

APRIL 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 EASTER MONDAY MWSA CLOSED	3 FREE MINDFUL YOGA CLASS 2-3 PM FREE RENEW & UNWIND CLASS 3:15-4:15 PM	4 WHIST TOURNAMENT 1-3 PM (\$)	5	6 EPL DIGITAL LITERACY 12:15-1:45 PM COOKING DEMO: HOMEMADE BREAD 2-3:30 (\$)	7 EXTRA PICKLEBALL 10-12NOON (\$) DROP-IN ART STUDIO 10AM-12NOON (\$)
9	10	11 COOKING DEMO: TIRAMISU CAKE 2-3:30 (\$)	12	13 PRESENTATION: WILDLIFE IN YOUR YARD 9-10 AM (\$)	14 RUMMAGE SALE SAT 10AM-4 PM & SUN APR 15 10AM-3 PM
16	17 PRESENTATION: SHINGLES 4:30-5:30 PM	18	19 MIX & MINGLE POTLUCK 5-8 PM (\$) NEW! FREE TAX CLINIC 5-8 PM	20 **PICKLEBALL CANCELLED** FLOOR CURLING BONSPIEL 10-2 PM (CURLERS ONLY) EPL DIGITAL LITERACY 12:15-1:45 PM PRES.: TRAVEL MEDICAL INSURANCE 2-3 PM (\$)	21 EXTRA PICKLEBALL 10-12 (\$) PRESENTATION: FALL PREVENTION 11-12 NOON
23 PRESENTATION: POSTURE & YOUR HEALTH 10-11 AM (\$)	24 OUTING: EDMONTON POETRY FESTIVAL 10:30-3:00 PM (\$)	25	26	27 NEW! PRESENTATION: INTERNET SAFETY/SCAM AWARENESS 9:30-11:00 AM MONTHLY BIRTHDAY PARTY 2:00-3:30 PM	28 OUTING: SHUMKA DANCE & DINNER 5-10 PM (\$)
30	MAY 1	2 OUTING: RIVER CREE CASINO 10:30-3:00 PM (\$)	3	4 OUTING: WASTE MANAGEMENT TOUR 12-3:30 PM (\$)	5

APRIL 2018 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Tues Apr 3, 2-3 PM Mindful Yoga Class. Create a sense of inner peace, improve your focus and clear your mind.

3:15-4:15 PM Renew & Unwind Yoga Class. Relax and release stress through different breathing techniques and yoga poses.

Free Yoga Classes! Please bring your own yoga mat. Sign up at the Front Desk.

Fri Apr 6 & 20, 12:15-1:45 PM EPL Digital Literacy A hands-on class for absolute computer beginners. Learn the basics of how to turn the computer on and off, how to use the mouse, keyboarding, using the internet, email, and the basics of using Microsoft Word. Laptops provided. **Free program. Please RSVP.**

Fri Apr 6, 2:00-3:30 PM Cooking Demo: Homemade Bread Loaf with MWSA's very own Celeste. Learn how to make a bread loaf from scratch. It's easier than it sounds! **Cost: \$2 M/\$4 NM.**

Sat Apr 7, 10 AM-12 Noon Drop-in Art Studio Bring your own art projects/materials and work with other artists for inspiration, encouragement, and fun! **Cost: \$2 M/\$4 NM.**

Wed Apr 11, 2:00-3:30 PM Cooking Demo: Tiramisu Cake with Kevin. Learn how to make his tiramisu cake he made for PM Trudeau. **Cost: \$2 M/\$4 NM. Please RSVP.**

Fri Apr 13, 9-10 AM Presentation: Attracting Wildlife to your Yard: defining a natural yard. Presented by City of Edmonton Landscape Technician. Learn benefits of a natural yard, planning & design steps, specific landscape elements for wildlife, native plants, review of prohibited noxious and noxious weeds and more! **Cost: \$2 M/\$4 NM. Please RSVP**

Sat Apr 14, 10 AM-4 PM & Sun Apr 15, 10 AM-3 PM RUMMAGE SALE! Shop for housewares, home décor, electronics, clothing, collectibles, arts and crafts, books and toys, and more! Clean, gently used Rummage Sale donations accepted from Apr 3-13, 2018. **Café will also be open! Open to the Public! Cash & Carry only!**

Tues Apr 17, 4:30-5:30 PM Presentation: Shingles (Co-Op Pharmacy) Learn about shingles and how to protect yourself. **Cost: Free for members/\$2 NM. Please RSVP.**

Thurs Apr 19, 5-8 PM Mix & Mingle Potluck Are you a new member or just looking to meet some new people? Join us for a potluck and icebreaker games. Please bring a dish to serve 5-6 people and label ingredients. **Cost: \$2M + potluck dish/\$10 Non-Member + those who don't want to bring food. Please register by Tues April 17 and let us know what you will be bringing. Minimum 15 to run event.**

Thurs Apr 19, 5-8 PM Free Tax Clinic For low income earners only (\$30,000 or less for no dependents; \$50,000 with dependents). Limited spots. First come, first serve. Please arrive at least 10 minutes early. **Cost: Free, but please make an appointment at our Front Desk.**

Fri Apr 20, 2-3 PM Presentation: Medical Travel Insurance Learn about medical travel insurance, especially if you are a Canadian snowbird. **Cost: \$2M/\$4 NM.**

Sat Apr 21, 11-12 PM Presentation: Fall Prevention (U of A Med School) Learn how to prevent falls. **Cost: No cost for Members/\$4 NM. Please RSVP.**

If you have any additional questions or concerns or to RSVP for programs, please call 780 496 2997. UPDATED APRIL 5, 2018.

Mon Apr 23, 10-11AM Presentation: Posture & Your Health. Presented by Providence Chiropractic. Learn how your bad posture can affect your health, and ways you can help improve your health and wellness. **Cost: \$2 M/\$3 NM. Please RSVP.**

Tues Apr 24, 10:30 AM- 3:00 PM Outing: Edmonton Poetry Festival We'll be heading downtown to participate in the Edmonton Poetry Festival. At City Hall, listen to Edmonton's emerging and established poets, have a poem written for you, pick up poetry book and more. At CBC Studios in City Centre Mall, listen to some Edmonton writers talk about and share poems from their recent books. There will be time to eat lunch downtown. Bus to leave MWSA at 10:30 AM, return by 3 PM. **Cost: \$2 M/\$3 NM + ETS Bus Fare + lunch money.**

Fri Apr 27, 9:30-11:00 AM New! Presentation: Internet Safety/Scam Awareness. Presented by the Consumer Protection department of the Government of Alberta. Learn about how to proceed Internet and Mobile Safety as well as scams targeted at seniors and in particular any income tax scams. **Cost: No cost for Members/\$2 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. **Cost: Free for members with birthdays this month; \$2 for non-members/non-birthday. Please RSVP.**

Sat Apr 28, 5-10 PM Outing: Shumka Dance: Ancestors & Elders. Two cultures. Different legacies. New connections. This show is part of our Truth & Reconciliation series, exploring the power of tradition and truth. In a world premiere production featuring a cast of Shumka Dancers and multidisciplinary Indigenous artists, we share a story of the first Ukrainian newcomers to Canada, exploring the shared values and respected differences between these hopeful settlers and the First Nations people they encounter in a new land. **Bus to leave MWSA at 5 PM and return by 10 PM. Cost: \$15 M/\$25 NM (includes yellow bus transportation, admission and dinner). Limited seats available. Register early!!**

Wed May 2, 10:30 AM-3:00 PM Outing: River Cree Casino Enjoy a day out at the Casino. Bus leaves MWSA at 10:30 AM and returns at 3:00 PM. **Cost includes transportation, lunch and casino voucher. Cost: \$10 M/\$15 NM. Limited seats. No refunds for last minute cancellations!**

Fri May 4, 12 NOON-3:00 PM Outing: Waste Management Tour Learn what happens to your garbage and recycling at the Waste Management facility when it gets picked up through a guided tour of facility. Some walking involved. Bring a bagged lunch, if you like. Bus leaves MWSA at 11 AM, returns around 3:30 PM. **Cost: \$10 M/\$15 NM. Cost includes yellow bus transportation and tour. Cost: \$10 M/\$15 NM. Please sign up by Apr 30.**