

In-Person & Hybrid Program Guide 2021 Session 5

Starting July 26- Sep 04, 2021

www.mwsac.ca/programs

www.myactivecenter.com

Program Registration week July 19- 23, 2021



Follow us on social media!

Website: www.mwsac.ca

Subscribe to our new [YouTube Channel!](#)

Facebook: www.facebook.com/millwoodsseniorsassociation

Twitter: www.twitter.com/MW_Seniors



Payment Options:

- **In person-** Monday- Friday between 9:30 am- 4:30 pm.
- **Over the phone** Call 780-496-2997 Mon- Fri 9:30 am- 4:30 pm.
- **Online** on www.myactivecenter.com
- Note: Deadline to register is **Friday, July 23, 2021, at 4:30 pm**
- Note: To use your MWSA program credit, please call: **780-508-9252** or email: program.coordinator@mwsac.ca

Staff Directory

Position	Name	Email	Contact
General Inquiries	Front Desk Volunteers	N/A	780-496-2997
Executive Director	Deb Cautley	dcautley@mwsac.ca	780-496-2933
Office Administrator	Michele Vriens	mvriens@mwsac.ca	780-508-9260
Mem / Volunteer Coordinator	Brandy Devine	bdevine@mwsac.ca	780-508-9359
Program Coordinator	Shalini Waryah	swaryah@mwsac.ca	780-508-9252
Café Chef	Daniel Diaz Mora	chef@mwsac.ca	780-508-9251
Café Pre-orders (for meals)	Volunteers/ Staff	N/A	780-944-5926
Communications/ Fund Develop.	Karen lee	klee@mwsac.ca	780-717-3038
Outreach Coordinator	Shambhu Chowdhury	schowdhury@mwsac.ca	780-720-6213
Home Supports Coordinator	Jenny Faryna	Jfaryna@mwsac.ca	587-594-7884

Class Cancellations and Refunds:

- 2021 Program Refunds: We ask that you contact our Program Coordinator 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

- 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.

Club VS Classes

** Clubs are created for fun & socializing. Members who join the club need to register with valid membership with the Mill Woods Seniors Association. ***Reciprocal members will need MWSA valid membership for club activities***.

** 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. ***Reciprocal members can register at member rates***

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

Mill Woods Seniors Membership Requirements & benefits			
	Regular (55+)	Associate (45-55 yrs.)	Reciprocal
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
Clubs allowed!	Yes	Yes	No
On Site Classes	Registration Required		
Virtual Classes	Registration required.		
NO DROP- INS!	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.		
Reciprocal	Reciprocal membership will only be accepted for instructor lead classes.		
Important	Participants are not considered registered until full payment has been received for the session & have sufficient participants to run the class.		

2021 Annual Program Schedule			
Session	Length (Weeks)	Session Dates	Registration week
1 Virtual	6	Jan 11- Feb 20	Jan 04- 8
2 Virtual	6	Mar 01 - April 10	Feb 22- 26
3 Virtual	6	April 19 - May 29	April 12- 16
4 Virtual	6	June 07 - July 17	May 31- June 4
5 In-person & Hybrid	6	July 26 - Sep 04	July 19- 23
6 In-person & Hybrid	6	Sep 13 - Oct 23	Sep 07- 10
7 In-person & Hybrid	7	Nov 01 - Dec 18	Oct 25- 29

Important:

- Things you might need for your class: a mat, water bottle, weights, bands, belts etc.
- Kindly sanitize the exercise equipment you use at the center for maintaining safety protocol & hygiene.

Message from Program Coordinator:

As we’re moving forward to re-open with a new concept of Hybrid programming, some might have questions. Email for more questions/ suggestions.

What does it mean to have a hybrid class?

It essentially means that the class has a “**hybrid**” configuration of both virtual and physical, in-person elements. Hybrid classes represent blended learning models. The blended learning definition is any type of class structure that incorporates more traditional, in-person learning with more modernized virtual learning.

MONDAY

July 26- Aug 30, 2021 (No classes on Aug 2, Heritage Day)

Time	Activity	Room	Instructor/Lead	Cost
9:00- 10:00	Essentrics	Gym/Hybrid	Catherine Lavedrine	\$ 50.00
10:15- 11:15	Sit & Be Fit	Gym/Hybrid	Catherine Lavedrine	\$ 50.00
10:45- 11:45	Tabata	229/Hybrid	Esther Sipos	\$ 50.00
11:30- 12:30	Strong & Stable	Gym/Hybrid	Natalia Bandola	\$ 50.00
12:45- 1:45	Strong Body Healthy Core	Gym/Hybrid	Natalia Bandola	\$ 50.00
2:00- 4:00	Badminton	Gym	n/a	\$ 25 Mon. Only \$ 40 Mon & Fri.

TUESDAY

July 27- Aug 31, 2021

Time	Activity	Room	Instructor/Lead	Cost
8:45- 10:45	Pickleball	Gym	n/a	\$30 for one day \$48 for Two days \$60 for All days
9:00- 12:00	Knitting Club	225	Stacey Beller	Free
12:00- 1:00	Circuit Training	Gym/ Hybrid	Kristen Vogt	\$ 60.00
12:45- 1:45	Stretch & Tone Yoga	229/ Hybrid	Anne Palaschuk	\$ 60.00
1:30- 3:00	Fun Floor Curling	Gym	Ken MacMaster	n/a

WEDNESDAY

July 28- Sep 01, 2021

Time	Activity	Room	Instructor/ lead	Cost
8:30- 12:30	Jammers Group	231	Dennis Tink	\$30 for one day \$48 for both days
9:00- 12:00	Sewing Club	225	Terry Ferguson	Free
9:00- 10:00	Tabata	Gym/ Hybrid	Catherine Lavedrin	\$ 60.00
10:15- 11:15	Barre	Gym/ Hybrid	Deb Proc	\$ 60.00
11:30- 12:30	Strength & Stretch	Gym/ Hybrid	Deb Proc	\$ 60.00
12:45- 1:45	Line Dancing	Gym/ Hybrid	Tracey Walters	\$ 60.00
2:00- 3:00	Clogging Beginners	229/ Hybrid	Tracey Walters	\$ 60.00
2:00- 3:00	Grief Counselling	225	Anne Stephens	Free
2:00- 4:00	Pickleball	Gym	n/a	\$30 for one day \$48 for Two days \$60 for All days

THURSDAY

July 29- Sep 02, 2021

Time	Activity	Room	Instructor/ Lead	Cost
9:00- 1:00	Canasta	Lobby	n/a	Free
9:00- 12:00	Card Making Club	225	Shirley Manchak	Free
10:15- 11:15	Sit & Be Fit	Gym/ Hybrid	Catherine Lavedrine	\$ 60.00
12:00- 1:00	Tabata	Gym/ Hybrid	Kristen Vogt	\$ 60.00
2:00- 4:00	Hindi & Indian Culture	225	Devinder Sharma	\$ 30.00
2:00- 4:00	Pickleball	Gym	n/a	\$30 for 1 day/wk \$48 for 2 days/wk \$60 for 3 days/wk
3:30- 4:00	30 minutes with ED Last Thursday Only	225	Deb Cautley	Free

FRIDAY

July 30-Sep 03, 2021

Time	Activity	Room	Instructor	Cost
8:30- 12:00	Jammers Group	231	Dennis Tink	\$30 for one day \$48 for both days
9:00- 10:00	Living Fit	Gym/ Hybrid	Catherine	\$ 60.00
10:15- 11:15	Core Strength/Stretch	Gym/ Hybrid	Catherine	\$ 60.00
11:30-12:30	Strong & Stable	Gym/ Hybrid	Natalia Bandola	\$ 60.00
10:45- 11:45	Chair Yoga	229	Anne Palaschuk	\$ 60.00
12:00- 1:00	Keep Fit Active	Gym/ Hybrid	Esther Sipos	\$ 60.00
2:00- 4:00	Badminton	Gym	n/a	\$ 25 Mon. Only \$ 40 Mon & Fri.

SATURDAY

July 31- Sep 04, 2021

Time	Activity	Room	Instructor	Cost
9:30- 10:30	Soft Pilates	Virtual	Kate Stashko	\$ 60.00

10:45- 11:45	Stretch & Release!	Virtual	Kate Stashko	\$ 60.00
--------------	--------------------	---------	--------------	----------

Instructor lead Program Description

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.

Chair Yoga

Experience all the benefits of yoga (increase flexibility, build muscle strength, increase energy levels and improve circulation) from a seated position. This class is perfect for participants looking for a gentle introduction to yoga, and those with mobility or chronic conditions. All exercises are performed from a chair. No mat work is required. All levels are welcome. No previous yoga experience is required.

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.

Core Strength/Stretch

5 minutes standing warm up followed by 25 minutes of standing and floor core and balance work then 30 minutes of dynamic and static stretching including some foam and ball muscle rolling to loosen the fascia.

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 distinct types of music!

No experience or clogging shoes needed 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 supplying 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."

NEW! Hindi & Indian Culture

During the session you will get an opportunity to connect with culture and learn Hindi through topics and issues. Participants can talk about the families and culture influence them. You can discuss about the important things to know, before travelling to India. You will have an opportunity to learn & ask questions in the last hour of the class.

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.

Line Dancing

Line dancing is a dance class for those who have taken the beginner line dance class and looking for a little bit more challenge. We will include dances from the beginner class and some dances for those who want to improve their line dance skills. Appropriate shoes needed.

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.

Sit and Be Fit

A gentle fitness class for participants with mobility and/or chronic issues. All exercises are performed from a chair. Learn different adaptive exercises with light weights and exercise bands to build strength, stamina and flexibility.

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.

Strength and Stretch!

This course is designed for a low intensity exercise class working on strength with various equipment and a nice long core and stretch at the end for restoration and relaxation.

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 added 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.

New! Strong body Healthy Core

This Class is designed for anybody who wants to improve their overall health and fitness level with focusing on core exercises to train the muscles of pelvis, lower back, hips and abdomen to work in harmony. This will lead to better balance, posture and stability, whether on the playing field or in daily activities. During the class participants will use weights, elastic bands, bender balls and their own body weight. The class is chair friendly.

Strong & Stable

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

endurance level. Class format consists of 10-15 minutes flexibility, 10-26 minutes strength training, and 25-35 minutes cardio.

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.

Sport, Games, Groups & Clubs

B a d m i n t o n G r o u p

Playing badminton is a fun way to stay active. We have two courts at MWSA. All equipment will be provided. **Note:** Please wear clean running shoes.

C a n a s t a C l u b

Canasta is a card game from the Rummy family. It is most played with four players, in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hand.

F u n F l o o r C u r l i n g G r o u p

Floor curling is very similar to the game of ice curling-the main difference is that there is no sweeping. Wooden curling rocks are pushed with sticks. All levels of curlers are welcome to play the game in a fun, non-competitive environment. Minimum of 8 curlers are needed to run this program: maximum 36 participants at one time.

Note: Please wear clean shoes in the Gym.

J a m m e r s G r o u p

Bring your own instrument and jam with other musicians. All music styles and levels welcome. Come for fun, music and friendship. If you don't play an instrument, you are still welcome to come watch and/or sing. There is usually a dedicated musician or two to help lead the group.

P i c k l e b a l l G r o u p :

Two indoor courts are available. Come play with other pickleball players in a fun environment. Players of all levels can be expected. If you are new to the game, please play during "Pickleball for Beginners" time. Paddle and balls are provided, but players are welcome to bring their own.

Note: Please wear clean court shoes.

C a r d M a k e r s C l u b :

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 sold at the Virtual MWSA Market. *Feel free to visit our Cafe!*

K n i t t i n g C l u b

This is a fundraising club for MWSA. A fun social gathering with fellow knitters. Items are made for donation to local charities including: The Ronald McDonald House; Basically babies; various shelter for the homeless; and Edmonton Police Services OR sold at MWSA marketplace. Donated yarn is available to make items for charities. No formal instruction is provided; however, mentorship is available.

S e w i n g & C r a f t i n g C l u b :

This is a fundraising club for people who love making craft items. Come learn new crafting techniques and have fun making projects together. Use donated material or bring your own and enjoy the company of other crafters. Limited sewing machines and materials are available. Items are made for donation to local charities including: The Ronald McDonald House; Basically babies; various shelter for the homeless; OR sold at MWSA marketplace.

All levels of crafters welcome. No formal instruction is provided; however, mentorship is available.

VOLUNTEERS

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, special events, Front Desk, Café/ Kitchen & Greeters.

If you are interested in volunteering, please contact us at 780-496-2997, visit us in person or visit us online at www.mwsac.ca/volunteer to fill out an application form.

Virtual Outreach Programs Schedule
Register with Shambhu Chowdhury: 780-720-6213
outreach@mwsac.ca

What?	When?
<p>Keeping Communities Together The goal 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.</p>	<ul style="list-style-type: none"> • Monday • Tuesday • Thursday • Friday <p>7:00- 8:00 pm</p>
<p>Conversational Circle Program for seniors to discuss current events, reduce social isolation, and create fellowship in a friendly and welcoming environment with other members.</p>	<p>Every Wednesday 1:30- 3:30 pm</p>
<p>Quality Circle This program is for seniors facing mental health, isolation, Ethnic and linguistic barriers. Physical and Mental Health support facilitated by practicing medical practitioner, Individual and Group counseling, discussion on Contemporary system affecting individuals and groups.</p>	<ul style="list-style-type: none"> • Monday • Tuesday • Thursday • Friday <p>8:30- 10: pm</p>
<p>One on One Support Addressing individual physical, mental health, grief support and other contingent issues. Book your slot.</p>	<p>Monday-Friday 5:00- 6:00 pm</p>

Do you need help around the home?
The Seniors Home Supports Program gives seniors referrals to screened businesses which offer:

SNOW REMOVAL	HOUSEKEEPING
YARD HELP	PERSONAL SERVICES
MOVING HELP	HOME REPAIR & MAINTENANCE

Call the Home Supports Coordinator at
Mill Woods Seniors Association: 587-594-7884



Home Supports Program

Need more info or a referral?

Please call us at 587-594-7884

Could you or a senior you know in Edmonton use some help around the house? Our Home Supports Coordinator at the Mill Woods Seniors Association (MWSA) can refer you to screened, reliable service providers for free. Services include:

- Snow shoveling, home maintenance such as painting, roofing, odd jobs.
- Yard maintenance such as grass cutting and tree care or removal.
- Housekeeping, Downsizing and/or moving, Dog walking.

How the Program Works:

- When seniors contact MWSA, they are given referrals to service providers.
- Seniors contact the service provider and discuss the work that needs to be done and the costs.
- The senior then selects a service provider that fits their needs.
- Seniors are not charged for the referral but pay the service provider for the work done.

Hours:
Monday-Friday
9:00 AM-2:30 PM

2nd Floor Cafe

Operated by the Mill Woods Seniors Association

DINE-IN
OR TAKE-OUT

BREAKFAST (9:00-10:30 A.M)

- **CLASSIC BREAKFAST (\$6.50)**
 - 2 eggs | bacon, sausage (turkey or pork), OR ham | hash browns | white or brown toast
- **LOADED OMELETTE (\$6.50)**
 - 3 eggs, ham, cheese, bell peppers, onions + white or brown toast + hash browns
- **VEGGIE OMELETTE (\$6.00)**
 - 3 eggs, cheese, bell peppers, onions + white or brown toast + hash browns
- **BREAKFAST SANDWICH (\$5.00)**
 - 2 eggs | bacon, sausage (turkey or pork) OR ham | 1 cheese slice | English muffin
- **2 PANCAKES WITH BACON, HAM OR SAUSAGE (TURKEY OR PORK) (\$5.00)**
 - ADD 1 EGG (+\$1.00)
 - ADD HASH BROWNS (+50 CENTS)
- **2 BANANA FRENCH TOAST W/ BACON, HAM, OR SAUSAGE (TURKEY OR PORK) (\$6.50)**
- **2 SLICES OF TOAST (WHITE OR BROWN) (\$1.50)**
- **ENGLISH MUFFIN (\$1.50)**

LUNCH (11:00 A.M-2:00 P.M)

- **DAILY LUNCH SPECIALS (\$9.00 MEMBERS; \$10.50 NON-MEMBERS)**
- **BLT SANDWICH* (\$5.50)**
- **CHICKEN & CHEESE WRAP (\$6.50)**
 - lettuce, grilled onions and bell peppers, tomatoes, cheese, 2 oz. chicken with Chipotle mayo in a tortilla wrap
- **GRILLED CHEESE SANDWICH* (\$4.50)**
- **VEGGIE SANDWICH* (\$4.50)**
 - tomato, cucumber, lettuce, carrot, and cheese
- **SOUP & TOAST (\$4.00)**
- **SIDE SALAD (\$2.50)**

*Bread options for sandwiches:
white or brown; toasted or untoasted

BEVERAGES/SNACKS

- **TEA/COFFEE (\$1.25)**
 - with up to 2 free refills
- **MUFFIN (\$1.50)**
- **COFFEE/TEA + MUFFIN DEAL (\$2.50)**
- **BOTTLED WATER, 500 ML (\$1.00)**
- **PERRIER CARBONATED NATURAL SPRING WATER (\$2.00)**
- **BOTTLED JUICE, ORANGE (\$2.00)**
- **CANNED POP (\$1.50)**

**WE ACCEPT CASH, DEBIT/CREDIT.

PRICES INCLUDE GST. **

Green = vegetarian option

(UPDATED 6/24/2021)

Café Lunch Special: Please pre-order for dine-in or takeout. You can do so online (www.mwsac.ca/cafe), in-person or over the phone (780-496-2997).



2 for \$5 | 4 for 10

**FRESH, HOMEMADE
CINNAMON BUNS**

MUST PRE-ORDER. PICK-UP ONLY.
WWW.MWSAC.CA/CAFE
780-496-2997

**THANK YOU FOR SUPPORTING A LOCAL NON-PROFIT CAFE!
(2ND FLOOR CAFE, 2610 HEWES WAY NW)**