



MILL WOODS SENIORS CENTRE

FALL PROGRAMS 2025



Registration Begins Aug 18th, 2025

PROGRAM & ACTIVITY GUIDE
(No break in between the sessions)

Fall Session I: Sep 8th – Nov 1st (8 weeks)

Fall Session II: Nov 3rd – Dec 20th (7 weeks)

Pro- Rate option is available for in person registration
All Drop in activities are on-going.

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

PLACING SENIORS AT THE CENTRE



Fall Program Guide has
been sponsored by
Servus Credit Union



Last Updated: Aug 18, 2025.

Please avoid last-minute program registrations.

TREATY 6 ACKNOWLEDGEMENT

We at the Mill Woods Seniors Association respectfully acknowledge that we gather on Treaty 6 territory, the traditional lands of the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux peoples.

This land has been a place of connection, relationship, and stewardship for generations.

We honour and thank the diverse Indigenous peoples whose ancestors have walked this land before us and whose presence continues to enrich our community today. We are committed to learning from the past, engaging in reconciliation, and building respectful relationships as we work together to create a welcoming and inclusive space for all.



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Mill Woods Seniors Association

2nd Floor, 2610 Hewes Way NW

Edmonton, Alberta, T6L 0A9

PHONE: 780-496-2997

Hours of Operation in Fall:

- **Monday to Friday:** 8:30 am to 4:30 pm
- **Thursdays:** 8:30 am- 8:30 pm
- **Saturdays:** 9:00 am- 1:00 pm

MWSA Closed for all activities:

- **Labour Day:** Mon, Sep 1st, 2025.
- **Rummage Sale:** Sat, Sep 20th & Sun, 21st, 2025
- **Truth & Reconciliation Day:** Tues, Sep 30th, 2025
- **Thanksgiving Day:** Mon, Oct 13th, 2025
- **Remembrance Day:** Tues, Nov 11th, 2025

Important Days/ Events:

Fall Rummage Sale: Sat, Sep 20th & Sun, Sep 21st

Annual Craft Sale: Sat, Oct 18th

Christmas Dinner: Fri, Dec 12th (No Gym activities)

No Gym Activities on these dates:

Municipal Elections: Oct 7, 8, 9, 10, 11 & 20

- Polls are open 12-8 pm

Christmas Dinner: Friday, Dec 12, 2025

ABOUT US Mill Woods Seniors Association**Vision Statement**

The vision of MWSA is to continue to be a welcoming Centre that meets the recreational, educational and social needs of seniors in our community.

Mission Statement

The mission of MWSA is to enrich the lives of seniors in Mill Woods and surrounding communities by providing a diverse range of programs and services that are tailored to meet their recreational, social, health, physical, intellectual and emotional needs while fostering an inclusive environment that celebrates diversity.

Values and Value Statements

Respect: We listen to each other and treat each other with fairness and dignity.

Inclusion: We celebrate our differences and create an environment of acceptance for all.

Innovation: We build successful ideas and new approaches.

Collaboration: We work together with others to achieve shared goals.

Accountability: We respond to the needs of our members and take responsibility for our actions.

Sustainability: We address current needs while considering future impacts.

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
Café Chef	Daniel Diaz Mora	chef@mwsac.ca	780-508-9251
Assistant Chef	Mica	N/A	780-508-9251
Café Pre-orders	Volunteers/ Staff	N/A	780-944-5926
Communications	Karen Lee	klee@mwsac.ca	780-717-3038
Program Coordinator	Shalini Waryah	swaryah@mwsac.ca	780-508-9252
Evening/ Saturday Staff	Brandon Kowalchuk	brankowal@outlook.com	780-496-2997
Special Events Coordinator	Volunteer	speialevents@mwsac.ca	N/A

MWSA MEMBERSHIP INFORMATION

Annual Memberships

- 55+ Membership: \$36 per person (**Effective Jan 1, 2024.**)
- Valid for one year from the date of purchase.
- Full voting privileges at Annual General Meeting.
- Access to MWSA programs and club enrollment at membership rates.
- Membership Discount at 2nd Floor Cafe
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

Associate Memberships

- 45+ Membership: \$36 per person. (**Effective Jan 1, 2024.**)
- Valid for one year from the date of purchase.
- No voting privileges at Annual General Meeting.
- Access to MWSA instructor-led programs and drop-in activities at membership rates and club enrollment.
- Membership Discount at 2nd Floor Cafe
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

Reciprocal Memberships: Those who have a valid membership for one of the participating centers.

- Please retain your proof of membership for reciprocal membership verification (Membership card)
- No voting privileges at the Annual General Meeting.
- No access to MWSA clubs.
- Access to drop-in activities at non-member rates.
- Access to instructor-led programs at member rates.
- Fill out the membership form for our database info and receive a key fob when registering for classes/activities.
- Access to the café.

Non-Members

- Access to programs/activities/special events/presentations/workshops at a non-member rate.
- No access to clubs.
- Access to the café is allowed for all ages & non- members.

HOW TO REGISTER

Online Registration / Pay

Sign into your online account. Please have your key tag number ready. Register as you did before.

If you haven't set up your online account, visit www.myactivecenter.com and click the "New Users" button. Follow the instructions. If you need assistance with account setup, please ask for MWSA staff assistance by calling 780-496-2997.

Telephone Payment

Front Desk volunteers can assist you with telephone registration (credit card payments only). (780-496-2997)

"E- Transfer" Payment **NEW!**

Please send your payment to: ed@mwsac.ca" (add course details or reason of payment).



Cancellations and Refund Policy

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, and special events. Refunds will only be provided if MWSA cancels the program. Please save your receipt for a refund.

Low Enrollment Policy

Register early to avoid class cancellations. We assess enrollment one week before the start date of the classes. If the minimum requirement is not met, the class may be cancelled. If the program is full, you can add your name to a waitlist.

Disclaimers

Opinions expressed by guest speakers do not reflect the views of MWSA. MWSA is not responsible for any physical injuries incurred during any programs. All participants must sign a waiver form before being permitted to participate in MWSA programs, clubs, and outings.

We Encourage the Use of Punch Cards for Drop-In Activities/Classes

Punch cards for drop-in programs are available for purchase. These can be used for any program with a \$3 or \$5 drop-in fee, such as badminton, pickleball, table tennis, fun floor curling, cribbage, Jammers, and presentations.

- Cost for Drop-in Activity Punch Card: **MWSA Members, \$30.00** (10 x \$3.00). Reciprocal Members/Non-members: \$50.00 (10 x \$ 5.00).
- Drop-in Classes Punch Card: **MWSA Members, \$130.00 (10 x \$13.00)**. Reciprocal Members/Non-members, \$160.00 (10 x \$16.00).
- **This can be a thoughtful gift for a friend.**

Feel free to drop in for classes, unless otherwise stated in this guide. Call 780-496-2997 to confirm if they are running that day.

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 membership at the other center, you will still need to fill in the MWSA membership form at the Front desk at no extra cost. You will receive a MWSA Membership Card along with Reciprocal Membership details and a barcode key tag that you use to scan in at the front desk to attend an instructional course. The bar code key tag has a hole in it so you can attach it to a key ring or to your car key fob.
- Eligible to attend instructor-led classes and use the café (meals/coffee).

Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at the Token Fee \$5.00	780-496-7369
Edmonton Indigenous Seniors	Still Honoring	587-525-8970 Ext # 2
Edmonton Seniors Centre	Still Honoring	780-425-8625 Ext. 2003
Jewish Senior Citizens' Centre	Still Honoring	780-488-4241
North Edmonton Seniors	Still Honoring *(exception - Fitness Centre)	780-496-6969
Northwest Edmonton Seniors	Still Honoring	780-451-1925
Sage Seniors Association	Still Honoring	780-423-5510
Southeast Edmonton Seniors	Still Honoring	780-468-1985 Ext.228
Southwest Edmonton Seniors	TBD	587-987-3200
Strathcona Place 55+ Centre	Still Honoring	780-433-5807
West End Seniors Activity	Participating at Token Fee \$5.00	780-483-1209
Updated Dec 06, 2024.		

Instructor-Led Programs (Registration Required)

ART & LEARNING CLASSES

CARD MAKING CLASS: Marcelle Jamieson (Card Makers Club). **Room 225/ Min 5, Max 8**

Learn to cut and fold cardstock in different ways to create unique and interesting cards. Assemble 4 cards (4 weeks). Learn about card sizes, stock, tools, adhesives, fancy papers, dies, machines and much more! All materials will be precut for you. Please bring your supplies. Please ask for your supply list at the front desk.

-  **3rd Thursdays, 12:15- 3:15 PM.**
- 4 weeks: **\$60 M/ \$65 NM**

Sep 18, Oct 16, Nov 20 & Dec 18.

Drop-ins: \$18 M/ \$20 NM. (Registration required).

DEVELOP PICKLEBALL SKILLS: Ralph Wentland **Room Gym/ Max 8 (each session).**

This course is for anyone who has Pre-requisite - Learn to Play Pickleball. Come to learn how to advance your game, an increased focus on tactics, technique, rule knowledge and have some fun. This will enhance your confidence & skills or experience & you would want to learn in an easy (not competitive) environment. No equipment purchase required. Paddles and balls provided. All you need is a pair of non-marking indoor running shoes.

-  **Thursdays, 1:45- 2:45 PM.**
- Fall I: **Sep 11, 18, 25, Oct 2, 16, 23 & 30.**
- Fall II: **Nov 6, 13, 20, 27, Dec 4, 11 & 18.**

No Drop Ins.

7 weeks: **\$70 M/ \$91 NM.** **No class Oct 9**

7 weeks: **\$70 M/ \$91 NM.**

-  **Thursdays, 2:45- 3:45 PM.**
- Fall I: **Sep 11, 18, 25, Oct 2, 16, 23 & 30.**
- Fall II: **Nov 6, 13, 20, 27, Dec 4, 11 & 18.**

No Drop Ins.

7 weeks: **\$70 M/ \$91 NM.** **No class Oct 9**

7 weeks: **\$70 M/ \$91 NM.**

LEARN TO PLAY PICKLEBALL: Ralph Cole **Room Gym/ Max 10 (each session).**

You have probably heard about this game called pickleball and are curious to find out why it is becoming so popular. It is a great game with rules to make it a fun game for people of all ages and abilities and to get exercise that we all need. All you need is a pair of non-marking indoor running shoes. No equipment purchase required. Paddles and balls provided. Come to learn how to play, the rules and have some fun.

-  **Thursdays, 4:00-6:00 PM.**
- Fall I: **Sep 11, 18, 25, Oct 2, 16, 23 & 30.**
- Fall II: **Nov 6, 13, 20, 27, Dec 4, 11 & 18.**

No Drop Ins.

7 weeks: **\$70 M/ \$91 NM.** **No class Oct 9**

7 weeks: **\$70 M/ \$91 NM.**

SPANISH CONVERSATIONAL: Manual Parra **Room 225 / Min 5 & Max 30.**

Would you like to practice Spanish in a relaxed and friendly environment? In this course, you will improve your speaking skills through everyday conversations, learn useful vocabulary, and practice pronunciation and reading techniques to gain confidence. No pressure, just fun and engaging discussions! Bring a notebook/pen.

-  **Wednesdays, 10:30 AM- 12:00 PM.**
- Fall II: **Nov 5, 12, 19, 26, Dec 3, 10, 17.**

Drop In: **\$13 M/ \$16 NM.**

7 weeks: **\$70 M/ \$91 NM.**

SPANISH GRAMMER BASICS: Your First Step

Room 225 / Min 5 & Max 30.

A friendly course for those who want to deepen their understanding of basic Spanish rules. Learn about articles, pronouns, verbs, gender, accentuation, and more. Strengthen your skills and improve your grasp of the language. 📅 Keep moving forward with confidence! 😊

- 📅 **Wednesdays, 10:30 AM- 12:00 PM.** Drop In: **\$13 M/ \$16 NM.**
- Fall I: **Sep 17, 24, Oct 1, 8, 15, 22 & 29.** 7 weeks: **\$70 M/ \$91 NM.**

WATERCOLOURS 4 ALL LEVELS: Willie Wong

Room 231/ Max 20.

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 two-hour weekly class that will cover everything from still life to landscape and everything in between. Participants are responsible for cleaning the space they are using during the class. Please ask for an updated supply list at the time of registration for class. **This is a fragrance-free class.**

- 📅 **Thursdays, 9:30-11:30 AM.** Drop-ins: **\$20 M/ \$24 NM.**
- Fall I: **Sep 11, 18, 25, Oct 2, 9, 16, 23 & 30.** 8 weeks: **\$128 M/ \$160 NM.**
- Fall II: **Nov 6, 13, 20, 27, Dec 4, 11 & 18.** 7 weeks: **\$112 M/ \$140 NM.**

FITNESS & DANCE CLASSES

AGE REVERSING ESSENTRICS: Belinda Lang

Room 229 / Max 16.

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy, and your immune system. Moderate fitness - standing and some floor work (back and side only). Bring a yoga mat and water.

- 📅 **Mondays, 1:30- 2:30 pm.** Drop In: **\$16 M/ \$20 NM.**
- Fall I: **Sep 8, 15, 22, 29, Oct 6, 20 & 27.** 7 weeks: **\$91 M/ \$112 NM.** No class: Oct 13.
- Fall II: **Nov 3, 10, 17, 24, Dec 1, 8 & 15.** 7 weeks: **\$91 M/ \$112 NM**

BARRE, STRENGTH & STRETCH: Deb Proc

Room Gym/ Max 24.

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; increased flexibility; and 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.

- 📅 **Wednesdays, 10:45-11:45 AM.** Drop-ins: **\$13 M/ \$16 NM**
- Fall I: **Sep 17, 24, Oct 1, 15, 22 & 29.** 6 weeks: **\$60 M/ \$78 NM.** No class: Sep 10 & Oct 8.
- Fall II: **Nov 5, 12, 19, 26, Dec 3, 10, 17.** 7 weeks: **\$70 M/ \$91 NM.**

CIRCUIT TRAINING: Deb Ravbar.

Room 231 / Max 12.

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.

- **Tuesdays, 10:45- 11:45 AM.**

Drop-ins: **\$13 M/ \$16 NM.**

- Fall I: **Sep 9, 16, 23, Oct 7, 14, 21 & 28.**

7 weeks: **\$70 M/ \$91 NM** **No class: Sep 30.**

- Fall II: **Nov 4, 18, 25, Dec 2, 9 & 16.**

6 weeks: **\$60 M/ \$78 NM** **No class: Nov 11.**

CORE, STRENGTH, AND STRETCH: Deb Proc

Room Gym/ Max 20.

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.

- **Thursdays, 12:30- 1:30 PM.**

Drop-ins: **\$13 M/ \$16 NM.**

- Fall I: **Sep 18, 25, Oct 2, 16, 23 & 30.**

6 weeks: **\$60 M/ \$78 NM.** **No class: Sep 11 & Oct 9.**

- Fall II: **Nov 6, 13, 20, 27, Dec 4, 11 & 18.**

7 weeks: **\$70 M/ \$91 NM.**

ESSENTRICS® for Seniors - (45 minutes): Meaghan

Room 229 / Max 16.

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 -Gentle Fitness, standing and chair work (sitting). This class will be adapted for people with mobility devices.

- **Fridays, 1:15- 2:00 pm.**

Drop In: **\$16 M/ \$20 NM.**

- Fall I: **Sep 12, 19, 26, Oct 3, 10, 17, 24 & 31.**

8 weeks: **\$104 M/ \$128 NM**

- Fall II: **Nov 7, 14, 21, 28, Dec 5, 12 & 19.**

7 weeks: **\$91 M/ \$112 NM.**

FLOOR CURLING LEAGUE: Peter Kozak

Room Gym/ Max 32.

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 before it gets full. **First come, first serve.**

- **Tuesdays, 12:00- 2:00 PM.**

14 weeks: \$42.00 (Members only).

- **Sep 2, 9, 16, 23, Oct 14, 21, 28, Nov 4, 18, 25, Dec 2, 9, 16 & 23.** **No session: Oct 7.**

KEEP FIT ACTIVE: Deb Proc

Room Gym/ Max 30.

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.

-  **Wednesdays, 12:00-1:00 PM.**
- Fall I: Sep 17, 24, Oct 1, 15, 22 & 29.
- Fall II: Nov 5, 12, 19, 26, Dec 3, 10, 17.

Drop-ins: **\$13 M/ \$16 NM.**
 7 weeks: **\$70 M/ \$91 NM.** No class: Sep 10 & Oct 8.
 7 weeks: **\$70 M/ \$91 NM.**

LATIN FITNESS (Higher Energy): Dagmar Sanchez, originally from Cuba.

Room Gym/ Max 40

Latin Fitness is better suited for those looking for a more energetic, upbeat workout experience. Love Latin music and dance? Join Dagmar to learn Salsa, Merengue, Bachata, and Cha-Cha-Cha! Move with grace and rhythm at your own pace. Whether you're a beginner or experienced, this class is for you. No partner or fancy shoes required—just come ready to have fun and shine on the dance floor!

-  **Fridays, 11:45 AM- 12:45 PM.**
- Fall I: Sep 12, 19, 26, Oct 3, 17, 24 & 31.
- Fall II: Nov 7, 14, 21, 28, Dec 5, 19.

Drop-ins: **\$13 M/ \$16 NM.**
 7 weeks: **\$70 M/ \$91 NM.** No class: Oct 10.
 6 weeks: **\$60 M/ \$78 NM.** No class: Dec 12.

LINE DANCING BEG. Tracy Walters

Room Gym/ Max 50.

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

-  **Wednesdays, 1:15- 2:15 PM.**
- Fall I: Sep 10, 17, 24, Oct 1, 15, 22 & 29.
- Fall II: Nov 5, 12, 19, 26, Dec 3, 10, 17.

Drop-ins: **\$13 M/ \$16 NM.**
 7 weeks: **\$70 M/ \$91 NM.** No Class: Oct 8
 7 weeks: **\$70 M/ \$91 NM.**

LINE DANCING ADV. Tracy Walters

Room 231/ Max 20

It is an advanced level class, great exercise, and fun for all ages. Most of the music that will be played is country. Dance for those who want to improve their line dancing skills. No previous dance experience required, just a fun attitude. Footwear with leather or similar type of sole (with no grips). A clean pair of runners would also be appropriate.

-  **Wednesdays, 3:00- 4:00 PM.**
- Fall I: Sep 10, 17, 24, Oct 1, 8, 15, 22 & 29.
- Fall II: Nov 5, 12, 19, 26, Dec 3, 10, 17.

Drop-ins: **\$13 M/ \$16 NM.**
 8 weeks: **\$80 M/ \$104 NM.**
 7 weeks: **\$70 M/ \$91 NM.**

MOVE & GROOVE (Lower Impact): Dagmar Sanchez, originally from Cuba. **Room GYM/ Max 40.**

Move and Groove offers a low-impact workout featuring modified moves at a lower intensity. Focus on balance, flexibility, cardio, and coordination while moving to the beat at your own pace. Bring indoor running shoes and get ready for fun and fitness!

- **Fridays, 10:30- 11:30 AM.**

Drop-ins: **\$13 M/ \$16 NM.**

- Fall I: **Sep 12, 19, 26, Oct 3, 17, 24 & 31.**

7 weeks: **\$70 M/ \$91 NM.** **No class: Oct 10.**

- Fall II: **Nov 7, 14, 21, 28, Dec 5, 19.**

6 weeks: **\$60 M/ \$78 NM.** **No class: Dec 12.****MAT PILATES:** Rose Hickey.**Room 229/ Max 12**

Mat Pilates relies on small, controlled movements that focus on the strengthening of your core muscles. Pilates are often beneficial for those suffering with neck and back pain. It can help to lengthen, strengthen, and balance your body while increasing your flexibility and concentration. Pilates is well known as a powerful way to fire up your core, but it also targets the entire body. After a few sessions, you will see improvements to your posture and balance.

- **Mondays, 10:30-11:30 AM.**

Drop-ins: **\$13 M/ \$16 NM**

- Fall I: **Sep 8, 15, 22, 29, Oct 6, 20.**

6 weeks: **\$60 M/ \$78 NM.** **No class: Oct 13 & 27.**

- Fall II: **Nov 3, 10, 17, 24, Dec 1, 8 & 15.**

7 weeks: **\$70 M/ \$91 NM.****NIA® CLASS:** Kirsten Bartel**Room 229/ Max 16.**

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 three intensity levels during each class, making Nia® suitable for all ages and fitness levels. Typically done barefoot, feel free to wear thin-soled indoor footwear. Comfortable clothing for easy moving & yoga mat.

- **Thursdays, 10:00-11:00 AM.**

Drop-ins: **\$13 M/ \$16 NM.**

- Fall I: **Sep 11, 18, 25, Oct 2, 9, 16, 23 & 30.**

8 weeks: **\$80 M/ \$104 NM.**

- Fall II: **Nov 6, 13, 20, 27, Dec 4, 11 & 18.**

7 weeks: **\$70 M/ \$91 NM.****STABILITY STRENGTH & ENDURANCE:** Rose Hickey.**Room Gym/ Max 35**

This class is a combination of Sit & be Fit & Core class. It's designed to target all parts of the body to help those struggling with arthritis, osteoporosis, instability & cardio health. Anything done standing can be done seated & modifications will be shown throughout the class so that everyone can participate without any issues. Light weights and bands will be used to increase muscle strength.

- **Mondays, 11:45-12:45 PM.**

Drop-ins: **\$13 M/ \$16 NM**

- Fall I: **Sep 8, 15, 22, 29, Oct 6 & 27.**

6 weeks: **\$60 M/ \$78 NM.** **No class: Oct 13.**

- Fall II: **Nov 3, 10, 17, 24, Dec 1, 8 & 15.**

7 weeks: **\$70 M/ \$91 NM.**

TABATA CLASSES: Esther Sipos/ Deb Ravbar

Room Gym/ **Max** 24

Tabata is an interval exercise class for active participants. 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. .

• **Mondays, 10:30-11:30 AM.**

- Fall I: **Sep 8, 15, 22, Oct 6 & 27.**
- Fall II: **Nov 3, 10, 17, 24, Dec 1, 8 & 15.**

Drop-ins: **\$13 M/ \$16 NM.**

5 weeks: **\$50 M/ \$65 NM.** **No class: Sep 29 & Oct 13.**

7 weeks: **\$70 M/ \$91 NM.**

• **Thursdays, 11:15- 12:15 PM.**

- Fall I: **Sep 11, 18, 25, Oct 2, 16, 23 & 30.**
- Fall II: **Nov 6, 13, 20, 27, Dec 4, 11 & 18.**

Drop-ins: **\$13 M/ \$16 NM.**

7 weeks: **\$70 M/ \$91 NM.** **No class: Oct 9.**

7 weeks: **\$70 M/ \$91 NM.**

TAI CHI 10 FORMS: Ken Chui

Room 229. **Max** 14

Tai Chi 10 Form class is composed of 10 movements all of which are used in in 24 Form. Yang 10 form is often referred to as Yang 8 form. Both are the same, but Yang 8 does not count commencing and closing form.

• **Tuesdays, 1:15- 2:15 PM**

- Fall I: **Sep 9, 16, 23, Oct 7, 14, 21 & 28.**
- Fall II: **Nov 4, 18, 25, Dec 2, 9 & 16.**

Drop-ins: **\$13 M/ \$16 NM.**

7 weeks: **\$70 M/ \$91 NM.** **No class: Sep 30.**

6 weeks: **\$60 M/ \$78 NM.** **No class: Nov 11.**

WALKING FOR WELLNESS: Rose Hickey.

Outdoor Activity

This is for all who wish to explore outdoors. We learn the proper techniques of walking, the importance of stretching & staying hydrated while exercising. The first class will meet in the senior center lobby (Fob in at front desk required). Further plans will be shared through emails. All you need is comfortable clothing, tennis shoes (sneakers), a hat & water bottle.

• **Mondays, 9:00- 10:00 AM**

- Fall I: **Sep 8, 15, 22, 29, Oct 6, 20.**

No Drop Ins.

6 weeks: **\$60 M/ \$78 NM** **No class: Oct 13 & 27.**

ZUMBA GOLD: Tammy Clark

Room 229, **Max.** 14

This is a dance fitness class with the same Latin rhythms & popular music you love in a Zumba class but with less intense moves. Participants can choose to be standing or sitting in a chair depending on your preference and balance ability but both choices are still a full body workout. All moves can be modified to be less or more intense depending on your fitness level. The music is so amazing, and the moves are easy to pick up. Just move your body and follow along! Some standing songs will include balance and toning elements, those choosing to sit during those songs will be encouraged to do a modified move. You'll get to try both and decide which style you like better! :)

• **Thursdays, 3:00- 4:00 PM.**

- Fall I: **Sep 11, 18, 25, Oct 2 & 30.**
- Fall II: **Nov 6, 13, 20, 27, Dec 4, 11 & 18.**

Drop-ins: **\$13 M/ \$16 NM.**

5 weeks: **\$50 M/ \$65 NM.** **No class: Oct 9, 16, 23.**

7 weeks: **\$70 M/ \$91 NM.**

YOGA & MEDITATION

A 7-WEEK JOURNEY: EXPLORING MEDITATION: Michelle Dionne **Room 231, Max. 30**

Curious about meditation but not sure where to start? This course offers a welcoming space to explore science, philosophy & practice of meditation. Together, we'll look at how meditation supports well-being, and stress affects the mind and body. Each week introduces a different meditation style—giving you the opportunity to experience a variety of techniques & discover what resonates most with you. Whether you're new to meditation or looking to deepen your practice, this will help you build insight, awareness, and inner calm—one breath at a time.

-  **Tuesdays, 12:00- 1:00 PM.**

No drop ins Please.

- Fall I: **Sep 9, 16, 23, Oct 7, 14, 21 & 28.**

7 weeks: **\$70 M/ \$91 NM.** **No class: Sep 30.**

CHAIR YOGA: Neeru Prashar

Room Gym/ Max 30.

Experience all the benefits of yoga (increase flexibility, build muscle strength, 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. Chair only. No previous experience is required.

-  **Friday, 1:00- 2:00 PM.**

Drop-ins: **\$13 M/ \$16 NM.**

- Fall I: **Sep 12, 19, 26, Oct 3, 17, 24 & 31.**

7 weeks: **\$70 M/ \$91 NM.** **No class: Oct 10.**

- Fall II: **Nov 7, 14, 21, 28, Dec 5, 19.**

6 weeks: **\$60 M/ \$78 NM.** **No class: Dec 12.**

GENTLE CHAIR YOGA: Anne Palaschuk

Room 231/ Max 15

This class is intended for beginners, those with special concerns/ injuries or who want a slower pace in which to develop greater personal body and breath awareness, paying attention to alignment and detail. We will learn about improving flexibility, strength and balance in a gentle practice that is calming and stress relieving. Poses will involve sitting on the Chair with some standing.

-  **Tuesdays, 9:00- 10:00 AM**

Drop-ins: **\$13 M/ \$16 NM.**

- Fall I: **Sep 9, 16, 23, Oct 7, 14, 21 & 28.**

7 weeks: **\$70 M/ \$91 NM.** **No class: Sep 30.**

- Fall II: **Nov 4, 18, 25, Dec 2, 9 & 16.**

6 weeks: **\$60 M/ \$78 NM.** **No class: Nov 11.**

INTERMEDIATE YOGA (Asana and Beyond): Neeru Prashar

Room: 231/ Max 14

This class would include Sun salutations, Asanas, Pranayama, relaxation techniques, sound-based practices and practices leading to meditation. Suitable for people who have taken yoga before and want to go deeper into their practice. **Please bring a yoga mat.**

-  **Saturdays, 11:15 AM- 12:15 PM.**

Drop-ins: **\$13 M/ \$16 NM.**

- Fall I: **Sep 13, 27, Oct 4, 11, 18, 25 & Nov 1.**

7 weeks: **\$70 M/ \$91 NM.** **No class: Sep 20.**

- Fall II: **Nov 8, 15, 22, 29, Dec 6, 13 & 20.**

7 weeks: **\$70 M/ \$91 NM**

STRETCH & TONE YOGA : Michelle Dionne/ Paige Elniski.

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. **Please bring a yoga mat.**

-  **Tuesdays, 10:45- 11:45 AM/** Room Gym/ **Max 24** Drop-ins: **\$13 M/ \$16 NM.**
- Fall I: **Sep 9, 16, 23, Oct 14, 21 & 28.** 6 weeks: **\$60 M/ \$78 NM.** **No class: Sep 30 & Oct 7.**
- Fall II: **Nov 4, 18, 25, Dec 2, 9 & 16.** 6 weeks: **\$60 M/ \$78 NM.** **No class: Nov 11.**
-  **Saturdays, 10:00- 11:00 AM/** Room 231/ **Max 12** Drop-ins: **\$13 M/ \$16 NM.**
- Fall I: **Sep 13, 27, Oct 4, 11, 18, 25 & Nov 1.** 7 weeks: **\$70 M/ \$91 NM.** **No class: Sep 20.**
- Fall II: **Nov 8, 15, 22, 29, Dec 6, 13 & 20.** 7 weeks: **\$70 M/ \$91 NM**

YOGA 4 PELVIC HEALTH: Michelle DionneRoom 229, **Max. 20**

This specialized yoga class is designed to bring awareness, strength, and balance to the pelvic floor—a vital and often overlooked part of the body. Through mindful movement, breathwork, and gentle poses, we'll explore how to both engage and release the muscles of the pelvic floor to support core stability, posture, and overall well-being. Whether you're seeking support for childbirth recovery, aging, pelvic health conditions, or simply want to deepen your connection to your body, this class offers a safe and educational space for all levels.

-  **Tuesdays, 12:00- 1:00 PM.** No Drop Ins.
- Fall II: **Nov 4, 18, 25, Dec 2, 9 & 16.** 6 weeks: **\$60 M/ \$78 NM.** **No class: Nov 11.**

YOGA 4 WELLBEING: Neeru PrasharRoom 231, **Max. 12**

In this class, we use a variety of yoga techniques to improve the tone of muscles and the functioning of the organs. All the movements are done slowly, and postures are held as per the capacity to bring harmony to different layers of the being. Breathing and sound-based techniques are used to improve lung capacity and calm down the mind for the practice of meditation. **Mat Only.**

-  **Mondays, 11:00 AM- 12:00 PM.** Drop-ins: **\$13 M/ \$16 NM.**
- Fall I: **Sep 8, 15, 22, 29, Oct 6, 20 & 27.** 7 weeks: **\$70 M/ \$91 NM.**
- Fall II: **Nov 3, 10, 17, 24, Dec 1, 8 & 15.** 7 weeks: **\$70 M/ \$91 NM.**

BALLROOM DANCING: Instructor's availability in Jan 2026.

UKULELE CLASSES will be scheduled in Winter 2026 if we're able to find an Instructor by Dec 2025.

We will keep you posted through the newsletters/ monthly calendars.

MWSA Drop in Activities

**These activities are ongoing (with no end dates). Drop-in activities may be subject to cancellation due to special events. Please see the Monthly Calendar or website for the latest updates.

Reminder: We have drop-in **Punch Cards** for all our drop-in programs available for purchase at the Front Desk. Pre-pay card for 10 drop-in activities of your choice. Checking in is mandatory. Please swipe your key tag at the Front Desk.



DROP-IN SPORTS.

Cost: \$3 M/ \$5 NM (Punch Cards Available)

BADMINTON:

Room Gym

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.

Lead: Tony Turner

 Mondays, 2:15- 4:15 PM

 Wednesdays, 2:30- 4:15 PM.

 Fridays, 2:30- 4:15 PM.

 Saturdays, 11 AM- 1 PM (**Not scheduled on Sep 20 & Oct 11 & 18**)

FUN FLOOR CURLING

Room Gym/ Min 8 & Max 32

Floor curling is like ice curling, but 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.

 Tuesdays, 2:15-4:15 PM.

TABLE TENNIS

Room 231

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. Bring a pair of clean shoes to the room. **Lead: Agnes Mah.**

 Mondays **and** Wednesdays: 12:30-2:30 PM

PICKLEBALL

Room Gym

Pickleball is a fun game played with a paddle on a court (2 courts are available). It can be described as a cross between badminton & table tennis. It is an opportunity to learn and practice this popular sport in a friendly, non-competitive environment. No instructor. **Players must play in their own level slots.** Paddle and balls are available for use, Bring clean court shoes. **Lead: Ralph Wentland.**

 Mondays, **8:30- 10:15 AM (Advanced)**

 Tuesdays, **8:30-10:30 AM (Beginners)**

 Wednesdays, **8:30- 10:30 AM (Intermediate)**

 Thursdays, **8:30- 11:00 AM (Advanced)**

 Thursdays Evenings, **6:15-8:15 PM (All Levels)**

 Fridays, **8:30- 10:15 AM (Beginners)**

 Saturdays, **9:00 - 11:00 AM (All Levels)** (**Not scheduled on Sep 20 & Oct 11 & 18**)

(Subject to change: Updates in the monthly calendar/ Newsletters)

GAMES/ MUSIC/ ARTS.

Cost: \$3 M/ \$5 NM (Punch Cards Available)

CANASTA GAME 🎴 Thursdays, 12:30-2:30 PM

Cafe

The objective of the game is to form as many melds as possible. A meld consists of three or more cards of the same rank, and jokers can be used as wild cards to help form melds.

CRIBBAGE GAME 🎴 Thursdays, 12:00- 2:15 PM.

Room 231

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

DOMINOES GAME 🎴 Mondays, 1:00- 3:00 PM.

Cafe

Dominoes is a family of tile-based games played with gaming pieces. Each domino is a rectangular tile, usually with a line dividing its face into two square ends. Each end is marked with a number of spots (also called pips or dots) or is blank. The backs of the tiles in a set are indistinguishable, either blank or having some common design. **Lead: Deanna Blair.**

EUCHRE GAME 🎴 Mondays, 2:00- 4:00 PM

Room 225

Euchre is a trick taking **game** with a trump, played by four players in teams of two. The basic play is similar to Whist. Played with a deck of cards that only includes aces, kings, queens, jacks, 10s and nines of each suit. There are five rounds, or “tricks,” in each game. Each player will place one card down on the table on their turn, and a player takes a trick when the card they placed is the highest out of any other card. Come try a new card game, with an experienced player. Cards will be provided at the Front desk. **Lead: Reg Wood**

JAM SESSIONS 🎴 Wed. and Fridays: 9:00 AM-12:00 PM.

Room 231

Bring your own instrument and jam with other musicians. All music styles and levels are welcome. Come for fun, music, and friendship. You are welcome to sing. **Lead: Dennis Tink.**

MAHJONG 🎴 Mondays & Wednesdays: 2:00-4:15 PM

Room 227/ 228

Mahjong, or mah-jongg, is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. There is a dedicated person to lead the group, explain the rules, and play with you. **Min 4 players.**

Lead: Lorne Ma/ Debie.

OPEN ART STUDIO 🎴 Fridays: 1:00- 4:00 PM

Room: 225

In the world of art therapy, the term “open studio” refers to a type of group art therapy in which no directives are given. The short and practical definition of an art studio is the place where the artist works and creates. Please bring your own supplies and paint together. **Lead: Louise Lavers.**

CONVERSATION & SUPPORT GROUPS.

Cost: \$3 M/ \$5 NM (Punch Cards Available)

ALZHEIMER'S SUPPORT GROUP

Room 227/ 228

Alzheimer Society

This support group is to share feelings and experiences, exchange practical coping strategies, and participate in discussions about the disease and its progression. A representative from the Alzheimer's Society will join this support group.

 3rd Tuesdays, 10:00 AM-12:00 PM **Alzheimer's Support Group** (No session in Jul & Dec)

BOOK CLUB

Room 227/ 228

Love to Read? Interested in meeting some new people? Want to explore different genres of books? Join our Book Club! Each month, participating in Book Club Members discuss a new book. **Lead: Joanne Christie.**

 2nd Tues. of every month, 11:00 AM- 12:00 PM.

CAREGIVERS' CIRCLE

Room 227/ 228

Caregiving is a compassionate and challenging job. Come meet with other caregivers for conversation, idea sharing, and support. This program is for members to share their experiences to support each other.

 1st Tuesdays, 10:00 AM-12:00 PM

CONVERSATIONAL CIRCLE

Room 224 or Cafe

This is a discussion group where members get together to discuss current events, reduce social isolation, and create fellowship in a friendly, and welcoming environment. There's a different topic each week, as determined by the group. Everyone gets a chance to speak and move dialogue along. **Lead: Doris Jagrup.**

 Wednesdays, 2:15- 4:15 PM.

GRIEF SUPPORT CIRCLE

Room 227/ Min 4.

Release anxiety, release negative emotions, reduce physical pain, reduce anxious behaviour, increase self-esteem, and calm your racing thoughts. **Lead: Michelle Dionne**

 2nd Thursday only, 1:45- 3:45 PM (**Group Circle**).

MWSA Clubs (Non-instructor led programs)

- Please get your supplies pre-approved from the Program Coordinator for reimbursement.
- Any items made for donations on behalf of the center will be emailed to the staff with the quantity and 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 and taken down for themselves, back to the original setup.
- These activities are ongoing.

***Registration is mandatory. Please register at Front Desk or call: 780-496-2997**

Card Makers Club**Room 225/ Program Lead: Clair Scott**

This is a fundraising club for MWSA. Card Makers make beautiful, handcrafted greeting cards for sale at MWSA, and at craft markets. Some supplies will be provided, but feel free to bring your own. **Max: 10.**

-  **Thursday, 9:00 AM-12:00 PM.**

Cost: Free (MWSA members Only).**Knitting Club****Room 225/ Lead: Debbie Radke**

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

-  **Mondays & Tuesdays, 9:00-11:00 AM.**

Cost: Free (MWSA members Only).**Sewing & Crafting Club****Room 229/ Lead: Terry Ferguson/ Donna**

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. All levels of crafters are welcome. No formal instruction is provided; however, mentorship is available.

-  **Wednesdays, 12:30 PM- 3:30 PM.**

Cost: Free (MWSA members Only).**Quilting Club****Room 229/ Lead: Trudy Papsdorf.**

This is a fundraising club for people who love to Quilt. Previous quilting experience & sewing with a machine are required. 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 and sold at MWSA. No formal instruction is provided; however, mentorship is available.

-  **Wednesdays, 9:00 AM- 12:00 PM.**

Cost: Free (MWSA members Only).

MWSA Collaborations/ Agreement/ Fundraising Activities

Action 4 Healthy Communities: A4HC ABIDA TAHIR: 780-235-2176.	Outreach services to newcomers. (PR, Refugees, Refugee Claimants, work/study permit holders) In the Edmonton area. Outreach services will address the settlement needs but are not limited to PR card renewal, Citizenship applications, AB income support, Christmas Bureau gifts, CPP & tax information during the income tax-filing season & other areas. These services and programming supports will be provided through Information & orientation for individuals/families (1 one-on-one session) and group activities based on community members'/clients' needs such as Health, Driving, AB income support, etc.	MONDAYS, 9:00 AM- 4:00 PM. THURSDAYS, 1:00- 8:00 PM.
ABIDA TAHIR: 780-235-2176.	LED Program: This program is designed to help newcomers to Canada overcome language barriers by developing language skills to communicate comfortably and confidently with others in their new homeland. The program offers opportunities to practice with peer support and English language skills to navigate daily life needs and build long-term connections in the community.	
ABIDA TAHIR: 780-235-2176.	Digital literacy program: This program is designed to support newcomers to Canada to improve their digital communication skills through smartphone apps/social media and learn basic computer skills. This program aims to support the development of digital skills to help participants have adequate access to remote/virtual essential services.	
EPL E- LEARNING	Join Edmonton Public Library Staff to explore a variety of topics in interactive classes. Connect with community. Socialize with friends. And learn something new!	LAST FRIDAY, 10 am- Noon.
FOOT CARE SERVICES	Assess the feet for circulatory issues, wounds, infections etc. Trim/ file nails, callus/ corn care, Moisturizer, refer to physician or podiatrist as needed. Full basic foot care, soaking of feet, cleaning of cuticles, lower leg/ foot massage, Free nail care included.	Updates in the monthly calendar.
HEARING CLINIC	One-on-one session for hearing screenings 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 Cleaning and maintaining hearing aids. Discuss the importance of hearing tests to monitor your health. Book your spot at the front desk	Cost: \$3 M/\$5 NM. Funds towards MWSA. Further details in Monthly calendar.
STEP FORWARD PROGRAM BY AHS Register on 780-735-3483.	This is a program by Alberta Health Services. A beginner to intermediate level functional physical activity program suitable for people with chronic health conditions(s) that limits their ability to move. Website: Edmonton Zone and Area - STEP Forward Alberta Health Services	Tuesdays & Fridays 2:15- 4:15 PM

Additional information and Services at MWSA

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	Contact us at 780-496-2933. Tax receipts can be issued
MONTHLY BIRTHDAY PARTY	The Mill Woods Seniors Association hosts monthly birthday party in the Café on the Last Monday of the month. Please see the monthly calendar for more details	Last Monday of each Month. Cost: Free for members celebrating their birthday month/ \$3 members as guests/5.00 non-members.
MONTHLY PRESENTATIONS & WORKSHOPS	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	Cost: \$3 M/\$5 NM. Funds towards MWSA. Further details in Monthly calendar.
NEW MEMBERS CONNECTIONS	Join us for Coffee & 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 MWSA.	3rd Tuesday of each Month. 2 PM in the Café. Register at the front desk.
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!	The cost of outings varies. Please see the monthly Special Events Calendar for more details.
FREE OUTREACH SERVICES	Free Outreach services provided by EMCN (Edmonton Mennonite center of newcomers). Apply for PR, Citizenship, Renewals & lost documents, CPP, OAS, ASB, Low income supports, CPPDP, EI, AISH.	Every Wednesday, 9 am- 2 pm/ Room: 224. Naveed Safi: 587-598-3837
SPECIAL EVENTS	In addition to our regular programming, there are many special events throughout the year, including dinners, Open House, cultural celebrations (i.e., Christmas, Chinese New Year, Mother's Day, Diwali), and more!	Updates in the monthly calendar & weekly newsletters.
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.	Contact: Brandy Devine (Volunteer Coordinator) 780-496-2997 or visit us in person to fill out an application form



Book your next appointment @ 780-496-2997
2nd Floor, 2610 Hewes Way NW,
Edmonton, T6L 0A9



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Diabetic, Senior & Regular Pedicures **\$79.99**
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Athlete's Foot Treatment
Ingrown Toenail Treatment Non-Invasive
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Millwoods Seniors Center, Home, Hospital, or Residence

STEP Forward

Supervised Transitional Exercise Program

STEP Forward is a physical conditioning program delivered in a **group setting**.
In-person sessions are eight (8) weeks in duration;
online sessions are ten (10) weeks in duration.

This program may be suitable for you if you are ready to:

- participate in a beginner to intermediate level physical conditioning program; or
- better manage physical status while living with a chronic health diagnosis; or
- reintegrate into the community following medical or rehabilitation intervention; or
- prevent injury by improving physical function

To be considered for the STEP Forward program intake process, you must:

- be at least 18 years of age;
- have a current Alberta Healthcare (AHCP) number;
- be able to follow three-step instructions;
- be able to participate in a group exercise environment;
- participate in a pre-intake telephone interview;
- walk independently (with or without the use of walking aids);
- ready to attend an 8 or 10 week exercise program during weekdays, twice per week

We are currently offering in-person and online sessions via Zoom.

**For more information or to self-refer, please call the
STEP Forward Intake Line: 780-735-3483**

Primary Care and Chronic Disease Management,
Edmonton Zone




Outreach Services

- 1 Apply for PR Card
- 2 Apply for Citizenship
- 3 Request an Expiration of PR Card Renewal
- 4 Apply for Lost of PR
- 5 Apply for lost Landing paper
- 6 Apply for Canadian Pension Plan (CPP)
- 7 Apply for Old Age Security (OAS)
- 8 Alberta Seniors Benefit (ASB)
- 9 Senior Transit Fares (Buss Card)
- 10 housing/Civida
- 11 Low income support
- 12 food bank
- 13 Apply for Canada Pension Plan disability benefits (CPPDP)
- 14 Apply for Employment Insurance (EI)
- 15 Apply for Canadian Dental care plan
- 16 Apply for AISH Application
- 17 Employment

Any other senior related issues

On the third Thursday of each month from 10 a.m. to 2 p.m.







Your Piggies

Diabetic Foot Care

Last Thursday of each Month, 2:00- 7:00 PM
Kimberly Simmonds LPN

Cost: \$65 Initial Consultation/ \$45/ Follow Up Includes

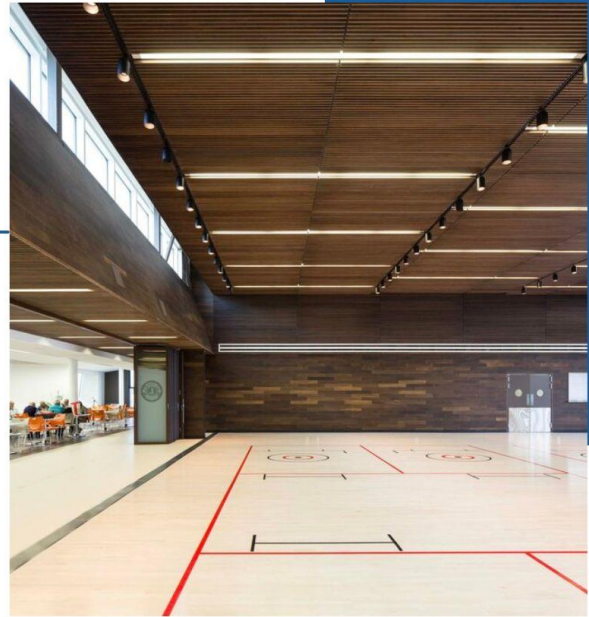
- Nail trimming, Foot Hydration.
- Corn & Callus Reductions. Foot Massage.
- Assistance with Ingrown Toe nails & nail Fungus.

Accepts cash, check and e transfers to yourpiggies@outlook.com
Book your appointment at the
Front Desk: 780-496-2997 or Visit
Mill Woods Seniors Association
2nd Floor, 2610 Hewes Way
Edmonton, AB T6L 0A9.

Mobile Care available on request: Service area: Beaumont, Edmonton, Leduc, Sherwood Park, Spruce Grove, St. Albert, Stony Plain
780-231-0901 Yourpiggies@outlook.com

Mill Woods
Seniors
Association

FACILITY RENTALS



**HOST YOUR SPECIAL OCCASION
HERE IN ONE OF THE SPACIOUS
ROOMS IN OUR BEAUTIFUL,
MODERN FACILITY LOCATED IN
THE HEART OF MILL WOODS!**

**FOR MORE INFO:
780-496-2997**

WWW.MWSAC.CA

Advertise in Mill Woods Seniors Association Weekly Newsletter

Do you have a product or service to promote?

Advertise in MWSA's weekly e-newsletter and reach over 2200 subscribers each week.

Advertising starts at \$30/week.

For more information,

*email **Karen at klee@mwsac.ca.***



Suggestions & Feedback are Welcome!

- What programs/ activities you would like to see during evenings/ Saturdays?
- Looking for Volunteers to lead outings or arrange small trips. I can help plan. (Transportation sponsors, bookings etc.).
- Any new programs/ activities in the New Year 2026.

Shalini Waryah: swaryah@mwsac.ca

updated 06-28-2023


PRE-ORDERS: 780-944-5926
BREAKFAST (9:00-10:45 A.M.)

CLASSIC BREAKFAST	\$10.00	BREAKFAST SANDWICH	\$8.00
2 eggs, choice of bacon, sausage (turkey or pork), OR ham + hash browns + white or brown toast		2 eggs, choice of bacon, sausage (turkey or pork) OR ham + cheese + English muffin	
LOADED OMELETTE	\$11.00	PANCAKE BREAKFAST	\$10.00
3 eggs, ham, cheese, bell peppers, onions + white or brown toast + hash browns		2 pancakes, choice of bacon, sausage (turkey or pork) OR ham +Add 1 egg (+\$2.00) +Add hash browns (+\$1.50) +Add extra meat (+\$2.00)	
VEGGIE OMELETTE	\$11.00	FRENCH TOAST	\$10.00
3 eggs, cheese, bell peppers, onions +white or brown toast + hash browns		2 slices of toast with choice of bacon, sausage (turkey or pork), OR ham	
ENGLISH MUFFIN	\$3.00	REGULAR TOAST	\$3.00
MUFFIN	\$3.00	2 slices of toast (choice of white, brown or gluten-free)	
COFFEE/TEA & MUFFIN DEAL	\$4.75		
Dine-in only			

DAILY LUNCH SPECIALS (11:00 A.M- 2:00 P.M)

\$12.50 MWSA MEMBERS | \$15.00 NON-MEMBERS

 The latest lunch special menu is available at www.mwsac.ca/cafe
LUNCH (11:00 AM-2:00 PM)

BLT SANDWICH	\$9.00
with hash browns	
CHICKEN & CHEESE WRAP	\$11.00
lettuce, grilled onions, and bell peppers, tomatoes, cheese, 2oz. chicken, Chipotle mayo in a tortilla wrap	
GRILLED CHEESE SANDWICH	\$8.00
with hash browns	
VEGGIE SANDWICH	\$9.00
Tomato, cucumber, lettuce, carrot, and cheese. With hash browns.	
SOUP OF THE DAY & TOAST	\$6.00
SIDE SALAD	\$2.50
REGULAR SALAD	\$5.00

BEVERAGES

TEA/COFFEE, DINE-IN	\$2.00
with 1 free refill. Dine-in only.	
TEA/COFFEE, TAKE-OUT	\$2.50
BOTTLED WATER, 500ML	\$1.50
BOTTLED JUICE	\$2.50
CANNED POP	\$2.00

FRESH, HOMEMADE CINNAMON BUNS AVAILABLE ON THURSDAYS
 \$5.00 each or \$19.00 for 4

*Prices include GST. Menu items in green are vegetarian.

****CAFE OPEN TO THE PUBLIC!**** 2ND FLOOR- 2610 HEWES WAY NW EDMONTON, AB
 MONDAY-FRIDAY, 9:00 A.M TO 2:30 P.M. DINE-IN | TAKE-OUT [WWW.MWSAC.CA/CAFE](http://www.mwsac.ca/cafe)
