

APRIL 2019 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 HEALTH CANADA INFO BOOTH 10-12 NOON	4	5 EPL TECH TIME 10-11:30 AM PICKLEBALL 2:45-4:15 PM CANCELLED	6 RUMMAGE SALE SAT 10AM-4 PM & SUN APR 7 10 AM-3PM
8	9 FREE WALK, TALK, STRETCH CLASS 1045-1145 AM TRANSED LRT OPEN HOUSE 6-8:30 PM (NO EVENING PICKLEBALL)	10	11 LUNCH & LEARN 11-12:30 PM (\$) FREE BOLLYWOOD DANCE FITNESS CLASS! 3:30-4:00 PM	12 OUTING: ENJOY CENTRE/CRAFT FAIR 10 AM-2 PM (\$) EPL TECH TIME 10-11:30 AM	13 EXTRA PB 10-12:30 PM (\$) ROCKING COLLAGE WORKSHOP 9:30-12:30 (\$) FREE PILATES FOR BEGINNERS CLASS! 12-1 PM
15	16 ELECTION DAY! FREE TAX CLINIC 5-8 PM NO EVENING PICKLEBALL	17 PYSANKY EGG WORKSHOP 1-4 PM (\$)	18	19 GOOD FRIDAY MWSA CLOSED	20 MWSA CLOSED
22 EASTER MONDAY MWSA CLOSED	23 PRESENTATION: SENIORS HEALTH BENEFITS & WELLNESS PLAN 1:30-2:30	24	25	26 EPL TECH TIME PICKLEBALL CANCELLED FLOOR CURLING BONSPIEL 10-2:30 PM MONTHLY BIRTHDAY PARTY 2:00-3:30 PM	27
29	30 FREE DISCOVER ESSENTRICS CLASS DEMO 615-715 PM	<p>***RUMMAGE SALE DONATIONS ACCEPTED UNTIL <u>APRIL 3, 2019 ONLY!</u> HOMEMADE BAKED GOODS ACCEPTED <u>APR 5 (BY 4 PM) & APR 6 (BY 8 AM) ONLY.</u> ***</p> <p>PLEASE RSVP FOR SPECIAL EVENTS. LOW REGISTRATION NUMBERS = CANCELLATION. (\$) = PROGRAMS WITH NOMINAL FEES.</p>			

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

APRIL 2019 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

EPL Tech Time, Fridays 10-11:30 AM March 1-May 24, 2019 Learn about apps, how to use Skype, E-books, and other fun things at this weekly drop in program. EPL staff will be on hand to provide one-on-one support for all of your tech questions. Feel free to bring your own smartphone, laptop or device.

Wed Apr 3, 10-12 Noon Health Canada Info Booth Learn about air pollution, including forest fire smoke, and how it can impact your health. **Drop-in event.**

Sat Apr 6, 10 AM-4 PM & Sun Apr 7, 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 donations accepted until **April 3, 2019. Café will also be open! Open to the Public! Cash & Carry only!**

Tues Apr 9, 10:45-11:45 AM Free Walk, Talk, Stretch Class Just like the title of the class, join us for a free class of walking, talking and stretching. Must be able to walk at a moderate to brisk pace for at least 15 minutes, without the use of a cane or walker, to participate in this class. **Free class. Please RSVP.**

6-8:30 PM TransEd LRT Open House This event is your chance to ask questions, see renderings, and speak with TransEd representatives regarding the upcoming LRT Valley Line construction and what they can expect this year. **Drop-in Event. RSVP not required.**

Thurs Apr 11, 11-12:30 PM Lunch & Learn: Scotia Bank will be here for another topic in financial literacy. Topic: TBA. **Cost: \$2 M/\$4 NM. Please pre-register at the Front Desk. Cost includes lunch, catered by our 2nd Floor Café!**

3:30-4:00 PM Free! Bollywood Dance Fitness Class. Get fit with the music and dance of Bollywood. Wear clean shoes. **Free class. Please RSVP.**

Fri Apr 12, 10:00 AM-2:00 PM Outing: Enjoy Centre/Craft Fair We'll be heading to St. Albert to the Enjoy Centre to the greenhouses and shops, and to check the Handmade Indie Spring Show, a craft fair featuring over 100 home décor, fashion, jewelry, visual art, children's clothing and toys, artisanal food items, and many more unique works! You can bring your own lunch, or purchase lunch at the café there. Bus to leave MWSA at 10 AM and return by 2 PM. **Cost: \$15 M/\$20 NM. Cost includes yellow bus transportation and craft fair admission. Please Sign up by Apr 9, 2019.**

Sat Apr 13, 9:30-12:30 Rocking Collage Workshop. Join us for this fun, one day mixed media art workshop using a wooden canvas, spackle to create the look of rocks and all sorts of treasures that we fill in the cracks with. Feel free to bring in small rocks, shells and other found items that you would like to put in our unique contemporary piece of art. **Cost includes the main supplies, but please bring your own personal objects you want to use. Cost: \$55 M/\$75 NM. Please register by April 6, 2019.**

12-1 PM Free! Pilates for Beginners Class Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates moves tend to target the core, although the exercises work other areas of your body as well. **Free class. Please RSVP and bring your own yoga mat.**

Tues Apr 16, 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.**

Wed Apr 17, 1-4 PM Pysanky Egg Workshop. Get lost in the ancient art of writing pysanky—Ukrainian Easter eggs! Pysanky are intricately decorated eggs using a beeswax and dyes, and the tradition is over 6000 years old! Suitable for all levels of artistry. **All supplies will be provided. Please register by April 10, 2019. Cost: \$25 Members/\$30 Non-members**

Tues Apr 23, 1:30-2:30 PM Presentation: Seniors Health Benefits & Wellness. Presented by Alberta Blue Cross. Learn about health benefit plans for seniors and the online Balance wellness program. **No cost to attend for MWSA members/\$2 NM.**

Fri Apr 26, 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.**

Tues Apr 30, 6:15-7:15 PM Free Essentrics Demo Class Essentrics is a dynamic fitness class that aims to improve flexibility, overall strength and range of motion in your body and mind. **Free Class, but please RSVP. Limited to 15 participants only.**

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