

FEBRUARY 2019 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please register for all events in person or call 780-496 2997 to avoid cancellation of programs. Thank you!! (\$) = paid programs					
4	5	6	7	8	9
OUTING: SENIORS GAMES AT LAUREL HEIGHTS 9-11 PRESENTATION: POSTURE & CHRONIC PAIN 12:30-1:30 PM (\$)	INFO BOOTH: ELDER DOG SOCIETY 10-12 PM				COFFEE CHAT W/COUNCILLOR MIKE NICKEL 10-12
11	12	13	14	15	16
FREE CLASS DEMO, DISCOVER ESSENTRICS: 1:15-1:45 PM (\$)			LUNCH & LEARN: SCOTIA BANK 11-12:30 PM (\$)	CHINESE NEW YEAR PIG ROAST DINNER 5-9:30 PM (\$)	EXTRA PICKLEBALL 10-12:30 (\$)
PRES: ROAD SAFETY FOR DRIVERS/PEDESTRIANS 3-4 PM (\$)				PB/FL CURLING CANCELLED	
18	19	20	21	22	23
FAMILY DAY MWSA CLOSED	PRESENTATION: MINDFUL INVESTING 11:30 AM-12:30 PM (\$)			MONTHLY BIRTHDAY PARTY 2-3:30 PM (\$)	EXTRA PICKLEBALL 10-12:30 (\$)
25	26	27	28		
		OUTING: RIVER CREE CASINO 11:00-3:30 PM (\$)			

If you have any additional questions or concerns or to RSVP for programs, please call 780 496 2997

FEBRUARY 2019 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Mon Feb 4, OUTING: SENIORS GAMES OPENING CEREMONIES Join the Edmonton Eskimos, City Councillor Banga, MLAs and Station 16 Firefighters at the Seniors Opening Ceremonies at Laurel Heights at 3110-22 Ave to help cheer on the seniors. **Free Event. To sign up, call Starr at 780-394-3621. 12:30-1:30 PM Presentation: Posture & Chronic Pain** Presented by Providence Chiropractor. Learn how your posture can affect your body's health. **Cost: \$2 NM/\$4 NM**

Tues Feb 5, 10-12 PM Info Booth: Elder Dog Society Learn how the Elder Dog Society can help you with: daily dog care activities, foster care and adoption of older dogs, long-term care planning for companion dogs, and more! Their mission is to honour and preserve the human-animal bond through care, companionship, commemoration, and education. **Drop-in Event. Pre-registration not required.**

Mon Feb 11, 1:15-1:45 PM Free Class Demo: Discover Essentrics Bring your comfortable exercise clothes and try out this new class at MWSA. All fitness levels welcome. **Cost: No Class, but please RSVP.**

3-4 PM Presentation: Road Safety for Drivers/Pedestrians Presented by a driving instructor. Learn how to be a better driver, and tips to be a safer pedestrian. **Cost: \$2 M/\$4 NM.**

Thurs Feb 14, 11 AM-12:30 PM Lunch & Learn Presented by Scotia Bank. Topic to be announced! **Cost: \$2 M/\$4 NM, includes lunch!! Please RSVP.**

Fri Feb 15, 5-9:30 PM Chinese New Year Roast Pig Dinner Join us for a delicious roast pig dinner and other Chinese food, along with live entertainment, 50/50 raffle, activities, and more! **Cost: \$25/ticket**

Tues Feb 19, 11:30-12:30 PM Presentation: Mindful Investing Presented by Wei Woo of Mackie Research. Learn how to weather and prosper in fragile markets, specifically how to protect cash flow when the markets stall or go negative. Join Wei Woo as he discusses the common mistakes behind the average investor during their retirement years and how to avoid them. **Cost: \$2 NM/\$4 NM. Please RSVP.**

Fri Feb 22, 2:00-3:30 PM Monthly Birthday Party If you are a member and it's your birthday this month, join us for cake, coffee and fun times. Everyone welcome. **Cost: Free for members with birthdays. \$2 for non-members/non-birthday.**

Wed Feb 27, 11:00 AM-3:30 PM Outing: River Cree Casino Enjoy a fun day out River Cree. Bus to leave MWSA at 11 AM, returning by 3:30 PM. Cost includes: bus transportation, lunch and \$5 casino voucher. **Cost: \$10 M/\$15 NM. Please register!**

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