

DECEMBER 2024						MWSA MONTHLY EVENTS CALENDAR					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Games/Services/Support Groups pay \$3M/\$5 NM											
<ul style="list-style-type: none"> <li><b>Mahjong:</b> Mondays, 2:00- 4:15 PM</li> <li><b>Hearing Test:</b> 2nd Mon, 9:30 AM- 2:30 PM</li> <li><b>Book Club:</b> 2nd Tues, 11:00 AM- 12:30 PM</li> <li><b>Bridge:</b> Tuesdays, 12:00- 2:00 PM</li> <li><b>Alzheimer's Support:</b> 3rd Tues, 10:00 AM-12 PM</li> </ul>				<ul style="list-style-type: none"> <li><b>Caregivers Support:</b> 1st Tues, 10:00 AM- 12 PM</li> <li><b>Celiac Support:</b> 4th Tues, 10:00- 11:30 AM</li> <li><b>Cancer Support:</b> 3<sup>rd</sup> Wed, 10:00- 11:30 AM</li> <li><b>Free Pet Therapy Wednesdays,</b> 11 am</li> <li><b>Chess:</b> Wednesdays, 1:30- 3:30 PM.</li> </ul>				<ul style="list-style-type: none"> <li><b>Canasta:</b> Thursdays, 12:30- 2:30 PM.</li> <li><b>Cribbage:</b> Thursdays, 12:00- 2:15 PM</li> <li><b>Open Art Studio:</b> Fridays, 1:00- 4:00 PM</li> <li><b>Grief Support:</b> 10 AM- 1:00 PM (Check dates in calendar)</li> </ul>			
2		3		4		5		6		7	
		<b>Free Presentation on Eye Health,</b> 11:30 AM- 1:00PM/#225				<b>Grief Support Circle</b> #23110 AM- 1 PM (\$3M/\$5 NM)					
9		10		11		12		13		14	
<b>EUCHRE GAME</b> 1:30- 3:30 PM/#225 <b>Free Trial Session</b> <b>Hearing Test Clinic</b> 9:30 AM-2:30 PM		<b>FREE FIRE SAFETY PRES.</b> 10 AM-12 PM/#231 <b>Peaceful Keepers Homecare</b> 11:15 AM- 12:15 PM \$3 M/ \$5 NM/#225		<b>EPL Literacy Van,</b> 10-11AM/ Lobby		<b>Outing: River Cree Casino,</b> 11 a.m.-3:30 pm/ \$10M/\$15NM <b>Medi Pedi Foot Care</b> 9:30 AM- 3:30PM/224		<b>A Vintage Christmas</b> 5- 9 PM \$40 M/ \$50 NM		<b>Free Ukulele Demo</b> 1:00 PM/#231	
16		17		18		19		20		21	
<b>Monthly Birthday Party</b> 1:30 pm/Café		New Members Connection <b>1:00 PM (new time)/Café</b> The PC Guy 10 am- 3 pm/224 <b>Pickleball Cancelled</b> Free Demo! Thriving Through Yoga 12:30- 1:30 PM		<b>QUILT RAFFLE DRAW DATE</b>  \$2/TICKET		Pickleball Advanced, 9- 12 pm EMCN Outreach Services, 10 am- 2 pm /#224 Free No Evening Activities after 4:30 PM		<b>Grief Support #224</b> 10 AM- 1 PM (\$3M/\$5 NM)		<b>MWSA CLOSED</b> <b>No Activities</b>	
23		24		25		26		27		28	
MWSA open 8:30 am-3:30 pm <b>BLUE CHRISTMAS GATHERING</b> 1:00- 3:00 PM/ 225 Free!		MWSA open 8:30 am-12:00pm		MWSA CLOSED		MWSA CLOSED		MWSA CLOSED		MWSA CLOSED	
29		30		31		MWSA is closed on Wed. Dec 25 <sup>th</sup> , 2024- Jan 1, 2025. MWSA will re-open on Jan 2, 2025. Winter Programs will start on Monday, Jan 13 <sup>th</sup> , 2025- Saturday, April 5 <sup>th</sup> , 2025.					
MWSA CLOSED		MWSA CLOSED		MWSA CLOSED							

## Event Details (Registration required for all activities)

**Tuesday Dec 3, 11:00 AM-1:00 PM. Free EYE CARE PRESENTATION FROM ALBERTA ASSOCIATION OF OPTOMETRISTS.** Join us for a presentation on eye care and common eye health concerns for older adults, including dry eye. Brochures and resources on seniors' eye health, as well as an "Eye Healthy" Cookbook will be available. There will be time for Q&A after the presentation. **Cost: Free for All! Registration required.**

**Thursday, Dec 5, 10 am- 1 pm. GRIEF SUPPORT CIRCLE.** Everyone must learn to navigate the deep waters of grief, but we do not have to do it alone. This support group is for anyone who is experiencing grief. This is a safe and confidential space for sharing experiences of grief, while respecting other's questions, feelings, viewpoints or spirituality. Find support through: Reflective exercises, education about grief and loss, peer sharing and support, creative exercises, mindfulness and self-compassion-based exercises, conversation and connection. **Cost: \$3 M/\$5 NM. /Room 231.**

**Monday Dec 9, 1:30 -3:30 PM. Free!** day for **Euchre Game.** Come try a new card game, with an experienced player. Cards will be provided, but please pre-register! #225.

**Tuesday Dec 10, 10 AM- 12 PM. Fire Safety Presentation** from Edmonton Fire Rescue Services, with a Question and Answer period. **Cost: Free! Room: 231.**

**Tuesday Dec 10, 11:15 AM- 12:15 PM. Peaceful Keepers Home Care** is offering a fun and educational presentation primarily about the benefits of home care, including what makes their company great, plus the differences between community care, self-invoicing care, and self-managed care. There will be time for Q&A after the presentation. **Cost: \$3 M/\$5 NM. /Room 225.**

**Thursday, Dec 12, 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 12, 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.

**Friday, Dec 13, 5-9 PM. A Vintage Christmas (MWSA's Annual Christmas Dinner)** Enjoy traditional turkey dinner, along with live music from local musician Beth Portman, silent auction, 50/50 raffle, door prizes, cash bar, and more. **Get your tickets early, as this event will sell out fast! Cost: \$40 MWSA members/\$50 non-members.**

**Saturday, Dec 14, 1:00 PM. Free Ukulele Demo** with Brian Dunsmore. Did you know that the ukulele is one of the easiest instruments to learn for both children and adults, and that you can begin to play songs after learning just a few basic chords? The participants from Level I class might hang around and help show off their newfound uke skills! **Cost: Free! Room: 231.**

**Monday Dec 16, 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 17, 12:30- 1:30 PM. Free Demo! Thriving Through Yoga.** A yoga class specifically designed for those who experience pain, limited mobility, living with a disease or illness, and people who describe themselves as a little broken. Focus will be on creating flexibility, enhancing mobility, finding balance and building strength. The instructor has previously worked with participants who had MS, Parkinson's Disease, Stroke, Cancer, Arthritis, Hip Replacement, and mental health challenges. This class is suitable for all levels and experience. **Feel free to use a chair or mat.**

**Tuesday, Dec 17, 1:00 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 to be a part of Mill Woods Seniors Association. Warm regards, Deb Cautley, Executive Director. **Free (by invitation only). Room: Café.**

**Thursday, Dec 19, 10:00 AM- 2:00 PM. Free Outreach Services with EMCN,** every 3rd Thursday of the month. Services offered include immigration-related issues, Apply for PR Card, Apply for Citizenship, Request an Expiration of PR Card Renewal, Apply for Lost of PR, apply. for lost Landing paper, financial issues, Apply for Canadian Pension Plan (CPP), Apply for Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares, and housing. **Free, Drop in. Room: 224**

**Monday, Dec 23, 1:00 - 3:00 PM. Free! BLUE CHRISTMAS GATHERING. Hosted by a Grief Counsellor.** A blue Christmas offers support to anyone in our community who is grieving this holiday season. This gathering provides an opportunity to acknowledge grief and loss during this normally festive time. It offers a safe space to remember loved ones who have passed, and any other loss as some losses are not due to death. It is an opportunity to recognize sadness, disappointment, loneliness or fear. It provides a refuge of sorts, and an awareness that you are not alone in your grief. Others are hurting too. Blue Christmas is about making room for the sadness and hurt that is already there. Naming it. Honouring it. **Cost: Free, but please pre-register!** Coffee will be included.