

| AUGUST 2025 EVENTS CALENDAR | | | | Games/Services/Support Groups: \$3M/\$5 NM | |
|---|--|---|---|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| Alzheimer's Support: 3rd Tues, 10 am-12pm Mahjong: Mon & Wed , 2:00- 4:15 PM Caregivers Support: 1st Tues,10:00 am- 12 pm | | Free Pet Therapy Wednesdays, 11 am Dominoes: Mondays @ 1pm, Café EUCHRE Game: Mondays, 2:00- 4:00 PM. Free Outreach: Wednesdays, 10 am- 2 pm | | Canasta: Thursdays, 12:30- 2:30 PM. Cribbage: Thursdays, 12:00- 2:15 PM Open Art Studio: Fridays, 1:00- 4:00 PM | |
| <ul style="list-style-type: none">50/50 Raffle Draw. Buy your \$5 ticket today!No Book Club in August | | | | 1 | |
| 4 HERITAGE DAY MWSA CLOSED | 5 Move & Groove (4 weeks) Class starts! Extra PB Advanced 12-2pm | 6 | 7 Medi Pedi Foot Care 9:30 am- 3:30 pm/ #224 | 8 | |
| 11 | 12 Stained Glass Workshop 12-4 pm/ #225 \$100 M/\$125NM Extra PB Advanced 12-2pm | 13 Outing: Elk Island National Park 10:00 am- 4:00 pm \$20 M/\$30 NM | 14 | 15 Presentation: Pre Planning Part II Trinity Funeral Home/ #225 10 am-12 pm/\$3M/\$5 NM | |
| 18 | 19 Extra PB Advanced 12-2pm New Members' Connection 2:00 PM/ Café | 20 Extended time! Pickleball Inter 8:30 am-11:30 am Outing: River Cree Casino 11 AM- 3:30 PM \$ Barre-Strength-Stretch cancelled | 21 Core Strength Stretch class cancelled Extra Badminton Time! 11:30 am-1:30 pm | 22 50/50 Raffle Draw Date EPL E-Learning , 10 am-12 pm | |
| 25 Monthly Birthday Party 1:30 Pm/Café | 26 MWSA Volunteer Appreciation Event 5-9 pm/ By Invite only FUN CURLING CANCELLED | 27 | 28 | 29 | |

Event Details (Registration required for all activities)

Every Wednesday, 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./Rm 224.

Thursday, Aug 7, 9:30 AM- 3:30 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. [Room 224.](#)

Tuesday, Aug 12, 12:00- 4:00 pm Stained Glass Workshop. Join Sharon with “The Art of Stained Glass” to make your very own suncatcher owl. You will be able to Choose your favorite colors and learn how to foil and solder your project to complete them. You will be able to take home your project on the same day. Cost: \$100 M/\$125 NM Includes all supplies and materials./[Room 225](#)

Wednesday, Aug 13, 10:00 am-4:00 pm Outing: Elk Island National Park. Spend the day at Elk Island National Park, enjoying nature at its finest. Spend the day hiking and exploring the parks’ many plant and animal species. The cost will cover a chartered bus for the day. The bus will depart MWSA at 10:00 am and return by 4:00 pm. Please bring your own bagged lunch/snacks, water and other essentials. [Please register by the end of day, Friday August 8, 2025. Cost: \\$20 MWSA members/\\$30 Non-members](#)

Friday, Aug 15, 10:00 am- 12:00 pm. Pre- Planning Part II Presentation by Trinity Funeral Home. Cost: \$3 M/\$5 NM

Tuesday, Aug 19, 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 me to be a part of the Mill Woods Seniors Association. Warmest regards, Deb Cautley, Executive Director. **Free (by invitation only).** [Room: Café.](#)

Wednesday, Aug 20, 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.

Monday, Aug 25, 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.](#)