

JUNE 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY SENIORS WEEK, JUNE 3-9, 2018!					
<p>Drop-in Art Studio: Bring your own art supplies and projects; work with other artists for inspiration. Cost: \$2 M/\$5 NM</p> <p>Drop-in Sewing, Wed 10-1 PM: Bring your own supplies and projects. Cost: \$2 M/\$5 NM</p> <p>***Note: Tuesday June 5 is the last day for the 4-6 PM & 6-8 PM Pickleball until our Fall Season. ***</p>				<p style="text-align: right;">1</p> <p>EPL DIGITAL LITERACY PROGRAM 12:15-1:45 PM</p> <p>MOVIE OUTING: LOVING VINCENT 1:00-5:30 PM</p>	<p style="text-align: right;">2</p> <p>EXTRA PICKLEBALL 10-12:30 (\$)</p> <p>DROP-IN ART STUDIO 10-12 NOON (\$)</p>
4	5	6	7	8	9
<p>MONDAY MINGLE 9:30-10:30 AM FREE!</p> <p>FREE BILLIARDS/POOL 9-4 PM</p>	<p>LUNCH & LEARN: PENSIONS 11:30 AM-1:00 PM(\$)</p> <p>EPL POP-UP MAKERSPACE 4-5 PM</p>	<p>CAFÉ: ALL DAY PANCAKE BREAKFAST 9-1 PM (\$)</p> <p>COFFEE CHAT W/CONSTABLES 2:30-3:30</p>	<p>MIND2MEDITATION 9:00-10:30 AM</p> <p>OUTING: SENIORS TEA & TOUR AT THE LEGISLATURE 9:15 AM-2:30 PM (\$)</p>	<p>FREE LUNCH WITH MLA GRAY 11:30 AM -1:00 PM</p> <p>EPL TECH TIME 12:15-1:45 PM</p> <p>FREE BADMINTON 2-4 PM</p>	<p>EXTRA PICKLEBALL 10-12:30 (\$)</p> <p>DROP-IN ART STUDIO 10-12 NOON (\$)</p>
11	12	13	14	15	16
<p>PRESENTATION: POSTURE & YOUR HEALTH 10-11 AM (\$)</p>	<p>LUNCH & LEARN: ESTATE PLANNING 11:30 AM-1:00 PM(\$)</p> <p>DINNER OUTING: MANILA GRILL RESTAURANT 4:30-7 PM (\$)</p>	<p>BADMINTON 9-10:30 AM (\$)</p> <p>COOKING DEMO: SUMMER ROLLS 2:30-3:30 PM (\$)</p>	<p>MIND2MEDITATION 9:00-10:30 AM</p> <p>ETS BUS ROUTE CONVERSATIONS 1:30-2:30 PM</p>	<p>EPL DIGITAL LITERACY PROGRAM 12:15-1:45 PM</p> <p>NIGHT OF DANCE DINNER SOCIAL 6-10 PM (\$)</p>	<p>EXTRA PICKLEBALL 10-12:30 (\$)</p> <p>DROP-IN ART STUDIO 10-12 NOON (\$)</p>
18	19	20	21	22	23
<p>PRESENTATION: STRIKE OUT STROKES 9:30-10:30 AM</p>	<p>PRESENTATION: TRAVELLING IN CHILE 11:30 AM-12:30 PM (\$)</p>	<p>BADMINTON 9-11 AM (\$)</p>	<p>MIND2MEDITATION 9:00-10:30 AM</p>	<p>OUTING: ROYAL CANADIAN CIRCUS 2:30-7:30 PM (\$)</p>	<p>EXTRA PICKLEBALL 10-12:30 (\$)</p> <p>DROP-IN ART STUDIO 10-12 NOON (\$)</p>
25	26	27	28	29	30
<p>PRESENTATION: FINANCIAL LITERACY 10-11:30 AM (\$)</p> <p>WORKSHOP: MEDICINE WHEEL & SHAMANIC DRUMMING 1-4 PM</p>	<p>OUTING: JURASSIC FOREST 10-2 PM (\$)</p>	<p>BADMINTON 9-11 AM (\$)</p> <p>PRESENTATION: BETTER DRIVER 1-2 PM (\$)</p>	<p>MIND2MEDITATION 9:00-10:30 AM</p>	<p>BADMINTON CANCELLED</p> <p>MONTHLY BIRTHDAY PARTY 2:00-3:30 (\$)</p>	<p>EXTRA PICKLEBALL 10-12:30 (\$)</p> <p>DROP-IN ART STUDIO 10-12 NOON (\$)</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 5/1/2018)

JUNE 2018 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Fri Jun 1 & 15, 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.**
1:00-5:30 PM Movie Outing: Loving Vincent This award-winning film, which was hand-painted, frame by frame, by a team of classical painters in the style of Van Gogh, tells the story of Vincent Van Gogh's final days. We'll be watching the movie at Enterprise Square EPL (downtown) and be taking ETS to get there. We leave MWSA at 1 PM and return by 5:30 PM. **Please RSVP. No extra cost for movie. Bring ETS bus fare (round trip).**

Mon Jun 4, 9:30-10:30 AM Monday Mingle Are you a new MWSA member or just want to meet some new people? Come to our café for a free cup of coffee/tea and stay for the conversations. **Free. Please RSVP.**

9-4 PM Free Billiards/Pool for MWSA Members First come, first serve. Equipment provided. 2-hour time limit per table. MWSA members only; please bring your membership card.

Tues Jun 5, 11:30 AM-1 PM Lunch & Learn: Pensions by Scotia Bank. Learn about Pensions: Making the Best Choice--Types of pension plans and characteristics, pension commute, and beneficiary discussion. **Lunch is included! Cost: \$2 M/\$4 NM. Please RSVP by Fri Jun 1st.**

4-5 PM EPL Makerspace Love working with your hands? Come make things like DIY Music, Art & 3-D design and other fun things!

Wed Jun 6, 9-1 PM 2nd Floor Café All Day Pancake Breakfast Join us in the café for a \$5 pancake special and live music.

2:30-3:30 PM Coffee Chat w/MWSA Constables Come for a coffee and chat with the local Mill Woods Constables who patrol our community. Ask questions and learn more about what EPS is doing to serve the community. **No extra cost; please RSVP.**

Thurs Jun 7, 9:15 AM-2:30 PM Outing: Seniors Tea & Tour at the Legislature **Cost** Outing includes tea and light refreshments, walking tour of the Alberta Legislature and Edmonton Federal Building, and yellow bus transportation. Bus to leave MWSA at 9:15 AM and return around 2:30 PM. Bring water bottle, and good walking shoes. **Cost: \$10 M/\$20 NM. Limited to 18 spots. Please register early.**

Fri Jun 8, 11:30 AM-1:00 PM Free Lunch with MLA Christina Gray Meet your local MLA, while enjoying a delicious lunch from the Cafe. **No cost, but please pre-register at the Front Desk by Wed Jun 6. Non-members welcome, but priority given to MWSA members.**

12:15-1:45 PM EPL Techtme: Ebooks Work with your own tablet or smartphone to improve your technology-based skills in this friendly, workshop-style environment. We'll cover a range of topics, and invite you to come prepared with your own questions too. **Free program.**

2-4 PM Free Badminton for MWSA Members Come play a game of badminton for free! Equipment available to borrow. Please wear clean gym shoes. MWSA members only; please bring your membership card.

Mon Jun 11, 10-11 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.**

Tues Jun 12, 11:30 AM-1 PM Lunch & Learn: 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 8.**

4:30-7 PM Dinner Outing: Manila Grill Restaurant We are celebrating Philippines' Independence Day by going for an authentic Filipino meal. Food (and gratuity) and transportation included with cost. Bus to leave MWSA at 4:30 PM and return by 7 PM **Cost: \$35 M/\$45 NM. Please RSVP by Fri Jun 8.**

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 5/1/2018)

Wed Jun 13, 2:30-3:30 PM Cooking Demo: Summer Rolls Learn how to make an easy, healthy Vietnamese summer rolls. These will be vegetarian, gluten-free and nut-free. Interactive workshop facilitated by Karen. **Cost: \$2 M/\$4 NM. Please RSVP.**

Thurs Jun 14, 1:30-2:30 PM ETS Bus Route Conversations As you might have heard, ETS is planning on changing the bus routes in the city and they are looking for your feedback, as a member of the older adult/senior population. Learn about the project's drafted plans, share perspectives, and bring attention to details and facts involving commutes in your neighbourhoods. **Free. Please RSVP.**

Fri Jun 15, 6-10 PM Night of Dance. Join us for our monthly dinner social. You will watch dance performances, learn new dance moves and have fun dancing the night way. No dance partner required! Includes light dinner. Doors at 5:30. Entertainment to start at 6:30 PM. **Cost: \$20/ticket. \$15 for dads! Tickets on sale now!**

Mon Jun 18, 9:30-10:30 AM Presentation: Strike Out Strokes Presented by AHS. Learn what is a stroke, how to recognize the warning signs, how to react to a stroke and how to reduce your risk. **No Cost for MWSA members; \$2 NM. Please RSVP.**

Tues Jun 19, 11:30 AM-12:30 PM Presentation: Travelling in Chile Get tips and advice on travelling in Chile from our summer student who is Chilean. **Cost: \$2 M/\$4 NM. Please RSVP.**

Fri Jun 22, 2:30-7:30 PM Outing: Royal Canadian Family Circus We are heading to the Expo Centre to see a multicultural parade of circus families from around the world, including a High Wire act from Portugal, Equestrian Acrobats from Europe, Bilea Transformation Act from Romania, Aerial Act from Peru and Puerto Rico, the Juggling world record holder, the sensational Trapeze, The Chinese Acrobats from the People's Republic of China, the TZ Aerialists, Hula Hoops and the death defying Wheel of Destiny! Bus to leave MWSA at 2:45 PM and return around 7:30 PM. Bring water bottle, and snacks. Cost includes admission and yellow bus transportation. **Cost: \$35 M/\$45 NM. Limited to 18 spots. Please register early.**

Mon Jun 25, 10-11:30 AM Presentation: Financial Literacy. Presented by Money Mentors. Learn how to handle your finances, including: budgeting to stretching your dollars, and credit rating I.Q. The goal is to help you feel comfortable with your finances. **Cost: \$2 M/\$4 NM. Please RSVP in advance.**
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.**

Tues Jun 26, 9-2 PM Outing: Jurassic Forest We are heading to Jurassic Forest near Gibbons, AB. The park has been designed to minimize the impact on the forest and utilize the natural setting to enhance the display of our dinosaurs and to provide an opportunity for you to experience and learn about native plants in the area through a guided tour. Bus to leave MWSA at 9 AM and return around 2:00 PM. Bring water bottle, and a bagged lunch (or money for lunch). Cost includes admission and yellow bus transportation. **Cost: \$35 M/\$45 NM. Limited spots. Please register early.**

Wed Jun 27, 1-2 PM Presentation: Learn to Be a 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.**

Fri Jun 29, 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.**

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 5/1/2018)