

# Mill Woods Seniors Association



In-Person & Virtual Program Guide 2021-

Session 3

April 19-May 29, 2021

[www.mwsac.ca/programs](http://www.mwsac.ca/programs)

[www.myactivecenter.com](http://www.myactivecenter.com)

**Note: Masks are mandatory during all activities!**



## Program Registration week April 12-16, 2021

- **In person** at 2<sup>nd</sup> Floor, 2610 Hewes Way NW (Monday- Friday between 9:30 am- 12:30 p.m.)
- **Over the phone** by calling 780-496-2997 (Monday- Friday 9:30 am- 4:30 pm.)
- **Online** on [www.myactivecenter.com](http://www.myactivecenter.com)
- **Note: Deadline to register for Session 3 Programs is Friday, April 16, 2021 at 4:30 pm**

## What to Expect When You Come into the Centre

- ★ Screening at the point of entry, including mandatory masks, temperature check, attendance list, sanitizing hands, and COVID-19 screening questions.
- ★ Only pre-registered participants, volunteers, or people with appointments will have access to the centre.
- ★ **Masks are mandatory during the full duration of your visit** to the centre, including during singing, exercise classes, activities, meal pickup, and volunteering.
- ★ 9 ft./3 metre physical distancing must be maintained during your visit to the centre.
- ★ Please do not move any furniture in the rooms as they are placed following guidelines to maintain distance.

## STAFF DIRECTORY

- **General Inquiries/ Front Desk**

Phone: (780) 496-2997

- **Executive Director: Deb Cautley**

Email: dcautley@mwsac.ca | Phone: (780) 496-2933

- **Office Administrator: Michele Vriens**

Email: bookkeeper@mwsac.ca | Phone: (780) 508-9260

- **Volunteer & Member Relations Coordinator: Brandy Devine**

Email: volunteer.coordinator@mwsac.ca | Phone: (780) 508-9359

- **Program Coordinator: Shalini Waryah**

Email: shalini@mwsac.ca | Phone: (780) 508-9252

- **Café Chef: Daniel Diaz**

Email: chef@mwsac.ca | (780) 508-9251

Phone: (780) 944-5926 (To pre-order meals)

- **Communications/ Fund Development: Karen Lee**

Email: karen@mwsac.ca | Phone: (780) 717-3038

- **Manager of Learning, Wellness & Outreach: Shambhu Chowdhury**

Email: outreach@mwsac.ca | Phone: (780) 394-6062

- **Home Supports Coordinator: Jenny Faryna**

Email: home.support@mwsac.ca | Phone: (587) 594-7884

**Website:** [www.mwsac.ca](http://www.mwsac.ca)

Follow us on Social Media!

Facebook: [www.facebook.com/millwoodsseniorsassociation](https://www.facebook.com/millwoodsseniorsassociation)

Twitter: [www.twitter.com/MW\\_Seniors](https://www.twitter.com/MW_Seniors)

## Payment Options:

- **Programs/Classes:** Online on [MyActiveCenter](#) by credit card only. You do not need a PayPal account use Credit Card.
- **Café meals and donations to MWSA:** online on [www.mwsac.ca](http://www.mwsac.ca) by credit card only.
- **Programs, café orders, donations:** Over the phone by calling 780-496-2997 with your credit card.
- To pay by debit/credit card, cash or cheque, please make an appointment to come to the centre
- **Note:** To use your MWSA program credit, please call: **780-508-9252** or email: [program.coordinator@mwsac.ca](mailto:program.coordinator@mwsac.ca)

## Class Cancellations and Refunds:

- **2021 Program Refunds:** We ask that you contact our Program Coordinator by emailing [program.coordinator@mwsac.ca](mailto:program.coordinator@mwsac.ca) for a refund. Please have your receipt handy.
- Classes will be cancelled if minimum registration numbers are not met.
- Participants will be notified if a class is cancelled; fees collected at the time of registration are fully refundable or credit applied to the account.
- No refunds or credits will be given to participants if they withdraw from a program of their own volition or for missed classes, presentations, and clubs. Refunds will only be provided if MWSA cancels a program.

## Program Wait List

If the program in which you wish to register is full, you can be add to a “Wait list” but not charged at this time. If there is a cancellation, we will contact you in the order you registered with the option to join the program.

## Liability and Disclaimers

- **COVID-19 UPDATES:** MWSA and the City of Edmonton are working diligently to provide a healthy and safe environment with new safety procedures and protocol.
- MWSA will not be held responsible, should you decide to come to the Centre to participate in our programs and get sick with COVID-19. We ask that you stay home if you are experiencing any COVID-19 symptoms, or feeling sick.
- MWSA is not responsible for any physical injuries that may occur during any of its programs or at the Centre.
- All participants are required to sign a **Waiver to release MWSA from any liability** when registering for any program.
- Opinions expressed by guest speakers do not necessarily reflect the views of MWSA staff, volunteers, or the Board of Directors.

### 2021 Annual program Sessions

Session	Length (Weeks)	Session Dates	Registration Dates
1	6	Jan 11- Feb 20	Jan 04
2	6	Mar 01 - April 10	Feb 22
<b>3</b>	<b>6</b>	<b>April 19 - May 29</b>	<b>April 12</b>
4	6	June 07 - July 17	May 31
5	6	July 26 - Sep 04	July 19
6	6	Sep 13 - Oct 23	Sep 07
7	7	Nov 01 - Dec 18	Oct 25

#### Please note:

- See pages 9-14 for descriptions for programs.
- Things you might need for your class: a mat, water bottle, weights, bands, belts etc.

## Mill Woods Seniors Membership

	<b>Regular (55+)</b>	<b>Associate (45-55 yrs.)</b>	<b>Reciprocal</b>
Annual Fee	\$ 30.00	\$ 30.00	N/A
Membership Fee	Non-Refundable/ Non-Transferable	Non-Refundable/ Non-Transferable	
Email Updates	Yes	Yes	Yes
Vote at AGM!	Yes	No	No
Club allowed.	Yes	Yes	No
On Site Classes	Registration Required		
Virtual Classes	Registration required.		
<b>NO DROP- INS!</b>	No drop-ins available due to limited occupancy.		
Benefits	Discounts on Annual passes to City Recreational facilities		
Non- Members	Access not allowed till further notice.		
<b>**Important**</b>	Participants are not considered registered until full payment has been received for the session.		

### CLUBS VS CLASSES

**\*\* Clubs are created for fun & socializing. They are run by group of our members with one Lead. Members who join the club need to register with valid membership with the Mill Woods Seniors Association.**

**\*\* Classes are instructor lead and participants need to register & pay before the session starts. Our instructors are skilled & qualified to help our members achieving their desired goals.**

**\*\*Call us if you are interested to try a class and then sign up for it\*\***

## MONDAY

April 19- May 29, 2021

(No classes on May 24; Victoria Day)

Time	Class	Room	Instructor /Liaison	Cost
9:00-10:00	Walking Group	Gym	n/a	20
9:00- 12:00	Quilting Club	225	n/a	Free
9:30-10:30	Essentrics	Virtual	Catherine Lavedrine	50
10:15-11:15	Mobility, Flex. & Balance	Gym	Natalia Bandola	50
10:45-11:45	Tabata	Virtual	Esther Sipos	50
1:00-3:00	Learn Punjabi-New!	225	Liaison	50
12:00-1:00	Keep Fit Active	Virtual	Esther Sipos	50
1:00-4:00	Jam Session Group	Gym	Once a week	20
			Twice a week	30

## TUESDAY

April 19- May 29, 2021

Time	Class	Room	Instructor/Liaison	Cost
9:00-10:00	Walking Group	Gym	n/a	20

9:00-12:00	Knitting Club	225	Stacey Beller	Free
10:15-11:15	Strong & Stable	Gym	Natalia Bandola	60
11:30-12:30	Strong body Healthy Core	Gym	Natalia Bandola	60
12:00-1:00	Circuit training	Virtual	Kristen Vogt	60
12:45-1:45	Stretch & Tone Yoga	Virtual	Anne Palaschuk	60
1:30-3:30	Fun Floor Curling Group	Gym	Ken MacMaster	20

## WEDNESDAY

April 19- May 29, 2021

Time	Class	Room	Instructor/Liaison	Cost
9:00- 10:00	Walking Group	Gym	n/a	20
9:00- 12:00	Sewing & Crafting	225	Terry Ferguson	Free
9:30- 10:30	Tabata	Virtual	Catherine Lavedrine	60
9:45- 10:45	Barre	Gym	Deb Proc	60
11:00- 12:00	Strength & Stretch!	Gym	Deb Proc	60
1:00- 3:00	Learn Hindi-New!	225	Liaison	60

## THURSDAY

April 19- May 29, 2021

Time	Class	Room	Instructor/Liaison	Cost
9:00-10:00	Walking Group	Gym	n/a	20



9:00-12:00	Card Making Club	225	Shirley Manchak	Free
10:15- 11:15	Strong & Stable	Gym	Natalia Bandola	60
11:30- 12:30	Strong Body Healthy Core	Gym	Natalia Bandola	60
12:00- 1:00	Tabata	Virtual	Kristen Vogt	60
11:30- 1:30	Learn Spanish!	225	Gaston Fuentealba	60
1:00-4:00	Jam Session Group	Gym	Once a week Twice a week	20 30
3:30- 4:00	30 Minutes with ED	Virtual	Deb Cautley	Free

## FRIDAY

April 19- May 29, 2021

Time	Class	Room	Instructor	Cost
9:30-10:30	Living Fit	Virtual	Catherine Lavedrine	60
10:00-11:00	Chair Yoga	Gym	Anne Palaschuk	60
11:15-12:15	Gentle Stretch Tone	Gym	Anne Palaschuk	60
12:00-1:00	Keep Fit Active	Virtual	Esther Sipos	60
2:00-3:00	Computer Class	231	Graham Godlien	20
2:30-3:30	Bollywood Dancing	Virtual	Anjana Babbar	60

## SATURDAY

April 19- May 29, 2021

Time	Class	Room	Instructor	Cost
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9:30- 10:30	Soft Pilates	Virtual	Kate Stashko	60
10:45-11:45	Stretch & Release!	Virtual	Kate Stashko	60

## PROGRAM DESCRIPTIONS

### Barre

Barre classes combine breath, alignment and gentle movements derived from ballet, Pilates, and yoga. Barre conditioning helps create long, lean muscles, toned thighs, stronger abdominals, and increased flexibility, as well as improved posture.

### Bollywood dance with Anjana! New!!

A stimulating and engaging Bollywood dance class for those youthful and for whom the passion to learn new things never stops. It will be a fun and interactive dance class designed especially for seniors, even those with limited mobility. The class would offer an opportunity to learn this colorful dance from India while developing coordination through its many varied movements and upbeat music. This is a gentle impact class that our seniors may like to participate in to build new skills or just to get some fun exercise with others their age.

### Chair Zumba

Chair Zumba is a lower impact class for those who are not able to participate in the regular Zumba classes. The Latin rhythms and easy-to-follow moves create a fun fitness program for all abilities. Chair Zumba improves cardiovascular capacity, overall muscular strength and endurance, range of motion, posture, and cognitive function, just to name a few benefits. If you can sit, you can do Chair Zumba!

### Circuit Training

This is a class for all levels of fitness, including those looking for a more active class. This is a fast-paced 60-minute class that keeps you on your toes. Circuit training format involves rotating through various stations that target your lower and upper body strength, core and cardiovascular fitness using body weight and various equipment.

Challenge yourself to keep going through the allotted time at each station. Discover how quickly your strength and endurance improves each week. Modifications for every fitness level will be provided.

### **Clogging**

Clogging is a unique type of dance like tap dancing but combines different genres of dance such as Irish, Line Dancing, and Hip Hop, to name a few! Clog to all diverse types of music!

**No experience or clogging shoes required to start!**

### **Essentrics**

This class uses gentle movements that consistently engage all the body's muscles and connective tissues that keep us strong, flexible, and lubricated, as well as providing immense benefits to the brain. Essentrics can help reverse unpleasant signs of aging, such as stiffness and chronic pain; improve posture; and create better balance and renewed energy. "We can't change our age, but we can change how our body ages."

### **Gentle Stretch & Tone Yoga**

Intended for beginners, those with special concerns or injuries or those who desire a slower pace in which to develop greater personal body and breath awareness, paying attention to alignment and detail. We will learn about improving flexibility, strength and balance in a gentle practice that is calming and stress relieving. Poses will involve lying on the mat, seated, and standing.

### **Keep Fit Active**

Keep Fit Active is for active older adults who are looking for a challenge that is fun and burns big calories. The class consists of a warm-up and a vigorous gentle impact ½ hour of cardio. Weights are used to increase strength and a variety of movement patterns and exercises to improve posture and Balance. Participants are required to do exercises and stretches on the floor to increase core strength and flexibility.

### **Learn Punjabi-New!!**

This is an introductory, beginners' class of Punjabi language and culture. You will learn lots of new words and accent to understand & speak in Punjabi. Come join for 2 hours and learn the basics. Everyone is welcome! Bring your own water, pen, and notebook in the classroom.

## **Learn Hindi-New!!**

This is an introductory beginners' class of Hindi language and culture. You will learn lots of new words and the accent to understand & speak in Hindi. Come join for 2 hours and learn the basics. Everyone is welcome! Bring your own water, pen & notebook in the classroom.

## **Learn Spanish!!**

Gaston is back for another session of Spanish! Come join him for a fun 2 hours of "Beginner Spanish!" Everyone welcome! No prior experience necessary. Grab a pen/notebook and snacks if you want before you start Zoom.

## **Living Fit**

Taught by a certified yoga instructor. Class will consist of 20 minutes of gentle impact cardio, 20 minutes of weight resistance with free weights and/or elastic bands, and 20 minutes of cool down and stretching to help keep muscles and joints agile. All fitness levels welcome. Perfect for those looking to increase heightened body awareness, strength, balance, and flexibility.

## **Mobility, Flexibility & Balance**

This Class is carefully designed for people with Osteoarthritis with the focus on hip and knee joints. These joints are the most common in the body affected by arthritis because of their weight bearing capacity. During the class patrons will complete few sets of specially selected exercises to increase the strength of the muscles with minimum stress on the affected joints. Improved range of motion boosted energy and returned body strength are just few benefits of this new class.

## **Soft Pilates**

Pilates is a form of core conditioning that combines strength-building movements with a focus on full and proper breath work. It has been shown to improve core stability, prevent and relieve back and joint pain.

## **Stretch & Release!**

This class will be a combination of stretch and release techniques to help lengthen and relax tense muscles. Kate's career as a professional dancer continues to provide her with experience and latest information on stretching techniques, as well as a deeper understanding of fascia, the connective tissue of the body. She is eager to share this with her clients to achieve relaxation and release of both the body and the mind.

## Stretch & Tone Yoga

Tone your body while increasing flexibility, balance, endurance, and well-being. This class will encompass active yoga poses, breath awareness and restorative elements. Enjoy the energizing and peaceful effects of yoga.

## Strong Body Healthy Core New!!

This Class is designed for active older adults who want to improve their overall health and strength with focusing on working on major muscles groups including core muscles. The class will start with low intensity strength exercises for upper and lower body and finish with pelvis, lower back, hips and abdomen muscles groups. This will lead to a stronger body, boosted energy, better balance and posture, and will reduce chronic pain and stiffness. During the class participants will use weights, elastic bands, bender balls and their own body weight.

## Strong & Stable!

A gentle impact fitness class for those with chronic conditions or mobility issues. Keeping active and increasing your fitness level is especially important when you have a chronic condition. In this one-hour class, instructor will teach you safe and effective movements to work on your flexibility, strength, and endurance level.

## Tabata!

Tabata is an interval exercise class for the active participant. Participants work for 20 seconds and rest for 10. This pattern is repeated for 8 rounds (4-minute cycles). The exercise changes and a new 4-minute cycle begins. This type of interval training is designed to improve one's overall fitness level as well increasing an individual's cardiovascular fitness level while improving the body's metabolism. Exercises vary from cardio, strength, and core.

## ACTIVITIES

### Fun Floor Curling

Floor curling is like the game of ice curling; the main difference is that there is no sweeping. Wooden curling rocks are pushed with sticks. This is a fun non-competitive environment. All levels of curlers are welcome.

**\*\*To protect your safety, participants will be assigned to teams on the 1<sup>st</sup> day of session\*\*** Maximum number of participants is 16.

### Jammers

Bring your own instrument and jam with other musicians. All music styles and levels welcome. No wind instruments allowed till further notice. Come for fun, music, and friendship. There is a dedicated lead the group.

**\*\*Maximum 20 Participants in Gym, contact us to save your spot for the session\*\***  
**Once a week can pay \$20.00 & twice a week can pay \$30.00.**

### **Walking Program**

Come join us every day to walk indoors safely, while maintaining distance. Set monthly goals to challenge yourself and friends!

## **CLUBS**

### **Card Makers Club**

This is a fundraising club for MWSA. They make beautiful, handcrafted cards. Come join us for the morning. Some supplies will be provided, but feel free to bring your own. Finished cards will be for sale at the MWSA Market.

### **Knitting/Crocheting Club**

This is a fundraising club for MWSA. Join in the fun with fellow knitters. Items are also made for donation to local charities. Donated yarn is available for knitting/crocheting for charities. No formal instruction is provided; however, mentorship is available.

### **Sewing & Crafting Club**

This is a fundraising club for MWSA. Learn new crafting techniques and have fun making projects together. Limited sewing machines and materials are available. No formal instruction is provided; however, mentorship is available.

### **Quilting Group**

If you love to quilt or would like to learn some new skills, come join us! Work alongside fellow quilters to create projects for the center, as a fundraiser. Material and machines are provided.

## **OUTREACH PROGRAM**

### **Keeping Communities Together**

This is a virtual yoga class, helped by our Outreach staff Dr. Shambhu Chowdhury. The goal of the class is to improve your physical and mental health through various breathing exercises, stretches, and meditation. He will cover yoga postures, micro-

exercises, pranayama's, and meditation exercises. No experience is necessary. All fitness levels welcome.

To register contact Shambhu Chowdhury: 780-394-6062, Email: [outreach@mwsac.ca](mailto:outreach@mwsac.ca)

Mon, Tues, Thurs, and Friday from 7:00 - 8:00 pm

### **Virtual Conversational Circle**

This is an MWSA Outreach Program for seniors helped by our members to discuss current events, reduce social isolation, and create fellowship in a friendly and welcoming environment.

To register: Email [outreach@mwsac.ca](mailto:outreach@mwsac.ca)

Every Wednesday, 1:30 - 3:30 pm

### **Grief Support (By Appointment Only)**

If you have experienced loss in your life, this program is for individuals who require some grief counselling support please contact:

**Anne Stephens, Program Liaison: 587-594-3349 or 780-328-4934.**

### **30 Minutes with Executive Director (Deb Cautley) Free!**

This is a MWSA Virtual platform running every last Thursday for open discussion and questions for our Executive Director. Register online, call, or email us.

## **UPCOMING PROJECTS**

**Mill Woods Seniors Community Garden:** A Community Garden is a group of people coming together to nurture, develop and sustain a growing space in their community. There are over 80 community garden sites now operating in Edmonton promoting local, organically grown food; healthy and active lifestyles; and safer, more vibrant and connected communities. Range of gardening project opportunities including temporary/pilot site, food-bearing trees/shrubs/landscaping, raised planters for flowers/food and or more traditional community garden.

**Benefits to volunteer:** Recreation for all ages, Beautification of our neighborhoods, Healthy food production, Community building, Places to share gardening knowledge and experience.



Please email if you would be interested in this future project and your name will be considered in the sequence it will be received.

### MWSA Volunteers Needed

As a non-profit organization, volunteers are essential to the operation of the Mill Woods Seniors Association. We are always looking for volunteers for our Programs, Front Desk, Kitchen, Café, Greeters and Food delivery.

If you are interested in volunteering, please check out our website:

[www.mwsac.ca/volunteer](http://www.mwsac.ca/volunteer) or email: [volunteer.coordinator@mwsac.ca](mailto:volunteer.coordinator@mwsac.ca)



Mill Woods  
Seniors Association



### Mill Woods Seniors

#### Association

Hewes Way NW  
Edmonton, AB T6L 0A9

2nd Floor, 2610  
(Same building as the Mill Woods EPL)



# Hours of Operation

Monday-Friday, 8:30 AM-4:30 PM

# Contact Us

Main Line: 780-496-2997

[www.mwsac.ca](http://www.mwsac.ca)

## Map Location

