

JULY 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CANADA DAY (OBSERVED) MWSA CLOSED	3	4 FREE TAI CHI CLASS 11-12	5 MIND2MEDITATION 9:00-10:30 AM	6 EPL DIGITAL LITERACY PROGRAM 12:15-1:45 PM OPEN ART STUDIO 10 AM-12 NOON (\$)	7 MWSA CLOSED
9 MWSA SUMMER PROGRAMS START THIS WEEK!	10 LUNCH & LEARN: PENSIONS/SAVING FOR RETIREMENT 11:30 AM-1:00 PM(\$)	11 OUTING: STREET PERFORMERS FESTIVAL 11:30-4 PM (\$)	12 MIND2MEDITATION 9:00-10:30 AM	13 OPEN ART STUDIO 10 AM-12 NOON (\$) COOKING DEMO: BUTTER TART/CINNAMON CAKE 2:00-3:30 PM (\$)	14 OUTING: SHAKESPEARE IN THE PARK 12:45-5:15 PM (\$) MWSA CLOSED
16 PRESENTATION: DRIVE HAPPINESS 10-11 AM	17 OUTING: CHINATOWN WALKING TOUR & LUNCH 9:30 AM-3:30 PM (\$)	18	19 MIND2MEDITATION 9:00-10:30 AM PRESENTATION: VERTIGO 2-3 PM (\$)	20 OUTING: TASTE OF EDMONTON & LANDMARKS TOUR 10:30 AM-3 PM (\$)	21 MWSA CLOSED
23 OUTING: K-DAYS COMEDY NIGHT 5-11 PM (\$)	24 LUNCH & LEARN: ESTATE PLANNING 11:30 AM-1:00 PM(\$)	25 MIX & MINGLE KARAOKE 2-4 PM (\$)	26 MIND2MEDITATION 9:00-10:30 AM	27 OUTING: URBAN BEEKEEPING TOUR 10:45 AM-2:15 PM (\$) MONTHLY BIRTHDAY PARTY 2:00-3:30 (\$)	28 MWSA CLOSED
30 SMARTPHONE 101 1-3 PM (\$)	31 OUTING: EDMONTON CORN MAZE & LUNCH 9:30-2:00 PM (\$)	<p>***For more fun activities, check out our Summer Program Guide for classes and drop-in programs! ***</p> <p>***K-Days Passes For Sale at MWSA. Only \$15/each! ***</p>			

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 6/29/2018)

JULY 2018 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Wed Jul 4, 11 AM-12 PM Free Tai Chi Class Take a free Tai Chi class, facilitated by our Tai Chi Master Ken. **Free program. Please RSVP.**

Fri Jul 6 & 13, 10 AM-12 Noon Open Art Studio Bring your own art supplies and projects, while working with other artists for fun and inspiration. **Cost: \$2 M/\$4 NM.**

Fri Jul 6, 12:15-1:45 PM EPL Digital Literacy A hands-on class 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. Laptops provided. **Free program.**

Tues Jul 10, 11:30 AM-1 PM Lunch & Learn: Saving for Retirement by Scotia Bank. Learn about saving for Retirement, along with the Registered Disability Savings Plan (RDSP) --- Eligibility & Contribution Rules and Benefits. **Lunch is included! Cost: \$2 M/\$4 NM. Please RSVP by Fri Jun 6th.**

Wed Jul 11, 11:30 AM-4:00 PM Outing: Street Performers Festival We're heading to Whyte Ave to see talented world-class street performers. We'll leave MWSA at 11:30 AM and return around 4:00 PM. Bring water bottle, weather appropriate attire, and snacks. Please note the event will be outdoors, rain or shine. **Cost: \$2 M/\$5 NM + ETS bus fare for round trip + extra money for tips for performers. Please RSVP early.**

Fri Jul 13, 2:00-3:30 PM Cooking Demo: Butter Tarts/Cinnamon Cakes Brought to you by Kevin. **Cost: \$2 M/\$4 NM. Please RSVP.**

Sat Jul 14, 12:45-5:15 PM Outing: Shakespeare in the Park We'll be heading to Hawrelak Park to watch Shakespeare's "Comedy of Errors." Two pairs of twins, who were separated as infants, are now in the same city, each unaware of each other's presence. Hilarity and hijinks mounts as the look-alikes are repeatedly mistaken for each other. Bus to leave MWSA at 12:45 PM and return around 5:15 PM. Bring water bottle, weather appropriate attire, and snacks. Please note the venue is outdoors, rain or shine. **Cost: \$25 M/\$35 NM. Includes yellow bus transportation and admission. Please register by July 11.**

Mon Jul 16, 10-11 AM Presentation: Drive Happiness. Learn more about this not for profit charitable organization that has been providing door through door, assisted transportation services to vulnerable seniors 65+ since 1998. **No Cost to attend. Please RSVP.**

Tues Jul 17, 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). Register early, as limited spots available.**

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MILL WOODS SENIORS ASSOCIATION | 201-2610 HEWES WAY | EDMONTON AB T6L 0A9 | WWW.MWSAC.CA | 780 496 2997

Thurs Jul 19, 2-3 PM Presentation: Vertigo Presented by a Physiotherapist. Learn about vertigo, a debilitating condition that causes dizziness, and the role of physiotherapy plays. Presenter will cover BPPV, a specific type of vertigo that is common for people over 50 years of age. **Cost: \$2 M/\$4 NM.**

Fri Jul 20, 10:30 AM-3 PM Outing: Taste of Edmonton/ETS Bus Landmark Tour We'll be taking ETS LRT to the Taste of Edmonton (held this year at Capital Boulevard by the Legislature) for lunch, and later taking a bus tour of some Edmonton landmarks. Please be at MWSA at 10:30 AM and return by about 3 PM. **Cost: \$2 M/\$5 NM + Lunch money. Limited Spots. Please register early.**

Mon Jul 23, 5-11 PM Outing: Comedy Night at K-Days Take in the sights and sounds of the annual exhibition fair, along with enjoying a night of comedy with comedians, Jamie Hutchinson and Brent Butt. Please be at MWSA at 5 PM and return by about 11 PM. **Cost: \$25 M/\$35 NM for yellow bus transportation and K-Days admission. Minimum of 25 participants to run event.**

Tues Jul 24, 11:30 AM-1 PM Estate Planning by Scotia Bank. This presentation will cover the importance of Estate Planning--- Importance of having a will, power of attorney and medical directive. **Lunch is included! Cost: \$2 M/\$4 NM. Please RSVP by Fri Jun 20.**

Wed Jul 25, 2-4 PM Mix & Mingle Karaoke Come meet some new friends during our fun Karaoke Party, where you can choose the song you want to sing along to! Cost includes light refreshments. **Cost: \$5 M/\$10 NM. Please RSVP by Mon Jul 23.**

Fri Jul 27, 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**

2:00-3:30PM 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 RSVP.**

Mon Jul 30, 1-3 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.**

Tues Jul 31, 9:30 AM-2:00 PM Outing: Edmonton Corn Maze & Lunch We'll be heading to the Edmonton Corn Maze (40 minutes West of Edmonton) and have lunch there. Costs covers admission, yellow bus transportation and bagged lunch. **Please register early. Limited spots. First come, first serve. Cost: \$20 M/\$25 NM.**

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