

## APRIL 2024 MWSA MONTHLY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Featured Events 2 day Drawing Workshop, 4:30- 7:30 pm, (\$60 M/\$80 NM) #225. All Inclusive.</b>				
<b>1</b> <b>MWSA CLOSED</b> <b>Easter Monday</b>	<b>2</b> Caregiver's Circle, 10:00 a.m./#228	<b>3</b> <b>Spring Program Registration</b> <b>Starts Today</b>	<b>4</b>	<b>5</b> <b>Grief Support, 11 a.m.- 1 pm</b> (\$3M/\$5 NM), #224
<b>8</b> <b>Hearing Test Clinic,</b> 9:30 a.m- 2:30 pm/#224 (\$3M/\$5 NM) <b>FREE TAX CLINIC,</b> 10 a.m.- 3 pm	<b>9</b> <b>Emergency-Prep Training, 1-3</b> PM #225/Free	<b>10</b>	<b>11</b> <b>2 DAY DRAWING WORKSHOP</b> 4:30-7:30 pm #225 \$ Cost: \$60 M/\$80 NM	<b>12</b> <b>Grief Support, 11 a.m.-1 pm</b> (\$3M/\$5 NM), #224
<b>15</b> <b>A4HC Outreach</b> 10 a.m.- 2 pm #224/Free <b>Tabata Class, 10:30 a.m.</b> Sit & Be Fit, 11:45 a.m.	<b>16</b> Alzheimer's Support Group, 10:00 a.m./#228	<b>17</b> <b>Last Day to Donate Rummage</b> <b>Sale Items</b>	<b>18</b> <b>EMCN Outreach Services,</b> 10 am- 2 pm/ #224 Free  Outing: River Cree Casino, 11 a.m.-3:30 p.m (\$10M/\$15NM)	<b>19</b> <b>Grief Support, 11 a.m.- 1 pm</b> (\$3M/\$5 NM), #224
<b>22</b> <b>A4HC Outreach 4</b> <b>Newcomers</b> 10- 2 pm #224/ Free  <b>Spring 2024 programs</b> <b>Starts Today</b>	<b>23</b> Celiac Support Group, 10:00 a.m./#228	<b>24</b> <b>Massage Therapy,</b> \$\$ 9 am- 4 pm, #224	<b>25</b> <b>Diabetic Foot Care Clinic</b> 2:00- 7:00 pm/ #224 <b>Online Health</b> <b>Presentation w/ Dr. Ze'ev</b> <b>Gross, 8:00-9:00 pm</b> (\$3M/ \$5 NM) <b>2 DAY DRAWING</b> <b>WORKSHOP</b> 4:30-7:30 pm #225 \$	<b>26</b> <b>LIVER &amp; ONIONS DAY</b> <b>Grief Support 11- 1 pm</b> (\$3M/\$5 NM), #224  EPL e-Learning Resource 10:00- 12:00 pm, #Lobby
<b>29</b> <b>Monthly Birthday Party</b> 1:30 pm/Café  <b>A4HC Outreach 4</b> <b>Newcomers</b> 10- 2 pm #224/ Free	<b>30</b>	<b>MWSA Rummage Sale: Saturday, April 20, 10 am- 4 pm</b> <b>Sunday, April 21, 10 am-3 pm</b> <b>Sunday everything is 50% off and fill a bag for \$5 from 2-3 p.m.</b> <b>Don't forget to bring your own reusable bags!</b>		

**Event Details (Pre- Registrations Required, Including All Payments). Please complete a registration form for all 4 weeks+ activities.**

**Tuesday, April 9, 1:00- 3:00 pm. Emergency Preparedness Training by Edmonton Seniors Coordinating Council (ESCC).** Emergencies and disasters can happen at any time, often without warning. By taking a few simple steps to become more prepared, they are equipped to better navigate disruptions when they do occur. If they rely on others for assistance, being prepared can help keep them safe, warm, and comfortable while they wait for help. In any case, having a plan will help reduce the impact and shorten recovery time, helping them and their loved ones get back to their lives sooner. **Cost: Free for Members/ Non- Members. Room 225**

**Thursdays, April 11 & 25, 4:30-6:30 pm 2-Day Drawing Workshop: Dual Strokes Abstract Drawing with Molly Lim.** Have you ever drawn something with both hands simultaneously? Any idea how you might do this and what you will create? Participants will be shown 2 different techniques. This is a dynamic style that showcase your unparalleled creative skill. **Cost: \$60 M/\$80 NM. Supplies Included (both days). Registration required by April 8, 2024.**

**Mondays, April 15, 22 & 29, 10- 2 pm A4HC Outreach Services for All/** Outreach services provided include: PR card renewal, Citizenship applications, AB income support, Christmas Bureau gifts, CPP & tax information during the income tax-filing season, and other areas for PR, Refugees, Refugee Claimants, work/study permit holders in the Edmonton area. These services and programming supports will be provided through Information & orientation for individuals/families (1 one-on-one session) and group activities based on the client's needs such as Health, Driving, AB income support, etc. **Cost: Free for members/non-members/ Room 224.** Call **Abida Tahir (A4HC Staff): 780-235-2176.**

**Thursday, Apr 18, 10:00 am- 2:00 pm Outreach Services with EMCN, every 3<sup>rd</sup> Thursday of the month.** Services offered include immigration-related issues, Apply for PR Card, Apply for Citizenship, Request an Expiration of PR Card Renewal, Apply for Lost of PR, Apply for lost Landing paper, Financial issues, Apply for Canadian Pension Plan (CPP), Apply for Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares, and housing. **Free, Drop in. #224**

**Thursday, Apr 18, 11:00 am- 3:30 pm. Outing: River Cree Casino** Enjoy a day at the River Cree Casino, which includes coach bus transportation, casino voucher & lunch. **The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm.** If someone decides to drive themselves. Please mention that on the list. Their names will be shared with Casino staff. They'll receive their lunch/ casino vouchers at the Casino entrance. These names will be excluded from the 24 going on bus. **Max: 24 on the bus. Cost: \$10 M/ \$15 NM. Due to the popularity of this outing, no refunds or credits will be issued for cancellations due to medical/non-medical reasons.**

**Wednesday, Apr 24, 9 am- 4 pm. 60 Minutes Therapeutic Massage** techniques not only alleviate physical pain and discomfort but also promote relaxation, improved circulation, and enhanced overall well-being. All massages are performed to the level of comfort the client desires. **Cost: Members- \$85.00 (+GST) = \$89.25. Non-Members-\$100.00 (+GST) = \$105.00.** Direct billing available. With appointment only & No walk ins. Pay: Cash/ Credit/Debit (card and contact less), eTransfer at (luxuryyreliefab@gmail.com), Direct billing available with most insurance in Alberta, (Sun Life, Blue Cross, Manulife, Canada Life). **Room: 224**

**Thursday, Apr 25, 2:00-7:00 pm Diabetic Foot Care Clinic with Kimberly Simmonds LPN,** Treatments: Nail Trimming, Foot Hydration, Corn & Callus reductions, Foot Massage, Assistance with Ingrown toenails & nail fungus. **Cost: \$65 Initial Consultation/ \$45 Follow up. Please book your appointment at the Front Desk.**

**Thursday Apr 25, 8:00- 9:00 pm. Zoom Series of Health Presentations with Dr. Ze'ev Gross,** an active family physician in Edmonton. Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions to treat chronic conditions including cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine applies evidence-based, whole-person, prescriptive lifestyle changes to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions. **Topic: The main determinants of health - how to maintain good health and longevity. Cost: \$3M/\$5 NM.** Please pay and register with your email address, name, and contact number.

**Friday, Apr 26, 10:00 am- 12:00 pm. EPL e-learning Resource (Drop-in program).** You're One Click Away: **eVideos and eMusic** from EPL. Discover the incredible resources available at epl.ca! This visit will focus on how to access music, tv shows and movies from our digit content collection. **Cost: Free/Lobby. Monday Apr 29, 1:30 pm Monthly Birthday Party** If it is your birthday month, join us for some cake and coffee. **Cost: Free for MWSA members celebrating their birthday month/\$5 guests/non-members/Café.**