



REGISTRATION OPENS: AUGUST 10, 2026

Mill Woods Seniors Association FALL 2026 PROGRAM GUIDE

WHAT'S INSIDE:

- General Information & Hours
- Membership Benefits
- Social Clubs & Groups
- Drop-in Activities
- Arts & Crafts Programs
- Fitness & Dance Classes
- Workshops & Seminars
- Learning Opportunities
- Special Events
- Support Services
- Facility Rentals
- Café Menu & Hours

Programs are divided into 2 sessions:

September 8 - October 31

November 2- December 19, 2026

*Join us this season for exciting activities, meaningful connections,
and opportunities to stay active and engaged!*



New members always welcome!

CONTACT US:

2nd Floor, 2610 Hewes Way NW
Edmonton, AB T6L 0A9
780-496-2997
www.mwsac.ca



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.

Vision: 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: 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 Values Statement

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 on 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.

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 on 2nd Floor Café.
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

REMINDER! An active 2026 MWSA Membership is required for most programs and activities at MWSA.

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 & drop-in activities at membership rates and club enrollment.
- Membership Discount at 2nd Floor Café
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

Reciprocal Memberships: (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, drop-in activities.
- Access to instructor-led programs at member rates. Access to the café.
- Fill out the membership form for our database info and receive a key fob when registering for classes/activities.

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.

- **MWSA PUNCH CARDS.** Available for purchase at the Front Desk.
- Checking in is mandatory. Please swipe your key tag at the Front Desk.

COFFEE PUNCH CARDS For 2ND Floor Café Only

Pre-pay card for 10 hot beverages (coffee/tea)

Cost: \$25 for Members and Non-Members

MEAL PUNCH CARDS For 2ND Floor Café

Pre-pay for 5 meals (daily specials).

Cost: \$70.00 Value for Members/ \$85.00 Value for Non-Members

ACTIVITY PUNCH CARDS

Pre-pay card for 10 drop-in activities of your choice.

Cost: \$30 Members/\$50 Non-Members

MWSA EQUIPMENT REMINDERS

- To maintain hygiene, kindly wipe the weights after every use.
- Due to limited storage space, we do not provide bender balls & bands. They can be purchased at the Front desk:
- BENDER BALLS: \$ 18.00 Each
- STRETCH BANDS: \$6.00 Each (6 ft. size, various strengths)

Mill Woods
Seniors
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BE AIR AWARE

MWSA is a scent-reduced
environment.

PLEASE HELP SUPPORT THE
HEALTH OF THOSE AROUND YOU
AND AVOID USING STRONGLY
SCENTED PRODUCTS.

THANK YOU FOR YOUR
COOPERATION!

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**.

MEMORANDUM OF UNDERSTANDING (RECIPROCAL MEMBERS)

Senior Centres of Edmonton - Reciprocal Membership Program. This Memorandum of Understanding (MOU) is entered into by and between the following Seniors Centres participating in the Edmonton Seniors Centres- Reciprocal membership Program (hereafter referred to as "Participating Centres").

- EDMONTON SENIORS COORDINATING COUNCIL.
- CENTRAL LIONS' SENIORS ASSOCIATION.
- SOUTHWEST EDMONTON SENIORS ASSOCIATION.
- EDMONTON SENIORS CENTRE
- JEWISH SENIORS CITIZEN'S CENTRE.
- SOUTHEAST EDMONTON SENIORS ASSOCIATION
- MILL WOODS SENIORS ASSOCIATION.
- NORTH EDMONTON SENIORS ASSOCIATION
- STRATHCONA PLACE SOCIETY.
- THE SHAAMA CENTRE.
- WESTEND SENIORS ACTIVITY CENTRE

Background and Purpose

Senior Centres are public facilities operated by non-profit organizations; they target people age 55+; they offer a minimum of 15 hours per week of a broad range of programs, as well as offering services and activities. Participating Centres provide a range of programs and services for older adults in Edmonton. In recognition of the value of collaboration and shared resources, this MOU establishes a reciprocal membership program. Under this agreement, members of one Participating Centre may register in instructional courses at another Participating Centre at the member rate. This arrangement aims to: • Expand program access and flexibility for older adults. • Increase registration and reduce class cancellations. • Strengthen the appeal of membership across Centres; and • Promote cooperation among seniors-serving centres.

Scope

This MOU applies only to instructional courses offered by Participating Centres. It does not extend to social programs, special events, or activities excluded by a Centre's policies.

- Reciprocal program registration applies only to Participating Centres.
- Registrants must present proof of membership from a Participating Centre. This agreement does not override internal registration policies of any Centre.

Roles and Responsibilities

- Participating Centres agree to accept reciprocal registrations in accordance with this MOU. The Edmonton Seniors Coordinating Council (ESCC) will maintain and circulate an up-to-date list of Participating Centres.
- Each Centre will communicate the list of Participating Centres, and the Purpose, Scope, and Associated benefits of this agreement to its members and the public in a method deemed 2 of 3 appropriate. This will enable consistent messaging across all Participating Centres to promote clarity and prevent misinterpretation. **Additional Provisions**
- Some Centres may apply administrative fees) or offer priority registration to their own members before opening courses to reciprocal members.
- Centres reserve the right to designate certain programs as member-exclusive to prioritize member access, particularly when program demand exceeds capacity.
- Membership fees may differ across Centres. • Reciprocal members are not eligible for voting rights or subsidy programs such as Access Passes or sliding-scale membership models, which remain reserved for full members.
- Some Centres may extend additional benefits to reciprocal members according to their internal policies; for example, allowing access to certain drop-in programs while excluding others due to high demand.

PROGRAM REGISTRATION INFORMATION

Payment, Confirmation and Pro-Rate Options

- Participants are not considered registered until full payment has been received.
- Payments can be made using Visa/ Mastercard/ Cheque/ Debit/ Cash.
- Please make cheques payable to "Mill Woods Seniors Association". Postdated cheques are not accepted.
- Online registration is by Credit card or debit visa only.
- Sign into your online account. Please have your key tag number ready. Register as you did before. Visit www.myactivecenter.com.
- **E- Transfer** Payments are sent to: ed@mwsac.ca (add course details or reason of payment). 
- We Encourage the Use of Punch Cards for Drop-In Activities. Available for purchase at the front desk.
- Pro-Rate option is available to register for Instructor Led classes to avoid refunds/ credits.

No Telephone Payment: Due to high volume of registrations we will not be accepting payments over the phone program registration.

Cancellations, Transfers and Refund Policy

- Courses may be cancelled due to low enrolment, extreme weather, instructor unavailability & facility maintenance.
- Membership fees are not refundable nor transferable. This allows us to plan for future activities & maintain the quality of our programs.
- If it is necessary for MWSA to cancel a program, you will be notified by phone or email prior to the program start date.
- Generally, no refunds or credits (non expiry.) are given for programs, presentations, activities, or special events unless cancelled by MWSA, except in the event of a serious illness or injury where refund requests will be forwarded in writing to MWSA executive Director for review. We will not refund/ credit for any other reason once a program ends.
- Withdrawals or Transfers to another program are permitted, subject to availability, without penalty up to 10 days prior to the program starts. **No transfers are allowed after the programs starts date.**
- Please save your receipt for a refunds.

Please Note.....

- Program dates, times, instructors and fees are subject to change.
- From time to time programs and activities may not occur due to educational programming, facility maintenance, special events, emergencies and external bookings.
- Register early to avoid class cancellations.
- If the program/ class gets full, you can add your name to a waitlist at the front desk.
- Any registrations after the program starts date must be completed in person only, space permitting.

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.

SAVE THE DATES!		
Monday, Sept 7 th	Labour Day Holiday	MWSA Closed
Sat, Sept 26 & Sun, Sept 27 th	Fall Rummage Sale	No Program Activities
Wednesday, Sept 30 th	Truth & Reconciliation Day Holiday	MWSA Closed
Monday, Oct 12 th	Thanksgiving Day Holiday	MWSA Closed
Tues, Oct 13 th – Sat, Oct 17 th	No GYM Activities scheduled	Due to Elections
Monday, October 19 th	No GYM Activities scheduled	Due to Elections
Saturday, October 24 th	Annual Craft Sale	No Program Activities
Wednesday, November 11 th	Remembrance Day Holiday	MWSA Closed
Friday, December 11 th	No GYM Activities scheduled	Due to Christmas Dinner
Friday, Dec 25 th – Jan 1 st	Christmas Break Holidays	MWSA Closed
Monday, Jan 4th, 2027	Happy New Year!	MWSA OPEN

updated 7/2026

MWSA Facility Rentals

**2nd Floor, 2610 Hewes Way
NW (above the public library)
Edmonton, AB**

Hourly Rental Rates:

- Gym \$135.00
- 224 \$15.00
- 225/229/231 \$60.00

**GYMNASIUM****ROOM 229****ROOM 225****ROOM 231**

Photos courtesy of the City of Edmonton

Host your special occasion here in one of the spacious rooms in our beautiful, modern facility located in the heart of Mill Woods! Tables, chairs, and A/V system are included with all rentals. Catering options may be available.

**For more info:
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For more information,

email Karen at klee@mwsac.ca.

ART & CRAFT

ACRYLICS 4 ALL LEVELS

Willie Wong/225/Max 20

 Fridays, 9:30-11:30 AM

Nov 6, 13, 20, 27, Dec 4, 11, 18

7 weeks: \$112 M/\$140 NM

Drop-ins: **\$20 M/\$24 NM**

This is a fragrance-free class.

Partially open studio: bring your own projects. This class will concentrate on Black Gesso Techniques.

Bring 11x 14 or 12x16 canvases and we will have paints and medium to share.

CARD MAKING CLASS

Marcelle Jamieson/225/ Max 8

 3rd Thursday, 12:15-3:15 pm

Sep 17, Oct 15, Nov 19, Dec 17

4 weeks: \$60 M/\$70 NM

No Drop Ins

Full

Learn to cut and fold cardstock in different ways to create unique and interesting cards. Assemble 4 cards over 4 weeks. Learn about card sizes, stock, tools, adhesives, fancy papers, dies, machines and much more! All materials will be pre-cut for you. Please bring your supplies.

DRAWING 4 ALL LEVELS

Willie Wong/225/Max 20

 Fridays, 9:30-11:30 AM

Sep. 11, 18, 25, Oct 2, 9, 16, 23, 30

8 weeks: \$128 M/ \$160 NM

Drop-ins: **\$20 M/ \$24 NM.**

This is a fragrance-free class.

Learning to shade to recognize values, shapes and perspectives. No drawing skills needed. Minimum tools needed: HB, 2B and 6B pencils. Eraser and paper will be provided.

WATERCOLOURS 4 ALL LEVELS

Willie Wong/231/Max 20

 Thursdays, 9:30-11:30 AM

Session I/8 weeks: \$128 M/ \$160 NM

Sep. 10, 17, 24, Oct 1, 8, 15, 22, 29

Session II/7 weeks: \$112 M/ \$140 NM

Nov 5, 12, 19, 26, Dec 3, 10, 17

Drop-ins: **\$20 M/ \$24 NM**

This is a fragrance-free class.

This course is designed for all levels. The easy-to-follow handouts make it fun and fast to get the sketches done. This two-hour weekly class will cover everything from still life, 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.

FITNESS & DANCE

AGE REVERSING ESSENTRICS

Belinda/ 229/Max 16



Mondays, 1:30-2:30 pm

Session I/6 weeks: \$78 M/ \$96 NM

Sept 14, 21, 28, Oct 5, 19, 26

No class: Sep 7, Oct 12

Session II/7 weeks: \$91 M/ \$112 NM

Nov 2, 9, 16, 23, 30, Dec 7, 14

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

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/ water.

BALLET 4 BALANCE (30 min) NEW!

April Redl/229/Max 14



Friday, 9:30- 10:00 AM

Nov 6, 13, 20, 27, Dec 4, 11

6 weeks: \$60 M/ \$78 NM

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

*Recommendation: wear socks with grip

Enjoy the grace of ballet with this beginner program. Learn how to move and dance with poise and balance while exploring your own creative movement. Set to both traditional ballet music and relaxing favourites. Comfortable clothing and soft shoes recommended. Bare feet also an option if you prefer. Floor may be slippery. We do not recommend hard running shoes as we will be balancing on our toes.

BARRE, STRENGTH & STRETCH

Deb Proc/ Gym/ Max 24.



Wednesday, 10:45-11:45 AM

Session I/6 weeks: \$60 M/ \$78 NM

Sept 9, 16, 23, Oct 7, 21, 28

No class: Sept 30, Oct 14.

Session II/6 weeks: \$60 M/ \$78 NM

Nov 4, 18, 25, Dec 2, 9, 16

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

No class: Nov 11.

Barre classes combine breath, alignment and gentle movements derived from **ballet, Pilates, and yoga**. Conditioning helps create long lean muscles; toned thighs; stronger abdominals; increased flexibility; improved posture. **Designed for a low intensity exercise** class working on strength with various equipment.

CIRCUIT TRAINING

Deb Ravbar/ 231 / Max 16



Tuesdays, 10:45- 11:45 AM

Session I/8 weeks: \$80 M/ \$104 NM

Sept 8, 15, 22, 29, Oct 6, 13, 20, 27

Session II/7 weeks: \$70 M/ \$91 NM

Nov 3, 10, 17, 24, Dec 1, 8, 15

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

All levels of fitness. Fast-paced 60-minute that keeps you on your toes. going through the allotted time at each station. Circuit training format, rotating through various stations that target your lower & upper body strength, core, cardiovascular fitness. Discover how quickly your strength and endurance improve each week. Modifications for every fitness levels. Using weight and various equipment.

FITNESS & DANCE

CORE, STRENGTH, & STRETCH

Deb Proc/ Gym/ Max 20



Tuesday, 9:30- 10:30 AM.

Session I/Sep 8,15,22,29, Oct 6, 20, 27

No class: Oct 13

Session II/Nov 3,10,17,24, Dec 1, 8, 15

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

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

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

ESSENTRICS® for Seniors (45 min):

Meaghan/Gym/Max 30



Friday, 12:15- 1:00 PM

Session I/7 weeks: **\$91 M/ \$112 NM**

Sep 11, 18, 25, Oct 2, 9, 23, 30

No class: Oct 16.

Session II/6 weeks: **\$78 M/ \$96 NM**

Nov 6, 13, 20, 27, Dec 4, 18

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

No class: Dec 11

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles.

Slower paced class designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and beginners to any exercise. Ideal for Seniors looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.

Level 1 -Gentle Fitness, standing & sitting-chair, adapted for people with mobility devices.

FLOOR CURLING LEAGUE

Peter Kozak/ Gym/ Max 32.



Tuesday, 12:00- 2:00 PM.

Sep 8, 15, 22, 29, Oct 6, 20, 27.

Nov 3, 10, 17, 24, Dec 1, 8, 15, 22.

15 weeks: \$45 MWSA Members only

No session: Oct 13. No Drop Ins.

Full

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.

Banquet: Dec 22nd

KEEP FIT INTERVAL

Deb Proc/ Gym/ Max 30.



Wednesday, 12:00-1:00 PM

Session I/6 weeks: **\$60 M/ \$78 NM**

Sep 9, 16, 23, Oct 7, 21, 28

No class: Sept 30, Oct 14.

Session II/6 weeks: **\$60 M/\$78 NM**

Nov 4, 18, 25, Dec 2, 9, 16.

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

No class: Nov 11

This class is directed towards active older adults, a combination of low-impact cardio and strength and uses weights/ bands. The goal is to burn calories, increase strength and cardio while also improving posture and balance. Towards the end of the class, participants will be encouraged to move to the floor or a chair for core exercises and stretches to increase core strength and flexibility.

FITNESS & DANCE

LINE DANCING BEGINNERS

Tracy Walters/Gym/ Max 50

 Wednesday, 1:15- 2:15 PM

Session I/6 weeks: \$60 M/ \$78 N

Sep 9, 16, 23, Oct 7, 21, 28

No class: Sept 30, Oct 14.

Session II/6 weeks: \$60 M/\$78 NM

Nov 4, 18, 25, Dec 2, 9, 16

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

No class: Nov 11.

It is a low impact, fun class for all ages, featuring country music. No previous dance experience required. Just bring a fun attitude, and footwear with leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.

LINE DANCING ADVANCED

Tracy Walters/ 231/Max 20

 Wednesdays, 3:00- 4:00 PM

Session I/7 weeks: \$70 M/ \$91 NM

Sep 9, 16, 23, Oct 7, 14, 21, 28

No class: Sept 30, Oct 14.

Session II/6 weeks: \$60 M/ \$78 NM

Nov 4, 18, 25, Dec 2, 9, 16

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

This is a line dancing class for participants who have line dance before and want to improve their dancing skills. Most of the music that will be played will be country.

Just bring a fun attitude, and footwear with leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.

MAT PILATES

Sarah Gilchrist/Room 229/Max 14

 Monday, 10:30-11:30 AM

Session I/6 weeks: \$78 M/ \$96 NM

Sep 14, 21, 28, Oct 5, 19, 26

No class: Sept 7, Oct 12.

Session II/7 weeks: \$91 M/ \$112 NM

Nov 2, 9, 16, 23, 30, Dec 7, 14

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

Mat Pilates relies on small, controlled movements that focus on the strengthening of your core muscles. Pilates is 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.

MOVEMENT MUSCLE MIXUP-NEW!

Lorraine Wigston/Gym/Max 30

 Friday, 10:45- 11:45 AM

Session I/7 weeks: \$91 M/ \$112 NM

Sep 11, 18, 25, Oct 2, 9, 23, 30

Session II/5 weeks: \$65 M/ \$80 NM

Nov 6, 20, 27, Dec 4, 18

Drop In: \$16 M/\$20 NM. **No class: Nov 13**

Looking to boost strength, endurance, mobility, stability—and have fun while you're at it? This class blends upbeat movement to familiar music with resistance training using weights, bands, and bungees. You'll work your core, improve balance and mobility, and finish with a relaxing stretch. Suitable for all levels, with chair options available.

FITNESS & DANCE

NIA® CLASS

Kirsten Bartel/ 229/Max 16

 **Thursday, 10:00-11:00 AM**

Sept 10, 17, Oct 8, 15, 22, 29

6 weeks: \$60 M/\$78 NM

No class: Sep 24, Oct 1.

Nov 5, 12, 19, 26, Dec 3, 10, 17

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

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

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.

STABILITY STRENGTH & ENDUR.

Sarah Gilchrist/GYM/Max 35

 **Monday, 11:45 AM-12:45 PM**

Sept 14, 21, 28, Oct 5, 26

5 weeks: \$50 M/ \$65 NM.

Full

Nov 2, 9, 16, 23, 30, Dec 7, 14

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

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

No class: Sept 7, Oct 12 and 19

This class is designed to target all parts of the body to help those struggling with arthritis, osteoporosis, instability, and cardio health. All standing exercises can be done seated, and 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.

Sarah Gilchrist is a Licensed Practical Nurse and certified Pilates instructor

with over 8,000 hours of teaching experience. She specializes in creating accessible, evidence-based movement classes that help participants improve strength, balance, mobility, and confidence in everyday life.

Sarah teaches both Chair-Focused Fitness and Pilates, with an emphasis on functional movement, mobility, and helping people move well at every stage of life. Her classes are designed to be welcoming and adaptable, offering modifications and progressions so that everyone can participate safely while still feeling appropriately challenged.

Drawing on both her nursing background and extensive fitness experience, Sarah is passionate about making movement accessible, engaging, and empowering. She believes that everyone deserves the opportunity to build strength, improve mobility, and enjoy the physical and social benefits of moving together in a supportive community.

FITNESS & DANCE

STRETCHING CLASS-Evening!

Pat Barford/231/Max 12

 Thursday Evenings, 6:00-7:00 PM

Sept 10, 17, 24, Oct 1, 8, 15, 22, 29

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

Nov 5, 12, 19, 26, Dec 3, 10, 17

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

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

This class follows the ELDOA Method that was developed by a French doctor focused on relieving back pain. There's an individual stretch for all vertebrae and others that deal with shoulders. The website below leads to a site with very good explanations and graphics of how ELDOA is different from other exercises such as Pilates, Yoga and Essentrics. Bring your own mat. For more info, <https://www.eldoamethod.com/about-eldoa-method>.

TABATA with Esther Sipos

 Monday, 10:30-11:30 AM

Session I/5 weeks: \$50 M/\$65 NM

Sept 14, 21, 28, Oct 5, 26

Session II/7 weeks: \$70 M/ \$91 NM

Nov 2, 9, 16, 23, 30, Dec 7, 14

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

No class: Sept 7, Oct 12, 19

Tabata is an interval exercise class for active 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-min. cycle begin. 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 & core.

Room: GYM/ Max 25

TABATA with Deb Ravbar

 Thursdays, 11:15- 12:15 PM

Sept. 10, 17, 24, Oct 1, 8, 22, 29.

No class: Oct 15.

Nov 5, 12, 19, 26, Dec 3, 10, 17.

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

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

ZUMBA GOLD

Tammy Clark/ Room 229/ Max 14

 Thursdays, 3:00- 4:00 PM

Sept. 10, 17, 24, Oct 1, 8, 15, 22, 29.

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

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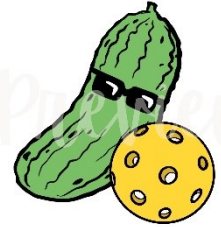
A dance fitness class with Latin rhythms & popular music like a Zumba class but with less intense moves, with modifications for various fitness levels. Two class options to choose from: standing or sitting (both choices offer a full body workout). Some standing songs will include balance and toning elements, 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! :)

TAKE A BREAK IN THE LOUNGE

It's a quiet, welcoming space where you can relax with a book. With comfy chairs, and plenty of sunlight, it's the perfect place to unwind. Be sure to stop by the ongoing book and puzzle sale in the hall.

LEARNING: Sports

A pair of non-marking indoor running shoes are required



INTRO TO PICKLEBALL: Basic

Ralph Cole/ Gym/Max 10

Thursday, 2:45- 3:45 PM.

Session I/Sept 10, 17, 24, Oct 1, 8, 22, 29.

No class: Oct 15.

Session II/Nov 5, 12, 19, 26, Dec 3, 10, 17

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

No Drop Ins!

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. Learn the basic rules to play and have some fun.

NEXT LEVEL PICKLEBALL: Beginners'

Keith Bienert/Gym/ Max 8

Thursday, 1:30-2:30 PM

Session I: Oct 1, 8, 22, 29

4 weeks: \$40 M/ \$52 NM

No Drop Ins! No class: Oct 15.

This course is for anyone who has Pre- requisite – Intro. to Pickleball.

NEW!

This set of lessons is designed for **beginner players** who want to elevate their game. This fun filled session focus on improving technique, strategy, and building consistency. Each lesson includes targeted skill-building drills, guided gameplay, and personalized evaluation with practical tips you can apply immediately. If you're ready to take your pickleball game to the next level, come and join in the fun.

NEXT LEVEL PICKLEBALL: Int. & Adv.

Keith Bienert/Gym/ Max 8

Thursday, 1:30-2:30 PM

Session II: Nov 5,12,19, 26, Dec 3,10,17.

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

No Drop Ins!

This course is for anyone who has Pre- requisite – Intro. to Pickleball.

NEW!

This set of lessons is designed for **intermediate and advanced players** who want to elevate their game. This fun filled session focus on refining technique, improving strategy, and building consistency. Each lesson includes targeted skill-building drills, guided gameplay, and personalized evaluation with practical tips you can apply immediately. If you're ready to take your pickleball game to the next level, come and join in the fun.

LEARNING: Spanish * Bring a notebook/pen ***SPANISH BASIC GRAMMAR I**

Manuel Parra/ 225/ Max 25



Wednesday, 10:30 AM- 12:00 PM

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

Sept. 9, 16, 23, Oct 7, 14, 21, 28

Drop-ins: **\$13 M/ \$16 NM****Full****No class: Sept 30.**

This course offers a friendly introduction to essential Spanish grammar concepts. You will explore key topics such as articles, adverbs, pronouns, gender and number (singular and plural), verb tenses, verb conjugations, and accentuation rules. The goal is to strengthen your foundational language skills, reading, writing, speaking, and listening; through clear, engaging, and practical content.

SPANISH CONVERSATIONAL I

Manuel Parra/ 225/Max 25



Wednesday, 10:30 AM- 12:00 PM

Nov 4, 18, 25, Dec 2, 9, 16

6 weeks: \$60 M/ \$78 NMDrop-ins: **\$13 M/ \$16 NM****No class: Nov 11.**

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!

Learning a new language can be fun and rewarding, and it offers many benefits that make the effort well worth it. With the right attitude and approach, you can make the process enjoyable and progress quickly.

The five “C” of learning a new language:

Communication, Cultures, Connections, Comparisons, and Communities.

MWSA is looking for a French Instructor to teach classes. If you know anyone who might be interested, please contact Shalini, Program Coordinator: 780-508-9252.

TAI CHI CLASSES

TAI CHI 10 FORMS

Ken Chui/229/Max 14

 Tuesday, 1:15-2:15 PM

Session I/8 weeks: \$80 M/ \$104 NM

Sept 8, 15, 22, 29, Oct 6, 13, 20, 27

Session II/7 weeks: \$70 M/ \$91 NM

Nov 3, 10, 17, 24, Dec 1, 8, 15

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

Tai Chi 10 Form is composed of 10 movements all of which are used 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.

TAI CHI 4 BETTER FITNESS/BALANCE

Brad Schultz/GYM/Max 40/ (45 min)

 Thursday, 12:30- 1:15 PM

Nov 5, 12, 19, 26, Dec 3, 10, 17

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

Drop-ins: \$16 M/ \$20 NM

Life-enhancing and health-supporting class teaches individual movements based on Tai Chi principles that are designed to ensure your ongoing fitness and safety. Enjoyable movements and exercises derived directly from Tai Chi and Qigong that will strengthen your legs and hips, develop balance, improve flexibility and increase your cardiovascular health. Better balance and skill at preventing falls, also covers the all-important principles of how to regain balance. Become safer, stronger and more fit with enjoyable, simple exercises based on Tai Chi principles.

TAI CHI WALKING (45 min)

Brad Schultz/**GYM**/Max 40

 Thursday, 12:30-1:15 PM

Sept 10, 17, 24, Oct 1, 8, 22, 29

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

Drop-ins: \$16 M/\$20 NM

No class: Oct 15

A “step-by-step” course for developing strength, balance and mindful movement. It transforms ordinary walking into a slow, intentional, meditative practice along the way. Each step becomes an opportunity to feel grounded, centred and fully present. Increase strength, balance and mobility, along with patience, presence, inner balance, inner quiet, Grace in motion. Move with more ease, awareness, and confidence.

YOGA (CHAIR CLASSES)

CHAIR YOGA

Neeru Prashar/GYM/Max 30

 Friday, 1:15- 2:15 PM

Session I/7 weeks: \$70 M/ \$91 NM

Sept 11, 18, 25, Oct 2, 9, 23, 30

No class: Oct 16.

Session II/6 weeks: \$60 M/ \$78 NM

Nov 6, 13, 20, 27, Dec 4, 18

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

No class: Dec 11.

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.

GENTLE CHAIR YOGA

Anne Palaschuk/231/Max 15

 Tuesday, 9:00-10:00 AM

Session I/8 weeks: \$80 M/ \$104 NM

Sept 8, 15, 22, 29, Oct 6, 13, 20, 27

Session II/7 weeks: \$70 M/ \$91 NM

Nov 3, 10, 17, 24, Dec 1, 8, 15

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

A slow-paced class is intended for beginners, those with special concerns/ injuries or to develop greater personal body and breath awareness. Paying attention to alignment and detail, 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.**

STRONG & STEADY CHAIR YOGA-NEW!

Michelle Dionne/ GYM/Max 30

 Monday, 1:00-2:00 PM

Nov 9, 16, 23, 30, Dec 7, 14

6 weeks: \$60 M/ \$78 NM

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

Class is designed to help you build strength, improve balance, increase mobility & well-being. We explore a variety of yoga-inspired movements flexibility, cardiovascular fitness. Suitable for all abilities and offers plenty of options/ variations. Either new to movement or returning after injury, managing a chronic health condition, or simply looking for a safe and effective way to stay active.

YOGA (FLOOR CLASSES)**FASCIA RELEASE -NEW!**

Paige Elinski/ 231/ Max 14

 Saturdays, 11:15- 12:15 PM

Oct 3,10,17,24,31.

5 weeks: \$50 M/ \$65 NM.

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

Fascia is a powerful combination of yoga and self-massage that focuses on yogic principles, and cultivating awareness of mind, body, and breath. The exercises can be helpful in treating muscle immobility and pain, blood flow, and lymphatic circulation. Assists in creating greater body awareness, muscle performance and ease of movement. All levels.

MINDFUL MOBILITY & STAB. NEW!

Paige Elinski/ 231/ Max 14

 Saturday, 11:15-12:15 PM

Nov 7, 14, 21, 28, Dec 5, 12, 19

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

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

This class emphasizes the importance of mind muscle connection, form, breath & progressive strengthening. We gain stability through exercises using weight, resistance bands. We practice mobility training by focusing on enhancing joint health, flexibility & overall ease of movement. Suitable for Beginners.

STRETCH & TONE YOGA

Michelle Dionne/ GYM/Max 25

 Tuesday, 10:45- 11:45 AM

Sep 8,15,22,29, Oct 6, 20, 27

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

Nov 10, 17, 24, Dec 1, 8, 15.

6 weeks: \$60 M/ \$78 NM.

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

Full

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.

No class: Oct 13, Nov 3.**YOGA 4 WELLBEING**

Neeru Prashar/ 231/ Max 16

 Monday, 11 AM- 12 PM.

Nov 2, 9, 16, 23, 30, Dec 7, 14.

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

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

We use a variety of yoga techniques to improve the tone of muscles and the functioning of the organs. 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 your mind for practicing meditation.

STRETCH & TONE YOGA

Paige Elinski/ 231/ Max 14

 Saturday, 10:00- 11:00 AM**Session I/5 weeks: \$50 M/**

Oct 3, 10, 17, 24, 31

Full

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.

No classes in September.**Session II/7 weeks: \$70 M/\$91 NM**

Nov 7,14,21,28, Dec 5,12,19

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

FREE ACTIVITIES FOR MWSA MEMBERS!

ALZHEIMER'S SUPPORT GROUP

 3rd Tuesday, 10 AM-12 PM
Room 227/ 228

AlzheimerSociety

This support group, with the support of a representative from the Alzheimer's Society, aims to share feelings and experiences, exchange practical coping strategies, participate in discussions about disease and its progression.
(No session in July & December).

CARD MAKERS' CLUB

 Thursdays, 9 AM-12 PM
Room 225/ **Max. 10**
Program Lead: Claire 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 yours.

CAREGIVERS' CIRCLE

 1st Tuesday, 10 AM-12 PM.
Room 227

Caregiving is a compassionate and challenging job. Come meet with other caregivers to share experiences, conversations, ideas, and support.
(No session in July & December).

KNITTING & CROCHET CLUB

 Mondays & Tuesdays, 9-11 AM.
Room 225
Program Lead:
Debbie Radke & Murielanne La Rose

A fundraising club for socializing 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. No formal instruction provided; mentorship is available.

QUILTING & CRAFTING CLUB

 Wednesday, 9 AM-12 PM.
Room 229
Program Lead: Trudy Papsdorf

A fundraising club who loves to Quilt. Previous quilting experience & sewing with a machine are required. Learn new crafting techniques and have fun projects. Use donated material or bring your own. 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.

SEWING & CRAFTING CLUB

 Wednesday, 12:30 PM- 3:30 PM.
Room 229
Program Lead: Terry Ferguson/Donna

A fundraising club who loves sewing & crafting techniques and fun 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 & various shelters or sold at MWSA. No formal instruction is provided; mentorship is available.

MWSA DROP IN ACTIVITIES

- Checking in is mandatory. Please swipe your key tag at the Front Desk.
- 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. **Cost: \$30 M/\$50 NM (Punch Cards Available)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pickleball Adv. 8:30- 10:15 am	Book Club I 11 AM- 12 pm 2nd Tuesday	Pickleball Int. 8:30- 10:30 am	Pickleball Adv. 8:30- 11 am	Pickleball Beg. 8:30- 10:30 am	Pickleball All Levels 9- 11 am
Table Tennis 12:30- 2:30 pm	Fun Floor Curling 2:15-4:15 pm	Jammers 9 AM- 12 pm	Book Club II 11:15 -12:45 pm 3 rd Thursday	Jammers 9 am- 12 pm	Badminton All Levels 11 am-1 pm
Dominoes 1:00- 3:00 pm		Table Tennis 12:30-2:30 pm	Cribbage 12- 2:15 pm	Open Art Studio 1:00- 4:00 pm	
Euchre 2:00- 4:00 pm		Mahjong Chinese 2:00- 4:15 pm	Canasta 12:30- 2:30 pm	Mahjong American 1:00- 3:00 pm	
Mahjong Chinese 2:00- 4:15 pm		Badminton 2:30- 4:15 pm	Pickleball Beginners 4:00- 6:00 pm	Badminton 2:30- 4:15 pm	
Badminton 2:15- 4:15 pm			Pickleball All Levels 6:15- 8:15 pm		

DROP-IN ACTIVITIES: \$3 M/\$5 NM Punch cards available**BADMINTON**
 Mondays, 2:15- 4:15 pm.

 Fridays, 2:30- 4:15 pm
Room Gym/ **Lead: Tony Turner.**
 Wednesdays, 2:30- 4:15 pm

 Saturdays, 11:00 am- 1:00 am
BOOK CLUB**Book Club I**
 2nd Tues. monthly, 11 am- 12 pm.
Book Club II
 3rd Thurs. monthly, 11:15 am- 12:45 pm.
Room 227/ Lead: Deborah Taylor

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.

Both Sessions Full**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 2, 3, or 4 players that involves playing & grouping cards in to gain points.

DOMINOES GAME
 Mondays, 1:00- 3:00 pm.
Café/ Lead: Deanna Blair

Dominoes is a family of tile-based games played with gaming pieces.

EUCHRE GAME
 Mondays, 2:00- 4:00 pm.
Room 225/ Lead: Jay Cherot.

Euchre is a trick taking **game** with a trump, played by four players in teams of two. The basic play is similar to Whist.

FUN FLOOR CURLING
 Tuesdays, 2:15-4:15 pm
Room Gym

Fun curling is like ice curling. Curling rocks are pushed with wooden sticks. All levels of curlers are welcome to play the game in a fun, non-competitive environment.

JAM SESSIONS
 **Wed. and Fridays:** 9:00 am-12:00 pm
Room 231/ Lead: Dennis Tink

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.

DROP-IN ACTIVITIES: \$3 M/\$5 NM Punch cards available**MAHJONG**Chinese: **Mondays:** 2:00-4:15 pm/

Paulette Yakimenko

Chinese: **Wednesdays:** 2:00-4:15 pm/

Debbie Radke.

American: **Fridays:** 1:00-3:00 pm/

Debby Ronden/ Please bring your American Mahjong tiles, if you have a set at home.

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.

OPEN ART STUDIO**Fridays:** 1:00- 4:00 pm

Room: 225/ Lead: Louise Lavers

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.

PICKLEBALL ADVANCED

Room Gym/ Lead: Ralph Wentland.



Mondays, 8:30- 10:15 AM



Thursdays, 8:30- 11:00 AM

PICKLEBALL ALL LEVELS

Thursdays, 6:15-8:15 PM



Saturdays, 9:00- 11:00 AM

PICKLEBALL BEGINNERS

Thursdays, 4:00- 6:00 PM



Fridays, 8:30- 10:30 AM

PICKLEBALL INTERMEDIATE

Wednesdays, 8:30- 10:30 AM

TABLE TENNIS

Room 231/Lead: Agnes Mah



Mondays, 12:30- 2:30 PM



Wednesdays, 12:30- 2:30 PM

Mill Woods Seniors' Associations'**2nd FLOOR CAFE****TAKE A BREAK IN OUR 2nd FLOOR CAFE**

Come for some coffee or bite to eat, stay for the conversations with new and old friends.

Have you tried our homemade cinnamon buns on Thursdays or other desserts? Or Liver & Onions on Friday?

Regular customers come for the food, but stay for the quality service provide by our wonderful team of volunteers.

Mill Woods Seniors Association

2nd Floor Cafe

VISIT US UPSTAIRS!

BREAKFAST

LUNCH

COFFEE

OPEN TO THE PUBLIC!

MONDAY-FRIDAY, 9:00 AM-2:30 PM

2ND FLOOR, 2610 HEWES WAY NW WWW.MWSAC.CA/CAFE

Did you know?

MWSA rooms are available for rent, 7 days a week?

Call MWSA Front Desk for more details: 780-496-2997

AHS STEP FORWARD SCHEDULE**Call: 780-735-3483 to Register**

DATES	TIMES
Tues, Sep 29 - Dec 08	10:00 am- 12:00 pm
Fri, Oct 2- Dec 4	10:00 am- 12:00 pm
Tues, Sep 29 - Dec 08	2:15- 4:15 pm
Fri, Oct 2- Dec 4	2:15- 4:15 pm

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 (AHCIP) 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

