

What's new this week at MWSA

# Mill Woods Seniors Association

## WEEKLY NEWS & UPDATES

[Apr 3-6, 2018]



MWSA Jammers in their fun, festive outfits at our St. Patty's Day Potluck.

*April 2018 Events Calendar is here! Hope you enjoy some of our many activities! Thanks for your patience. -Karen*

### What's New & Noteworthy

- **Reminder: EASTER HOLIDAY CLOSURES AT MWSA:** Fri Mar 30 & Mon Apr 2. We are open Saturday Mar 31, 2018 for programs.
- **APRIL 2018 EVENTS CALENDAR**
- **1 DAY LEFT FOR EARLY BIRD DISCOUNT!** Members who register for programs by March 29, 2018 will receive \$10 off each course that costs \$70 or more!

- **Urgent! MWSA Bingo Volunteers Wanted!** We are looking for a couple of people to help run our fun bingo program, Mondays from 12:00-2:30 PM. Responsibilities would include: calling numbers, managing prizes, some set up and other related duties. Bingo experience is a bonus, but training will be provided.
  - [2nd Floor Cafe Lunch Specials- 2 Weeks!](#) March 26-April 6, 2018
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### Upcoming Events at MWSA

**Please RSVP for these events!** Members and non-members welcome.

#### Tues Apr 3

**2-3 PM** Free Mindful Yoga Class. **Please RSVP.**

**3:15-4:15 PM** Free Renew & Unwind Yoga Class. **Please RSVP.**

**5:30-8:30 PM** Free Tax Clinic

#### Fri Apr 6

**12:15-1:45 PM** EPL Digital Literacy

**2:00-3:30 PM** Cooking Demo: Homemade Bread

#### Sat Apr 7

**10-12 Noon** *Extra Pickleball*

**10-12 Noon** *Drop-In Art Studio*

For more events, see our [April 2018 Extra Events Calendar](#)

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### News You May Have Missed

- **Oops! We missed a couple of names and we apologize for the error. A GREAT BIG THANK YOU to our Parkway Bingo Volunteers!** MWSA would like to express our gratitude and appreciation to our hard working volunteers: **Dave Raessler, Elaine Dyrberg, Don Briggs,**

**Vivian McDougall, Casey DesChamps, Rita Wesley, Linda Bogathe, Joan Richardson, Jean Kozak, and Marge Koss.**

- [Spring Guide Update](#), as of March 22, 2018
- [Updated Spring 2018 Program Guide](#), as of March 22, 2018
- If you didn't attend our AGM or just want to learn more about MWSA, here's our [Annual Report 2018](#)
- **[RUMMAGE SALE donations wanted!](#)** When you do your spring cleaning, please consider donating to MWSA.
- **Meditation Cancelled:** Thurs Mar 22 & 29, 2018
- More info on: [2018 MWSA DIRECTOR ELECTION PROCESS](#)
- [March 2018 Newsletter](#)
- **New Presentation Added! Learn to Attract Wildlife to your Yard, Thursday March 29 from 11-12:30 PM.** Join our talk where Catherine will provide an overview of the city-wide planning and mapping that is being undertaken to understand how wildlife move through the City and will outline areas that could benefit with help from the public. Tory will then discuss Natural Yards and how they can attract wildlife, including the following topics: defining a natural yard, benefits of a natural yard, planning & design steps, specific landscape elements for wildlife, native plants, review of prohibited noxious and noxious weeds, and more! Your Speakers: Catherine Shier, M.Sc., is a Principal Ecological Planner in the Research and Analysis Section, City of Edmonton. Tory Young has a background in residential landscape design and is currently developing the City's Natural Yards resources.  
**Cost: No Cost for MWSA members/\$2 NM. Please RSVP.**
- **Scam alert!** If you have a cell phone, please read this article: <https://globalnews.ca/news/4012633/mysterious-missed-calls-on-cellphones-part-of-world-wide-scam/>
- **Still accepting! Food Bank Donations Accepted here at MWSA.** We are collecting non-perishable items (canned food, dried foods, jarred goods) on behalf of the Edmonton Food Bank. Bring your food to the MWSA lobby.
- **Help Keep MWSA's Gym Clean!** Please keep our gym floors clean by leaving your outdoor shoes in the coat room and wearing clean shoes in the gym. Thank you for your consideration.

- **MWSA Members Communication Book**-- There is a black binder at the Front Desk. Please use it to communicate news about members, i.e if someone is sick, passed away, important life changes, etc...

For more info on programs and other news, please see [www.mwsac.ca](http://www.mwsac.ca)

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## MWSA Volunteer Positions

- **Ongoing Volunteer Opportunities: Kitchen Cashiers, Kitchen Helpers and Front Desk Staff.** No experience necessary; training provided. Ideal volunteers: friendly, helpful, patient and enjoys learning on the job. Must be able to commit at least once a week, for 3 months.
- **If interested or for more info, please call 780 496 2997. Ask for Volunteer Coordinator.**

## Community Events & News

### DIY Easter Cards

**Date:** Wednesday March 28, 2018

**Time:** noon-4pm

**Location:** Reuse Centre [6835 83 Street NW](#)

**Ages:** Recommended for ages 5 years and up. Parents must stay to supervise.

**Cost:** Free!

**Description:** Happy Spring Break! Ready to get crafty with reusable materials this Spring Break? Join us for a free drop-in crafting session for the whole family. Make DIY Easter cards by upcycling paint swatches, scrapbook paper, wrapping paper and more. Make Spring inspired cards for your friends and family.

### DIY Cassette Bunnies

**Date:** Thursday March 29, 2018

**Time:** 2-6pm

**Location:** Reuse Centre [6835 83 Street NW](#)

**Ages:** Recommended for ages 5 years and up. Parents must stay to supervise.

**Cost:** Free!

**Description:** Happy Easter! Celebrate Spring Break and Easter with a free drop-in crafting session for the whole family. Make DIY Cassette Bunnies by upcycling cassettes, floppy disks, folders and more. Or make your own unique cassette creature with reusable materials.

**Health Canada is consulting Canadians on a proposed nutrition symbol for the front of food packaging to help quickly and easily identify foods that are high in sugars, sodium, or saturated fats.**

Which do you find most helpful? Have your say at:

<https://www.healthyeatingconsultations.ca/front-of-package>

### **Level One: Speech Reading Course**

*Are you hard of hearing and would like to learn some better communication and coping skills?*

The Canadian Hard of Hearing Association is putting on a Level One Speech Reading course, starting Apr 18 and running until Jun 6.

You will learn basic speechreading (lip reading) plus strategies to communicate better, and information on hearing aids, technology, tinnitus, and many other subjects of interest to the hard of hearing. You'll also meet others who share your challenges and are determined to do something about them.

The two-hour, once a week classes run from 1- 3 pm Wednesdays at the Lions Village, [10916-102 Ave](#). The cost is \$150 for the eight weeks. You can register through the Canadian Hard of Hearing Association <http://www.chha-ed.com/> (780) 496-6969 or email [chha-ed@shaw.ca](mailto:chha-ed@shaw.ca)

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**Thought of the Week:** “Every something is an echo of nothing” — John Cage.

**ON BEHALF OF MWSA,**

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***Karen Lee***

**Program Coordinator**

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