

FEBRUARY 2023 Monthly Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 <i>Massage Therapy</i> \$\$ 10 am- 7 pm	3 <i>Grief Support \$</i> 10:00 am-1:00 pm
6	7 <i>“Sing Along” Free Demo</i> 1:00- 2:00 pm <i>Edmonton Seniors Solutions</i> <i>Foot Care Clinic</i> \$\$ 9:30 am- 2:30 pm	8	9 <i>Massage Therapy</i> \$\$ 10 am- 7 pm <i>Canasta in the Café</i> 12:30-2:30 pm <i>Free</i>	10 <i>Grief Support \$</i> 10:00 am- 1:00 pm
13	14 <i>Travel presentation</i> \$ 1:00- 2:30 pm	15	16 <i>Outing: River Cree Casino \$</i> 11 a.m.- 3:30 pm <i>Massage Therapy</i> \$\$ 10 am- 7 pm	17 <i>Grief Support \$</i> 10:00 am- 1:00 pm <i>Outing: Bridge at Rutherford Residence, 12-3 pm. Free</i> <i>Liver & Onions Day</i>
20 <i>Family Day</i> <i>MWSA closed</i>	21 <i>Pres: Moving Forward</i> \$ 10:00 am- 12:00 p.m.	22 <i>Medi Pedi Diabetic</i> <i>Foot Care</i> \$\$ 9:30 AM- 4:30 pm	23 <i>Pres: Dying with Dignity \$</i> 1:00- 3:00 PM <i>Mix & Mingle 4-6 pm \$</i> <i>Massage Therapy</i> \$\$ 10- 7 pm	24 <i>Grief Support \$</i> 10:00 am- 1:00 pm <i>Pres: Edmonton Neighborhood</i> <i>Watch Senior Safety</i> \$\$ 1:00-4:00 pm
27 <i>Monthly Birthday Party</i> <i>(Sponsored by Rutherford Heights) 1:30- 2:30 p.m. Free</i> <i>Hearing Aids Clinic \$</i> 9:30- 2:30 pm	28	\$ Register with & Pay MWSA \$\$ Register with MWSA & Pay Service Provider		

Featured Events:

1. **Massage Therapy, Every Thursdays: 10- 7 PM**
2. **Bridge Outing at harmony at Rutherford: Friday, Feb 17, 12- 3 pm.**
3. **Mix & Mingle, Thursday, Feb 23 from 4-6 p.m.**
4. **Sing Along, Tuesday, 1- 2 pm**
5. **Monthly Birthday Party, Feb 27, 1:30- 2:30 pm (Last Monday of each month)**

EVENT DESCRIPTIONS

Every Thursday, 10:00 AM- 7:00 PM Massage Therapy with certified therapist Sirena Ganpatt. 60-minute massages are great for either full body relaxation or therapeutic to relieve a specific complaint. 90-minute massages make for an even more thorough relaxation, or for the client coming in with some issues that still wants a full body massage. All massages, whether therapeutic or relaxation, are performed to the level of comfort the client desires. **Direct billing available, ask for Insurance providers list when you book your appointment at the Front Desk. Cost for 60 min: \$75 M/ \$90 NM. Cost for 90 min: \$100 M/ \$120 NM. With appointment only & No Walk Ins. Please ask more about Gift Cards & package promos on your first visit with the therapist.**

Every Friday: 10 AM- 1 PM Grief & Bereavement Support with certified practitioner Shamim Amiri. Release Anxiety, Release Negative emotions, Reduce Physical Pain, Reduce Anxious behaviour, Increase Self Esteem, Calm your aching thoughts. **Book your one-on-one appointment at the front desk. Cost: \$3 M/\$5 NM.**

Every 4th Monday, 9:30 AM- 2:00 PM Hearing Aids Clinic One on one session with Kate Powell for Hearing Screening, and Counselling on hearing loss treatment, guidance on AADL eligibility, and how to apply for AADL/Blue Cross benefits. **Book your spot at the front desk. Cost: \$3 M/\$5 NM.**

Every 2nd Tuesday, Feb 07, 9:00 a.m.- 4:00 p.m. Foot Care with Certified Practitioner Basic Foot Care (15-20 minutes): \$40.00, Pedicure (30-40 minutes): \$55.00. Foot & lower leg massage \$10 • Nail care (fingernail trim & file) \$10 • Nail polish application (client's own) \$10 • Heavy Duty Nail Clippers \$25. Book your time slot at the Front Desk. **Book your appointments today at the front desk. Cash, Debit & Credit accepted. Pay the nurse directly. Covers Seniors benefits (will provide receipts if needed). Footcare Mobile services available at different rates.**
Tuesday Feb 07, 1:00- 2:00 pm Sing-along with Lorraine Kalis, sing songs from the 1950s, Valentines, Old Westerns, Real Oldies, Popular Gospel etc. . Lyrics for songs will be supplied. **Cost: Free Demo "MWSA Members Only"**

Every 2nd & 4th Monday, 9:30 am- 2:30 pm Hearing Aids Clinic One on one session with Kate Powell for Hearing Screening, 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 how to clean and maintain hearing aids. Discuss the importance of hearing tests to monitor your health. **Book your spot at the front desk. Cost: \$3 M/\$5 NM.**

Tuesday, Feb 14, 1:00- 2:30 PM Travel presentation on Awayday Trips. Presenter will be Tour Director Connie Hendrickson. Her profile can be viewed on Nagel Tours website at www.nageltours.com, under More, then About Us and then scroll down to The Team. **Cost: \$3 M/\$5 NM.**

Thursday, Feb 16, 11:00 a.m.-3:30 p.m. Outing: River Cree Casino Enjoy a day out at the River Cree Casino, which includes coach bus transportation, casino voucher and lunch. Register Early to save your spot, as this trip is always popular! **The bus leaves MWSA at 11:00 AM; departs from River Cree at 3:30 pm.** Max. capacity: 24. **Cost: \$10M/ \$15 NM.**

Friday, Feb 17, 12:00- 3:00 p.m. Bridge Event Outing to Harmony at Rutherford. Play Bridge with the residents. Bus transportation to pick up members at MWSA at 12:00 PM. Feel free to bring your favorite set of cards. Max. capacity: 14. Or choose to drive there yourself. **Cost: Free for members. Coffee & lunch will be served.**

Tuesday, Feb 21, 10:00- 12:00 PM Presentation: Moving Forward (Downsizing). Join this group of six professionals for a candid conversation about downsizing; estate planning; housing choices; and how to simplify it all, follows up with Questions & Answers. **Cost: \$3 M/\$ 5 NM. Light Refreshments will be served). Please ask for your copy of Agenda (Presentation details) at the time of registration.**

Every 4th Wednesday, Feb 22, 9:30- 4:30 p.m. Diabetic Foot Care with Shawna MacNeil, owner, and operator of Medi Pedi Edmonton. List of services offered to the clients: • Diabetic Pedicure • Geriatric Pedicure • Manicure • Nail Fungus Treatment • Ingrown Toenail Treatment • Ion Foot Detox Treatment • Toenail Reconstruction **Book your 1.5-hour appointment at the Front Desk. Cash, Debit & Credit accepted. Pay the nurse directly.**

Thursday, Feb 23, 1:00- 3:00 PM Presentation: DYING WITH DIGNITY by Carl Ulrich, Chapter Chair in Edmonton. Medical Assistance in dying, history of MAID & challenges follows up with Questions & Answers. [Edmonton - Dying with Dignity Canada](#). **Cost: \$3 M/\$ 5 NM.**

Thursday, Feb 23, 4:00- 6:00 pm Mix & Mingle. Meet new people, make friends. Alcoholic and non-alcoholic drinks options available. Light refreshments and one drink of choice included. **Cost: \$20M/\$30 NM.**

Friday, Feb 24, 1:00- 4:00 pm EDMONTON NEIGHBOURHOOD WATCH SENIOR SAFETY AND INFORMATION PROGRAM An interactive presentation and discussion about crime and safety in your neighbourhood, in your home, on your streets, In your vehicle, Frauds, Scams and the Internet. Plus time for *Questions & Answers*. **Cost: \$3 M/\$ 5 NM. Light Refreshments will be served.**

Monday, Feb 27, 1:30-2:30 p.m. Monthly Birthday Party. Celebrate your birthday month with MWSA. Come for some cake and coffee, sponsored by Rutherford Heights. **MWSA Members celebrating their birthday month: Free/\$5 Non-members and guests. Please pre-register.**