

JANUARY 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEAR'S DAY MWSA CLOSED	2 FREE BADMINTON 10:15-11:45 AM TRAVEL TALK: EUROPE 2-3 PM (\$)	3 WHIST TOURNAMENT 1-3 (\$)	4	5 EPL DIGITAL LITERACY 12:15-1:45 PM PRESENTATION: SCHIZOPHRENIA SOCIETY 2:30-3:30 PM	6 MWSA CLOSED
8 FREE CORE-BLANCE- STRETCH 10:15-10:45 AM FREE MEN'S YOGA 2-3 PM FREE FUNCTIONAL FIT 3-4 PM	9 FREE LATIN GROOVE 12:30-1:30 PM	10 PRESENTATION: FINANCIAL ABUSE AWARENESS 10-11 AM	11 FREE YOGA FOR OSTEOPOROSIS 1-2 PM FREE OKIDO YOGA 2:15-3:15 PM FREE LIVING FIT 3-4 PM	12	13 MWSA CLOSED
15 MWSA WINTER PROGRAMMING STARTS THIS WEEK!	16 FREE IMPROVE YOUR BALANCE CLASS 10:45-11:45 AM	17 PRESENTATION: COUGH & COLD 11 AM-12 NOON	18	19 EPL DIGITAL LITERACY 12:15-1:45 PM PRES: DENTURES 1-2 PM WORKSHOP: GRIEVING 1-4 PM	20 PRESENTATION: GLOBAL FINANCIAL REVIEW 10-11 AM (\$)
22	23	24 FIRST NATIONS VETERANS CELEBRATION 9:30-11:30 AM OUTING: RIVER CREE CASINO 10:30 AM-3 PM (\$)	25	26 MONTHLY BIRTHDAY PARTY 2-3:30 PM (\$) SENIORS GOT TALENT DINNER/SHOW 5-10 PM (\$) (PB/FLR CURLING CANCELLED)	27 MILL WOODS COMMUNITY RESOURCE FAIR 10 AM-1 PM FREE PANCAKE BREAKFAST 10-1
29 OUTING: MOVIE & LUNCH AT CITY CENTRE "I, TONYA" 10-3 PM(\$)	30	31 COOKING DEMO: CHOCOLATE QUIONA CAKE (GLUTEN-FREE) 2-3:30 PM (\$)	<p>** Free Fitness Classes open to members & non-members. Must RSVP. **</p> <p>Please register for all events in person or call 780-496 2997 to avoid cancellation of programs. Thank you!! (\$) = paid programs</p> <p>***HAPPY NEW YEAR! DON'T FORGET TO RENEW YOUR MEMBERSHIP! ***</p>		

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

JANUARY 2018 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Tues Jan 2, 2-3 PM Travel Talk: Europe by Karen (Program Coordinator). See some photos, learn about travelling solo, and more! **Cost: \$2M/\$3 NM.**

Fri Jan 5 & 19, 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**

Fri Jan 5, 2:30-3:30 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.**

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

Wed Jan 17, 11-12 Noon Presentation: Cough & Cold Presented by Co-Op Pharmacy. Learn to protect yourself during the cold/flu season. **Cost: Free for members/\$2 NM.**

Fri Jan 19, 1-2 PM Presentation: Dentures Presented by a local dentist. Learn about the importance of yearly checkups, and how denturists can detect serious illnesses. **Cost: No Cost for members/\$2 NM. Please RSVP.**

1-4 PM Workshop: Grieving Facilitated by Indigenous Elder, Mah'Koos Merrier, as part of our Truth & Reconciliation series. Learn about grieving and healing through this interactive workshop. **Free program.**

Sat Jan 20, 10-11 AM Presentation: Global Financial Review Presented by Financial Planner, Wei Woo. Learn about the latest updates on political, economic, and market developments that are currently affecting your retirement savings and investment strategies, now and into the future. **Cost: \$2 M/\$3 NM.**

Wed Jan 24, 9:30-11:30 AM First Nations Veterans Celebration Another Truth & Reconciliation event. We will be having a ceremony to remember the 7000 Canadian First Nations war veterans who served in World I & II, and Korean wars. **Free program. Please RSVP.**

10:30 AM-3PM Outing: River Cree Casino Bus leaves MWSA at 10:30 AM and returns at 3 PM. Cost includes transportation, lunch and casino voucher, **Cost: \$10 M/\$15 NM. Limited seats. No refunds for last minute cancellations.**

Fri Jan 26, 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.**

5-10 PM Seniors Got Talent Join us for a talent show and dinner. If you are interested in performing and for a chance to win cash prizes, contact Program Coordinator for more details. **Cost: \$15 for delicious dinner and show.**

Sat Jan 27, 10-1 PM MILL WOODS COMMUNITY RESOURCE FAIR Hosted by MLA Christina Gray. Learn about community resources and services available in Mill Woods. **Free. Join us at the 2nd Floor Café for a Free Pancake Breakfast** (pancakes + halal bacon/sausages + coffee/tea/juice). Everyone welcome.

Fri Jan 29, 10 AM-3 PM Outing: Movie & Lunch at City Centre "I, Tonya" is the biographical comedic about infamous figure skater Tonya Harding. We'll have lunch at a local spot downtown. More details. **Cost: Members: Movie (\$8) + ETS Bus fare + Lunch Money/Non-Members: Cost: \$2 extra to reserve spot.**

Wed Jan 31, 2-3:30 PM Cooking Demo: Chocolate Quinoa Cake Learn how to make this gluten-free, but still decadent chocolate cake. **Cost: \$2M/\$3 NM.**

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