



Mill Woods
Seniors Association

FALL 2022 PROGRAM GUIDE

September 12- December 17, 2022

2ND FLOOR, 2610 HEWES WAY
EDMONTON, AB T6L 0A9

780-496-2997
WWW.MWSAC.CA

Placing seniors at the centre

TREATY 6 ACKNOWLEDGEMENT: MWSA acknowledges that the land on which our facility rests is Treaty 6 Territory, a traditional meeting ground for many Indigenous Peoples, including Plains and Wood Cree, Assiniboine, Salteaux, Niitsitapi (Blackfoot), Métis, Nakota Sioux, and Chipewyan. Their spiritual and practical relationships with the land continue to create a rich heritage for our community. We are deeply honoured to share this land



Mill Woods Seniors Association
 2nd Floor, 2610 Hewes Way NW
 Edmonton, Alberta, T6L 0A9
 PHONE: 780-496-2997

TABLE OF CONTENTS

General Information

About us.....3
 MWSA Membership.....4
 Registrations & Payments.....5-7
 Memorandum of Reciprocal.....8

Programs & Activities

Class Description & schedule.....9- 14
 Drop-In Activities Schedule.....15- 17
 Clubs of MWSA.....18- 20
 Outreach & Home Support.....21- 25
 Advertisement.....26

Follow us on social media!

Website: www.mwsac.ca

Subscribe to our YouTube Channel!
Facebook: www.facebook.com/millwoodsseniorsassociation

Twitter: www.twitter.com/MW_Seniors

HOURS OF OPERATION

Monday, Wednesday & Friday: 8:30 AM – 4:30 PM.

Starting Sep 13, 2022.

Tuesday & Thursdays: 8:30 AM- 8:30 PM.

Weekends & Holidays: CLOSED

We are closed on Sept 30, Oct. 10 & Nov. 11

X-Mas Holidays: Closed Dec 26-30, 2022

MWSA Re-Opens: January 3, 2023

Registration Starts: Friday, Aug 26, 2022

Deadline to register for Fall Programs: Wed. Sept. 7

MISSION & VISION STATEMENT

Mill Woods Seniors Association (MWSA) enhances the quality of life of seniors in Mill Woods and surrounding communities by providing programs and services that meet their recreational, social, health, physical, intellectual, and emotional needs. MWSA is a welcoming Centre that meets the recreational, educational, and social needs of seniors in our community. If you have questions or concerns, please contact:

Executive Director, Deb Cautley at 780-496-2933 or dcautley@mwsac.ca

What's New?

© CanStockPhoto.com - csp78661219

1. Essentrics/ Stretching Hybrid with Catherine Lavedrine: **Mondays**, 9:00- 10:00 AM #Gym.
2. Extra Time with Knitting Club: **Mondays**, 9:30- 11:30 AM, #228
3. Sit & Be Fit Hybrid with Catherine Lavedrine: **Mondays**, 10:15- 11:15 AM, #Gym.
4. Sewing & Crafting Club: **Mondays**, 1:30 PM- 4:15 PM, #229
5. Caregivers & Alzheimer's Support Group: **Tuesdays**, 10:00- 12:00 PM, #228
6. Painting Workshop Series with Karen Bishop: **Tuesdays**, 5:00- 7:00 PM, #231. **Evening!!**
7. Spanish for Beginners with Cecilia Hamel: **Wednesdays**, 1:30- 3 PM, Virtual.
8. North of 60 with Cathy Mathews: **Wednesdays**, 2:00- 3:00 PM, #231.
9. Nia with Kirsten Bartel: **Thursdays**, 10:00- 11:00 AM, #229. **Additional Day**
10. Core, Strength & Stretch with Deb Proc: **Thursdays**, 12:30- 1:30 PM, #Gym.
11. Learn card Making with Card Making Club members: **Thursdays**, 12:30- 2:00 PM, #225
12. Spanish Level 2 with Cecilia Hamel: **Thursdays**, 1:30- 3 PM, Virtual.
13. Oil Painting with Joyce Boyer: **Thursdays**, 3:30- 5:30 PM, #231 **Evening!!**
14. Barre, Cardio with Deb Ravbar: **Thursdays**, 6:15- 7:30 PM, #Gym. **Evening!**
15. Strong & Stable with Natalia Bandola: **Fridays**, 9:15- 10:15 AM, # Gym. **Additional Day.**

MWSA Staff Directory

Position	Name	Email	Contact
General Inquiries	Front Desk Volunteers	N/A	780-496-2997
Executive Director	Deb Cautley	dcautley@mwsac.ca	780-496-2933
Bookkeeper/Office Admin	Michele Vriens	mvriens@mwsac.ca	780-508-9260
Membership/ Volunteer	Brandy Devine	bdevine@mwsac.ca	780-508-9359
Programs	Shalini Waryah	swaryah@mwsac.ca	780-508-9252
Café Chef	Daniel Diaz Mora	chef@mwsac.ca	780-508-9251
Café Pre-orders	Volunteers/ Staff	N/A	780-944-5926
Communications	Karen Lee	klee@mwsac.ca	780-717-3038
Outreach	Shambhu Chowdhury	schowdhury@mwsac.ca	780-720-6213
Home Supports	Jenny Faryna	jfaryna@mwsac.ca	587-594-7884

[WELCOME TO THE MILL WOODS SENIORS ASSOCIATION](#)

The Mill Woods Seniors Association (MWSA) enhances the independence of seniors (55 years and over), by providing a range of programs and services to meet their recreational and social needs. Aging well is about enjoying new experiences and learning new things. At MWSA, seniors are encouraged to continue learning, adapting, and contributing to society. We hope to inspire our members to live a meaningful and passionate life, with our variety of programs and services. We offer volunteer opportunities to those who are looking to give back to their community.

Mill Woods Seniors Membership Requirements & Benefits

Note: Membership fees are not refundable, nor transferable

	Regular (55+)	Associate (45-55+)	Reciprocal
Annual Membership Fee	\$ 30.00 Non-Refundable/ Non-Transferable	\$ 30.00 Non-Refundable/ Non-Transferable	N/A
Email Updates	Yes	Yes	Yes
Vote at AGM!	Yes	No	No
Clubs allowed!	Yes	Yes	No
In person & Virtual Classes	Registration required		
DROP- INS! Punch Card	Jammers, Pickle Ball, Badminton, Fun Floor Curling, Cribbage & Table Tennis, Presentations, Workshops.		
Benefits	Discounts on Annual passes to City Recreational facilities.		
Reciprocal	Reciprocal membership will only be honored for Instructor lead classes. (No Clubs)		
Important	Participants are not considered registered until full payment has been received for the session & we have sufficient participants to run the class.		

2022 Annual Program Schedule

Session	Length/Weeks	Registration days	Session Dates
1. Hybrid/In Person	12	April 4- 8	Jan 10 th - April 2 nd
2. Hybrid/In Person	12	July 4- 8	April 11 th - July 2 nd
3. Hybrid/In Person	12		July 11 th - Sep. 2 nd
4. Hybrid/In Person	14	Aug 26- Sep 7	Sep. 12 th - Dec. 17 th

Most important Note: First thing to do when you enter the center is to report at the Front Desk to FOB before going to your class/ activity. We suggest you arrive 10 minutes before the scheduled time. It helps the center to keep track in case of emergencies.

Online Registration

Register for 2022 Memberships, Classes, and other activities online!

Website www.myactivecenter.com

MWSA Membership and membership fob (plastic card with barcode) are required to register online

Early Bird Registration & Payments

1. Please check if your membership is valid before you register for your classes.
2. **Register by Sept. 2, 4:30 PM** and receive a discount on multiple classes (**in-person or over the phone only**).
 - 2 classes: \$10.00 discount
 - 3 classes: \$20.00 discount
 - 4 classes: \$30.00 discount
 - 5 classes: \$40.00 discount
3. **Punch Cards for Drop-In Programs** are available for purchase at the Front Desk (Badminton, Pickle Ball, Table Tennis, Fun Floor Curling, Cribbage, Jammers, Presentations & Workshops).
 - Cost for Drop-in **Program Punch Card**: MWSA **Members**, **\$30.00** (10x\$3)
 - **Reciprocal Members/Non-members**: **\$50.00** (10x \$5).
 - **Drop- In classes Punch card**: MWSA Members, **\$120.00** (10 x \$12);
 - Reciprocal Members/Non-Members, **\$150.00** (10 x \$15)

Feel free to drop in for classes (**Call: 780-496-2997** to confirm if they are running that day).

Low Enrolment and Waitlist Policies

- You will be notified if any class is cancelled due to low enrolment.
- If the program that you wish to register for is full, you can add your name to a “waitlist” to see if there are any cancellations.
- We encourage early registrations so that we can adjust scheduling if necessary. If there is sufficient interest to run a second course (and depending on instructor or room availability) MWSA may schedule a second time slot or move the activity to a larger room to accommodate interest and physical distancing.

Cancellations, Wallet/ Credits and Refunds

- Classes will be cancelled if minimum registration numbers are not met.
- Participants will be notified if a class is cancelled by MWSA; fees collected at the time of registration are refundable or credit applied to the wallet.
- No refunds or credits will be given to participants if they withdraw from a program of their own volition or for missed classes, presentations/ activities. Refunds will only be provided if MWSA cancels the program.
- Please call us if you may have a refund credit. Have your receipt ready.
- Program dates, times, instructors, and fees are subject to change.
- Programs and club dates may be bumped or cancelled for educational programming, facility maintenance, special events, emergencies, and bookings.
- Any registration after the program start date must be completed in person at the Centre. If you are in doubt about details, we recommend calling us: 780-496-2997.

Liability and Disclaimers

- MWSA will not be held responsible should you decide to come to the Centre to participate in our programs and get sick with COVID-19. We ask that you stay home if you are experiencing any COVID-19 symptoms or feeling sick.
- MWSA is not responsible for any physical injuries that may occur during any of its programs or at the Centre.
- All participants are required to sign a **Waiver to release MWSA from any liability** when registering for any program.
- Opinions expressed by guest speakers do not necessarily reflect the views of MWSA staff, volunteers, or the Board of Directors.

Clubs vs. Classes

Clubs are created for fun & socializing, with assigned leads for working on projects. MWSA members who join the club will need to register for the year 2022 in the first week of January 2022. MWSA membership is required for reciprocal members to join our clubs or any free activities.

- **Classes** are instructor lead and participants need to register & pay before the session starts. Our instructors are skilled & qualified to help the participants achieve their desired goals. Reciprocal members can enjoy the members rates with membership at other participating senior centers.

Memorandum of Understanding Reciprocal Program Registrations

Mill Woods Seniors Association is a participating center of the Edmonton Seniors Coordinating Council's Reciprocal Program Registration Agreement. Seniors can access a variety of courses from Edmonton's seniors' centers with one membership.

What you need to know about Reciprocal Program Registration:

- Reciprocal registration applies to **instructional courses only**. However, some centers will accept reciprocal registration for social events, non-instructional programming, and clubs. Check with the center you want to register with.
- You must show a valid membership card from one of the participating centers to register.
- Participating centers have different registration procedures, so contact the center to find out what you need to know to register.
- If you have a membership at the other center, you will still fill in the Membership form at Front Desk (do not pay), will receive your Membership Card which has Reciprocal Membership details with Key Fob, for our database (to attend the classes here).

Eligible: To attend Instructor Lead Classes or use of Café (meals/coffee).

Participating Centres		
Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at Token Fee \$5.00	780-970-8825
Edmonton Indigenous Seniors		587-525-8970 Ext # 2
Edmonton Seniors Centre	Still Honoring	780-425-8625 Ext. 2003
Jewish Senior Citizens' Centre	Still Honoring	780-488-4841
North Edmonton Seniors	Still Honoring *(exception - Fitness Centre)	780-496-4915/ 4927
Northwest Edmonton Seniors	Still Honoring	780-451-1925
Sage Seniors Association	Still Honoring	780-701-9016
Southeast Edmonton Seniors	Still Honoring	780-468-1985 Ext.228
Southwest Edmonton Seniors	Still Honoring	587-987-3200
Strathcona place 55+ Centre	Still Honoring	780-433-5807
West end Seniors Activity	Still Honoring	780-483-1209
Updated June 1, 2021, ESCC staff support: Rosalie Gelderman, rosalie@seniorscouncil.net , 587 985 3091		



In Collaboration with AHC

*These services are Free for MWSA members only (No drop in for these services) *

Register with MWSA

AHC SETTLEMENT SERVICES

This program is for newcomers to Canada and the services includes PR card renewal, Citizenship, AB works, CIVIDA, Tax filing in tax season, info about community services, providing awareness through different group activities like driving for beginners, legal literacy & much more. These services will be provided through information & orientation (one-on-one sessions) or group activities based on the clients' needs

- **Times:** Fridays, 10:00- 3:00 PM (With appointment only)
- **ENGLISH CONVERSATIONAL CIRCLE WITH AHC**

This program is for MWSA members & newcomers to Canada to practice English language through group conversations, enhancing vocabulary and English language by engaging in different facilitated learning activities like roleplaying and group work. (LED: Learning English for daily life). The goal of this class is to build connections with people in the community, while removing the language barrier and creating confident communication in their new homeland.

Note: If you do not show up for your class 2 times in a row then your registration will be cancelled.

- **Times:** Tuesday: 12:30- 2:30 PM. (Limit of 12 participants per class). **NEW!!**

DIGITAL LITERACY PROGRAM (COMPUTER CLASS)

This program is for MWSA members & newcomers to Canada to improve their digital communication skills through cell phones, apps/ social media, learn to check emails, search browser. The goal of this class is to build connections with people in the community, while removing the communication barrier. Limit of 12 per class.

Note: If you do not show up for your class 2 times in a row then your registration will be cancelled.

- **Times:** Monday: 11:30- 1:30 pm, 1:30- 3:30 pm. Thursday, 2:30- 4:30 PM.

Instructor Led Programs (Registration Required)

ACRYLIC PAINTING FOR ALL LEVELS

Acrylics are **fast drying paints** that can be used straight from a tube, like oil paints, or can be thinned with water, like watercolors. They are extremely versatile and vibrant, offering the artist a wide range of textures, colors, and consistencies. "This Acrylic class is for all, black gesso techniques."

Supply list will be provided at the time of registration for Class. This is a fragrance-free class.

- **Instructor:** Willie Wong. **In- Person. Minimum Reg. 5.**
- **11 Week:** Tuesdays, 1:00 PM- 3:00 PM. **Sep 13, 20, 27, Oct 4, 18, 25, Nov 1, 8, 15, 22 & 29.**
- **Members Cost:** \$165/ Members, **No Drop In please**
- **Non-Members Cost:** \$220 non- members / **No Drop In please.**

BARRE / CARDIO 75 Minutes- EVENING

75 Minutes and fun! Cardio Chaos Barre Fusion- 30 Minutes cardio ranging from steady state hi-low, HITT type, cardio kickbox sweat and 45 minutes Barre. Barre is a whole-body ballet inspired workout focusing on dynamic stretching, posture, and strengthening small muscles especially back and core, working small range of motion and the best part you need not be a ballerina to join. Please sanitize the equipment after use & store it in the Gym.

- **Instructor:** Deb Ravbar. **In- person. Minimum Reg. 5.**
- **14 Week:** Thursday, 6:15- 7:30 PM | **Sep 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1, 8, 15.**
- **Members Cost:** \$168 Members, **Drop-in Fee:** \$15/class.
- **Non- Members Cost:** \$210 non- members / **Drop-in Fee:** \$20/ class

BARRE, STRENGTH & STRETCH:

Barre classes combine breath, alignment and gentle movements derived from ballet, Pilates, and yoga. Barre conditioning helps create long, lean muscles, toned thighs, stronger abdominals, and increased flexibility, as well as improved posture. This course is designed for a low intensity exercise class working on strength with various equipment and a nice long core and stretch at the end for restoration and relaxation. Please sanitize the equipment after use & store it in the Gym.

- **Instructor:** Deb Proc. **In- person. Minimum Reg. 5.**
- **14 Week:** Wed., 10:45-11:45 AM. **Sep 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7, 14.**
- **Members Cost:** \$140 Members, **Drop-in Fee:** \$12/class.
- **Non- Members Cost:** \$168 non- members / **Drop-in Fee:** \$15/ class

BEGINNERS LINE DANCING

This dance class is for beginners. It is a low impact, great exercise, and fun for all ages. Most of the music that will be played is country. We will include dances for the beginner class and some dances for those who want to improve their line dance skills. No previous dance experience required, just a fun attitude. Footwear with a leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.

- **Instructor:** Tracy Walters. **In- Person. Minimum Reg. 5.**
- **14 weeks:** Wednesdays, 1:15- 2:15 PM. **Sep 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7, 14.**
- **Members Cost:** \$140 Members, **Drop-in Fee:** \$12/class.
- **Non- Members Cost:** \$168 non- members / **Drop-in Fee:** \$15/ class

CHAIR YOGA

Experience all the benefits of yoga (increase flexibility, build muscle strength, increase energy levels, and improve circulation) from a seated position. This class is perfect for participants looking for a gentle introduction to yoga, and those with mobility or chronic conditions. All exercises are performed from a chair. No mat work is required. All levels are welcome. No previous yoga experience is required.

- **Instructor:** Anne Palaschuk. **In- Person. Minimum Reg. 5.**
- **12 Weeks:** Friday, 11:00- 12:00 PM | **Sep 16, 23, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9, 16.**
- **Members Cost:** \$120 Members, **Drop-in Fee:** \$12/class.
- **Non- Members Cost:** \$144 non- members / **Drop-in Fee:** \$15/ class.

CIRCUIT TRAINING

This is a class for all levels of fitness, including those looking for a more active class. This is a fast-paced 60-minute class that keeps you on your toes. Circuit training format involves rotating through various stations that target your lower and upper body strength, core and cardiovascular fitness using body weight and various equipment. Challenge yourself to keep going through the allotted time at each station. Discover how quickly your strength and endurance improve each week. Modifications for every fitness level will be provided.

- **Instructor:** Deb Ravbar. **In- Person. Minimum Reg. 5.**
- **14 Week:** Tuesdays, 11:45- 12:45 PM. **Sep 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13.**
- **Members Cost:** \$140 Members, **Drop-in Fee:** \$12/class
- **Non- Members Cost:** \$168 non- members / **Drop-in Fee:** \$15/ class

CORE, STRENGTH, AND STRETCH--NEW!!

Strengthen your core and overall strength with the use of stability balls along with weights and bands. This one-hour class will help strengthen your core muscles, help reduce back pain and improve balance. It will also include total body strength and will wrap up with a nice long stretch to help reduce stress and promote relaxation.

- **Instructor:** Deb Proc. **In- person Only. Minimum Reg. 5.**
- **14 Weeks:** Thursdays, 12:30- 1:30 PM. **Sep 15, 22, 29, Oct. 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1, 8, 15.**
- **Members Cost:** \$140 Members, **Drop-in Fee:** \$12 class.
- **Non- Members Cost:** \$168 non- members / **Drop-in Fee:** \$15 class.

ESSETRICS & STRETCHING

This class uses gentle movements that consistently engage all the body's muscles and connective tissues that keep us strong, flexible, and lubricated, as well as supplying immense benefits to the brain. Essentrics can help reverse unpleasant signs of aging, such as stiffness and chronic pain; improve posture; and create better balance and renewed energy. "We can't change our age, but we can change how our body ages."

- **Instructor:** Catherine Lavedrine. **Hybrid. Minimum Reg. 5.**
- **12 weeks:** Mondays, 9:00- 10:00 AM. **Sep 19, 26, Oct 3, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12.**
- **Members Cost:** \$120 Members, **Drop-in Fee:** \$12/class.
- **Non- Members Cost:** \$144 non- members / **Drop-in Fee:** \$15/ class

FLOOR CURLING LEAGUE (MWSA MEMBERS ONLY)

The league is for floor curlers with some curling experience who want to play regularly on a team in a fun environment. If interested in joining the league, please pay and register by **Thursday SEP 7, 2022. First come, first serve.**

- **Program Lead:** Peter Kozak
- **14 Weeks:** Tuesdays 12:15- 2:00 PM. **Sep 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13.**
- **Cost:** \$40 Members Only. No Drop In.

INTERMEDIATE LINE DANCING

For those who have taken a beginner line dance class and want more of a challenge. We will include dances from the beginner class and some dances for those who want to improve their line dance skills. Shoes with leather soles are recommended.

- **Instructor:** Tracy Walters. **In- Person. Minimum Reg. 5.**
- **14 weeks:** Wed, 12:00- 1:00 PM. **Sep 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9,16, 23, 30, Dec 7, 14.**
- **Members Cost:** \$140 Members, **Drop-in Fee:** \$12/class.
- **Non- Members Cost:** \$168 non- members / **Drop-in Fee:** \$15/ class

KEEP FIT- ACTIVE

Keep Fit Active is for active older adults who are looking for a challenge that is fun and burns big calories. The class consists of a warm-up and a vigorous low-impact half hour of cardio. We also use weights to increase strength and a variety of movement patterns and exercises to improve posture and balance. Participants are required to do exercises and stretches on the floor to increase core strength and flexibility.

- **Instructor:** Esther Sipos. **Friday Hybrid. Minimum Reg. 5.**
Deb Proc. **Wednesday In- Person. Minimum Reg. 5.**
- **14 weeks:** Wednesdays, 12:00-1:00 PM. **Sep 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9,16, 23, 30, Dec 7, 14.**
- **12 Weeks:** Fridays, 12:00- 1:00 PM | **Sep 16, 23, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9, 16.**
- **Cost for 12 weeks:** \$120 Members, **Drop-in Fee:** \$12 class.
Friday: \$144 Non-members, **Drop-in Fee:** \$15/ class.
- **Cost for 14 weeks:** \$140 Members, **Drop-in Fee:** \$12/class.
Wed: \$168 Non-members, **Drop-in Fee:** \$15/ class.

LEARN CARD MAKING **NEW!!**

Learn to make beautiful cards with one of our Card Making Club members. Please bring your smiles with you and you will take home your beautiful creations to admire. **Please collect your supply list at the time of registration at the front desk.**

- **Instructor:** Shirley Manchak & Silvia Malfanti **In- Person. Maximum Reg. 8.**
- **3rd Thursday of the Month:** Thurs, 12:30- 2:00 PM | **Sep 15, Oct 20, Nov 17 & Dec 15.**
- **Cost:** \$40 Member/ \$60 Non-Member. **No Drop In please.**

NIA CLASS

Nia is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for 3 intensity levels during each class, making Nia® suitable for all ages and fitness levels. Typically done barefoot, please feel free to wear thin-soled indoor footwear if needed. A yoga mat is also optional for floor play and cool-down. Wear comfortable clothes that are easy to move in (and make you feel good).

- **Instructor:** Kirsten Bartel. **Tuesday & Thursday In- Person. Minimum Reg. 5.**
- **8 Weeks:** Tuesdays, 10:00- 11:00 AM. **Sep 13, 20, Nov 8, 15, 22, 29, Dec 6, 13.**
- **8 Weeks:** Thursdays, 10:00- 11:00 AM. **Sep 15, 22, Nov 10, 17, 24, Dec 1, 8, 15. NEW DAY**
- **Members 8-week Cost:** \$80 Members, **Drop-in Fee:** \$12 class.
- **Non-Members 8 Week Cost:** \$96 non- members / **Drop-in Fee:** \$15 class.

NORTH OF 60 **NEW!!**

This is an active workout designed for those 55+ (really any age) who are still active and ambulatory but are beginning to feel some affects of aging; perhaps balance isn't quite what it was, or you are starting to have some mild to moderate mobility issues. We start with a warm-up and a little cardio, to prepare the body for the work that follows. After this, the focus will be on balance and strength exercises, followed by a brief cool-down. Balance and strength can be maintained for many years by simply working at it!

- **Instructor:** Cathy Mathews. **In- Person. Minimum Reg. 5.**
- **14 Week:** Tuesdays, 9:10- 10:00 AM. **Sep 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13.**
- **Members Cost:** \$140 Members, **Drop-in Fee:** \$12/class.
- **Non- Members Cost:** \$168 non- members / **Drop-in Fee:** \$15/ class

OIL PAINTING FOR BEGINNERS

We will be exploring the wonders of Oils for all levels. You can follow along with the instructor with a chosen picture (find at the back side of supply list) or you can work on your own picture. We will work from the start of a painting through to its completion. The instructor will be there to demonstrate different techniques. **Please collect your supply list at the time of registration at the front desk.**

- **Instructor:** Joyce Boyer **In- Person. Minimum Reg. 5.**
- **14 Weeks:** Thursdays, 3:30- 5:30 PM | **Sep 15, 22, 29, Oct. 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1, 8, 15.**
- **Members Cost:** \$210 Members, **No Drop-in please.**
- **Non- Members Cost:** \$280 non- members, **No Drop-in please.**

PAINTING WORKSHOP SERIES **NEW EVENING PROGRAM**

Join local watercolor artist Karen Bishop and discover the unique properties of painting on yupo paper (**Will be provided by instructor & Included in the cost of class**). This ultra-smooth, non-porous surface opens up a new style of painting with loose, flowing, bright and fresh colours. Over the weeks you will be encouraged to experiment and embrace the happy accidents. You will learn how to work with the paint and the paper rather than try to control them. Our three special words will be "less is more" and as the weeks progress you will learn to trust your intuition and quite literally go with the flow! Some knowledge of watercolour painting is useful but not essential for this series of classes. **Please collect your supply list at the time of registration at the front desk.**

Week 1 - Getting used to yupo with washes, **Week 2** - Layering and learning how to be gentle

Week 3 - The reductive technique, **Week 4** - Painting water! **Week 5** - Painting Trees **Week 6** - Painting Flowers, **Week 7** - Adding an animal to the landscape, **Week 8** - Christmas Cabin Painting **Week 9** - How to finish our work, a final critique and mini exhibit

- **Instructor: Karen Bishop. In- Person. Minimum Reg. 8.**
- **9 Weeks:** Tuesdays, 5:00- 7:00 PM | **Sep 13, 20, Oct. 4, 18, 25, Nov 1, 8, Dec 6, 13**
- **Members:** \$225/ **Drop-in:** \$30; **Non-Members:** \$315/ **Drop-in:** \$40

SPANISH FOR BEGINNERS- **Virtual Class**

Join the Beginners Spanish Classes and learn the basics of Spanish: Greetings; numbers; days of the week, months and seasons, time, helpful and useful vocabulary. "Have fun while you learn". Diviertase y Aprende!

- **Instructor: Cecilia Hamel . Minimum Reg. 5.**
- **14 weeks:** Wed, 1:30- 3:00 PM. **Sep 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9,16, 23, 30, Dec 7, 14**
- **Cost:** \$140 Members / \$168 Non-Members, **No Drop-in.**

SPANISH LEVEL 2- **Virtual Class**

Learn more Spanish. Now that you know the basics of Spanish and wish to further your skills and be more confident speaking the Language; this class is for you. Muy divertido!

- **Instructor: Cecilia Hamel . Minimum Reg. 5.**
- **14 weeks: Thurs,** 1:30- 3:00 PM. **Sep 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10,17, 24, 31, Dec 8, 15.**
- **Cost:** \$140 Members / \$ 168 Non-Members, **No Drop-in.**

SIT AND BE FIT

A gentle fitness class for participants with mobility and/or chronic issues. All exercises are performed from a chair. Learn different adaptive exercises with light weights and exercise bands to build strength, stamina, and flexibility.

Minimum Reg. 5.

- **Instructor:** Natalia Bandola. **Friday, In- Person;** Catherine Lavedrine. **Monday, Hybrid.**
- **12 Weeks:** Fridays, 10:30-11:45 AM **Sep 16, 23, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9, 16.**
- **12 Weeks:** Mondays, 10:15- 11:15 AM. **Sep 19, 26, Oct 3, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12**
- **Cost for 12 Weeks, Mondays (60 minutes):** \$120 Members, **Drop-in Fee:** \$12 class
 - o \$144 Non-members, **Drop-in Fee:** \$15/ class.
- **Cost for 12 weeks, Fridays (75 Minutes):** \$144 Members, **Drop-in Fee:** \$15/class.
 - o \$180 Non-members, **Drop-in Fee:** \$20/ class

STRETCH & TONE YOGA

Tone your body while increasing flexibility, balance, endurance, and well-being. This class will encompass active yoga poses, breath awareness and restorative elements. Enjoy the energizing and peaceful effects of yoga. Taught by a certified Iyengar yoga instructor. Please bring a yoga mat. **Minimum Reg. 5.**

- **Instructor:** Anne Palaschuk. **Hybrid.**
- **14 Weeks:** Tuesdays, 11:00-12:00 PM. **Sep 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13.**
- **Members Cost:** \$140 Members, **Drop-in Fee:** \$12 class
- **Non- Members Cost:** \$168 non- members / **Drop-in Fee:** \$15 class.

STRONG BODY HEALTHY CORE

This class is designed for anybody who wants to improve their overall health and fitness level by focusing on core exercises to train the muscles of pelvis, lower back, hips, and abdomen to work in harmony. This will lead to better balance, posture, and stability, whether on the playing field or in daily activities. During the class participants will use weights, elastic bands, bender balls and their own body weight. The class is chair friendly. **Minimum Reg. 5.**

- **Instructor:** Natalia Bandola. **In- Person.**
- **13 weeks:** Mondays, 1:00- 2:00 PM. **Sep 12, 19, 26, Oct 3, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12**
- **Members Cost:** \$130 Members, **Drop-in Fee:** \$12 class.
- **Non- Members Cost:** \$156 non- members / **Drop-in Fee:** \$15 class.

STRONG & STABLE

A low impact fitness class for those with chronic conditions or mobility issues. Keeping active and improving your fitness level is more important when you have a chronic condition. In this one-hour class, you will learn safe and effective movements to work on your flexibility and balance, strength, and endurance. Class format consists of 20 - 25 minutes strength training, 15 - 20 minutes cardio and 10 -15 minutes stretch and balance with a proper warm up and cool down. **Minimum Reg. 5.**

- **Instructor:** Natalia Bandola. **In- Person. (Mondays & Fridays)**
- **13 weeks:** Mondays, 11:-45- 12:45 PM. **Sep 12, 19, 26, Oct 3, 17, 24, 31, Nov 7,14, 21, 28, Dec 5, 12**
- **12 weeks:** Fridays, 9:15- 10:15 AM. **Sep 16, 23, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9, 16.**
- **Members Cost:** \$130 or \$120 Members, **Drop-in Fee:** \$12 class.
- **Non- Members Cost:** \$156 or \$144 non- members / **Drop-in Fee:** \$15 class.

TABATA

Tabata is an interval exercise class for the active participant. Participants work for 20 seconds and rest for 10 and this pattern is repeated for 8 rounds (4-minute cycles) and then the exercise changes and a new 4-minute cycle begins. This type of interval training is designed to improve one's overall fitness level. Tabata benefits an individual's cardiovascular fitness level as well as improving the body's metabolism. Exercises vary from cardio, strength, and core. **Minimum Reg. 5.**

- **Instructor:** Esther Sipos. **Monday Hybrid;** Catherine Lavedrine. **Wednesday Virtual;** Deb Ravbar.

Thursday in person.

- **13 weeks:** Mondays, 11:30- 12:30 PM. **Sep 12, 19, 26, Oct 3, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5, 12.**
- **13 weeks:** Wednesday, 9:00- 10:00 AM. **Sep 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7, 14.**
- **14 weeks:** Thursday, 11:15- 12:15 PM. **Sep 15, 22, 29, Oct. 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1, 8, 15.**
- **Members Cost:** \$140 Members (14 weeks) \$130 members (13 weeks), **Drop-in Fee:** \$12 class.
- **Non- Members Cost:** \$168 non- members (14 weeks), \$156 (13 weeks) / **Drop-in Fee:** \$15 class.

TAI CHI 24: BEGINNERS

It is a simplified form of Tai Chi and quite easy to learn and practice. These days it has become a popular trend, more people worldwide start to learn these 24 forms. Tai Chi is a form of martial art that can improve one's health, sense of balance, and overall well-being. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing. No previous experience necessary.

- **Instructor:** Ken Chui **In- Person. Maximum Limit 12**
- **14 Weeks:** Tuesdays, 2:00-3:00 PM. **Sep 13, 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13.**
- **Members Cost:** \$140 Members, **Drop-in Fee:** \$12 class.
- **Non- Members Cost:** \$168 non- members / **Drop-in Fee:** \$15 class.

WATERCOLORS FOR ALL LEVELS.

This course is designed for all levels, the easy-to-follow handouts make it fun and fast to get the sketches done. This is a 2-hour weekly class that will cover from still life to landscape and everything in between. **Note:** Participants are responsible for cleaning the space they are using during the class. **Please collect your supply list at the time of registration at the front desk. This is a fragrance-free class.**

- **Instructor:** Willie Wong. **In- Person. Min. 5 & Max Limit 15.**
- **13 Weeks:** Thursdays, 9:30-11:30 AM | **Sep 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, 24, Dec 1, 8.**
- **Members Cost:** \$195 Members / **No Drop-in Please.**
- **Non- Members Cost:** \$260 non- members / **No Drop-ins Please**

MWSA Ongoing Drop-In Activities

**These activities are ongoing so no gaps.

**Any changes in Times/ Days will be effective from the next week of announcement.

**Drop-In activities may be subject to cancellation due to Special Events. Please see the Monthly Calendar or website for latest updates.

Did you know? We have drop-in **Punch Cards** for all our Drop- In programs are available for purchase at the Front Desk. Pre-pay for 10 drop-in sessions of the sports of your choice: Fun floor curling, Badminton, Pickleball, Table Tennis & other drop- in activities or presentations.

BADMINTON

Playing badminton is a fun way to stay active. We have two courts at MWSA. All equipment will be provided. Please wear clean running shoes.

- Mondays, 2:15- 4:15 PM
- Wednesdays, 2:30- 4:15 PM.
- Fridays, 1:30- 4:00 PM
- **Cost: \$3 Members/ \$5 Non-Members** (Punch Cards Available)

CRIBBAGE

Cribbage, or crib, is a card game traditionally for two, three, or four players that involves playing and grouping cards in combinations which gain points.

- Program Lead: TBA
- Thursdays, 12:30- 2:30 PM.
- **Cost: \$3 Members/ \$5 Non-Members** (Punch Cards Available)

FUN FLOOR CURLING

Floor curling is similar to the game of ice curling—the main difference is that there is no sweeping. Curling rocks are pushed with wooden sticks. All levels of curlers are welcome to play the game in a fun, non-competitive environment. **A minimum of 8 curlers are needed to run this program: a maximum of 32 participants at one time.**

- **Times:** Tuesdays, 2:00- 3:45 PM.
- **Cost: \$3 Members/ \$5 Non-Members** (Punch Cards Available)

JAM SESSIONS

Bring your own instrument and jam with other musicians. All music styles and levels are welcome. Come for fun, music, and friendship. If you do not play an instrument, you are still welcome to come, watch and/or sing. There is usually a dedicated musician or two to help lead the group.

- Wednesdays & Fridays: 9:00 AM-12:00.
- **Cost: \$3 Members /\$5 non-Member** (Punch Cards Available)

PICKLEBALL- ADVANCED

Two indoor courts are available. Play with other pickleball players in a fun environment. **Players of all levels can be expected.** If you are new to the game, please play during "Pickleball for Beginners" time. Paddle and balls are provided, but players are welcome to bring their own. Please wear clean court shoes.

- Tuesdays: 4:00- 8:00 PM
- Thursdays, 4:00- 6:00 PM
- Thursdays, 9:00- 11:00 AM
- **Cost: \$3 Members/ \$5 Non-Members** (Punch Cards Available)

PICKLEBALL—BEGINNERS

Two courts are available. Pickleball is a fun game played with a paddle on a court. It can be described as a cross between badminton, tennis, and table tennis. Pickleball for Beginners is an opportunity to learn and practice this popular sport in a friendly, non-competitive environment. No Instructor. Learn to play with other players. Paddle and balls are provided, but players are welcome to bring their own. Please wear clean court shoes.

- Tuesdays, 9:00 AM- 10:30 AM
- Wednesdays, 9:00- 10:30 AM
- Thursdays, 2:00- 4:00 PM
- **Cost: \$3 Members/ \$5 Non-Members** (Punch Cards Available)

TABLE TENNIS

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. The game takes place on a hard table divided by a net. Please bring a pair of clean court shoes to the room.

- Mondays & Wednesdays: 12:30- 2:30 PM
- **Thursdays: 6:00- 8:00 PM NEW!!**
- **Cost: \$3 Members/ \$5 Non-Members** (Punch Cards Available)

OPEN PIANO: FREE

We have a piano in our lobby that is available during our hours of operation. Please check at the Front Desk before using.

Clubs are Free! (MWSA Membership Required)

- Please get your supplies pre-approved from the Program Coordinator with details through emails only for the Clubs. Any non-pre-approved receipts will not be accepted for payments.
- Any items made for donations on behalf of the center will be emailed to the staff with the quantity & other details to prepare the letter of donation.
- If participants are working on their own project, they will need to pay a \$3.00 drop- in fee at the Front Desk. (Card making, Knitting, Sewing & Quilting Club).
- Clubs will set up & take down for themselves, back to the original setup.
- These activities are ongoing so there are no gaps.

****Registration is mandatory at the beginning of the year to know the capacity of the room in use and to inform the participants about any changes in schedule. ****

Book Club

Love to Read? Interested in meeting some new people? Want to explore different genres of books? Join our Book Club! The book being discussed will be advertised in the Email newsletter & at the end of the session. No supplies are needed.

- **Program Lead:** Joanne Christie
- **Times:** 2nd Tuesdays of every month, 11:00 AM- 12:30 PM, #231
- **Cost:** Free (MWSA members Only). Limit of 12 members.

Card Makers Club

This is a fundraising club for MWSA. They make beautiful, handcrafted cards. Come join us for the morning. Some supplies will be provided, but feel free to bring your own. Finished cards will be sold at the Front Desk.

- **Program Lead:** Shirley Manchak
- **Times:** Thursday, 9:00 AM- 12:00 PM, #225
- **Cost:** Free (MWSA members Only). Limit of 12 members.

Card Games Club

Interested in meeting new people? Want to play cards? Join our card club (Grab your Tea/ Coffee from our Café) to play your favorite card game with friends. You can choose to bring your cards due to covid safety reasons, otherwise feel free to grab a set of cards and do not forget to scan your fob.

- **Program Lead:** TBA
- **Times:** Thursday, 11:30 AM- 1:30 PM, #Lobby
- **Cost:** Free (MWSA members Only).

Knitting Club

This is a fundraising club for MWSA. A fun social gathering with fellow knitters. Items are made for donations to local charities including: The Ronald McDonald House; Basically Babies; various shelters for the homeless; and Edmonton Police Services OR sold at MWSA marketplace or Craft Sale. Donated yarn is available to make items for charities. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Stacey Beller
- **Extra Knitting:** Mondays, 9:30- 11:30 AM #228 **NEW!!**
- **Times:** Tuesdays, 9:00 AM- 12:00 PM, #225
- **Cost:** Free (MWSA members Only). Limit of 12 members.

Multicultural Club

A support group for immigrant seniors. Members meet to provide support to each other, discuss current affairs and issues that affect their lives. Community Resource persons are brought in to provide information on programs of interest to immigrant seniors. Need special permission to invite Political members. **Note:** Room assigned can be changed at any time to accommodate other classes/ learning activities.

- **Program Lead:** Sudhir Somaiya
- **Times:** Fridays, 1:00- 4:00 PM, #231
- **Cost:** Free (MWSA members Only)

Sewing & Crafting Club

This is a fundraising club for people who love making things. Learn new crafting techniques and have fun doing projects together. Use donated material or bring your own and enjoy the company of other crafters. Limited sewing machines and materials are available. Items are made for donations to local charities including: The Ronald McDonald House; Basically babies; various shelters for the homeless; OR sold at MWSA marketplace or Craft Sale. All levels of crafters are welcome. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Terry Ferguson
- **Times:** Mondays, 1:30 PM- 4:15 PM, #229
- **Cost:** Free (MWSA members Only). Limit of 12 members.

Quilting Club

This is a fundraising club for people who love to Quilt. Learn new crafting techniques and have fun doing projects together. Use donated material or bring your own and enjoy the company of others. Limited sewing machines and materials are available. Items are made for donations & sold at MWSA marketplace or Craft Sale. All levels of quilters are welcome. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Trudy Papsdorf
- **Times:** Wednesdays, 9:00 AM- 11:45 AM, #229
- **Cost:** Free (MWSA members Only). Limit of 12 members.

MWSA ONGOING OUTREACH SUPPORT GROUPS

Our Friendly Community Outreach Program

MWSA's Seniors Connect *Our Friendly Community Outreach Program* includes both in-center activities and services to seniors out in the community who may be living alone and need companionship, housing, medical help, home support or other.

CAREGIVER CIRCLE & ALZHEIMER'S SUPPORT GROUP

Caregiving is a compassionate & challenging job. Come and meet with other caregivers for conversation, idea sharing and support. This program is for members & non-members to get together to share their experiences & thoughts to support each other. Representative from the Alzheimer's Society will be joining our Caregiver support group on the 3rd Tuesday of each month.

- **Times:** Tuesdays, 10:00- 12:00 PM
- **Cost:** Free
- **Please register by calling *Front Desk: 780-496-2997***

CONVERSATIONAL CIRCLE

This is a program for seniors (members and non-members welcome) to get together to discuss current events, reduce social isolation, and create fellowship in a friendly, and welcoming environment.

- **Times:** Wednesday, 1:30-3:30 PM
- Ongoing Virtual Program (Virtual)
- **Cost:** Free
- **Please register by calling *Fred Sawka: 587-328-1099* or**
- **Email: fred@sawka.com**

KEEPING COMMUNITIES TOGETHER

The goal is to improve your physical and mental health through various breathing exercises, stretches, and meditation. He will cover yoga postures, micro-exercises, pranayama's, and meditation exercises. No experience is necessary. All fitness levels are welcome.

- **Times:** Mon, Tues, Thurs & Fri, 2:00- 3:00 PM
- Ongoing Virtual Program (Outreach)
- Cost: Free
- **Please register by calling *Shambhu Chowdhury: 780-720-6213* or**
- **Email: outreach@mwsac.ca**

ONE ON ONE SUPPORT

Addressing individual physical, mental health, grief support and other contingent issues. Book your slot.

- **Times:** Monday- Friday, 5:00- 6:00 PM
- Ongoing Virtual Program (Outreach)
- Cost: Free
- **Please register by calling *Shambhu Chowdhury: 780-720-6213* or**
- **Email: outreach@mwsac.ca**

QUALITY CIRCLE

This program is for seniors facing mental health, isolation, Ethnic and linguistic barriers. Physical and Mental Health support facilitated by practicing medical practitioner, Individual and Group counseling, discussion on Contemporary system affecting individuals and groups.

- **Times:** Mon, Tues, Thurs & Fri, 8:30- 10:00 PM
- Ongoing Virtual Program (Outreach)
- Cost: Free
- **Please register by calling *Shambhu Chowdhury: 780-720-6213* or**
- **Email: outreach@mwsac.ca**

HOME SUPPORTS PROGRAM

**Need more info or a referral?
Please call us on 587-594-7884**

Could you or a senior you know in Edmonton use some help around the house? Our Home Supports Coordinator at the Mill Woods Seniors Association (MWSA) can refer you to screened, reliable service providers for free.

Services include:

- Snow shoveling, home maintenance such as painting, roofing, odd jobs.
- Yard maintenance such as grass cutting and tree care or removal.
- Housekeeping, Downsizing and/or moving, Dog walking.

How the Program Works:

- When seniors contact MWSA, they are given referrals to service providers.
- Seniors contact the service provider and discuss the work that needs to be done and the costs.
- The senior then selects a service provider that fits their needs.
- Seniors are not charged for the referral but pay the service provider for the work done.

MONTHLY PRESENTATIONS

Mill Woods Seniors Association offers a variety of educational sessions throughout the year on a variety of topics including health and wellness, aging well, current affairs, safety, financial planning, and general interest. **Please see our monthly calendar for more details. Cost: Free/ \$3 members/ \$5 non-members**

SPECIAL EVENTS

In addition to our regular programming, MWSA Staff and Special Events Committee organizes many special events throughout the year, including dinners, Open House, cultural celebrations (i.e., Christmas, Chinese New Year, Mother's Day, Diwali), and more! Please see the monthly Special Events Calendar & email newsletters for more details.

OUTINGS

MWSA organizes regular outings to places of special interest and festivals in the city of Edmonton and surrounding area. Some past trips have included: The Devonian Gardens, Jurassic Forest, The Ukrainian Cultural Heritage Centre, The Alberta Legislature, The Royal Alberta Museum, and Peaceful Valley! Cost of outings varies. Please see the monthly Special Events Calendar for more details.

VOLUNTEERS

As a non-profit organization, volunteers are essential to the operation of the Mill Woods Seniors Association. We are always looking for volunteers for our programs, special events, Front Desk, Kitchen, and Administration. If you are interested in volunteering, please contact us at 780-496-2997 or visit us in person to fill out an application form.

FUNDRAISING

As a non-profit organization, we accept cash donations or gifts-in-kind from the community to help support our programs and services. If you are interested in supporting the Mill Woods Seniors Association, or would like more information about fund development opportunities, please contact us at 780-496-2933. Tax receipts can be issued.

 <p><i>The Mill Woods Seniors Association (MWSA) operates the 2nd Floor Cafe. We strive to prepare fresh and affordable homemade meals for dine-in and take-out. The cafe is open to the general public, not just to MWSA members.</i></p>	<p>Location 2nd Floor, 2610 Hewes Way NW (Above the Mill Woods Edmonton Public Library) Edmonton, AB T6L 0A9</p> <p>Cafe/Catering Inquiries 780-944-5926</p> <p>Follow us on Instagram: 2ndFloorCafeYeg</p>
---	--

2ND FLOOR CAFE NEWS

Updated: Aug 17, 2022

- **Notice to 2nd Floor Cafe customers:** Due to the rising food costs (with no relief in sight), MWSA is forced to raise our menu prices starting **September 6, 2022**. The unfortunate price increase is necessary for MWSA to continue to provide quality, affordable meals to customers. Thank you for your understanding, and continued support. The new prices will be as follows:
 - Daily lunch specials: \$10.50 for MWSA members; \$12.50 non-members
 - Frozen Foods: \$10/entree; Soup \$5/each
 - Cinnamon Buns, \$4.00/each or 4 cinnamon buns for \$15.
- **Cinnamon Bun Day** is every Thursday. **The next cinnamon bun day is Sept 15.**
- **MWSA Frozen Meals** (*heat2Eat*) are now available for purchase
- MWSA is open for dine-in and take-out. No restrictions.
- **Livers & Onions Day** is on the last Friday of every month.
- **SAVE TIME! CALL AHEAD!** You can call ahead of time for your lunch pick-up, so you do not have to wait. Just give us a call at **780-944-5926 (Cafe Counter)** or **780-496-2997 (MWSA Office)**.



Mill Woods Seniors Association 2022

- | | |
|--|-----------------------------|
| 1. Friday, September 9 @ 10:00 AM- 2:00 PM | MWSA Annual Open House |
| 2. Tuesday, September 20 @ 5:00 PM- 7:00 PM | Mix & Mingle |
| 3. Saturday & Sunday, September 24- 25 @ 10:00 AM- 3:00 PM | Fall Rummage Sale |
| 4. Tuesday, October 18 @ 5:00 PM- 7:00 PM | Mix & Mingle |
| 5. October 22 @ 10:00 AM- 2:00 PM | Annual Craft & Book Sale |
| 6. Friday, November 4 @ 5:00 PM- 9:00 PM | Mardi Gras Fundraising Gala |
| 7. Tuesday, November 15 @ 5:00 PM- 7:00 PM | Mix & Mingle |
| 8. Friday, December 16 @ 5:00 PM- 9:00 PM | Christmas Dinner |

Please check monthly events calendars, website (www.mwsac.ca) or call 780-496-2997. Thank you!

ADVERTISE WITH US!

ADVERTISING IN OUR MONTHLY NEWSLETTER
Rates are:




- \$25 – Business Card (4" x 2½")
- \$40 – ¼ Page (4" x 5¼")
- \$80 – ½ page (8" x 5 ¼" or 4" x 10 ½")
- \$160 – Full page (8"x 10½")

ADVERTISING IN OUR DAILY SCHEDULE DISPLAY
Rates are:

- \$50/month

All submissions must be in jpeg 300 dpi format and printer ready!
submissions should be sent to: klee@mwsac.ca

*A one-time set up fee of \$30 may apply if your ad is not camera ready.
Note: paid advertisements may not reflect the views of MWSA. Buyer discretion is advised.

#2ND FLOOR, 2610 HEWES WAY EDMONTON, AB T6L 0A9
780-496-2997 | WWW.MWSAC.CA