

MAY 2018 EXTRA EVENTS CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|
| | 1 | 2 OUTING: RIVER CREE CASINO 10:30-3:00 PM (\$) DROP-IN SEWING 10 AM-1 PM (\$) | 3 | 4 EPL DIGITAL LITERACY PROGRAM 12:15-1:45 PM OUTING: WASTE MANAGEMENT TOUR 12-3:30 PM (\$) | 5 EXTRA PICKLEBALL 10-12:30 (\$) |
| 7 WORKSHOP: HEARING & MISHEARING 10:30-11:30 (\$) | 8 GEF HOUSING LOTTERY 2-4 PM (FUN CURLING/PB, 12:30-2:30 PM, 4-6 PM CANCELLED) EPL POP-UP MAKERSPACE 4-5 PM | 9 CHOIR PERFORMANCE 9-9:30 AM DROP-IN SEWING 10 AM-1 PM (\$) | 10 PRESENTATION: THAT'S NOT GARBAGE! 1-2 PRESENTATION: DOWNSIZING FOR YOUR RETIREMENT 6:30-7:30 PM(\$) | 11 EPL TECHTIME: EBOOKS 12:15-1:45 PM CELEBRATION OF MOTHERS 1-4 PM (\$) (ALL DROP-IN SPORTS CANCELLED FOR THE DAY) | 12 EXTRA PICKLEBALL 10-12:30 (\$) |
| 14 WORKSHOP: HEARING CHECK-UPS & TECHNOLOGY 10:30-11:30 (\$) PRESENTATION: BETTER DRIVER 2-3 PM (\$) | 15 New! PRESENTATION: POSTURE & YOUR HEALTH 11:30 AM-12:30 PM (\$) | 16 DROP-IN SEWING 10 AM-1 PM (\$) | 17 EPL GET YOUR GEEK ON! 7-8:30 PM | 18 EPL DIGITAL LITERACY PROGRAM 12:15-1:45 PM COOKING DEMO: TURMERIC MILK 2-3 PM (\$) | 19 EXTRA PICKLEBALL 10-12:30 (\$) |
| 21 VICTORIA DAY CLOSED | 22 | 23 DROP-IN SEWING 10 AM-1 PM (\$) OUTING: RIG HAND DISTILLERY TOUR & DINNER 5:00-9:30 PM (\$) | 24 | 25 WORKSHOP: MEDICINE WHEEL & SHAMANIC DRUMMING 1-4 PM MONTHLY BIRTHDAY PARTY 2:00-3:30 (\$) | 26 EXTRA PICKLEBALL 10-12:30 (\$) |
| 28 WORKSHOP: HEARING/LISTENING SUCCESS 10:30-11:30 (\$) MOVIE OUTING: INDIAN HORSE 1-5 PM (\$) | 29 | 30 DROP-IN SEWING 10 AM-1 PM (\$) | 31 | NEW PROGRAM UPDATES!! Extended Times! BADMINTON Tuesdays & Thursdays 10:15 AM-12:15 PM ***New! Badminton, Fridays from 2-4 PM*** NEW! PICKLEBALL TUESDAYS 12:30-2:00 PM, New Start Time! PICKLEBALL THURSDAYS 12:30-2 PM COST: \$2M/\$5 NM. Effective May 1 st , 2018. | |

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)

MAY 2018 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Wed May 2, 10:30 AM-3:00 PM Outing: *River Cree Casino* Enjoy a day out at the Casino. Bus leaves MWSA at 10:30 AM and returns at 3:00 PM. **Cost includes transportation, lunch and casino voucher. Cost: \$10 M/\$15 NM. Limited seats. No refunds for last minute cancellations!**

Fri May 4, 12 NOON-3:00 PM Outing: *Waste Management Tour* Learn what happens to your garbage and recycling at the Waste Management facility when it gets picked up through a guided tour of facility. Some walking involved. Bring a bagged lunch, if you like. Bus leaves MWSA at 12:00 Noon, returns around 3:30 PM. **Cost: \$10 M/\$15 NM. Cost includes yellow bus transportation and tour. Cost: \$10 M/\$15 NM. Please sign up by May 2.**

Fri May 4 & 18, 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.*

Mon May 7, 10:30-11:30 AM *Conversations about Hearing: Hearing and Mishearing.* Join retired MacEwan University Faculty and former audiologist Jean Duncan for an interesting and interactive discussion on hearing/mishearing. **Cost: \$2 M/\$4 NM, includes coffee!**

Tues May 8, 2-4 PM *GEF Housing Lottery Event* Join us for the lottery to choose from the applications for Sakaw Terrace, the newest affordable housing option for seniors in Mill Woods, opening early 2019.

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

Mon May 7, 10:30-11:30 AM *Conversations about Hearing: Hearing and Mishearing.* Join retired MacEwan University Faculty and former audiologist Jean Duncan for an interesting and interactive discussion on hearing/mishearing. **Cost: \$2 M/\$4 NM, includes coffee!**

Wed May 9, 9:00-9:30 AM *Choir Performance* The students of Crawford Plains would like to sing for YOU, spreading joy through music. **Free event. Everyone welcome.**

Thurs May 10, 1-2 PM *Presentation: That's Not Garbage* Learn easy ways to reuse and recycle items; how old computers and cell phones are made into other items; and information on the Reuse Center and Edmonton Waste Management Centre. **Cost: No Cost for Members/\$2 NM. Please RSVP by Monday May 7. Minimum of 10 to run program.** **6:30-7:30 PM *Presentation: Downsizing for Your Retirement*** Presented by Scotia Bank. Learn how to downsize and save for your retirement. **Cost: \$2 M/\$4 NM. Includes refreshments. Please RSVP.**

Fri May 11, 12:15-1:45 PM *EPL Techttime: Library E-Books* 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.**

1-4 PM *Celebration of Mothers (Mother's Day Tea)* Join us for afternoon tea, 50/50 raffle, and fashion show! **Cost: \$15/ticket. On Sale Now!**

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Mon May 14, 10:30-11:30 AM Conversations about Hearing: Hearing Check-ups & Technology. Join retired MacEwan University Faculty and former audiologist Jean Duncan for an interesting and interactive discussion. **Cost: \$2 M/\$4 NM, includes coffee!**

2-3 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.**

Tues May 15, 11:30 AM-12:30 PM 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.**

Thurs May 17, 7-8:30 PM EPL Get Your Geek On Robotics, coding, circuitry, video game making and more! Adults are invited to this fun, informal environment where they can learn, collaborate, and play with EPL's Makerspace technologies. **No cost, but please RSVP.**

Fri May 18, 2-3 PM Cooking Demo: Turmeric Milk Turmeric has been used in India for thousands of years as a spice and for medicinal purposes. Shalini will show you how to make a delicious and nutritious East Indian-style drink made of turmeric, milk and other ingredients. **Cost: \$2 M/4NM.**

Thurs May 23, 5:00-9:30 PM Outing: Rig Hand Distillery Tour, Tasting & Dinner. We'll be heading to Nisku to check out Rig Hand Distillery for a tour, tasting and dinner. Rig Hand Craft Distillery is the first craft family-owned distillery in the greater Edmonton area that makes vodka, rum, whisky, gin, moonshine and coffee cream liquor that is locally sourced, produced, and distributed. Bus leaves MWSA at 5:00 PM and returns at 9:30 PM. **Cost includes yellow bus transportation, tour and tasting, and dinner. Cost: \$40 M/\$55 NM. Maximum of 20. Please register by Friday May 18, 2018 by 4 PM.**

Fri May 25, 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.**

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 May 28, 10:30-11:30 AM Conversations about Hearing: Hearing and Listening Success. Join retired MacEwan University Faculty and former audiologist Jean Duncan for an interesting and interactive discussion on hearing/mishearing. **Cost: \$2 M/\$4 NM, includes coffee!**
1-4 PM Movie Outing: Indian Horse *Indian Horse* is a film festival favourite. It is Canadian movie based on Richard Wagamese's novel *Indian Horse*, where it tells the story of Saul Indian Horse, a survivor of the Indian residential school system who become a star ice hockey player. **Please sign up by Friday May 25. More details (showtimes) will be announced by Friday May 25. Cost: Admission Fee + ETS Bus Fare**

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