

14- Week Fall Program Guide 2023 (Sep 18 - Dec 22, 2023)

(Pink = Free activities for MWSA members), (Yellow = Ongoing Drop-In activities), (Blue = instructor-led classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct 9: Thanksgiving Day				
8:30 AM - 4:30 PM	8:30 AM - 4:30 PM	8:30 AM - 4:30 PM	8:30 AM - 8:30 PM	8:30 AM - 4:30 PM
8:30-10:15 AM/ Gym Pickleball Advanced Drop In: \$3M/\$5 NM	8:30-10:30 AM/ Gym Pickleball Beginners Drop In/ \$3M/ \$5 NM	8:30-10:30 AM/ Gym Pickleball Advanced Drop In / \$3M/ \$5 NM	9:00-11:00 AM/ Gym Pickleball All levels Drop In/ \$3M/ \$5 NM	8:30-10:15 AM/ Gym Pickleball Beginners Drop In: \$3M/ \$5 NM
9:00-11:00 AM/ 225 Knitting Club Free: MWSA mem only	9:00 AM-11:00 AM/ 225 Knitting Club Free: MWSA mem only	9:00- NOON/ 229 Quilting Club Free: MWSA mem only	9:00- NOON/ 225 Card Making Club/ Full Free: MWSA mem only	9:00 AM-NOON/ 231 Jammers Group Drop In: \$3M/ \$5 NM
10:00- 12:00 PM/ 228/ Gaston Spanish for Beginners I 8 Weeks/ \$80M/ \$100 NM (Sep 18- Nov 13)	10:00 AM-NOON/ 228 Caregiver Circle 1 st Tue of the Month Drop In / \$3M/ \$5 NM	9:00-NOON/ 231 Jammers Group Drop In: \$3M/ \$5 NM	9:30-11:30 AM/ 231/ Willie W Watercolors Part 1/ 6 Weeks/ \$120M/ \$150 NM (Sep 21, 28, Oct 5, 12, 19 & 26)	9:15-10:15 AM/ 229/ Natalia B Fitness Gold 12 Weeks/ \$120 M/ \$156 NM (Sep 22- Dec 8)
10:30-11:30 AM/ Gym/ Esther Tabata 13 Weeks/ \$130 M/ \$169 NM (Sep 18- Dec 18)	10:00 AM-NOON/ 228 Alzheimer's Support 3 rd Tue of the Month/ Drop In / \$3M/ \$5 NM	10:45-11:45 AM/ Gym/ Deb P Barre Strength Stretch 14 Weeks/ \$140 M/ \$182 NM (Sep 20- Dec 20)	9:30-11:30 AM/ 231/ Willie W Watercolors Part 2/ 7 Weeks/ \$140M/ \$175 NM (Nov 2, 9, 16, 23, 30, Dec 7, 14)	10:00 AM- 1:00 PM/ 224 Grief Support Drop-In/ \$3M/ \$5 NM
11:45- 12:45 PM/ Gym/ Esther Sit & Be Fit 13 Weeks/ \$130 M/ \$169 NM (Sep 18- Dec 18)	10:00-11:00 AM/ 229/ Kirsten B NIA Sep 12- Dec 19 12 Weeks/ \$120 M/ \$156 NM (No class: Sep 26, Oct 3, 10)	12:00-1:00 PM/ Gym/ Deb P Keep Fit Active 14 Weeks/ \$140 M/ \$182 NM (Sep 20- Dec 20)	10:00-11:00 AM/ 229/ Kirsten B NIA Sep 14- Dec 21 12 Weeks/ \$120M/ \$156 NM (No class: Sep 28, Oct 5, 12)	10:30-11:45 AM/ Gym/ Natalia B Sit & Be Fit: 75 Min. 12 Weeks/ \$156 M/ \$192 NM (Sep 22- Dec 8)
12:30- 2:30 PM/ 229/ Shannon Community Choir 13 Weeks/ \$130 M/ \$169 NM (Sep 18- Dec 18)	10:45-11:45 AM/ Gym/ Ann Stretch Tone Yoga 14 Weeks/ \$140 M/ \$182 NM (Sep 19- Dec 19)	12:30-2:30 PM/ 231 Table Tennis Drop-In: \$3M/ \$5 NM	11:15-12:15 PM/ Gym/ Deb R Tabata 14 Weeks/ \$140 M/ \$182 NM (Sep 21- Dec 21)	11:00 AM-12:00 PM/ 229/ Anne Chair Yoga 14 Weeks/ \$140 M/ \$182 NM (Sep 22- Dec 22)
12:30- 2:30 PM/ 228/ Reddy Learn 2 Use Smartphone 13 Weeks/ \$130 M/ \$169 NM (Sep 18- Dec 18)	11:00 AM-12:30 PM/ 228 Book Club 2 nd Tue of the Month Drop In / \$3M/ \$5 NM	1:15- 2:15 PM/ Gym/ Tracey W Line Dancing 14 Weeks/ \$140 M/ \$182 NM (Sep 20- Dec 20)	11:30- 12:30 PM/ 229/ Neeru P Yoga 4 Wellbeing 6 Weeks/ \$60 M/ \$78 NM (Sep 21, 28, Oct 5, 12, 19 & 26)	12:00- 1:00 PM/ Gym/ Esther S Keep Fit Active 14 Weeks/ \$140 M/ \$182 NM (Sep 22- Dec 22)
12:30- 2:30 PM/ Cafe Canasta Drop-In: \$3M/ \$5 NM	11:30- 12:30 PM/ 231/ Deb R Circuit Training: 14 Weeks/ \$140 M/ \$182 NM (Sep 19- Dec 19)	1:30-4:00 PM/ 229 Sewing & Crafting Free: MWSA mem only	12:15- 2:15 PM & 2:15- 4:15 PM/ 225 Digital Literacy, Free for MWSA mem (Jun 22- Aug 31) Call Farman: 587-340-6256	12:15- 1:15 PM/ 229/ Anne Chair Yoga 14 Weeks/ \$140 M/ \$182 NM (Sep 22- Dec 22)
12:30-2:30 PM/ 231 Table Tennis Drop-In: \$3M/ \$5 NM	12:00-2:00 pm/ Gym Floor Curling League 15 Weeks/ \$45.00(Sep 12- Dec 19)	2:00-4:00 PM/ 225 Conversational Circle Drop-In: \$3M/ \$5 NM	12:30-2:30 PM/ 231 Cribbage Drop-In: \$3M/ \$5 NM	1:00- 3:00 PM/ 228/ Gaston Spanish Level II 8 Weeks/ \$80 M/ \$100 NM (Sep 22- Nov 10)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct 9: Thanksgiving Day				
8:30 AM - 4:30 PM	8:30 AM - 4:30 PM	8:30 AM - 4:30 PM	8:30 AM - 8:30 PM	8:30 AM - 4:30 PM
1:00- 2:00 PM/ Gym/ Natalia Strong Body Healthy Core 12 Weeks/ \$120 M/ \$156 NM (Sep 18- Dec 11)	1:30- 3:30 pm/ 225/ Free MWSA mem English Class Call Abida: 780-235-2176	2:30-4:15 PM/ Gym Badminton Drop In: \$3M/ \$5 NM	12:30-1:30 PM/ Gym/ Deb Proc Core, Strength, & Stretch 14 Weeks/ \$140 M/ \$182 NM (Sep 21- Dec 21)	1:00- 4:00 PM/ TBD Multicultural Group Drop-In: \$3M/ \$5 NM
2:00-4:15 PM/ 225 Mahjong Game Drop-In: \$3M/ \$5 NM	1:00- 2:00 PM/ 228 Sing-A-Along Drop-In: \$3M/ \$5 NM		12:30- 3:30 PM/ 228 Canasta Drop-In: \$3M/ \$5 NM	1:00-4:00 PM/ 225 Open Art Studio Drop In: \$3M/\$5 NM
2:15-4:15 PM/ Gym Badminton Drop-In: \$3M/ \$5 NM	1:00- 2:00 PM/ 229/ Ken Chui Tai Chi 7 Weeks/ \$70 M/ \$97 NM (Sep 12- Oct 24)		1:45-3:45 PM/ Gym Floor Curling League 14 Weeks/ \$ 45.00 (Sep 14- Dec 21)	1:30- 4:00 PM/ Gym Badminton Drop In: \$3M/ \$5 NM.
2:15- 3:45 PM/ 229/ Shannon Intro. to Acting 13 Weeks/ \$130 M/ \$169 NM (Sep 18- Dec 18)	1:30- 3:30 PM/ 231/ Willie Wong Acrylics Session 1 6 Weeks \$120 M/ \$150 NM (Sep 19, 26, Oct 3, 10, 17, 24)		2:45- 4:15 PM/ 231/ (Oct 5- Dec 21) AHS Step Forward Call to Register: 780-735-3483	
2:15- 4:15 PM/ TBD Friendship Circle Drop-In: \$3M/ \$5 NM	1:30-3:30 PM/ 231/ Willie Wong Acrylics Session 2 6 Weeks \$120 M/ \$150 NM (Oct 31, Nov 7, 14, 21, 28, Dec 5)		4:00-6:00 PM/ Gym/ Kevin/ Ralph Learn 2 Play Pickleball 14 Weeks/ \$140 M/ \$182 NM (Sep 21- Dec 21)	
10:00 AM- 4:00 PM/ 224 Free: Settlement services Call Abida: 780-235-2176	2:15-4:15 pm/ Gym Fun Floor Curling Drop-In: \$3M/ \$5 NM		5:00-7:00 PM/ 231 Table Tennis Evening Drop-In: \$3M/ \$5 NM	
	2:45- 4:15 PM/ 229/ (Oct 3- Dec 19) AHS Step Forward Call to Register: 780-735-3483		6:00- 7:30 PM/ 225/ Brian D Ukulele 4 Beginners 14 Weeks/ \$160 M/ \$210 NM (Sep 21- Dec 21)	
			6:15- 8:15 PM/ Gym Pickleball All Levels Drop In: \$3M/ \$5 NM.	
			6:00-7:15 PM/ 229/ Deb Ravbar Barre Cardio Evening: 75 Min. 14 Weeks/ \$182 M/ \$224 NM (Sep 21- Dec 21)	

Registration starts Wednesday, August 28^h, 2023.