Chinatown Walking Tour & Lunch Learn about the history, landmarks and businesses of Edmonton's Chinatown through a walking tour led by a local Chinatown expert. We'll leave MWSA at 9:30 AM and return around 3:30 PM. Bring water bottle, weather appropriate attire, and comfortable walking shoes. Please note we will be walking for at least a couple of hours. **Cost: \$5 M/\$10 NM + ETS bus fare (round trip) + lunch money. Maximum of 14 people.**

Thurs Aug 9, 9:30 AM-10:30 AM Outdoor Walking Club Do you like to walk outdoors and want to do it in a group? Join us as we start our first outdoor walking club. At this session, we will learn some warm up stretches with a certified fitness instructor. Please bring water, and comfortable walking shoes. **Cost: \$2 M/\$3 NM. Please RSVP.**

Fri Aug 10, 1:30-3:30 PM Smartphone 101 Do you have a smartphone and need help using it? Come learn how to take photos, send photos, send emails, add contacts, download apps and more! Bring your own phone. **Cost: \$2 M/\$4 NM.**

Sat Aug 11, 9:30 AM-3:30 PM Outing: St. Albert Farmers Market/Show & Shine We will see Western Canada's largest outdoor market and optional, classic cars at the annual "Rock'N August Show and Shine" for an extra \$5 admission, payable at the door. We'll leave MWSA at 9:30 AM and return around 3:30 PM. Bring water bottle, weather appropriate attire, and comfortable walking shoes. Event will happen, rain or shine. **Cost: \$15 M/\$25 NM for transportation + lunch money or bagged lunch. (\$5 admission extra for Show & Shine, payable at the event.)**

Mon Aug 13, 2:30-3:30 PM Cooking Demo: Rice Noodle Salad/Bruschetta Learn how to make a healthy meal with Kevin. **Cost: \$2 M/\$4 NM.**

Tues Aug 14, 2-3 PM Instagram 101 Learn all about this fun, social media and what it is all about, and how to start your very own account. Please bring your own smartphone. **Cost: \$2 M/\$4 NM. Please RSVP.**

Thurs Aug 16, 10:30-12:30 PM Presentation: Downsizing Learn how to downsize your possessions and improve your life by overcoming the emotional and physical blocks that stop us from moving forward. **Cost: \$2 M/\$4 NM. Please RSVP.**

6-8 PM Happy Hour with MWSA Board Get to know your MWSA Board of Directors in a fun, casual setting. Bring an appetizer (to feed 5-6 people) to share, and bring extra money for our cash bar. **Please RSVP by Tues Aug 14.**

Fri Aug 17, 10:30-4:00 PM Outing: Edmonton Downtown Historical Tour + Lunch Join tour guides from the Downtown Business Association for a historical walking tour of downtown to learn about our city's history, architecture, public art, landmarks and more. We will be leaving MWSA at 10:30 AM, return about 4 PM, travelling by ETS. We will have lunch downtown. Tour will be about 90 minutes long. Please wear comfortable shoes and bring water, and appropriate attire. **Cost: \$2M/\$4 NM + lunch money + ETS bus fare. Please RSVP. Maximum of 14 participants.**

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Sun Aug 19, 9:00-2:00 PM Outing: Prairie Gardens/Farms We'll be visiting a working 35-acre family farm north of Edmonton. There will be gardens with corn and vegetables, and 3000 acres of wheat, canola, peas, and grasses, and more! We will be leaving MWSA at 9 AM, return about 2 PM, travelling by yellow bus. Please wear comfortable shoes and bring water, and appropriate attire. Cost includes admission and transportation. **Cost: \$15M/\$20 NM + lunch money or bagged lunch. Please RSVP by Aug 15.**

Mon Aug 20, 10:30-11:30 AM Presentation: Posture & Health Presented by Providence Chiropractic. Learn how your bad posture can affect your health, and ways you can help improve your health and wellness. **Cost: \$2 M/\$4 NM. Please RSVP.**

1-3 PM Presentation: Better Driver Learn tips and tricks on how to be a better driver from an award-winning driver and driving instructor. **Cost: \$2 M/\$4 NM. Please RSVP.**

Tues Aug 21, 11-12 Noon Presentation: Bighorn Backcountry Presented by Canadian Parks and Wilderness Society. Learn how the non-profit organization is protecting Bighorn Backcountry, on the way to Saskatchewan, crossing along the David Thompson highway. The area is the source of most of the water in the North Saskatchewan River **Cost: No Cost. Please RSVP.**

Wed Aug 22, 11 AM-4 PM Outing: Fringe Festival We'll be heading to Fringe Theatre Festival to watch a play and enjoy some of the festival atmosphere. We'll leave MWSA at 11 AM and return around 4 PM. Cost includes tickets. Play to be announced by Mon Aug 20. Call to see which play was chosen. **Cost: \$15 M/\$20 NM + ETS bus fare. Please pay register by Tues Aug 21. No refunds if participant cancels.**

Fri Aug 24, 1-4 PM Workshop: Medicine Wheel/Shamanic Drumming. Another workshop from our Truth & Reconciliation series. Join Indigenous Elder Mah Koos to learn about the traditions and symbolism of the medicine wheel, shamanic drumming and their significance in Indigenous cultures. **Cost: No Cost. Please RSVP in advance.**

Wed Aug 29, 5:00 PM-10:00 PM Outing: AGA/Movie, "Maudie" We'll be heading to the Art Gallery of Alberta (downtown) to watch "Maudie," a film about Maud Lewis, an artist who painted the beauty of Nova Scotia, while dealing with her arthritis and family who didn't believe in her talent. We'll leave MWSA at 5:30 PM and return around 10 PM. **Cost: \$2 M/\$4 NM + ETS bus fare.**

Fri Aug 31, 10:45 AM-2:15 PM Outing: Urban Beekeeping Tour We will be heading over to MacEwan University (Downtown) to explore the bee hotel and rooftop beehives that were installed in 2016. Learn interesting facts about pollinators like honeybees and how you can get involved in food security. We will leave MWSA at 10:45 AM and return by about 2:15 PM. **Limited spots. Please register early. Cost: \$2 M/\$5 NM + ETS Bus Fare**
2:00-3:30 PM Monthly Birthday Party! If you are a member and it's your birthday this month, join us for cake, coffee and fun times. Everyone is welcome. **Cost: Free for members with birthdays. \$2 for non-members/non-birthday. Please RSVP.**

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