

What's new this week at MWSA

Mill Woods Seniors Association

WEEKLY NEWS & UPDATES

[Mar 26-31, 2018]



MWSA Acrylics Workshop participants with Instructor Jordan Pearson. Photo by Muriel V.

April 2018 Events Calendar will be published next week. Stay tuned! -

Karen

What's New & Noteworthy

- **EASTER HOLIDAY CLOSURES AT MWSA:** Fri Mar 30 & Mon Apr 2.
We are open Saturday Mar 31, 2018 for programs.

- **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](#)
 - **1 WEEK 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!
 - [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.

Mon Mar 26

10-11 AM Presentation: Posture & Your Health

Tues Mar 27

6:30-7:30 PM Presentation: *Two Steps Forward (physical activity)*

Wed Mar 28

10-11:30 AM Presentation: *Better Driver*

10 AM-1 PM Craft: *Pajama Bottoms*

Thurs Mar 29

11:00-12:30 PM Presentation: *Attracting Wildlife to Your Yard*

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

News You May Have Missed

- **[RUMMAGE SALE donations wanted!](#)** When you do your spring cleaning, please consider donating to MWSA.
- **Meditation Cancelled:** Thurs Mar 22 & 29, 2018
- **New Presentation Added!** [Two Steps Forward, No Steps Back.](#) **Tuesday March 27 from 6:30-7:30 PM.** Learn about everyday exercises for a healthier you. **No cost. Please RSVP.**
- 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

MWSA Volunteer Positions

- **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.
- **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

[Easter Market](#)

You'll find a large selection of pysanka writing supplies (dyes, wax, kistky), pysanka design books, paska toppers, basket covers, beeswax candles, clothing, cards, art, music, books, and food!

March 24, 2018 from 10 a.m. to 4 p.m

[Glow Lantern Festival](#)

Saturday March 24, 2018

7:30 PM

Boyle Street Plaza, 9538 - 103A Avenue

[Make It Craft Fair](#)

Expo Centre

Mar 23-25, 2018

[Free Nando's Chicken!](#)

Sunday March 25, 2018

First Come, First serve

[Interesting Read of the Week: Senior Citizens in Japan are Committing Crimes Because they want to go to Jail](#)

ON BEHALF OF MWSA,

Karen Lee

Program Coordinator

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