

DECEMBER 2022 Monthly Events Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
31 MWSA CLOSED			1 Massage therapy \$\$ 12- 8 pm	2 OUTING: Butterdome Craft Sale \$\$ 1:00- 4:30 PM
5 HEARING AIDS CLINIC \$\$ 9:30- 2:00 PM	6 Massage therapy \$\$ 12- 8 pm	7 BLOOD PRESSURE CLINIC WITH UFA NURSING STUDENTS 1:00- 3:00 PM FREE!!	8 OUTING: RIVER CREE CASINO \$\$ 11:00 AM-3:30 PM Massage therapy \$\$ 12- 8 pm	9 WORKSHOP: Art of Re-Designing Jewellery \$\$ 10- 12 pm
12 Foot Care with Clara \$\$ 9:00 AM- 4:00 PM	13 Massage therapy \$\$ 12- 8 pm	14 1-DAY WORKSHOP: "Inner Peace & Calm" Sound Bath & Meditation 1- 2 pm \$\$	15 Multicultural Day Celebration 2- 3:30 PM Free Massage therapy \$\$ 12- 8 pm Cribbage Event 12- 3 PM Free "Last Day for Cinnamon Buns"	16 Last Day of Winter Session Christmas Dinner Event \$\$\$ 5- 9 PM
19 HEARING AIDS CLINIC \$\$ 9:30- 2:00 PM	20 Massage therapy \$\$ 12- 8 pm	21 Christmas Music with MWSA Jammers by the Fireplace 9- Noon "Free"	22 Massage therapy \$\$ 12- 8 pm	23 Christmas Music with MWSA Jammers by the Fireplace 9- Noon "Free"
26 MWSA CLOSED	27 MWSA CLOSED	28 MWSA CLOSED	29 MWSA CLOSED	30 MWSA CLOSED
Featured December Events: <ol style="list-style-type: none"> 1. Outing: Butterdome Craft Sale on Dec 2nd \$\$ @ 1- 4:30 pm. 2. Starting Dec 1st Massage Therapy Tuesday & Thursdays \$\$ 12- 8 pm. 3. Cribbage Event on Dec 15 @ 12:30- 3:30 pm. 4. Christmas Dinner on Dec 16th @ 5-9 pm. 			<p align="center">MWSA HOLIDAY HOURS</p> <p align="center">MWSA WILL BE CLOSED FROM DEC 26, 2022- JAN 2, 2023</p>	

EVENT DESCRIPTIONS

Starting Thursday, Dec. 1- 22 (each Tues & Thurs), 12:00- 8:00 PM Massage Therapy with certified therapist Sirena Ganpatt. 60-minute massages are great for either full body relaxation or therapeutic to relieve a specific complaint. 90-minute massages make for an even more thorough relaxation, or for the client coming in with some issues that still wants a full body massage. All massages, whether therapeutic or relaxation, are performed to the level of comfort the client desires. Direct billing available, ask for Insurance providers list when you book your appointment at the Front Desk. **Cost for 60 min: \$75 M/ \$90 NM. Cost for 90 min: \$100 M/ \$120 NM. Every Tuesdays & Thursdays between 12:00- 8:00 PM with appointment only. Please ask more about Gift Cards & package promos on your first visit.**

Friday, Dec 2, 1:00- 4:30 PM Signatures Butterdome Craft Sale is a uniquely Canadian handmade marketplace in Edmonton that features the works of over 220 artists, artisans, makers, and designers from coast-to-coast. Edmonton's premier holiday shopping event and has become Alberta's favourite – and largest – craft sale. **Cost: \$ 30M/ \$ 40NM. Includes Transportation & Admission tickets. Bus will leave MWSA at 1 pm and return by 4:30 pm.**

Monday, Dec 5 & 19, 9:30- 2:00 PM Hearing Aids Clinic One on one session with Kate Powell for Hearing Screening, and Counselling on hearing loss treatment, guidance on AADL eligibility, and how to apply for AADL/Blue Cross benefits. Discuss rehabilitation process and setting correct expectations on hearing aids. Tips on how to clean and maintain hearing aids. Discuss the importance of hearing tests to monitor your health. **Book your spot at the front desk. Cost: \$3 M/\$5 NM**

Thursday, Dec. 8, 11:00 a.m.-3:30 PM Outing: River Cree Casino Enjoy a day out at the River Cree Casino, which includes coach bus transportation, casino voucher and lunch. Register Early to save your spot, as this trip is always popular! **The bus leaves MWSA at 11:00 AM and departure from River Cree at 3:30 pm.** Max. capacity: 24. **Cost: \$10M/ \$15 NM.**

Friday, Dec 9, 10:00- 12:00 PM Art of Re-Designing Jewellery Enjoy having fun taking apart your old costume jewellery to create something new. Using tools provided, learn how to create a new necklace and earrings by incorporating a chain, clasps, beads and your own jewellery pieces. Learning tips and techniques to incorporate sentimental pieces as trends are forever changing. Possibilities are endless. Please bring your own chains, earring hooks, and posts, or supplies extra payable to instructor. **Cost: \$25 M/ \$35 NM. Max 10 Registrations.**

Monday, Dec 12, 9:00- 4:00 p.m. Foot Care with Clara Certified Practitioner Basic Foot Care services includes Pedicure, Foot & lower leg massage & Nail care (fingernail trim & file) 40-60 minutes for \$35.00 • Nail polish application (client's own) \$10. **Book your appointments today at the front desk. Cash, Debit & Credit accepted. Pay the nurse directly. Covers Seniors benefits (will provide receipts if needed). Footcare Mobile services available at different rates. Check out at your first appointment.**

Wednesday, Dec 14, 1:00- 2:00 p.m. WORKSHOP: "Inner Peace & Calm" Sound Bath & Meditation. How to cope better with the stress of the holiday season? Let the pure tones of singing bowls soothe your mind, body and soul. You may sit on a chair or lie on a yoga mat. Wear comfortable loose clothing. Optional: yoga mat, a light blanket. Bring water to drink. **Cost: \$12 M/ \$16 NM. (Min 10 registrations)**

Thursday, Dec 15, 2- 3:30 p.m. Multicultural Day Celebration 2022 collaboration with ICWA & ENSS. Register at Front Desk before Dec 12. Cost: Free (Includes refreshments). No walk ins.

Thursday, Dec 15, 12- 3:30 p.m. Cribbage Event Outing to Harmony at Rutherford. Play Cribbage with the residents. **Cost: "Free" Coffee & snacks will be served.** Bus transportation to pick up at cribbage players MWSA at 12:30 PM. Feel free to bring your favorite crib board.

Friday, Dec 16, 5:00- 9:00 PM Christmas Dinner Event. Traditional Turkey dinner with live entertainment with "The Legends", an impersonator act with music from Elvis Presley, Patsy Cline and Ritchie Valens; 50/50 raffle; cash bar; silent auction and more! Get your tickets by Friday Dec 9, 2022. **Cost: \$40 M/ \$50 NM.**