

SEPTEMBER 2017 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please register for these Events at the Front Desk. Low registration may result in cancellation of programs. Thank you!</p> <p>(\$) = paid programs</p>				1	2
4	5	6	7	8	9
<p>LABOUR DAY</p> <p>MWSA CLOSED</p>	<p>LAST DAY TO REGISTER FOR FLOOR CURLING LEAGUE</p>	<p>WHIST TOURNANMENT 1-3 (\$) (New Time!)</p>	<p>MWSA OPEN HOUSE (Free Program Demos!) 10-2 (GYM PROGRAMS CANCELLED)</p>	<p>OUTING: EDMONTON CORN MAZE 11:30-3 (\$)</p>	<p>MWSA CLOSED</p>
11	12	13	14	15	16
	<p>AIR QUALITY PRES. 10:30-11:30</p> <p>FREE OLDER BARRE DEMO 1:30-2:30</p>			<p>EPL DIGITAL LITERACY PROGRAM 12:15-1:45 PM</p> <p>BLANKET EXERCISE 1-3</p>	<p>MIX & MINGLE: COFFEE CHAT 10-11:30 (\$)</p> <p>FREE ZUMBA DEMO 12-1</p>
18	19	20	21	22	23
	<p>10TH ANNIVERSARY CELEBRATION 5-10 (\$) (GYM PROGRAMS CANCELLED)</p>		<p>PASSPORT TO HEALTH WORKSHOP 4-8 (\$)</p>	<p>CRAFT: TABLE RUNNERS 9-12 (\$)</p>	<p>MWSA SATURDAY PROGRAMMING STARTS</p>
25	26	27	28	29	30
<p>PRESENTATION: SELECTING A FINANCIAL ADVISOR 3-4 (\$)</p>		<p>OUTING: EDMONTON VALLEY ZOO 10-2:30 (\$)</p>		<p>MONTHLY BIRTHDAY PARTY 2-3:30 (\$)</p> <p>INVESTORS GROUP FINANCIAL PRES. 12:30-1:30 (\$)</p>	<p>FREE CLASSICAL MUSIC CONCERT 10-11</p>

PLEASE SIGN UP FOR THESE SPECIAL EVENTS IN ADVANCE. (MORE INFO ON THE REVERSE SIDE!!)

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

SEPT 2017 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Fri Sept 1 + 15, 12:15-1:45 PM EPL Digital Literacy Get more out of your digital device (iPad, computer, or phone). Learn about digital literacy, tips and tricks on using email and Facebook with the Edmonton Public Library staff. **Free program. Please RSVP.**

Thurs Sept 7, 10 AM-2 PM MWSA Open House Join us for our annual event with program demos, door prizes, community fair, coffee, and more! Everyone welcome. **10:30-11:30 AM Free Barre Demo. 1-2:50 PM Free Pilates demo. 2-3 PM Free Stretch & Release Demo.**

Fri Sept 8, 11:30-3 PM Outing: Edmonton Corn Maze Have a fun afternoon at the Edmonton Corn Maze. Must be comfortable walking for 1-1.5 hrs. Yellow bus to leave MWSA at 11:30 AM and return at 3 PM. Please bring a bagged lunch. **Cost: \$25 M/\$30 NM. Please register by Sept 6.**

Tues Sept 12, 10:30-11:30 AM Air Pollution Presentation Presented Health Canada Air Quality Specialist. Learn about the impacts of air pollution on human health and ways to reduce exposure to air pollution. **Cost: No Cost for members; \$2 NM. Please RSVP**
1:30-2:30 PM Free Older Barre Demo Try this free class before registering. Wear comfortable workout clothes. **Please RSVP. Non-members welcome.**

Fri Sept 15, 1-3 PM Blanket Exercise (Truth & Reconciliation Workshop) This is an interactive workshop that uses blankets to teach people about Canadian history from an indigenous perspective. **No Cost, but please register in advance at the Front Desk. All welcome.**

Sat Sept 16, 10-11:30 AM Mix & Mingle: Coffee Chat New to the Centre or just want to meet some new people? Come to this fun, casual event. We'll have refreshments, and ice-breaker games. **Cost: \$2 M/\$5 NM. Please RSVP at the Front Desk.**
12-1 PM Free Zumba Demo Come try Zumba! No prior experience necessary. Just wear comfortable clothes & shoes! **Please RSVP. Limited spaces available.**

Tues Sept 19, 5-10 PM MWSA 10th Anniversary Party Celebrate MWSA's 10th anniversary as an organization, with dinner, live entertainment, special guests and more! **Cost: \$25. Tickets on sale now. Please purchase tickets by Sept 14.**

Thurs Sept 21, 4-8 PM Passport to Health Workshop An Interactive workshop to help you live a healthier lifestyle, with various educational stations. Cost includes light dinner. **Cost: \$10 M/\$15 NM Please register By Mon Sept 18.**

Fri Sept 22, 9-12 Noon Craft: Table Runners Come join the sewing group and get your Christmas presents started. With the help of sewing instructors, you can complete 2 table runners that morning. You can pick up your supplies list when you register at the Front Desk. **Cost: \$2 M/\$5 NM**

Mon Sept 25, 3-4 PM Presentation: Selecting a Financial Advisor Join Wei Woo (Mackie Research) for a discussion on how to find the best financial advisor to suit your needs. Topics cover include: quality of financial planning advice, investment performance, client communication, and more. **Cost: \$2 M/\$3 NM.**

Wed Sept 27, 10:00-2:30 PM Outing: Edmonton Valley Zoo Have a fun day at zoo, home to over 350 animals, with species from different climates and habitats — all here for you to discover, learn about and appreciate. Must be comfortable walking around on your own. Yellow bus to leave MWSA at 10 AM and return at 2:30 PM. Bring a bagged lunch. **Cost: \$25 M/\$30 NM (includes transportation & admission)**

Fri Sept 29, 12:30-1:30 PM Presentation: Investors Group Financial Topic: TBA. **Cost: \$2M/\$3 NM**
2-3:30 PM Monthly Birthday Party! If you are a member and it's your birthday this month, join us for cake (sponsored by Co-op), coffee and fun times. Everyone welcome. **Cost: Free for members with birthdays. \$2 for non-members/non-birthday.**

Sat Sept 30, 10-11 PM Free Classical Music Concert Enjoy some classical music concert. Brought to you by Opus 12. **All Welcome. Please RSVP.**

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