

DECEMBER 2017 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please register for all at the Front Desk. Low registration may result in cancellation of programs. Thank you! (\$) = paid programs</p> <p>***MWSAC XMAS HOLIDAY CLOSURES: DEC 23, 2017-JAN 1, 2018***</p>				1 EPL DIGITAL LITERACY 12:15-1:45 PM	2
4 VIBRATIONAL DRUMMING WORKSHOP 1-4	5	6 PRES: FINANCIAL ABUSE AWARENESS 10-11 AM WHIST TOURNAMENT 1-3 PM (\$)	7	8 MWSA ANNUAL CHRISTMAS DINNER 5-10 PM (\$)	9 PRES: GUT HEALTH 12-1 PM
11 PRES: AIR POLLUTION 10-11 AM PRES: MEMORIAL SOCIETY 11:30 AM-12:30 PM	12 OILERS WATCH PARTY 5-7:30 PM (\$)	13	14 OUTING: MUTTART CONSERVATORY 5:30-8:30 PM (\$)	15 EPL DIGITAL LITERACY 12:15-1:45 PM COOKING DEMO: CHAI TEA & ROTI 2-3:30 PM (\$)	16 CLASSICAL CHRISTMAS MUSIC CONCERT 10-11 AM
18	19 XMAS CHOIR/HANDBELL PERFORMANCE 9-10 AM XMAS LUNCHTIME CHOIR 12-12:30 PM	20 PRES: DECLUTTERING 9:30-10:30 AM (\$) MULTICULTURAL XMAS CELEBRATION 2-4 PM PB 2:30-4 CANCELLED	21	22 FINANCIAL NEW YEAR'S RESOLUTION DISCUSSION 12:30-1:30 MONTHLY BIRTHDAY PARTY 2-3:30 (\$)	23 CHRISTMAS HOLIDAYS MWSA CLOSED
25 CHRISTMAS HOLIDAYS MWSA CLOSED	26 CHRISTMAS HOLIDAYS MWSA CLOSED	27 CHRISTMAS HOLIDAYS MWSA CLOSED	28 CHRISTMAS HOLIDAYS MWSA CLOSED	29 CHRISTMAS HOLIDAYS MWSA CLOSED	30 CHRISTMAS HOLIDAYS MWSA CLOSED

PLEASE SIGN UP FOR THESE SPECIAL EVENTS IN ADVANCE. (MORE INFO ON THE REVERSE SIDE!!)

If you have any additional questions or concerns or to RSVP for programs, please call 780 496 2997

DECEMBER 2017 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Fri Dec 1 & 15, 12:15-1:45 PM EPL Digital Literacy Program for absolute computer beginners. Learn the basics of how to turn the computer on and off, how to use the mouse, keyboarding, using the internet, email, and the basics of using Microsoft Word. **Free program. Please RSVP.**

Mon Dec 4, 1-4 PM Workshop: Vibrational Hand Drumming Presented by Elder Mah'Koos Merrier. This is the latest Truth & Reconciliation Workshop. Learn about how drums are used for healing in the Indigenous culture. No prior drumming experience needed. **No Cost. All welcome. Please RSVP.**

Wed Dec 6, 10-11 AM Presentation: Financial Abuse Awareness Presented Canadian Bankers Association. Learn about how to recognize the signs of financial abuse and resources to seek help. **Cost: No Cost for members/\$2 NM. Please RSVP.**

Fri Dec 8, 5-10 PM MWSA Christmas Dinner Social Enjoy a traditional turkey dinner, live musical entertainment, and door prizes at our annual event. Doors at 5 PM, dinner at 6 PM. **Tickets: \$25. Buy your tickets early to avoid disappointment.**

Sat Dec 9, 12-1 PM Presentation: Gut Health Presented U of A Medical Students. Learn about how to keep your gut healthy, specifically in reducing acid reflex and constipation. **Cost: No Cost for members/\$2 NM. Please RSVP.**

Mon Dec 11, 10-11 AM Presentation: Air Pollution Presented Health Canada Air Quality Specialist. Learn about the impacts of air pollution on human health and ways to reduce exposure to air pollution. **Cost: No Cost for members/\$2 NM Please RSVP.**

11:30 AM-12:30 PM Presentation: Memorial Society. Learn about the Memorial Society, an association of people from all walks of life who respect the need for a simple, dignified alternative to elaborate and increasingly costly funeral services **Cost: No Cost for members/\$2 NM Please RSVP.**

Tues Dec 12, 5-7:30 PM Oilers Watch Party Watch the Oilers play against Columbus Blue Jackets at MWSA. We'll provide snacks. Feel free to bring snacks to share. **Cost: \$2 M/\$4 NM. Please RSVP.**

Thurs Dec 14, 5:00-8:30 PM Outing: Muttart Conservatory Enjoy the beautiful and interesting plant displays. On this night, The Amati Musicians will play holiday favourites. Come ready to sing along to their cheery tunes and get in the holiday mood! Cost is for bus transportation (school bus) and admission. Bus will leave MWSA at 5:00 PM and return at 8:30 PM. **Cost: \$20M/\$25 NM. Please pay & re-register by Monday Dec 11, 2017.**

Fri Dec 15, 2-3:30 PM Cooking Demo: Chai Tea and Roti. Learn to make authentic chai tea with the spices and lentil roti. **Cost: \$2 M/\$4 NM. Please RSVP.**

Sat Dec 16, 10-11 AM Classical Christmas Music Concert Performed by Opus 12. Celebrate this joyous season with holiday music from talented musicians! **Everyone welcome. No Cost. Please RSVP.**

Tues Dec 19, 9-10 AM Christmas Choir/Handbells & Sing-a-Long Performed by the students of Michael Strembitsky School. **Everyone welcome. Free!**
12-12:30 PM Lunchtime Christmas Choir Performed by the Menisa Music Club. **Everyone welcome. Free!**

Wed Dec 20, 9:30-10:30 AM Presentation: Decluttering By The House Purger. Learn about how to de-clutter your head, home and life. **Cost: \$2 NM/\$3 NM. Pls RSVP.**
2-4 PM MWSA Multicultural Christmas Celebration An event that celebrates the holidays with songs, stories and more. Everyone welcome.

Fri Dec 22, 12:30-1:30 PM Financial New Year's Resolution Discussion Presented by Investors Group. What financial strategies or behaviors are you hoping to stop doing, continue to do, and start to do? **Cost: No Cost for members/\$2 NM Please RSVP.**

2-3:30 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 welcome. **Cost: Free for members with birthdays. \$2 for non-members/non-birthday. Please do RSVP!**

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