

## DECEMBER 2018 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please register for all at the Front Desk. Low registration may result in cancellation of programs. Thank you! (\$) = paid programs  <b>***New! We are open Dec 24-29, 2018. We will be closed Dec 31, 2018 and January 1, 2019. ***</b>					1 <b>PRESENTATION:</b> DIABETES 11-12 NOON  EXTRA PICKLEBALL 10-12:30 PM
3  <b>PRESENTATION:</b> MANUAL OSTEOPATHY 12:30-1:30 PM (\$)	4	5  <b>SEWING CRAFT:</b> REUSABLE GIFT BAGS 10 AM-1 PM (\$)	6	7  U OF A FOCUS GROUP 11-12:30 PM  COFFEE CHAT W/COMMUNITY COPS 2-3 PM	8  EXTRA PICKLEBALL 10-12:30 PM  <b>OUTING:</b> DINNER/IMPROV SHOW 4:30-9:30 (\$)
10	11  <b>MWSA CLOSED                      AT 6 PM</b>	12	13  <b>CHRISTMAS CRAFT</b> 2-4 PM (\$)  <b>MWSA CLOSED                      AT 4:30 PM</b>	14  EPL TECH TIME 12:15-1:45 PM  <b>ANNUAL CHRISTMAS                      DINNER</b> 5-10 PM (\$)	15  EXTRA PICKLEBALL 10-12:30 PM
17  <b>OUTING:</b> CASTROL RACEWAY, MAGIC OF LIGHTS 4:30-7:00 (\$)	18  <b>PRESENTATION:</b> HOME SUPPORTS PROGRAM 10-11 AM  <b>MWSA CLOSED AT 6 PM</b>	19  MULTICULTURAL XMAS CELEBRATION 2-4 PM  <b>PB 2:30-4 CANCELLED</b>	20  <b>CHRISTMAS CHOIR</b> 9:45-10:45 AM  <b>MWSA CLOSED                      AT 4:30 PM</b>	21  MONTHLY BIRTHDAY PARTY 2-3:30 PM (\$)	22  <b>MWSA CLOSED</b>
24  <b>CHRISTMAS EVE HOURS</b> 1-5 PM  /31 NEW YEAR'S EVE <b>MWSA CLOSED</b>	25  <b>CHRISTMAS DAY HOURS</b> 11-7 PM	26  <b>BOXING DAY HOURS</b> 2-6 PM	27  MWSA OPEN 9AM-2PM  <b>MEDITATION 9:30-10:30</b> <b>BADMINTON-9:30-11:30 (\$)</b> <b>PICKLEBALL-1:45-1:45 (\$)</b>	28  MWSA OPEN 9AM-2PM  <b>JAM SESSION 9:15-12:15 (\$)</b> <b>PICKLEBALL-9:15-1:45PM (\$)</b>	29  <b>MWSA CLOSED</b>

## DECEMBER 2018 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

**Sat Dec 1, 11-12 NOON Presentation: Diabetes** Presented U of A medical students. Learn about diabetes and how you can manage your health. **Cost: No Cost for members/\$2 NM. Please RSVP.**

**Mon Dec 3, 12:30-1:30 PM Presentation: Manual Osteopathy** Presented to by a registered massage therapist specializing in pain relief. Learn more about manual osteopathy, which uses techniques to address imbalances in the body, including treating muscles, joints, bones to help relieve headaches, fibromyalgia, back pain, cramps and more! **Cost: \$2 M/\$4 NM. Please RSVP.**

**Wed Dec 5, 10-1 PM Sewing Craft: Gift Bag** Get your Christmas presents started! Please bring one meter of fabric of your choice and matching thread, and we'll see how many bags you can make in one class with sewing instructors. **Cost: \$2 M/\$5 NM + supplies. Limited spots—register early!**

**Fri Dec 7, 11:00 AM-12:30 PM U of A Focus Group** The University of Alberta Research Department is looking for seniors 55+ to participate in a study on how people view pharmacy. You will be completing an anonymous questionnaire, and engaging in a group discussion. **Lunch & a \$25 gift card will be provided for your time. Please RSVP early, as there are only 10 spots available!**

**2-3 PM Coffee Chat with Community Cops** Meet two constables from the Mill Woods Division for coffee and discussion.

**Sat Dec 8, 4:30-9:30 PM Outing: Dinner & Improv Show** We'll be heading downtown for dinner (Restaurant: TBD) and watching an improv show at the Citadel Theatre inspired by Hallmark's Christmas movies. Transportation will ETS Bus. We'll leave MWSA at 4:30 PM and return around 9:30 PM. **Cost: \$15 for MWSA members/\$20 Non-Members for SHOW ADMISSION ONLY, Plus Extra for Dinner + ETS Bus Fare. Please register by Dec 6, 2018. Maximum of 10 participants.**

**Thurs Dec 13, 2-4 PM Christmas Craft.** Join us for a fun afternoon of crafting. Project: TBD. **Supplies and instruction will be included. Cost: \$4 M/\$6 NM**

**Fri Dec 14, 12:15-1:45 PM EPL Tech Time** Bring your smartphone or tablet and EPL staff be there to answer questions and guide self-directed learning. **Free program. Please RSVP.**

**5-10 PM MWSA Annual Christmas Dinner** Enjoy a traditional turkey dinner, live musical entertainment, and door prizes at our annual event. Doors at 5 PM, dinner at 6 PM. Please let us know if you have any dietary restrictions at the time of ticket sale. **Tickets: \$25. Buy your tickets early!**

**Mon Dec 17, 4:30-7:00 PM Outing: Castrol Raceway Magic of Lights** We'll be heading down to Castrol Raceway (near Leduc, AB) to enjoy a spectacular 2 km light display, all in the comfort of a yellow bus. Bus will leave MWSA at 4:30 PM and return about 7:00 PM. **Cost: \$20 for MWSA members/\$25 Non-Members. Cost includes transportation and admission. Please register by Dec 10, 2018.**

**Tues Dec 18, 10-11 AM Presentation: Home Supports Program** Have you heard about our Home Supports Services program? Now is your chance to get more information and ask questions. **No cost to attend.**

**Wed Dec 19, 2-4 PM MWSA Multicultural Christmas Celebration** An event that celebrates the holidays with songs, stories and more. Everyone welcome.

**Thurs Dec 20, 9:45-10:45 AM Christmas Choir** Performed by the Menisa Music Club. Celebrate this joyous season with Christmas music. **Everyone welcome. Free!**

**Fri Dec 21, 2-3:30 PM Monthly Birthday Party** If you are a member and it's your birthday this month, join us for cake, coffee and fun times. Everyone welcome. **Cost: Free for members with birthdays. \$2 for non-members/non-birthday. Please do RSVP!**

**Mon Dec 24, 1-5 PM Christmas Eve** Join us for lunch and fellowship service. You are welcome to bring food to share (i.e appetizers, dessert). Monetary donations accepted to cover the cost of food. **Please RSVP by Dec 19 to help us prepare for lunch.**

**Tues Dec 25, 11-7 PM Christmas Day** We'll have drop-in games, coffee/hot chocolate, movies, and other fun activities throughout the day. A traditional turkey dinner will be served at 5 PM. You are welcome to bring food to share (i.e appetizers, dessert). Monetary donations accepted to cover the cost of food. **Please RSVP by Dec 19, if you are planning to join us for dinner.**

**Wed Dec 26, 2-6 PM Boxing Day** Our cafe will be open, serving soup and sandwiches. We'll also have games and movies planned.

***If you have any additional questions, please call 780 496 2997***