

## SEPTEMBER 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
***For more activities, check out our FALL 2018 Program Guide for classes and drop-in programs. ***					1  MWSA CLOSED
03  <b>LABOUR DAY</b>  MWSA CLOSED	04	05  OUTING: RIVER CREE CASINO 10:30-3:00 PM (\$)	06  WINE FRIDGE RAFFLE DRAW AT NOON!	07  MWSA ANNUAL OPEN HOUSE (Free Demos!) 10 AM-2 PM  (GYM PROGRAMS CANCELLED)	08  MWSA CLOSED
10	11  PRESENTATION: HYPERTENSION 11:30 AM-12:30 PM	12  SEWING CRAFT: TABLE RUNNERS 10-1 PM (\$)  PRESENTATION: HEADACHES & MIGRAINES 1-2 PM (\$)	13	14  CBC LIVE AT MWSA 5:30-8:30 AM (\$)  BREAKFAST 6:30-11 AM (\$) HEALTH2HAPPINESS 7-8 AM FREE PICKLEBALL 8-9 AM	15  MWSA CLOSED  OUTING: BARR WINE TOUR & TASTING 3-6 PM (\$)
17  FALL PROGRAMS START THIS WEEK!	18	19	20	21  PRESENTATION: BETTER DRIVER 2-4 PM (\$)	22  SATURDAY PROGRAMS START DATE!  FREE CLASSICAL MUSIC CONCERT 11-12 NOON
24	25  PRESENTATION: DOWNSIZING 12-1:30 PM (\$)  PRESENTATION: SWEDISH DEATH CLEANING 2-4 PM (\$)	26	27	28  OUTING: REYNOLDS- ALBERTA MUSEUM 10 AM-3:30 PM (\$)  MONTHLY BIRTHDAY PARTY 2:00-3:30 (\$)	29

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 8/23/2018)

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

**Wed Sept 5, 10:30-3:00 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 10:30 AM and will return by 3 PM. **Please RSVP earlier, as there are limited spots. Cost: \$10 M/\$15 NM**

**Fri Sept 7, 10-2 PM MWSA Annual Open House** Join us for a community fair, free program demos, coffee and more! It's a good day to meet new people, renew your MWSA membership, and register for your fall classes! **Everyone welcome.**

**Tues Sept 11, 11:30 AM-12:30 PM Presentation: Hypertension** Presented by Co-Op Pharmacy. Learn what hypertension (high blood pressure) is, what causes it, and how to take care of yourself if you are diagnosed with it. **No extra cost for MWSA members/\$2 NM. Please RSVP.**

**Wed Sept 12, 10-1 PM Sewing Craft: Table** Come join the sewing group and get your Christmas presents started. With the help of sewing instructors, you can complete two table runners in one day. You can pick up your supplies list when you register at the Front Desk. **Cost: \$2 M/\$5 NM + supplies**  
**1-2 PM Presentation: Headaches & Migraines** Presented by Providence Chiropractic. Learn what causes headaches and migraines, and ways to relieve pain. **Cost: \$2 M/\$4 NM. Please RSVP.**

**Fri Sept 14, 5:30-8:30 AM CBC Edmonton AM Live at MWSA** CBC and Mark Connolly will be here to live broadcast their morning radio show. If you are an early bird, come have breakfast in our café (\$5 Pancake breakfast with 2 pancakes, fruit, sausage or bacon) and watch the show with us!  
**7-8 AM Health to Happiness** Start your morning right with some stretches and light exercises. **8-9 AM Free Pickleball**

**Sat Sept 15, 3-6 PM Outing: Barr Wine Tour & Tasting** We'll be heading to a local winery in Sherwood Park for a tour, wine and cheese tasting. Outing includes yellow bus transportation, tour and tasting. **Cost: \$35 M/\$45 NM. Must register by Sept 6, 2018. Limited spots available!**

**Fri Sept 21, 2-4 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.**

**Sat Sept 22, 11AM-12 Noon Free Classical Music Concert with Opus 12** Enjoy a concert for classic music lovers. Everyone welcome!

**Tues Sept 25, 12-1:30 PM Presentation: Downsizing** Learn how to downsize your possessions and improve your life by overcoming the emotional and physical blocks that stop us from moving forward. **Cost: \$2 M/\$4 NM. Please RSVP.**

**2-4 PM Presentation: Swedish Death Cleaning** by Trinity Funeral Home. Ever heard of *The Gentle Art of Swedish Death Cleaning*? This concept has been around for hundreds of years and is just breaking out in North America. Come and learn this practice that can help us determine the things that are really important to us, and to gently release all the rest. **Cost: \$2 M/\$4 NM. Please RSVP.**

**Fri Sept 28, 10:00 AM-3:30 PM Outing: Reynolds-Alberta Museum** We'll be heading to Wetaskiwin to see the car museum, and enjoy some extra activities to celebrate Alberta Cultural Days. Cost includes yellow bus transportation and admission. **Cost: \$20 M/\$30 NM**

**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. **Cost: Free for members with birthdays. \$2 for non-members/non-birthday. Please RSVP.**

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