



6- Week Program Guide 2021 Starting Sep 13- Oct. 23, 2021

www.mwsac.ca/programs

www.myactivecenter.com

Deadline to Register by Sep 10, 2021, by 4:30 pm



“MWSA” (Mill Woods Seniors Association) acknowledges that the land on which our facility rests is Treaty 6 Territory, a traditional meeting ground for many Indigenous Peoples, including Plains and Wood Cree, Assiniboine, Salteaux, Niitsitapi (Blackfoot), Métis, Nakota Sioux, and Chipewyan. Their spiritual and practical relationships with the land continue to create a rich heritage for our community. We are deeply honoured to share this land.”

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

Program Payment Options:

- In person- Monday- Friday between 9:30 am- 4:30 pm.
- Over the phone 780-496-2997 Mon- Fri 9:30 am- 4:30 pm.
- Online on www.myactivecenter.com
- Note: Deadline to register is **Friday, Sep 10, 2021, at 4:30 pm**
- Note: To use your MWSA program credit, please call: 780-508-9252 or email: program.coordinator@mwsac.ca

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 that you wish to register is full, you can be added 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. ***MWSA membership required for Reciprocal members ***.

** 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

What does it mean to have a hybrid exercise class?

“Hybrid” means both virtual and physical (in-person) exercise class. Instructor will be in-person with participants and few participants will join the class over zoom at the same time with more modernized virtual learning.

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
Bookkeeper/Office Admin	Michele Vriens	mvriens@mwsac.ca	780-508-9260
Membership/ Volunteer	Brandy Devine	bdevine@mwsac.ca	780-508-9359
Programs	Shalini Waryah	swaryah@mwsac.ca	780-508-9252
Café Chef	Daniel Diaz Mora	chef@mwsac.ca	780-508-9251
Café Pre-orders	Volunteers/ Staff	N/A	780-944-5926
Communications	Karen lee	klee@mwsac.ca	780-717-3038
Outreach	Shambhu Chowdhury	schowdhury@mwsac.ca	780-720-6213
Home Supports	Jenny Faryna	Jfaryna@mwsac.ca	587-594-7884

Mill Woods Seniors Membership Requirements & benefits

	Regular (55+)	Associate (45-55 yrs.)	Reciprocal
Annual Membership Fee	\$ 30.00 Non-Refundable/ Non-Transferable	\$ 30.00 Non-Refundable/ Non-Transferable	N/A
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.		
DROP- INS! Punch Card Available.	Jammers, Pickle Ball, Badminton, Fun Floor Curling, Cribbage.		
Benefits	Discounts on Annual passes to City Recreational facilities.		
Non- Members	Access not allowed till further notice.		
Reciprocal	Reciprocal membership will only be honored for Instructor lead classes. (No Clubs, Sports, or activities)		
Important	Participants are not considered registered until full payment has been received for the session & we 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. Hybrid	6	July 26 - Sep 04	July 19- 23
6. Hybrid/ In Person	6	Sep 13 - Oct 23	Sep 07- 10
7. Hybrid/In Person	7	Nov 01 - Dec 18	Oct 25- 29

Memorandum of Understanding Reciprocal Program Registrations

Mill Woods Seniors Association is a participating center of the Edmonton Seniors Coordinating Council's Reciprocal Program Registration Agreement. Seniors can access a variety of courses from Edmonton's seniors' centers with one membership.

What you need to know about Reciprocal Program Registration:

- Reciprocal registration applies to **instructional courses only**. However, some centers will accept reciprocal registration for social events, non-instructional programming, and clubs. Check with the center you want to register with.
- You must show a valid membership card from one of the participating centers to register.
- Participating centers have different registration procedures, so contact the center to find out what you need to know to register.
- If you have a member at the other center, you will still fill-up the Membership form at Front Desk (do not pay), will receive your Membership Card which has Reciprocal Membership details with Key Fob, for our database (to attend the classes here).

Eligibility: To attend Instructor Lead Classes or use of Café (meals/coffee).

Not Eligible: To attend any Clubs, Sports, Free or paid non- instructor lead activities. (MWSA membership required).

Participating Senior Centers		
Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at Token Fee \$5.00	780-970-8825
Edmonton Indigenous Seniors	Still Honoring	587-525-8970 Ext # 2
Edmonton Seniors Centre	Still Honoring	780-425-8625 Ext. 2003
Jewish Senior Citizens' Centre	Still Honoring	780-488-4841
North Edmonton Seniors	Still Honoring *(exception - Fitness Centre)	780-496-4915/ 4927
Northwest Edmonton Seniors	Still Honoring	780-451-1925
Sage Seniors Association	Still Honoring	780-701-9016
Southeast Edmonton Seniors	Not Participating in Agreement	780-468-1985 Ext.228
Southwest Edmonton Seniors	Still Honoring	587-987-3200
Strathcona place 55+ Centre	Still Honoring	780-433-5807
Westend Seniors Activity	Still Honoring	780-483-1209
Updated June 1, 2021, 2021 ESCC staff support: Rosalie Gelderman, rosalie@seniorscouncil.net , 587 985 3091		

Important Message:

- Gym will not be available for Gym Activities:
Federal Elections: Sep 10, 11, 12 & 13 Advance Polls
Sep 20 Election Day
Municipal Elections: Oct 4- 13 Advance Polls
Oct 18 Elections Day
- **All Drop-In** activities activities/ Clubs/ Leagues will keep running through the registration week).
- **Punch Cards** for Drop-In programs available to purchase at the Front Desk.
(Badminton, Pickle Ball, Fun Floor Curling, Cribbage & Jammers).
Pre-pay Punch Cards: Members: 10 of \$3.00 = \$ 30.00
Non- members: 10 of \$5.00 = \$ 50.00
- Drop-In fee in cash will be paid at front Desk before going to the session.
- Kindly remember to **FOB** in at the Front Desk before going to your class/ activity. We suggest you arrive 10 minutes before the scheduled time. It helps the center to get approved for future funding's & easier to see the people present at the center in case of emergencies.

Monday

Sep 13- Oct 18, 2021 (No classes on Oct 11, Thanksgiving Day)

Time	Activity	How & Where	Instructor/ Liaison	Cost
8:30- 10:30	Pickle Ball Beginners	Drop In/Gym	n/a	\$3 Member \$5 non-Mem
9:00- 10:00	Essentrics	Virtual	Catherine	\$ 50.00
10:45- 11:45	Tabata	Hybrid/ 231	Esther Sipos	\$ 50.00
12:30- 2:30	Cribbage	Drop- In/231	n/a	\$3 Member \$5 non-Mem
1:00- 2:00	Strong Body Healthy Core	In-Person/229	Natalia Bandola	\$ 50.00
2:15- 4:15	Badminton	Drop In/Gym	n/a	\$3 Member \$5 non-Mem

Tuesday

Sep 14- Oct 19, 2021

Time	Activity	Where/ How	Instructor/ Liaison	Cost
8:45- 10:45	Pickle Ball	Drop-In/Gym	n/a	\$3 Member \$5 non-Mem
9:00- 12:00	Knitting Club	In-Person/ 225	Stacey Beller	Free
9:15- 10:15	Strength & Mobility	In-Person/ 229	Natalia Bandola	\$ 60.00
10:30- 11:30	Strong & Stable	In-Person/ 229	Natalia Bandola	\$ 60.00
11:00- 12:30	Book Club	Fireplace Area	Joanne Christie	Free
11:00- 1:00	Pres: Fraud Prevention	In- Person/ 225		Sep 14 ONLY
11:45- 12:45	Circuit Training	In- Person/ 229	Kristen Vogt	\$ 60.00
11:45- 12:45	Stretch & Tone Yoga	Hybrid/231	Anne Palaschuk	\$ 60.00
12:30- 2:30	Floor Curling League	Gym	Sep 7- Dec 7, 2021	\$ 20.00
2:30- 4:00	Fun Floor Curling	Drop-In/Gym	Ken Macmaster	\$3 Member \$5 non-Mem

Wednesday

Sep 15- Oct 20, 2021

Time	Activity	Where/ How	Instructor/ Liaison	Cost
8:30- 12:00	Jammers Group	In-Person/ 231	Dennis Tink	\$3 Member \$5 non-Mem
9:00- 12:00	Sewing Club	In-Person/ 225	Terry Ferguson	Free
9:00- 10:00	Tabata	Virtual	Catherine	\$ 60.00
10:15- 11:15	Keep Fit Active	In- Person/229	Deb Proc	\$ 60.00
11:30- 12:30	Barre, Strength & Stretch	In- Person/229	Deb Proc	\$ 60.00
12:30- 3:30	Multicultural Club	In- Person/ 231		Free
12:45- 1:45	Beginners Line Dancing	In- Person/229	Tracey Walters	\$ 60.00
1:00- 2:00	Posture & Pain Workshop	225	Dr. Karn Kang	SEP 15 ONLY
1:00- 2:00	Migraines Workshop	225	Dr. Karn Kang	SEP 29 ONLY
1:00- 2:00	Balance Workshop	225	Dr. Karn Kang	OCT 20 ONLY
2:00- 3:00	Beginners Clogging	In- Person/229	Tracey Walters	\$ 60.00
2:00- 3:00	Grief Counselling	In-Person/225	Anne Stephens	Free
2:00- 4:00	Pickle Ball	Drop In/ Gym	n/a	\$3 Member \$5 non-Mem

Thursday

Sep 16- Oct 21, 2021

Time	Activity	Where/ How	Instructor/ Liaison	Cost
9:00- 1:00	Canasta Club	Lobby	n/a	Free
9:00- 12:00	Card Making Club	In-Person/225	Shirley Manchak	Free
10:30- 11:30	Strong & Stable	In-Person/229	Natalia Bandola	\$ 60.00
12:00- 1:00	Tabata	Hybrid/231	Kristen Vogt	\$ 60.00
12:30- 2:30	Spanish Level 3	In-Person/225		\$ 60.00
2:00- 4:00	Pickle Ball	Drop In/Gym	n/a	\$3 Member \$5 non-Mem
3:30- 4:00	30 minutes with ED	Virtual	Deb Cautley	Free
	Last Thursday Only			

Friday

Sep 17- Oct 22, 2021

Time	Activity	Where/ How	Instructor/ Liaison	Cost
8:30- 12:00	Jammers Group	Drop-In/231	Dennis Tink	\$3 Member \$5 non-Mem
9:00- 10:00	Living Fit	Virtual	Catherine	\$ 60.00
10:30- 11:30	Sit & Be Fit	In-Person/229	Natalia Bandola	\$ 60.00
12:30- 2:30	Absolute Spanish Beg.	In-Person/225		\$ 60.00
12:00- 1:00	Keep Fit Active	Hybrid/231	Esther Sipos	\$ 60.00
12:00- 2:00	Floor Curling League	Gym	SEP 7- DEC 7	\$20.00
12:30- 1:30	Chair Yoga	In-Person/229	Anne Palaschuk	\$ 60.00
2:15- 4:15	Badminton	Drop-In/Gym	n/a	\$3 Member \$5 non-Mem

Saturday

Sep 18- Oct 23, 2021

Time	Activity	Where/ How	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, Strength & Stretch

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. 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.

Beginners 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!

Beginners Line Dancing:

Line dancing is a dance class for those who have taken the beginner line dance class and wish 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.

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.

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 reserve 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."

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.

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 are 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 Mobility: **NEW!**

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 a 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 a few benefits of this new class!

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.

Strong Body Healthy Core: New!

This class is designed for anybody who wants to improve their overall health and fitness level by 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.

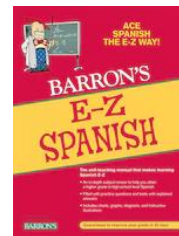
Learning & Art

Absolute Spanish Beginners: **STILL LOOKING FOR INSTRUCTOR?**

Learn Spanish! Come join Gaston for a fun 2 hours of “Beginner Spanish!” Everyone, welcome! No prior experience necessary. Bring your own pen/notebook and snacks.

Learn Spanish for Fun!! **STILL LOOKING FOR INSTRUCTOR?**

Learn Spanish- Level 3. Come join Gaston for a fun 2-hour session. Everyone, welcome! Bring a pen/notebook and snacks.



E-Z SPANISH

by [Ruth J. Silverstein](#)

\$19.99

This Book will be needed to start the Spanish class for all participants.

Sports, Games & Art Activities

Badminton: (DROP-IN)

Playing badminton is a fun way to stay active. We have two courts at MWSA. Equipment can be provided at the Front Desk (needs to be sanitized before returning). Maximum 20 participants. Please wear clean running shoes in the Gym.

Note: No Badminton Ball Sep 13 & 20. Oct 4, 8, 15 & 18 due to Election Bookings.

Cribbage Group (DROP-IN)

Cribbage, or crib, is a card game traditionally for two, three, or four players that involves playing and grouping cards in combinations which gain points.

Note: No Cribbage on Sep 13, 20. Oct 4 & 18 due to Election Site booking.

Fun Floor Curling Group (DROP-IN)

Floor curling is 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. A minimum of 8 curlers are needed to run this program: a maximum of 36 participants at one time. Please wear clean shoes in the Gym.

Note: No Fun Curling on 5 & 12 Due to Election Bookings.

Floor Curling League (MWSA Membership & Registration Required)

The league is for floor curlers with some curling experience who want to play regularly on a team in a fun environment. If interested in joining the league, please pay and register at Front Desk by **Friday, Sep.3, 2021. First come, first serve.**

- **Times:** Tuesdays 12:30-2:30 PM/ Fridays: 12:00- 2:00 PM
- **Dates:** Sep 7- Dec 7, 2021
- **Cost:** \$ 20.00 for the session (EACH DAY)
- **Cost for Spares for the day: \$3 Members**

Note: No Floor Curling on Oct. 5 & 12 due to Election Bookings.

Jammers Group (DROP-IN)

Bring your own instrument and jam with other musicians. All music styles and levels are welcome. Come for fun, music, and friendship. If you do not 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. One Time Guests are Welcome! To listen only (Do not need to pay).

Note: Jammers will be playing in the Foyer Area on Sep 10, Oct 6,8,13,15 due to Election Bookings.

Pickle Ball (DROP-IN)

Two indoor courts are available. Play with other pickleball players in a fun environment. Paddle and balls can be provided (sanitized before returning to the front desk), but players are welcome to bring their own. Maximum 20 participants. Please wear clean court shoes in Gym.

Note: No Pickle Ball Oct 5, 6, 7, 12, 13 & 14 due to Election Bookings.

Pickle Ball Beginners (DROP-IN)

Two indoor courts are available. Pickleball is a fun game played with a paddle on a court. It can be described as a cross between badminton, tennis, and table tennis. *Pickleball for Beginners* is an opportunity to learn and practice this popular sport in a friendly, non-competitive environment. No Instructor. Learn to play with other players. Paddle and balls can be provided (sanitized before returning to the front desk), but players are welcome to bring their own. Maximum 20 participants. Please wear clean court shoes.

Note: No Pickle Ball Sep 13 & 20. Oct 4 & 18 due to Election Bookings.

Clubs are Free! (MWSA Membership Required)

Book Club

Love to Read? Interested in meeting some new people? Want to explore different genres of books? Join our Book Club!

We will meet on the 2nd Tuesday of the month. At our first meeting scheduled for Tuesday, September 14th 11:00 am -12:30 p.m. we will set up our parameters for the book club and choose our first book. No supplies are needed.

Tuesday starting Sep 14 between 11:00- 12:30 pm (Once a Month: Every second Tuesday).

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 sold at the Virtual MWSA Market.

Canasta Club

Canasta is a card game from the Rummy family. It is mostly 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.

Multicultural Club

A support group for immigrant seniors. Members meet to provide support to each other, discuss current affairs and issues that affect their lives. Community Resource persons are brought in to provide information on programs of interest to immigrant seniors.

Note: This Club is cancelled on Sep 15, Oct 6 & 13.

Knitting Clubs

This is a fundraising club for MWSA. A fun social gathering with fellow knitters. Items are made for donations to local charities including: The Ronald McDonald House; Basically Babies; various shelters 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.

Sewing & Crafting Club

This is a fundraising club for people who love making craft items. Learn new crafting techniques and have fun doing 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 donations to local charities including: The Ronald McDonald House; Basically babies; various shelters for the homeless; OR sold at MWSA marketplace.

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

PRESENTATIONS & WORKSHOPS

1. **SEPTEMBER 14 at 11:00- 1:00 PM** Free for All!

THE FRAUD & PREVENTION PRESENTATION provides information on current frauds/scams and how we as seniors can avoid becoming victims.

2. SERIES OF POSTURE, PAIN & BALANCE WORKSHOP:

SEPTEMBER 15 at 1:00- 2:00 PM Members: Free! / Non-members: \$5.00

POSTURE & PAIN WORKSHOP by Dr. Karn Kang. Why do you have poor posture? Past Accidents or Injuries? Why are you in Pain? Spinal Imbalance & pain & Questions & Answers.

SEPTEMBER 29 at 1:00- 2:00 PM Members: Free! / Non-members: \$5.00

MIGRAINES WORKSHOP by Dr. Karn Kang. How posture is set by the position of the head. Why can migraines and headaches be a neck problem? Latest research and advancements in migraine care. Tips to help you get through the day comfortably.

OCTOBER 20 at 1:00- 2:00 PM Members: Free! / Non-members: \$5.00

BALANCE WORKSHOP by Dr. Karn Kang. Why Balance? Components of Balance. Age related info about Balance. How does balance change: Trauma, Toxins, Time? How to maintain and enhance your balance?

3. SERIES OF CARD MAKING WORKSHOP:

SEPTEMBER 27 at 10:00- 12:00 PM Members: \$15 each class/ \$40 for series

Non-members: \$20 for each class/ \$50 for series

INTRODUCTION TO CARD MAKING BASICS by Valerie Zaparyniuk. Learn about cards sizes, cardstock, tools, adhesives, fancy papers, dies, machines and much more! Assemble 2 cards with guidance. A list of essential products will be provided in the class. To keep everyone safe, we will not be sharing tools at this time. Please bring double-sided adhesive tape to assemble your cards.

OCTOBER 22 at 10:00- 12:00 PM Members: \$15 each class/ \$40 for series

Non-members: \$20 for each class/ \$50 for series

FUN FOLD CARDS by Valerie Zaparyniuk. Learn to cut and fold cardstock in different Ways to create unique and interesting cards. Assemble 3 cards. Please bring paper trimmer with cutting blade and scoring blade, scissors, double sided adhesive tape, foam dots or tape & bone folder.

NOVEMBER 1 at 10:00- 1:00 PM Members: \$15 each class/ \$40 for series

Non-members: \$20 for each class/ \$50 for series

CHRISTMAS CARDS by Valerie Zaparyniuk. Assemble 5 different Christmas

Card designs. All materials will be precut for you. Please bring paper trimmer, scissors, double sided adhesive tape, foam dots or tape, liquid glue & bone folder.

Outreach Programs Schedule

Virtual: 30 Minutes with Executive Director (Deb Cautley) Free!

30 Minutes with the ED is your opportunity for conversation to learn what is happening at the center and feel free to ask questions, share suggestions. This is a MWSA Virtual platform running, last Thursday of each month. To register call: 780-496-2997

In-Person Only: Grief Support (By Appointment Only) Wednesday 2:00- 3:00 pm Free!

A support group for immigrant seniors running remotely. If you have experienced loss in your life, this program is for individuals who require some grief counselling support.

Contact [Anne Stephens: 587-594-3349](tel:587-594-3349) & [780-328-4934](tel:780-328-4934). Appointments Only

<p>Conversational Circle with Fred: Virtual Program for seniors helped by our members to discuss current events, reduce social isolation, and create fellowship in a friendly and welcoming environment. Register: Ph: 587-328-1099. Email: fred@sawka.com</p>	Every Wednesday 1:30- 3:30 pm
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Register with Shambhu Chowdhury: 780-720-6213 outreach@mwsac.ca	
What?	When?
<p>Keeping Communities Together: Virtual 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>	Monday Tuesday Thursday Friday 7:00- 8:00 pm
<p>Quality Circle: Virtual 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>	Monday Tuesday Thursday Friday 8:30- 10: pm
<p>One on One Support: Virtual Addressing individual physical, mental health, grief support and other contingent issues. Book your slot.</p>	Monday- Friday 5:00- 6:00 pm

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: It is suggested to pre-order your lunch.

Dine in or take out options available when pre-ordering. Watch our website for new weekly lunch specials.



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

If you are interested in volunteering, please contact us on 780-496-2997 or visit us in person to fill out an application form.