

DECEMBER 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 #227 Caregivers Support: 1st Tues, 10 am-12 pm #227 Group Grief Counselling, 3 rd Thursday, 1:45 pm		Free Pet Therapy Wednesdays, 11 am Dominoes: Mondays @ 1pm, Café EUCHRE Game: Mondays, 2:00- 4:00 PM #225 New Members Connection: 3 rd Tues, 2 PM. Café		Canasta: Thursdays, 12:30- 2:30 PM. #Cafe Cribbage: Thursdays, 12:00- 2:15 PM. 231 Open Art Studio: Fridays, 1:00- 4:00 PM. 225 Free Outreach: Wednesdays, 10 am-2 pm. #224							
1	2	3	4	5	6						
			Medi Pedi Foot Care 9:30 am- 3:30 pm/#224 OUTING: Butterdome Craft Sale 10 am-2 pm	CHRISTMAS QUILT RAFFLE DRAW DATE							
8	9	10	11	12	13						
				EPL: Smartphones & Tablets Part II 10:30-11:30 am MWSA Christmas Dinner 5-9 PM No classes in the gym!							
15	16	17	18	19	20						
WINTER 2026 PROGRAM REGISTRATION	Members Connection, 2 pm Free! Wahkohtowin Night 5:00-7:30 pm NO FUN CURLING	Outing: River Cree Casino 11 AM-3:30 PM \$10M/\$15NM	Thursday Book Club II, 11:15 am-12:45 pm (Full)/#229	Christmas Sing-along with MWSA Jammers 9 am-12:30 pm							
22	23	24	25	26	27						
Monthly Birthday Party 1:30 Pm/Café	NO PICKLEBALL Christmas Sing-along with MWSA Jammers 9 am-12:30 pm Floor Curling League Banquet 8:30 am-2:00 pm Free Demo: Sit Move & Groove, 11 am/ #231	MWSA OPEN 8:30 AM-12:30 PM	MWSA CLOSED	MWSA CLOSED	MWSA CLOSED						
29	30	31	JANUARY 2026/1	2	3						
MWSA CLOSED	MWSA CLOSED	MWSA CLOSED	MWSA CLOSED	MWSA CLOSED	MWSA CLOSED						
5	6	7	8	9	10						
MWSA REOPENS											

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. /Room #224.

Thursday, Dec 4, 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.

Thursday, Dec 4, 10:00 AM- 2:00 PM Outing: Butterdome Craft Sale We're heading to the University of Alberta's Butterdome Craft Sale. Shop 225+ craft vendors, supporting local artists, makers and vendors. Bring comfortable walking shoes, bagged lunch (lunch money-there are food vendors on site), and water. Bus to depart MWSA at 10:00 am and return by 2:00 pm. **Cost: \$25 members/\$35 non-members, and includes charter bus transportation, along with admission. Please register by Nov 27.**

Friday, Dec 12, 10:30 AM- 11:30 am **EPL E-Learning: Smartphones and Tablets Part II.** This is a class for those new to computers including English learners and seniors. Learn the basics of navigating your device, settings, and how to connect to wi-fi. Participants are recommended to bring their own device. **This is a free drop-in program. No need to register.**

Friday, Dec 12, 5:00-9:00 pm **MWSA Annual Christmas Dinner.** Featuring live music with brother and sister duo, Sam and Jessica Heine. Dinner menu: Turkey dinner with all the fixings, and a dessert course. Coffee, tea and water are included with the dinner. There will be a cash bar available, a silent auction, and a 50/50 raffle. **Tickets: \$40 for MWSA members/\$50 Non-members. Please include any dietary restrictions. Get your tickets early!**

Tuesday, Dec 16, 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.

Tuesday, Dec 16, 5:00-7:30 PM **Wahkohtowin Night.** Come together with other families to celebrate Indigenous cultures, learn new skills, and strengthen our community. A light supper of soup, Bannock, and cookies will be served. **Free to attend. Pre-registration is not required.**

Wednesday, Dec 17, 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.**

Friday, Dec 19 & Tuesday Dec 23, 9:00 am-12:30 pm **Christmas Sing-along with MWSA Jammers.** Join MWSA's very own Jammers for a festive Christmas sing-along! Singing along is not required, but festive attire and jolly attitude are encouraged. **Free to attend! Registration is not required. Drop-in program.** Room: Lobby

Monday, Dec 22, 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.**

Tuesday, Dec 23, 11:00 am. **Free Demo: Sit, Move & Groove with Dagmar.** A joyful, low-impact chair fitness class that blends gentle strength and mobility exercises with easy-to-follow rhythmic movements. Designed for participants with mobility or chronic conditions, this class keeps everything fully chair-supported while adding a lively, feel-good groove to boost energy, confidence, and connection. Room: 231.