

## NOVEMBER 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01 FINDING BALANCE EVENT 9:00-11:30 AM	02 LUNCH & LEARN: ESTATE PLANNING 10-11:30 AM (\$)	03 EXTRA PICKLEBALL 10-12:30 PM (\$)  PRES: HIGH BLOOD PRESSURE & HEART HEALTH 11-12 PM
05 OUTING: RIVER CREE CASINO 10-2:30 PM (\$)  WORKSHOP: HEARING/LISTENING 12:30-1:30 PM (\$)	06	07 SEWING CRAFT: INFINITY SCARVES 10-1 PM (\$)	08 PRESENTATION: SAFETY IN THE HOME 1-2 PM (\$)	09 EPL TECH TIME 12:15-1:45  DIWALI: FESTIVAL OF LIGHTS GALA 5-10 PM (\$)  <i>(All gym programs cancelled)</i>	10
12 <b>REMEMBRANCE DAY OBSERVED</b>  <i>(MWSA CLOSED)</i>	13 PRESENTATION: INVESTMENT FEES 11:30-12:30 PM (\$)  PRES: FUNERAL EXPENSES EXPLAINED 2-4 PM (\$)	14	15 FINANCIAL LITERACY MONTH INFO BOOTH 10 AM-1 PM	16 LUNCH & LEARN: 10-11:30 AM (\$)	17 EXTRA PICKLEBALL 10:00-12:30 PM (\$)
19 PRES: FALLS PREVENTION/BALANCE 1-2 PM (\$)  PRES: BETTER DRIVER 2:30-4:00 PM (\$)	20 WORKSHOP: ART OF HEALTHY MINDS 10-11:30 AM (\$)	21	22	23 OUTING: ROYAL ALBERTA MUSEUM 10 AM-3 PM (\$)	24
26 PRESENTATION: POSTURE & PAIN 2:30-3:30 PM (\$)	27	28	29 OUTING: BUTTERDOME CRAFT SALE 10 AM-2 PM (\$)	30 EPL TECH TIME 12:15-1:45  MONTHLY BIRTHDAY PARTY 2:00-3:30 (\$)	

**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 10/9/2018)*

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

**Thurs Nov 1, 9:00-11:30 AM Finding Balance Launch Event** presented by AHS. Join us for a morning of information on how to prevent falls and stay independent, along with activities, and light refreshments. **Free event! Everyone welcome.**

**Fri Nov 2, 10-11:30 AM 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. **Cost: \$2 M/\$4 NM. Cost includes lunch! Please RSVP by Oct 31, 2018.**

**Sat Nov 3, 11 AM-12 PM Presentation: Blood Pressure and Heart Health** by U of A Medical students. Learn about high blood pressure and ways to stay healthy. This is an EDUCATIONAL presentation only (they will not be measuring your blood pressure). **No cost, but please RSVP.**

**Mon Nov 5, 10 AM-2:30 PM Outing: River Cree Casino** Have a fun day out at the River Cree Casino. Cost includes: lunch, transportation and casino voucher. Bus leaves MWSA at 10:00 AM and will return by 2:30 PM. **Please RSVP earlier, as there are limited spots. Cost: \$10 M/\$15 NM**  
**12:30-1:30 PM Workshop: Hearing/Listening** Join retired MacEwan University faculty/MWSA member Jean Duncan, to talk about hearing and listening success. Each facilitated 'conversation' will give participants an opportunity to learn about, discuss, and ask questions relating to different hearing topics, all with a goal of addressing the stigma and uncertainty about hearing loss. **Cost: \$2 M/\$4 NM. Please RSVP.**

**Wed Nov 7, 10-1 PM Sewing Craft: Infinity Scarf** Get your Christmas presents started. With the help of sewing instructors, you can sew one infinity scarf in an afternoon. Pick up your supplies list when you register at the Front Desk. **Cost: \$2 M/\$5 NM + supplies. Limited spots—register early!**

**Thurs Nov 8, 1-2 PM Presentation: Safety in the Home** by Phillips Lifeline. Learn tips and advice on how YOU can stay safe in by recognizing hazards, and ways to prevent falls at home. **Cost: \$2 M/\$4 NM. Please RSVP.**

**Fri Nov 9, 12:15-1:45 PM EPL Tech Time** EPL staff will work with participants on a wide selection of topics in variety of formats. They will be there to answer questions and guide self-directed learning. Feel free to bring your own smartphone, tablet or laptop. **No cost.**  
**5-10 PM DIWALI GALA** This is MWSA's biggest fundraiser of the year. Join us for an evening celebrating Diwali, an East-India festival of lights. We'll have live entertainment, family-style meal, silent auction, 50/50 raffle and more! Tickets: \$75/each (\$50 tax receipt available).

**Tues Nov 13, 11:30-12:30 PM Understanding Investment Fees.** Presented by Investment Advisor Wei Woo, CIM, EPC. An increasingly amount of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly, as well as to why. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee based accounts, and if they are truly beneficial to your situation. **Cost: \$2 M/\$4 NM. Please RSVP.**

**2-4 PM Presentation: Funeral Expenses Explained** by Trinity Funeral Homes. Funeral Expenses Explained (aka Everything you've wanted to know but didn't know who to ask!) Why do funeral expenses vary up to 70% across Edmonton? Join us for this informative hour, have a few laughs, learn about what new options are available to us and find out how you and your family, can avoid paying more than you need to. **Cost: \$2 M/\$4 NM. Please RSVP.**

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**Thurs Nov 15, 10 AM-1:00 PM Financial Literacy Month Info Booth** November is Financial Literacy Month and Money Mentors will be here to provide information on different topics, such as: budgeting, how to stretching your dollars, credit rating I.Q. and credit comeback. **Drop-in event.**

**Fri Nov 16, 10-11:30 AM Lunch & Learn: Topic TBA** by Scotia Bank. **Cost: \$2 M/\$4 NM. Cost includes lunch! Please RSVP by Nov 27, 2018.**

**Mon Nov 19, 2:30-4 PM Presentation: Falls Prevention/Balance** Presented by U of A Nursing students. Learn how to prevent falls and the importance of balance through an information session, and some light exercises. **Cost: \$2 M/\$4 NM. Please RSVP.**

**2:30-4 PM Presentation: 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. Please RSVP.**

**Tues Nov 20, 10:00-11:30 AM Presentation/Art Workshop: Art of Healthy Minds** Presented by U o A Nursing students. Learn about the importance of taking care of our minds and strategies we can practice in our daily lives. After the discussion will be a fun painting workshop. **Cost: \$2 M/\$4 NM (includes art supplies). Please RSVP.**

**Fri Nov 23, 10 AM-3 PM Outing: Royal Alberta Museum** We'll be visiting the brand new museum downtown by ETS bus. Exhibits include: arts and culture, history, geology, botany and more! Cost is for admission only. Please bring bus fare, lunch money (or bagged lunch) and comfortable shoes. We'll leave MWSA at 10 AM and return by 3 PM. **Cost: \$15 M/\$20 NM + ETS Bus Fare. Please sign up by Tues Nov 20.**

**Mon Nov 26, 2:30-3:30 PM Presentation: Posture & Pain** Presented by Providence Chiropractic. Learn how your posture can affect your health, and ways you can help improve your health and wellness. **Cost: \$2 M/\$4 NM. Please RSVP.**

**Thurs Nov 29, 10 AM-2 PM Outing: Butterdome Craft** This is one of Edmonton's longest running craft markets with 280 of Canada's most talented artists, artisans & designers selling quality Canadian one-of-a-kind handmade goods, including fashion, jewellery, home décor, fine art, sculptures, natural body care, delicious gourmet treats, and more! **Cost: \$20 M/\$30 NM (includes admission and yellow bus transportation). Please sign up by Mon Nov 26.**

**Fri Nov 30, 12:15-1:15 PM EPL Tech Time** EPL staff will work with participants on a wide selection of topics in variety of formats. They will be there to answer questions and guide self-directed learning. Feel free to bring your own smartphone, tablet or laptop. **No cost**

**2:00-3:30 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 is welcome. We'll have some special guests join the party this month! **Cost: Free for members with birthdays. \$2 for non-members/non-birthday. Please RSVP.**

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