

MILLWOODS SENIORS ASSOCIATION, 2 ND FLOOR, 2610 HEWES WAY NW EDMONTON T6L 0A9			WWW.MWSAC.CA		780-496-2997	Last Updated: SEPT 10/ SW		
FALL 2026 Programs (Tues, Sept 8 th - Sat, Dec 19 th , 2026) (15 weeks)								
MONDAY- 8:30-4:30 PM		TUESDAY- 8:30-4:30 PM		WEDNESDAY8:30-4:30 PM		THURSDAY- 8:30-8:30 PM	FRIDAY- 8:30-4:30 PM	SATURDAY- 9 AM- 1 PM
MWSA closed: Sept 7, Oct 12 No Gym Activities Oct 19		No Gym Activities Oct 13		MWSA closed: Sept 30, Nov 11 No Gym Activities Oct 14		No Gym Activities Oct 15		No Gym Activities Oct 16, Dec 11 Rummage sale Sep 26/ 27 No Gym Activities Oct 17, 24
📅 8:30- 10:15 AM/ GYM PICKLEBALL ADVANCED DROP IN: \$3M/ \$5 NM		📅 9:00 - 11:00 AM/ 225 KNITTING CLUB FREE: MWSA MEMBERS		📅 8:30- 10:30 AM/ GYM PICKLEBALL INTERMEDIATE DROP IN: \$3M/ \$5 NM		📅 8:30- 11:00 AM/ GYM PICKLEBALL ADVANCED DROP IN: \$3M/ \$5 NM		📅 8:30- 10:30 AM/ GYM PICKLEBALL BEGINNERS DROP IN: \$3M/ \$5 NM
9:00- 11:00 AM/ 225 KNITTING CLUB FREE: MWSA MEMBERS		📅 10 AM- 12 PM/227/FREE CAREGIVER's GROUP 1st Tue ALZHEIMER's GROUP3rd Tues		📅 9 AM- 12 PM/229/FREE QUILTING CLUB FREE: MWSA MEMBERS		📅 9 AM- 12 PM/ 225 CARD MAKING CLUB FREE: MWSA MEMBERS		📅 9 AM- 12 PM/ 231 JAMMERS CLUB DROP IN: \$3M/ \$5 NM
📅 10:30- 11:30 AM/ 229/ 14 MAT PILATES Sep 14, 21, 28, Oct 5,19,26. 6 weeks: \$60 M/ \$78 NM. Nov 2,9,16, 23,30, Dec 7,14. 7 weeks: \$70 M/ \$91 NM. Drop-ins: \$13 M/ \$16 NM		📅 9:00- 10:00 AM/ 231/ 15. GENTLE CHAIR YOGA Sep 8,15,22,29, Oct 6,13,20,27 8 weeks: \$80 M/ \$104 NM. Nov 3,10,17,24, Dec 1,8,15. 7 weeks: \$70 M/ \$91 NM. Drop-ins: \$13 M/ \$16 NM		📅 9 AM- 12 PM/ 231 JAMMERS CLUB DROP IN: \$3M/ \$5 NM 📅 9 AM- 2 PM/ 4 th Wed. FREE OUTREACH SERVICES Laura: 780-433-5809/Appoint.		📅 9:30- 11:30 AM/ 231/ 20 WATERCOLORS Sep. 10,17,24, Oct 1,8,15,22,29 8 weeks: \$128 M/ \$160 NM Nov 5, 12, 19, 26, Dec 3, 10, 17. 7 weeks: \$112 M/ \$140 NM Drop In: \$20 M/ \$24 NM		📅 9:30- 10:00 AM/ 229/ 14 BALLET DANCE 4 BALANCE Nov 6, 13, 20,27, Déc.4, 11. 6 weeks: \$60 M/ \$78 NM. Drop-ins: \$13 M/ \$16 NM. NEW
📅 10:30- 11:30 AM/GYM/ 25 TABATA Sep 14, 21, 28, Oct 5, 26. 5 weeks: \$50 M/ \$65 NM. Nov 2,9,16, 23, 30, Dec 7,14. 7 weeks: \$70 M/ \$91 NM. Drop-ins: \$13 M/ \$16 NM		📅 9:30- 10:30 AM/ GYM/ 20 CORE STRENGTH STRETCH Sep 8,15,22,29, Oct 6, 20, 27. Nov 3,10,17,24, Dec 1,8,15. 7 weeks: \$70 M/ \$91 NM. Drop-ins: \$13 M/ \$16 NM NEW Day/ Time		📅 10:45- 11:45 AM/ GYM/ 24 BARRE STRENGTH STRETCH Sep 9, 16, 23, Oct 7, 21, 28. Nov 4, 18, 25, Dec 2, 9, 16. 6 weeks: \$60 M/ \$78 NM. Drop-ins: \$13 M/ \$16 NM		📅 10:00- 11:00 AM/ 229/ 16 NIA 4 ALL LEVELS Sep. 10, 17, Oct 8, 15, 22, 29. 6 weeks: \$60 M/ \$78 NM Nov 5, 12, 19, 26, Dec 3, 10, 17. 7 weeks: \$70 M/ \$91 NM Drop In: \$13 M/ \$16 NM		📅 9:30- 11:30 AM/ 225/ 20 ACRYLICS 4 ALL LEVELS Nov 6, 13, 20,27, Dec 4,11, 18 7 weeks: \$112 M/ \$140 NM Drop In: \$20 M/ \$24 NM NEW
📅 11 AM- 12 PM/ 231/ 16 YOGA 4 WELLBEING Nov 2, 9, 16,23,30, Dec 7,14. 7 weeks: \$70 M/ \$91 NM. Drop-ins: \$13 M/ \$16 NM		📅 10 AM- 2 PM/ Sep 29- Dec 8 AHS: STEP FORWARD PRO Register: 587-372-8195/ 229		📅 10:30 AM- 12 PM/ 225/ 30 SPANISH GRAMMAR I Sep 9, 16, 23, Oct 7,14, 21, 28. 7 weeks: \$70 M/ \$91 NM. Drop-ins: \$13 M/ \$16 NM.		📅 11:15 AM- 12:45 PM/ 227 BOOK CLUB II. 3 rd Thurs DROP IN: \$3M/ \$5 NM.		📅 9:30- 11:30 AM/ 225/ 20 DRAWING 4 ALL LEVELS Sep 11, 18, 25, Oct 2, 9, 16, 23,30 8 weeks: \$128 M/ \$160 NM. Drop In: \$20 M/ \$24 NM NEW
📅 11:45- 12:45 PM/GYM/30 STABILITY STRENGTH EN. Sep 14, 21, 28, Oct 5, 26. 5 weeks: \$50 M/ \$65 NM. Nov 2,9,16, 23, 30, Dec 7, 14. 7 weeks: \$70 M/ \$91 NM. Drop-ins: \$13 M/ \$16 NM.		📅 10:45- 11:45 AM/ GYM/ 24 STRETCH TONE YOGA 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-ins: \$13 M/ \$16 NM.		📅 10:30 AM- 12 PM/ 225/ 20 SPANISH CONVERS. I Nov 4, 18, 25, Dec 2, 9, 16. 6 weeks: \$60 M/ \$78 NM. Drop-ins: \$13 M/ \$16 NM No Class Nov 11		📅 11:15 AM-12:15 PM/GYM/ 25 TABATA Sep. 10, 17, 24, Oct 1, 8, 22, 29. Nov 5, 12, 19, 26, Dec 3, 10, 17. 7 weeks: \$70 M/ \$91 NM Drop In: \$13 M/ \$16 NM No Class Oct 15.		📅 10:00- 11:00 AM/ Lobby EPL E-LEARNING Last Fri month FREE: MWSA MEMBERS 📅 10 AM- 12 PM/ Oct 2- Dec 4 AHS: STEP FORWARD PRO. Register: 587-372-8195/ 229

MILLWOODS SENIORS ASSOCIATION, 2 ND FLOOR, 2610 HEWES WAY NW EDMONTON T6L 0A9			WWW.MWSAC.CA	780-496-2997	Last Updated: SEPT 10/ SW
FALL 2026 Programs (Tues, Sept 8th- Sat, Dec 19th, 2026) (15 weeks)					
MONDAY- 8:30-4:30 PM	TUESDAY- 8:30-4:30 PM	WEDNESDAY8:30-4:30 PM	THURSDAY- 8:30-8:30 PM	FRIDAY- 8:30-4:30 PM	SATURDAY- 9 AM- 1 PM
MWSA closed: Sept 7, Oct 12 No Gym Activities Oct 19	No Gym Activities Oct 13	MWSA closed: Sept 30, Nov 11 No Gym Activities Oct 14	No Gym Activities Oct 15	No Gym Activities Oct 16, Dec 11	Rummage sale Sep 26/ 27 No Gym Activities Oct 17, 24
📅 12:30- 2:30 PM/ 231 TABLE TENNIS DROP IN: \$3M/ \$5 NM.	📅 10:45- 11:45 AM/ 231/ 16 CIRCUIT TRAINING Sep 8,15,22,29, Oct 6,13,20, 27 8 weeks: \$80 M/ \$104 NM. Nov 3,10,17,24, Dec 1,8,15. 7 weeks: \$70 M/ \$91 NM. Drop In: \$13 M/ \$16 NM	📅 12:00- 1:00 PM/ GYM/ 20 KEEP FIT INTERVAL Sep 9, 16, 23, Oct 7, 21, 28. Nov 4, 18, 25, Dec 2, 9, 16. 6 weeks: \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 NM	📅 12:00- 2:15 PM/ 231 CRIBBAGE GAME DROP IN: \$3M/ \$5 NM 📅 12:15- 3:15 PM/ 225/ 8 CARD MAKING CLASS Sep.17, Oct.15, Nov 19 & Dec 17 4 weeks: \$ 60 M/ \$ 65 NM. No Drop Ins!	📅 10:45- 11:45 AM/ GYM/ 30 MOVEMENT MUSCLE MIXUP Sep 11, 18, 25, Oct 2, 9, 23,30 7 weeks: \$91 M/ \$112 NM. NEW Nov 6, 20, 27, Dec 4,18 (Nov 13) 5 weeks: \$65 M/ \$80 NM Drop-ins: \$16 M/ \$20 NM.	
📅 1:00- 3:00 PM/ CAFÉ DOMINOES GAME DROP IN: \$3M/ \$5 NM.					
📅 1:00- 2:00 PM/GYM/ 35 STR./ STEADY CHAIR YOGA Nov 9, 16, 23, 30, Dec 7, 14. 6 weeks: \$60 M/ \$78 NM. Drop-ins: \$13 M/ \$16 NM NEW	📅 11:00 AM- 12:00 PM/ 227 BOOK CLUB- I. 2nd Tues. DROP IN: \$3M/ \$5 NM	📅 12:30- 2:30 PM/ 231 TABLE TENNIS DROP IN: \$3M/ \$5 NM	📅 12:30-1:15 PM/ GYM/ 40 TAI CHI WALKING Sep. 10, 17, 24, Oct 1, 8, 22, 29. 7 weeks: \$91 M/ \$112 NM. Drop In: \$16 M/ \$20 NM. NEW Day/ Time	📅 12:15- 1:00 PM/ GYM/ 30 ESSENRICS 45 Min. Sep 11, 18, 25, Oct 2, 9, 23,30 7 weeks: \$91 M/ \$112 NM. Nov 6, 13, 20,27, Dec 4,18 6 weeks: \$78 M/ \$96 NM Drop-ins: \$16 M/ \$20 NM	
		📅 12:30- 3:00 PM/ 229 SEWING & CRAFTING CLUB FREE: MWSA MEMBERS.			
📅 1:30- 2:30 PM/ 229/ 16 AGE REV. ESSENRICS Sep 14, 21, 28, Oct 5,19,26. 6 weeks: \$78 M/ \$96 NM. Nov 2,9,16, 23,30, Dec 7,14. 7 weeks: \$91 M/ \$112 NM. Drop In: \$16 M/ \$20 NM.	📅 12:00- 2:00 PM/ GYM/ 32 FLOOR CURLING LEAGUE Sep 8,15,22,29, Oct 6,20, 27, Nov 3,10,17,24, Dec 1,8,15, 22 15 Weeks: \$45/ MWSA mem. Banquet on Dec 22nd	📅 1:15- 2:15 PM/ GYM/ 50 LINE DANCE BEGINNERS Sep 9, 16, 23, Oct 7, 21, 28. Nov 4, 18, 25, Dec 2, 9, 16. 6 weeks: \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 NM	📅 12:30-1:15 PM/ GYM/ 40 TAI CHI / BETTER BALANCE Nov 5, 12, 19, 26, Déc. 3, 10, 17. 7 weeks: \$91 M/ \$112 NM. Drop In: \$16 M/ \$20 NM. NEW Day/ Time	📅 1:00- 4:00 PM/ 225 OPEN ART STUDIO DROP IN: \$3M/ \$5 NM	
				📅 1:00- 3:00 PM/ 227 MAHJONG GAME (American). DROP IN: \$3M/ \$5 NM	
📅 2:00- 4:00 PM/ 227 EUCHRE GAME DROP IN: \$3M/ \$5 NM.	📅 1:15- 2:15 PM/ 229/ 16 TAI CHI 10 FORMS Sep 8,15,22,29, Oct 6,13,20, 27 8 weeks: \$80 M/ \$104 NM. Nov 3,10,17,24, Dec 1,8,15. 7 weeks: \$70 M/ \$91 NM. Drop In: \$13 M/ \$16 NM	📅 2:00- 4:15 PM/ 225 MAHJONG GAME DROP IN: \$3M/ \$5 NM	📅 12:30- 2:30 PM/ Café CANASTA GAME DROP IN: \$3M/ \$5 NM	📅 1:15- 2:15 PM/ GYM/ 30 CHAIR YOGA Sep 11, 18, 25, Oct 2, 9, 23,30 7 weeks: \$70 M/ \$91 NM. Nov 6, 13, 20,27, Dec 4,18 6 weeks: \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 NM	
📅 2:00- 4:15 PM/ 227 MAHJONG GAME DROP IN: \$3M/ \$5 NM.		📅 2:30- 4:15 PM/ GYM BADMINTON DROP IN: \$3M/ \$5 NM			
📅 2:15- 4:15 PM/ GYM BADMINTON DROP IN: \$3M/ \$5 NM	📅 2:15-4:15 PM/Sep 29-Dec 8 AHS: STEP FORWARD PROG. Register: 587-372-8195/ 231	📅 3:00- 4:00 PM/ 231/ 20 LINE DANCE ADVANCED Sep 9,16,23, Oct 7,14,21, 28. 7 weeks: \$70 M/ \$91 NM. Nov 4, 18, 25, Dec 2, 9, 16. 6 weeks: \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 NM	📅 1:30- 2:30 PM/ GYM/ 8 NEXT LEVEL PICKLEBALL Beginners: Oct 1, 8, 22, 29. 4 weeks: \$40 M/ \$52 NM. Intermediate & Advanced Nov 5,12,19,26, Dec 3,10, 7. 7 weeks: \$70 M/ \$91 NM. No Drop In. NEW	📅 2:30- 4:15 PM/ GYM BADMINTON DROP IN: \$3M/ \$5 NM	
	📅 2:15- 4:15 PM/ GYM FUN FLOOR CURLING DROP IN: \$3M/ \$5 NM				

MILLWOODS SENIORS ASSOCIATION, 2 ND FLOOR, 2610 HEWES WAY NW EDMONTON T6L 0A9			WWW.MWSAC.CA	780-496-2997	Last Updated: SEPT 10/ SW
FALL 2026 Programs (Tues, Sept 8th- Sat, Dec 19th, 2026) (15 weeks)					
MONDAY- 8:30-4:30 PM	TUESDAY- 8:30-4:30 PM	WEDNESDAY8:30-4:30 PM	THURSDAY- 8:30-8:30 PM	FRIDAY- 8:30-4:30 PM	SATURDAY- 9 AM- 1 PM
MWSA closed: Sept 7, Oct 12 No Gym Activities Oct 19	No Gym Activities Oct 13	MWSA closed: Sept 30, Nov 11 No Gym Activities Oct 14	No Gym Activities Oct 15	No Gym Activities Oct 16, Dec 11	Rummage sale Sep 26/ 27 No Gym Activities Oct 17, 24

			📅 2:45- 3:45 PM/ GYM/ 10 INTRO TO PICKLEBALL Sep. 10, 17, 24, Oct 1, 8, 22, 29. Nov 5, 12, 19, 26, Dec 3, 10, 17. 7 weeks: \$70 M/ \$91 NM. No Drop In.		
			📅 3:00- 4:00 PM/ 229/ 14 ZUMBA GOLD Sep. 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 In: \$13 M/ \$16 NM		
			📅 4:00- 6:00 PM/ GYM PICKLEBALL BEGINNERS DROP IN: \$3M/ \$5 NM		
			📅 6:00- 7:00 PM/ 229/ 14 STRETCHING EVENING CLASS Sep. 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 In: \$13 M/ \$16 NM		
			📅 6:15- 8:15 PM/ GYM PICKLEBALL ALL LEVELS DROP IN: \$3M/ \$5 NM		