

APRIL 2022 Monthly Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
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4 Strong body healthy core \$\$ 10- 11 AM Strong & Stable \$\$ 11:15- 12:15 PM Pysanka Easter Egg Workshop \$\$ 9:00- 12:00 PM	5 CURLING BANQUET 9- 2 PM (PRIVATE) FROZEN MEAL LAUNCH 2- 3 PM \$\$ CLOGGING DEMO 11- 12 PM \$\$	6 INTERVAL DEMO \$\$ 11- 12 PM	7 Pres: SENIORS BENEFITS 3- 4:30 PM \$\$	8 CURLING TOURNAMENT \$\$ 9:00- 2:00 PM
11 FOOT CARE CLINIC \$ 9- 2 PM	12 BOOK CLUB: Free for MWSA Member @ 11- 12:30 pm	13 Balance Disorders \$\$ 12-1 pm	14 RIVER CREE CASINO \$\$ 11- 3:30 PM	15
18	19 Pres: Taxes during Retirement \$\$ 10- 11:30	20 Lower Back Pain 12-1 pm \$	21	22 Rummage Sale SETUP 4- 8 PM
25	26 ESTATE PLANNING \$\$ 10- 11:30 AM	27 Better Balance 10- 11 AM \$	28	29 Pres: Financial Planning \$\$ 1- 2:30 pm

RUMMAGE SALE: SATURDAY, April 23 10:00- 4:00 PM
SUNDAY, April 24 10:00- 3:00 PM (INCLUDES SETUP REMOVAL TILL 5 PM).

Please turn over for details

Monday Apr 4 @ 10:00- 11:00 AM Strong Body Healthy Core Demo with Natalia Bandola. Cost: \$3 M/\$ 5 NM

Monday Apr 4 @ 11:15- 12:15 PM Strong & Stable Demo with Natalia Bandola. Cost: \$3 M/\$ 5 NM.

Monday Apr 4 @ 9:00- 12:00 PM Pysanka (Ukrainian Easter egg). Learn to design your own pysanka-writing ancient form of writing involves intricately drawn designs created with beeswax and vibrant colors. I also supply you with plastic cups to transport your egg home. **Cost: \$20 M/\$ 25 NM.**

Tuesday Apr 5 @ 11:00- 12:00 PM Beg. Clogging Demo with Tracey Walters. We dance in shoes with special taps on them that give clogging its unique sound (not wooden shoes). Learn basic clogging steps and terms. No experience necessary. Wear comfortable shoes (shoes with a leather sole preferred; runners are acceptable). **Cost: \$3 M/\$ 5 NM.**

Wednesday Apr 6 @ 11:00- 12:00 PM Interval Demo with Deb Proc. Involves alternating between short periods of cardio, strength and balance exercises and rest periods. It is a class that can be enjoyed at all fitness levels and a great way to effectively burn calories. The class will end with a nice long stretch to help improve flexibility and reduce stress. **Cost: \$3 M/\$ 5 NM.**

Thursday, Apr. 7 @ 3:00-4:30 PM Pres. By Sheldon Pickering. Gov. programs for seniors' benefits. In depth discussion of CPP (the Canada Pension Plan), OAS (Old Age Security), GIS (Guaranteed Income Supplement). Tips for high- and low-income families to reduce tax or find supports. How to structure your retirement pay cheque using these government programs as the foundation. Summary of tax credits and deductions available for retirees. **Cost: \$3 M/\$ 5 NM.**

Friday Apr 8 @ 9:00- 2:00 PM Floor Curling Tournament. Cost: \$7 M/\$ 10 NM. Includes coffee/ muffin. Collect your coupon when you register at the front desk.

Monday Apr 11 @ 9:00- 2:00 PM FOOT CARE CLINIC. Licensed nurse from Edmonton Seniors Solution: Basic Foot Care (15-20 minutes): \$30.00, Pedicure (30-40 minutes): \$45.00. Foot & lower leg massage \$10 • Nail care (fingernail trim & file) \$10 • Nail polish application (client's own) \$10 • Heavy Duty Nail Clippers \$25. Book your time slot at the Front Desk. **With Appointments only. ONLY CASH/ CHEQUES ACCEPTED.**

Tuesday Apr 12 @ 11:00- 12:30 PM. MWSA BOOK CLUB. Love to read. Interested in meeting some new people? Want to explore different genres of books? Join our Book Club with Volunteer Lead Joanne Christie! **FREE for MWSA members.**

Wednesday, Apr 13 @ 12:00- 1:00 PM. Presentation on Balance Disorders by Dr Karn Kang (Providence Chiropractic Clinic) followed by Q&A. **Cost: \$3 M/\$ 5 NM.**

Thursday, Apr. 14 @ 11:00-3:30 PM Outing: RIVER CREE CASINO Enjoy a day out at the River Cree Casino, which includes coach bus transportation, casino voucher and lunch. Bus to leave MWSA at 11:00 am and departure from River Cree at 3:30 pm. Register Early to save your spot, as this trip is always popular! **Cost: \$10M/\$15 NM.**

Tuesday Apr 19 @ 10:00- 11:30 PM Presentation by Sheldon Pickering on Taxes during Retirement. This session we will discuss taxable & non- taxable sources of income, reducing net income, annual deductions & tax credits that can get missed, how to structure a tax efficient withdrawal plan, and the tax implication of different types of investments. **Cost: \$3 M/\$ 5 NM.**

Wednesday April 20 @ 12:00- 1:00 PM. Workshop on Lower back/ Sciatica Pain by Dr. Karn Kang. • Past Accident or Injuries? • Why are you in Pain? followed by Q&A. **Cost: \$3 M/\$ 5 NM.**

Tuesday Apr 26 @ 10:00- 11:30 PM Estate Planning presentation by Sherry D. Simons, JD, BSc, Lawyer. Will cover five key elements: Will, Trust(s), Power of Attorney, Health Care or Medical Directive and Beneficiary Designation. All your assets – physical, financial, and online – are inherited by the people to whom you want them to be transferred after your demise. Followed by Q & A. **Cost: \$3 M/\$ 5 NM Includes coffee/muffins**

Wednesday April 27 @ 10:00- 11:00 PM. Workshop on Better Balance: Feeling More Secure and Supported When You Move with Cheryl Whitelaw. In this session, you will learn practical information about balance and how to find more security/ mobility when you walk, prepared to do gentle movement and to pay attention to your movement. You are welcome if you have mobility challenges; we can adapt our movement exploration to support your participation. Wear comfortable shoes and clothing you can move in. www.kindpower.ca/movemore. **Cost: \$3 M/\$ 5 NM.**

Friday, April 29 @ 1:00- 2:30 PM. Presentation by Sheldon Pickering on Financial and tax planning for/in retirement. General concepts retirees should be keeping in mind to reduce net income utilizing the various account structures, asset allocation and the tax impact of each type of investment, how to reduce risk (longevity, market, inflation, taxation). **Cost: \$3 M/\$ 5 NM.**