

## FEBRUARY 2024 MWSA MONTHLY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Featured Events:</b> <ul style="list-style-type: none"> <li><b>Grief Support:</b> Every Friday, 11:30 a.m.- 1:30 pm. By appointments only; no drop-ins</li> <li><b>Hearing Test Clinic:</b> Every 2<sup>nd</sup> Monday, 9:30- 2:30 pm. By appointment only.</li> <li><b>Massage Therapy:</b> Last Wednesday of the month, 9:00 am- 4:00 pm.</li> <li style="background-color: yellow;"><b>New! Outreach Services with EMCN, Third Thursday of the Month, 10 am- 2pm</b></li> <li style="color: #e91e63;"><i>Edmonton Sabers Performing Arts Winter guard Performance, with Q &amp; A and Free Coffee and Donuts, Saturday February 10, 2024, at 2:00 p.m.</i></li> </ul>			<b>1</b> <b>Boosting your Brain Health</b> 1:00-3:30 pm, Free  <b>Yoga 4 Wellbeing</b> 1-2 pm (\$13 M/ \$16 NM)	<b>2</b>  <b>Grief Support</b> 11:30- 1:30 pm (\$3M/ \$5 NM)	
<b>5</b>	<b>6</b> <b>Pottery Workshop make up class</b> <b>10 a.m.-12 pm</b>	<b>7</b> <b>Pres: Vertigo &amp; Dizziness</b> 11:45- 12:45 pm (\$3M/ \$5 NM)  <b>Intermediate Line Dancing</b> 3- 4 pm (Feb 7- April 10) (\$100 M/ \$ 130 NM)	<b>8</b> <b>Boosting your Brain Health</b> 1:00-3:30 pm, Free  <b>Yoga 4 Wellbeing</b> 1-2 pm, (\$13 M/ \$16 NM)  <b>Free Coffee &amp; Cookies Churchill Manor in Lobby</b>	<b>9</b> <b>Grief Support</b> 11:30- 1:30 pm (\$3M/\$5 NM)	<b>10</b> <b>Edmonton Sabers Performance</b> <b>2-3 pm, Free, # Gym</b>
<b>12</b> <b>Hearing Test Clinic</b> 9:30- 2:30p.m. (\$3M/ \$5 NM)	<b>13</b>	<b>14</b> <b>Valentine's Day with Churchill Manor #Lobby</b>  <b>Intermediate Line Dancing</b> 3- 4 pm (Feb 7- April 10) (\$100 M/ \$ 130 NM)	<b>15</b> <b>Yoga 4 Wellbeing</b> 1-2 pm, (\$13 M/ \$16 NM)  <b>New! Outreach Services with EMCN, 10 a.m. -2:00 pm Free</b>	<b>16</b> <b>No Grief Support</b>	
<b>19</b> <b>FAMILY DAY- MWSA CLOSED</b>	<b>20</b>	<b>21</b> <b>Intermediate Line Dancing</b> 3- 4 pm (Feb 7- April 10) (\$100 M/ \$ 130 NM)	<b>22</b> <b>Outing: River Cree Casino,</b> 11 a.m.- 3:30 p.m. (\$10M/ \$15NM)  <b>Yoga 4 Wellbeing</b> 1-2 pm, (\$13 M/ \$16 NM)	<b>23</b> <b>EPL e-Learning Resource #Lobby</b> LIVER & ONIONS DAY, Café <b>Grief Support 11:30- 1:30 pm (\$3M/\$5 NM)</b>  <b>Lunar New Year 2024 Year of Dragon Dinner 5:30-9:00 pm \$\$</b>	
<b>26</b> <b>Monthly Birthday Party,</b> 1:30- 2:30 PM  <b>Mill Woods Wahtohtowin Night,</b> 5:00-7:30 pm Free	<b>27</b> <b>NEW! Celiac Support Group,</b> 10 a.m-12:00 p.m., (\$3 M/\$5 NM)  <b>Foot Care Clinic \$\$</b> 10:00- 2:00 pm	<b>28</b> <b>Massage Therapy, \$\$ 9 am- 4 pm</b>  <b>Intermediate Line Dancing</b> 3- 4 pm (Feb 7- April 10) (\$ 100 M/ \$ 130 NM)	<b>29</b>  <b>Yoga 4 Wellbeing</b> 1-2 pm, (\$13 M/ \$16 NM)  <b>Mix &amp; Mingle</b> 5- 7 pm \$20M/\$30 NM		

**EVENT DETAILS (PRE-REGISTRATIONS REQUIRED, INCLUDING ALL PAYMENTS)**

**Thursdays, Feb 1, 8, 15, 22, 29, 1:00- 2:00 pm (8-week session) Yoga 4 Wellbeing:** with various loosening practices or joint movements followed by Kriyas; body movements coordinated with the breath (Kriyas) to improve the oxygen supply to the muscles and cleanse the metabolic waste, improve blood circulation and to establish mind-body connection. Postures (Asanas) are practiced working on various systems of the body and modified to individual needs. Shavasana, deep relaxation & breathing practice is done at the end to reap the benefit of the entire practice and to relax the body and the mind. They not only improve the lung function but also calm down the nervous system and prepare the mind for contemplative practices. **Instructor: Neeru Prashar. Cost: \$50 Mem/\$65 NM. Drop in: \$13 M/ \$16 NM. Max 12**

**Thursdays, Feb 1 & 8, 1:00- 3:30 pm. Boosting Your Brain Health.** 4-week workshop from **Alberta Health services** to help motivated adults act on improving their brain health. **Learn about** •How your brain changes from your lifestyle choices and health conditions. • New ways to improve your brain health. •How to set goals for day-to-day life that can benefit your brain health. 4 sessions, each 2.5 hours in length. • To register, **Call AHS at 780-342-8302.** • **Cost: Free.**

**NEW! Wednesdays, Feb 7- April 10, 3- 4 pm. (10 weeks session) Intermediate Line Dancing with Tracey Walters.** This dance class is for individuals who have taken a beginner's line dance class and are looking for more of a challenge. The instructor will include dances from the beginner's class, along with some new dances for those who want to improve their skills. It is low impact, great exercise, and fun for all ages. Footwear with a leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate. **Cost: \$100 M/ \$130 NM. (Drop in: \$13 M/\$16 NM). Room 231**

**Wednesday, Feb 7, 11:45 am- 12:45 pm. Presentation: Vertigo and Dizziness.** Explore the fascinating world of dizziness and vertigo as we uncover their causes, decode the puzzling symptoms, and delve into the game-changing role of NUCCA care in restoring balance. Don't miss out on this enlightening discussion that could be the key to overcoming your vertigo and dizziness challenges!! **Cost: \$3 M/\$5 NM. Room 225.**

**Saturday Feb 10, 2-3 p.m. Edmonton Sabers Performing Arts Ensemble Performance at MWSA.** MWSA staff member & Edmonton Sabers instructor, Michele Vriens invites members and guests for a free performance. There will be a Q & A session, and some free coffee and donuts. **Cost: Free/Please pre-register. /GYM**

**Monday Feb 12, 9:30 am-2:30 pm. Hearing Test Clinic.** One-on-one session with Kate Powell for hearing screening, 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 **Cost: \$3 M/\$5 NM. /Room 224.**

**Thursday Feb 15, 10:00 a.m.- 2:00 p.m. New! Outreach Services provided by Edmonton Mennonite Centre for Newcomers (EMCN).** An Outreach Worker from EMCN will at MWSA every 3<sup>rd</sup> Thursday of the month starting February 15. Services offered include: Immigration related issues (i.e. PR Card, Citizenship, Landing paper), Financial issues (Apply for Canadian Pension Plan (CPP), Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares) and Housing. **Free. Drop-in. /Room #224**

**Thursday, Feb 22, 11:00 am- 3:30 pm. Outing: River Cree Casino** Enjoy a day at the River Cree Casino, which includes coach bus transportation, casino voucher & lunch. Register early, as this trip is always popular! The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm. **Max: 24. Cost: \$10 M/ \$15 NM. / Lobby.**

**Friday, Feb 23, 9:30- 11:30 am. EPL e-learning Resource.** You're One Click Away: eNewspapers and eMagazines from EPL. Love to keep informed on local and world events. Stay up to date on all your interests with Edmonton Public Library's eNewspapers and eMagazines. Learn how to access today's newspapers from Edmonton, New York, Warsaw, and beyond, all from the convenience of your laptop or tablet. **Cost: Free. / Lobby | 5:00-9:00 p.m. Lunar New Year 2024 Year of the Dragon Dinner** Enjoy some Chinese cuisine, cultural performances, to celebrate the year of the dragon. Plus, a cash bar. **Cost: \$40 MWSA Members/\$50 non-members. Tables of 8. Register early as tickets will go fast!**

**Monday Feb 26, 1:30 p.m. Monthly Birthday Party** If it is your birthday month, join us for some cake and coffee. **Cost: Free for members/\$5 for guests/non-members.** Please pre-register. **5:00-7:30 p.m. Mill Woods Wahkohtowin Night.** Join in with other families to celebrate Indigenous cultures, learn new skills, and strengthen the community. Enjoy a cultural feature (Bannock and soup), and a fun Indigenous programming. **Free event! Pre-registration is highly recommended!**

**Tuesday, Feb 27, 10:00- 2:00 pm Foot Care Clinic Basic Foot care \$40.00 (20 Min.):** Assess the feet for circulatory issues, wounds, infections etc. Trim/file nails, callus/ corn care, Moisturizer, refer to physician or podiatrist as needed. **Pedicure \$55.00 (55 Min)** Full basic foot care, soaking of the feet, cleaning of cuticles, lower leg/ foot massage, Free nail care included. **Please book your spot at the front desk. Cost: \$ 40- \$55/ Room 224.**

**Wednesday, Feb 28, 9 am- 4 pm. 60 Minutes Therapeutic Massage** techniques not only alleviate physical pain and discomfort but also promote relaxation, improved circulation, and enhanced overall well-being. All massages are performed to the level of comfort the client desires. **Cost: Members- \$85.00 (+GST) = \$89.25. Non-Members-\$100.00 (+GST)\$105.00.** Direct billing available. With appointment only & No walk ins. Pay: Cash/ Credit/Debit (card and contact less), eTransfer at (luxuryreliefab@gmail.com), Direct billing available with most insurance in Alberta, (Sun Life, Blue Cross, Manulife, Canada Life). **Room: 224**

**Thursday Feb 29, 5:00-7:00 PM. Mix & Mingle** is a fun way to meet some new people in a friendly, casual environment. Cost includes one drink (alcoholic or non-alcoholic) and a snack plate. Additional drinks are available for purchase. **Cost: \$20 M/\$30 NM. Please pre-register by Feb 26.**