

APRIL 2026 MWSA MONTHLY EVENTS CALENDAR					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>FREE AT MWSA</b></p> <p><b>Alzheimer's Support:</b> 3rd Tues, 10 am-12pm/ Caf</p> <p><b>Caregivers' Support:</b> 1st Tues, 10 am-12 pm/ Cafe</p> <p><b>Pet Therapy</b> Wednesdays, 11 am/ Lobby</p> <p><b>New Members Connection:</b> 3rd Tues, 2 PM. Café</p> <p><b>Free Outreach:</b> 4th Wed. Monthly, 10 am #224</p>		<p><b>ACTIVITIES PAY \$3 M/ \$5 NM</b></p> <p><b>Dominoes:</b> Mondays @ 1pm, Café</p> <p><b>EUCHRE Game:</b> Mondays, 2:00- 4:00 PM #225</p> <p><b>Canasta:</b> Thursdays, 12:30- 2:30 PM. #Cafe</p> <p><b>Cribbage:</b> Thursdays, 12:00- 2:15 PM. 231</p>		<p><b>ACTIVITIES PAY \$3 M/ \$5 NM</b></p> <p><b>2nd Tues Book Club I,</b> 11 am-12 pm/#227-FULL</p> <p><b>3rd Thurs. Book Club II,</b> 11:15 am-12:45 pm/ #229</p> <p><b>-FULL Open Art Studio:</b> Fridays, 1:00-4:00 PM #225</p>	
		<p>1</p> <p><b>RUMMAGE SALE</b> Donations Accepted</p>	<p>2</p> <p><b>Medi Pedi Foot Care</b> 9:30 am-3:30 pm</p>	<p>3</p> <p><b>GOOD FRIDAY</b> MWSA CLOSED</p>	<p>4</p> <p><b>REST, RESTORE</b> RENEW 9:30- 11 AM \$\$</p>
<p>6</p> <p><b>EASTER MONDAY HOLIDAY</b> MWSA CLOSED</p>	<p>7</p>	<p>8</p> <p><b>EPL: Phone/Tablet: Part II</b> 2:30-3:30 PM/ #225 <b>OUTING: Lunch at Rangoli Kitchen &amp; Bar</b> 12:00-2:30 PM/ \$40M/50NM</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p> <p><b>Outing: River Cree Casino</b> 11 AM-3:30 PM \$10M/\$15NM</p>	<p>17</p>	<p>18</p>
<p>20</p>	<p>21</p> <p><b>New Members Connection</b> 2 pm</p>	<p>22</p> <p><b>Free Outreach</b> 4th Wed. 10 am-2 pm/ #224 <b>HEARING AID AWARENESS</b> 1:30 PM/\$3 M/\$5 NM</p>	<p>23</p> <p><b>Workshop: Intro to Bas Relief</b> 5:30- 7:30 PM/#225 \$120 M/ \$130 NM</p>	<p>24</p> <p><b>Liver &amp; Onions Day</b> <b>EPL:</b> eBooks and e-Audiobooks 10:30 am/Lobby</p>	<p><b>SAT 25/ SUN 26 RUMMAGE SALE</b> <b>April 25:</b> 10 AM- 4 PM <b>50% Sunday! April 26:</b> 10 AM- 3 PM</p>
<p>27</p> <p><b>Monthly Birthday Party</b> 1:30 Pm/Café</p>	<p>28</p>	<p>29</p>	<p>30</p> <p><b>Medi Pedi Foot Care</b> 1:00-7:00 pm/#224</p>		

**Event Details (Registration required for all activities)**

**4<sup>th</sup> Wednesday Monthly, 10 am-2 pm** FREE OUTREACH SERVICES provided by Newcomers Welcome Centre. Services covered: PR application, Citizenship Request an Expiration of PR Card Renewal, Lost Landing paper, Canadian Pension Plan (CPP), Old Age Security (OAS), Alberta Seniors Benefit (ASB) ,Senior Transit Fares (Bus Pass/Arc Card), Housing, Low income support food bank, Canada Pension Plan disability benefits (CPPDP), Employment Insurance (EI), Canadian Dental care plan, AISH Application./Room #224

**1<sup>st</sup> Thursday, Apr 2, 9:30 am- 3:30 pm** & **Last Thurs, Apr 30, 1:00- 7:00 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. **Room 224.**

❖ **Saturday, April 4, 9:30 -11:00 AM** 90-Min Rest, Restore & Renew: Sound Bath with Restorative Yoga. **Cost: \$35 M/\$45 NM**

Deep Rest • Relaxation • Nervous System Reset • Senior-Friendly. Take a break, calm your mind, and leave feeling refreshed. Rest – Restore – Renew is a soothing, highly recommended workshop designed specifically for older adults to relax deeply, release tension, and restore balance in both body and mind. **Led** in a gentle, fully supported way, participants move through chair-supported or floor-based restorative yoga poses, followed by a guided sound bath using soft, soothing instruments. **The combination** encourages calm, reduces stress, and promotes overall wellbeing — all in a peaceful, nurturing environment. This workshop is not about performance, flexibility, or prior experience. It's about feeling lighter, calmer, and more renewed in a safe, comfortable setting. **What Participants Will Experience:**

- ❖ Fully supported poses (chair or floor). Gentle sound bath using bowls, chimes, vibrations and sound waves for relaxation.
- ❖ A calm, safe, and welcoming atmosphere. All equipment and setting for Sound Bath provided (participants bring their own mats)
- ❖ Clear, gentle guidance suitable for all comfort levels. A restorative experience that leaves body and mind refreshed.

**Wednesday, April 8, 12:00- 2:30 pm. Outing: Lets' do Lunch: Rangoli Kitchen & Bar** (Southeast Asian Restaurant). **Buffet Menu:**

Chai, Onion Pakora, Butter Chicken, Kadhai Paneer, Naan bread/Roti/Rice, Dessert: Gulab Jamun & Rice Pudding. **Cost: \$40 M/ \$50 NM.** (Includes lunch and transportation on chartered bus). Don't forget to include dietary restrictions. **Deadline to register: April 2<sup>nd</sup>.**

**2<sup>nd</sup> Wednesdays Monthly, April 08, 2:30- 3:30 PM Smartphones and Tablets – Part 2.** This is a class for those who are new to computers including English language learners and seniors. You will learn the basics of navigating your device, modifying your settings, and recognizing common icons and apps. **This is a free drop-in program. No need to register. Room 225. Cost Free!**

**Thursday, Apr 16, 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 and 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. **Please arrive early at MWSA, as the bus leaves on time.**

**3<sup>rd</sup> Tuesday, Apr 21, 2:00 pm** **New Members Connection.** 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.**

**Wednesdays, April 22, 1:30-3:00 PM** **Hearing Aid Awareness Presentation.** Presented by the **Canadian Hard of Hearing Association.** The session takes participants on a path recognizing unrealistic expectations they may have of hearing aids, accepting their reality of hearing loss, and developing an understanding of what they need to do to reconnect with loved ones. Presenter Cindy Gordon has been a Rehabilitation Practitioner for 40+ years and has worked with a multitude of disabilities. **Cost: \$3 M/\$5 NM/ Room: 225**

**Thursday, Apr 23 & 30, 5:30-7:30 pm.** **Introduction to Bas Relief (An ancient Art form)** **Linda Fanstad** This beginner-friendly class teaches you everything you need to know to create stunning 3D Art, whether you are wanting to unleash your creativity, learn valuable skills, or enhance your home decor. You will create a simple bas relief design over the course of two sessions, as the plaster needs time to cure before applying the colour. **Cost Includes** 16x20 black canvas, and artist grade acrylic paints, specialty brushes and knives are required for this project. **All you need to bring is an apron to protect your clothing (or wear an old shirt).** **Cost: \$120 Members/ \$130 Non- Members. Room: 225.**



**Last Friday, Apr 24, 10:30 AM-11:30 am** **EPL eBooks and e-Audiobooks.** Read (and listen!) Your Way—Anytime, anywhere! A Friendly Introduction to eBooks & e-Audiobooks. Love a good story? Enjoy reading but want something easier on the hands—or the eyes? Curious about trying audiobooks during walks or while relaxing at home? With your library card, you can instantly access thousands of eBooks and e-Audiobooks for free, and we're here to show you how! Join us for a relaxed, step-by-step session designed especially for seniors who want to explore digital reading in a comfortable, supportive environment. No prior tech experience needed—we'll guide you every step of the way. **This is a free drop-in program. No need to register. Lobby**

**Saturday, Apr 25, 10:00 AM-4:00 PM** **SPRING RUMMAGE SALE** This is one of MWSA's biggest fundraisers of the year. Shop household items like kitchen tools, garden tools, arts and crafts supplies, home and garden, clothing, toys, books, puzzles and more! Café will be open on Saturday.

**Sunday, Apr 26, 10:00 AM-4:00 PM** **SPRING RUMMAGE SALE** Everything is 50% off! Plus, fill a bag for \$5.00, starting at 2 pm. Purchase your bag at the Front Desk at 2 pm.

**Monday, Apr 27, 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 MWS A members celebrating their birthday month/\$5 guests/non-members/Café.**