

## FEBRUARY 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please register for all events in person or call 780-496-2997 to avoid cancellation. Thank you!! (\$ ) = paid programs</p>			1	2	3
				<p>EPL DIGITAL LITERACY 12:15-1:45 PM</p>	<p>EXTRA PICKLEBALL 10 AM-12 NOON</p> <p style="text-align: center; color: blue;">OUTING: FLYING CANOE FESTIVAL 5:30 PM-9:30 PM</p>
5	6	7	8	9	10
		<p>WHIST TOURNAMENT 1-3 PM (\$)</p> <p style="text-align: center; color: purple;">COFFEE CHAT WITH COUNCILLOR KNACK 3-4:30 PM</p>		<p style="text-align: center; color: red;">CRAFT WORKSHOP: VALENTINE'S CARDS 1-4 PM (\$)</p> <p style="text-align: center; color: purple;">PRES: SCHIZOPHRENIA SOCIETY 1-2 PM</p>	
12	13	14	15	16	17
<p style="text-align: center; color: purple;">PRESENTATION: MEMORIAL SOCIETY 9:30-10:30 AM</p>	<p style="text-align: center; color: purple;">PRESENTATION: MEALS ON WHEELS 3-4 PM (\$)</p> <p style="text-align: center; color: purple;">PRES./COOKING DEMO: HEART HEALTH 5-6:30 PM (\$)</p>	<p style="text-align: center; color: red;">"GALENTINE'S" BRUNCH/GIFT EXCHANGE 10-11:30 AM (\$)</p>		<p style="text-align: center; color: purple;">PRES: DIVERSITY/INCLUSION 10:30-11:30 AM</p> <p style="text-align: center; color: purple;">EPL DIGITAL LITERACY 12:15-1:45 PM</p> <p style="text-align: center; color: red;">CHINESE NEW YEAR DINNER 5-10 PM (\$)</p>	<p style="text-align: center; color: purple;">PRES: RETIREMENT PORTFOLIO 10-11 AM (\$)</p> <p style="text-align: center; color: purple;">PRES: CAREGIVER FATIGUE 11 AM-12 NOON</p>
19	20	21	22	23	24
<p style="text-align: center; color: red;">FAMILY DAY MWSA CLOSED</p>		<p style="text-align: center; color: purple;">PRESENTATION: END OF LIFE PLANNING 1-2 PM</p> <p style="text-align: center; color: red;">COOKING DEMO: JAMBALAYA 2-3 PM (\$)</p>	<p style="text-align: center; color: purple;">PRESENTATION: END OF LIFE PLANNING 6:30-7:30 PM</p>	<p style="text-align: center; color: blue;">OUTING: CITADEL THEATRE TOUR &amp; LUNCH 9:00 AM-1:30 PM (\$)</p> <p style="text-align: center; color: purple;">MONTHLY BIRTHDAY PARTY 2-3:30 PM (\$)</p>	
26	27	28	MAR 1	2	3
<p style="text-align: center; color: purple;">PRESENTATION: POSTURE &amp; YOUR HEALTH 9:30-10:30 AM (\$)</p> <p style="text-align: center; color: blue;">OUTING: COMIC STRIP AT WEM 6-10 PM (\$)</p>	<p style="text-align: center; color: purple;">PRESENTATION: HEARING LOSS 9:30-10:30 AM (\$)</p>			<p style="text-align: center; color: purple;">EPL DIGITAL LITERACY 12:15-1:45 PM</p>	

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

**FEBRUARY 2018 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION**

**Fri Feb 2 & 16, 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.**

**Sat Feb 3, 5:30-9:30 PM Outing: Flying Canoe Festival** Join us for an evening of celebrating French and Metis Culture with art, live music, storytelling and food. The Festival takes place in the Mill Creek Ravine and La Cite Francophone. Please note many of the festivities are outdoors, so please bundle up. There are also **volunteer opportunities** available. Go to <https://www.flyingcanoevolant.ca/form-c1k2> and fill out the form. MWSA will cover the cost of transportation (will be a yellow bus). We'll leave MWSA at 5:30 PM and return by 9:30 PM. Please bring extra money for lunch. **Cost: no cost for transportation; bring extra money for food/drinks/other. Please register by Thurs Feb 1.**

**Wed Feb 7, 3-4:30 PM Coffee Chat with Councillor Andrew Knack** Come meet the City Councillor with the Seniors Initiative, ask questions and raise your concerns, and get the latest updates from the Edmonton City Council. **Refreshments provided. Please RSVP.**

**Fri Feb 9, 1-4 PM Craft Workshop: Valentine's Cards** Learn to make beautiful, handmade Valentine's cards and a small gift box for chocolates. All supplies will be provided. A make and take event. **Maximum of 10 participants only. Please RSVP early. Cost: \$8 M/\$12 NM**

**1-2 PM, Presentation: Schizophrenia Society** Join us for this compelling and educational presentation on Schizophrenia (a serious mental health issue), with personal stories about the journey of the illness and recovery process. **Cost: Free for members/\$2 NM.**

**Mon Feb 12, 9:30-10:30 AM 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: Free for members/\$2 NM Please RSVP.**

**Tues Feb 13, 3-4 PM Presentation: Meals on Wheels** Learn about this non-profit organization and how they can help you with managing your diet.

**Plus, enjoy the DELICIOUS FOOD SAMPLES! Cost: \$2M/\$4 NM Please RSVP. MINIMUM OF 15 PARTICIPANTS TO RUN PROGRAM. Please RSVP by Feb 7.**

**3-4 PM Presentation/Cooking Demo: Heart Health** Presented by U of A Nursing Students. Learn ways to keep your heart healthy through an informative presentation and cooking demo (smoothie and salad recipes). Including food samples. **Cost: \$2M/\$4 NM Please RSVP. Please RSVP by Feb 7.**

**Wed Feb 14, 10-11:30 AM "Galentine" Brunch & Gift Exchange.** Are you a gal? Do you want to meet other gals? Come join us for brunch, icebreaker games and a gift exchange. Bring a wrapped gift worth about \$5 for the exchange. **Cost: \$6M/\$10 NM + gift. Please RSVP by Mon Feb 12, 2018.**

**Fri Feb 16, 10:30-11:30 AM Presentation: Diversity & Inclusion.** Did you know MWSA has a D & I Committee? Come learn about what Diversity & Inclusion means and what we are doing to make MWSA more diverse and inclusive for all members. **No Cost to attend. Please RSVP.**

**5-10 PM, Chinese New Year Dinner** Join us at MWSA as we celebrate Chinese New Year, the Year of the Dog. We'll have delicious Chinese food on the menu (no dog meat!) and live entertainment. **Cost: \$20/ticket.**

**Sat Feb 17, 10-11AM Presentation: Retirement Portfolio.** Presented by Financial Advisor Wei Woo. Learn how the recent hike in interest rates, with direction for further raises throughout 2018, mean for your retirement finances. For most conservative retired investors, the increased interest rates has meant challenges to fixed income/bond portion of their portfolio, which potentially means negative returns. Learn strategies to mitigate the effect of higher rates and how to actually benefit from this emerging trend. **Cost: \$2 M/\$3NM. Please RSVP.**

**11AM-12 Noon Presentation: Caregiver Fatigue** Presented by U of A Medical Students. Learn how caregiver fatigue (taking care of others and feeling burnt out) can affect your own health. **Cost: Free for members/\$2 NM.**

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**Wed Feb 21, 1-2 PM & Thurs Feb 22, 6:30-7:30 PM Presentation: End of Life Planning.** Please join Trinity Funeral Home for a discussion on what new options are available to Edmontonians in 2018. Presentation will cover: the variance of cost for essential funeral services, cremation and traditional options; advance planning options, what if someone dies away from home; what you can do if you've already pre-arranged your services but new and better options are now available; and new and emerging trends in end of life matters. **Cost: Free for Members/\$2 NM Please RSVP.**

**Wed Feb 21, 2:00-3:30 PM Cooking Demo: Chicken & Sausage Jambalaya** Learn how to make this popular New Orleans rice dish, made of meat and vegetables. And course, there are food samples! **Cost: \$2M/\$3 NM. Please RSVP.**

**Fri Feb 23, 9:30-1:30 PM Outing: Backstage Tour of Citadel Theatre** We'll be touring the Citadel Theatre, home to world-class live theatre and entertainment in the heart of downtown, then we'll go out for lunch. Transportation is ETS; we'll leave MWSA at 9:00 AM and return by 1:30 PM. Please bring extra money for lunch. **Maximum of 12 participants. Cost: \$5 M/\$8 NM + ETS Bus Fare + Lunch. Please register by Feb 20.**

**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 this month. \$2 for non-members/non-birthday.**

**Mon Feb 26, 9:30-10:30 AM Presentation: Posture & Your 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/\$3 NM. Please RSVP.**

**6-10 PM Outing: Comic Strip at WEM** We'll going to West Edmonton Mall for a night of comedy at the Comic Strip. Cost is for ticket price and transportation only. Bring extra money for food/drinks. **Cost: \$15M/\$20 NM. Please register by Feb 21.**

**Tues Feb 27, 9:30-10:30 AM Presentation: Hearing Loss.** Learn to recognize unrealistic expectations of hearing aids, accept reality of hearing loss, develop an understanding of what they need to do to reconnect with loved ones, and most importantly, to laugh at the foibles of hearing loss. **Cost: \$2 M/\$3 NM. Please RSVP.**