

APRIL 2025 MWSA MONTHLY EVENTS CALENDAR					
Games/Services/Support Groups: \$3M/\$5 NM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alzheimer's Support: 3rd Tues, 10 am-12pm Mahjong: Mon & Wed , 2:00- 4:15 PM Book Club: 2nd Tues, 11:00 am- 12:30 pm Caregivers Support: 1st Tues, 10:00 am- 12 pm		Celiac Support: 4th Tues, 10:00- 11:30 AM Free Pet Therapy Wednesdays, 11 AM Chess: Wednesdays, 1:30- 3:30 PM Travel club: 2 nd Fridays, 10:00 AM- 12:00 PM		Canasta: Thursdays, 12:30- 2:30 PM Cribbage: Thursdays, 12:00- 2:15 PM Open Art Studio: Fridays, 1:00- 4:00 PM EUCHRE Game: Mondays, 2:00- 4:00 PM	
RUMMAGE SALE DONATIONS ACCEPTED APRIL 1-24, 2025	1 DIY Workshop: Paint 3 Wooden Gnomes 1-4 pm/\$50 M & NM	2 Free Outreach 10 am- 2 pm/ 224 A4HC TAX CLINIC 9 AM- 4 PM	3 Medi Pedi Foot Care 9:30 AM- 7:30 PM/ 224	4 Free! Vitamin Seminar (Shoppers Drug Mart) 2- 3 pm/ 227	5 WINTER SESSION ENDS MWSA TAX CLINIC, 9 AM- 12:30 PM
7 Free Dominoes Game, 1 pm Apr 7, 14 & 28/Cafe	8 Presentation: Organ & Tissue donation 2 PM/ 225/Free	9 Free Outreach 10 am- 2 pm/ 224 A4HC TAX CLINIC 9 AM- 4 PM	10 E4C Tax Clinic, 1- 7 PM Grief Support Circle 1:45- 3:45 PM/ 227 Pickleball Tournament 8:30 AM- 3:30 PM Drop-in PB/ 4-8 PM \$3M/\$5	11 Travel Club 10 AM- 12 PM/ 225 Free for MWSA members	12 MWSA TAX CLINIC, 9:00 AM- 12:30 PM
14 SPRING SESSION STARTS	15 New Members Connection 2:00 PM/ Café Pres: Utilities 11:30- 1:00PM/ 225	16 A4HC TAX CLINIC 9 AM- 4 PM	17 Free Outreach 10 am- 2 pm/ 224	18 GOOD FRIDAY HOLIDAY MWSA CLOSED	19 MWSA TAX CLINIC, 9:00 AM-12:30 PM
21 EASTER MONDAY HOLIDAY MWSA CLOSED	22 Outing: River Cree Casino, 11 AM- 3:30 PM/ \$10M/\$15NM	23 Free Outreach 10 am- 2 pm A4HC TAX CLINIC 9 AM- 4 PM	24 Diabetic Foot Care 2- 7 pm/224 E4C Tax Clinic, 1- 7 PM	25 EPL E-Learning, 10 am- 12 pm	26/Saturday 10 am-4pm & 27/Sunday 10am-3 pm Rummage Sale Weekend All Classes cancelled
28 FEDERAL ELECTION DAY Monthly Birthday Party 1:30 pm/Café	29	30 Free Outreach 10 am- 2 pm/ 224 Outing: Downtown Tour/Lunch 9:45am-3:15pm	<ul style="list-style-type: none"> ➤ Free Dominoes Game, Café, 1 pm (Apr 7, 14 & 28) ➤ Pickleball Tournament, Thursday, Apr 10, 8:30 am- 8:30 pm ➤ Rummage Sale, Apr 26, 10 am- 4 pm ➤ Rummage Sale, Apr 27, 10 am- 3 pm ➤ Free Tax Clinic, April 5, 12 & 19, at 9 am- 12:30 pm 		

Event Details (Registration required for all activities)

Tuesday, Apr 1st, 1 – 4 pm DIY Workshop-Set of 3 Wood Gnomes. Participants will be painting a set of three gnomes to take home, with a choice of colours, and adding a fur beard, and a wood bead nose, and other embellishments for a personal touch. The sizes of the three gnomes are 15 inches (L), 13 inches (M) and 11 inches (S). **Cost: \$50 M & NM. Min: 6 registrations. Cost Includes all supplies and instructions. Please register by Friday March 28, 2025.**

April 2nd, 9th, 17th, 23rd, 30th 10 am-2 pm FREE OUTREACH SERVICES (Newcomers Welcome Centre) Services available include: Applications for PR Card, Citizenship Request, PR Card Renewal, Lost of PR, Lost Landing Paper, Canadian Pension Plan (CPP), Old Age Security (OAS), Alberta Seniors Benefit (ASB), Canada Pension Plan disability benefits (CPPDP), and Edmonton Transit Senior Transit Fares (Bus Pass/Arc Card); Housing supports, Low income support food bank, Employment Insurance (EI), Canadian Dental care plan, AISH Application. **Room: 224.**

Thursday, Apr 3, 9:30 am- 7:30 pm Medi Pedi Foot Care Clinic offers **Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure costs: \$99.99.** Please book your appointment at the front desk. A percentage of sales will be donated to MWSA. **Room 224.**

Friday, Apr 4, 2:00- 3:00 PM. Vitamin Seminar presented by Shoppers Drug Mart (Mill Woods). It can be overwhelming to know which vitamins and minerals one should take to stay healthy. Join the pharmacist to learn more about how to maintain your health, while answering all your questions. **Cost: Free! Room 227.**

Monday, Apr 7, 14 & 28 at 1:00 pm Free! Dominoes is a family of tile-based games. Each domino is a rectangular tile, usually with a line dividing its face into two square ends. Each end is marked with several spots or is blank. The backs of the tiles in a set are indistinguishable, either blank or having some common design. The gaming pieces make up a domino set. (Dominoes for the month of April is free, as a trial basis. Starting May Cost: \$3 M/\$5 NM.) **Room: Cafe**

Tuesday, Apr 8, 1:00- 2:00 pm Give Life Alberta: What You Need to Know about Organ and Tissue Donation. Over 90% of Albertans support organ and tissue donation, but few know how to act on their good intentions. Give Life Alberta's Senior Communications Advisor Su-Ling Goh (formerly of Global News) will clear up misconceptions and share what you and your family need to know if you are interested in leaving a life-saving gift. A transplant recipient will also share their incredible story of hope. **Cost: Free! Room 225.**

Thursday, Apr 10, 1:45- 3:15 pm GRIEF SUPPORT CIRCLE. Everyone must learn to navigate the deep waters of grief, but we do not have to do it alone. This support group is for anyone who is experiencing grief. This is a safe and confidential space for sharing experiences of grief, while respecting other's questions, feelings, viewpoints or spirituality. Find support through: Reflective exercises, education about grief and loss, peer sharing and support, creative exercises, mindfulness and self-compassion-based exercises, conversation and connection. **Cost: \$3 M/\$5 NM/Room 225.**

2nd Friday of each month, Apr 11, 11:00 AM- 12:00 PM MWSA Travel Club The goal of this club is to gather a community of travelers, explorers and creators to share their previous trips and upcoming ideas, experiences, and personal exploration of the world. **We're looking for a volunteer lead for this group; please contact Shalini, if you are interested.** This month features: **Travel pharmacy tips with Value Drug Mart Summerside at 11 AM.** **Cost: Free! Room 225.**

Tuesday, Apr 15, 11:30 am- 1:00 pm The Utility Consumer Advocate (UCA) is part of the Alberta Government's Ministry of Affordability and Utilities. Established in October 2003, the UCA helps consumers navigate Alberta's utility market. Alberta's energy utility system offers consumers the freedom to choose their utility providers. Presentation information includes: • How Alberta's utilities market works. • Electricity & natural gas trends • Understanding utility bills • Shopping for utilities • Saving money on utilities • Utility industry scams • Winter utilities reconnection program • Q & A session. Our aim is to help consumers make informed decisions and navigate the utility market with confidence. **Cost: Free! Room 225.**

Tuesday, Apr 15, 2:00 pm New Members Connection Event. Join us for coffee and cookies! This event is designed especially for you – our newest members – to connect, socialize, and learn about MWSA. Thank you for choosing to be a part of Mill Woods Seniors Association. Warm regards, Deb Cautley, Executive Director. **Free (by invitation only). Room: Café.**

Tuesday, Apr 22, 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 participants decide to drive themselves, please mention that on the list. Their names will be shared with Casino staff to receive their lunch/casino vouchers at the Casino entrance. 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 any medical/non-medical reasons.*

Thursday, Apr 24, 2:00- 7:00 PM Diabetic Foot Care with Kimberly Simmonds LPN, Treatment: 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. Room #224.**

Friday, Apr 25, 10:00 AM- 12:00 PM **EPL E-Learning Resource.** Topic: 3D printing! Join us the last Friday of the month to learn more about 3D printing, including ways you can utilize 3D printing for crafting!

Saturday Apr 26 10 am-4 pm Rummage Sale This is a major fundraiser for MWSA. Come shop! Everyone welcome. Bring cash for faster service.

Sunday Apr 27 10 am-3 pm Rummage Sale 50% off all items, and fill a bag for \$5 from 2-3 pm

Monday, Apr 28, 1:30 pm **Monthly Birthday Party** If it is your birthday month, join us for some cake and coffee. The cake is sponsored by Churchill Manor. **Cost: Free for MWSA members celebrating their birthday month/\$5 guests/non-members/Café.**

Wednesday, April 30, 9:45 am-3:15 pm **Outing: Downtown Tour/Lunch** We're headed downtown for guided walking tours of the Stanley A. Milner Library (60 mins) and City Hall (60 mins). New and established residents will discover so much about their city during these tours. There will be time between the two tours for a lunch break. We will be taking the Edmonton Transit LRT Valley Line from MWSA to City Hall, leaving MWSA about 9:45 am and returning by about 3:15 pm. **Cost: \$5/MWSA members and \$10 Non-members. Includes tours and roundtrip ETS fare. Lunch is not included. Bring \$ for lunch, or a bagged lunch, a water bottle, and comfortable walking shoes. Please register by April 25, 2025.**