

| JANUARY 2026 MWSA MONTHLY EVENTS CALENDAR | | | | | | Games/Services/Support Groups: \$3M/\$5 NM | | | | | |
|--|--|---|--|--|--|--|--|--|--|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | | | | |
| Alzheimer's Support: 3rd Tues, 10 am-12pm #227/Caregivers Support: 1st Tues, 10:00 am-12 pm #227/Group Grief Counselling, 3 rd Thursday, 1:45 pm | | Free Pet Therapy Wednesdays, 11 am Dominoes: Mondays @ 1pm, Café EUCHRE Game: Mondays, 2:00- 4:00 PM #225 New Members Connection: 3 rd Tues, 2 PM. Café | | Canasta: Thursdays, 12:30- 2:30 PM. #Cafe Cribbage: Thursdays, 12:00- 2:15 PM. 231 Open Art Studio: Fridays, 1:00- 4:00 PM. 225 | | | | | | | |
| | | | 1 MWSA CLOSED | 2 MWSA CLOSED | 3 MWSA CLOSED | | | | | | |
| 5 MWSA REOPENS | 6 Floor Curling League STARTS AT NOON | 7 SPANISH CLASS starts 10:30 AM | 8 Learn to play pickleball starts at 4 pm Medi Pedi Foot Care 9:30 am- 3:30 pm/ #224 | 9 4 weeks: Creative Clay Hand Building 9 am- 12 pm (\$200 M/\$220 NM) | 10 Fun with Words! 10:30 am-12:30 pm \$ | | | | | | |
| 12 | 13 2 nd Tues Book Club I (Full) #227 Outing: Plaza Bowling (5-Pin), 1:30-4:00 pm \$ | 14 EPL: Smartphones/ Devices 1:30-3:30 pm #225 | 15 3 rd Thurs. Book Club II (Full)/ #229 | 16 4 weeks: Creative Clay Hand Building 9 am- 12 pm | 17 | | | | | | |
| 19 | 20 New Members Connection 2pm 30-min. Kaavish Facial Spa 10 am-3 pm/#224 \$65 M/ \$75 NM | 21 Outing: River Cree Casino 11 AM-3:30 PM \$10M/\$15NM | 22 | 23 4 weeks: Creative Clay Hand Building 9 am- 12 pm | 24 Free Presentation: Elder Abuse 11:30 am- 1 pm/#231 | | | | | | |
| 26 Monthly Birthday Party 1:30 pm/Café | 27 | 28 | 29 Medi Pedi Foot Care 1:00-7:00 pm/ #224 | 30 4 weeks: Creative Clay Hand Building 9 am- 12 pm Liver & Onions Day EPL: Digital Literacy 10- 11 am | 31 | | | | | | |

Event Details (Registration required for all activities)

1st Thursday, Jan 8, 9:30 am-3:30 pm & Last Thursday, Jan 29, 1:00- 7:00 pm. **Medi Pedi Foot Care Clinic** offers **Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure costs: \$99.99.** Please book your appointment at the front desk. **Room 224. A portion of sales gets donated back to MWSA.**

Fridays, Jan 9, 16, 23, and 30, 9:00 am-12:00 pm. **4-week Creative Clay Hand building for Seniors.** Join us for a relaxing and rewarding weekly journey into the joyful art of hand-built ceramics. Perfect for beginners and those looking to revisit a favorite hobby. You will create up to four projects from your selection of classes: small bowls or “dijas”, cylindrical vase, napkin holders and sculpture figurines, complete with glazing during each class. Tools and supplies included. Bring an apron, liquid refreshments, and your creativity. **Cost: \$50 per session. 4-Week workshop \$200 M/ \$220 NM.** **Cost includes instruction**, clay, glazes, and all essential studio tools, plus the cost of kiln firing. **Note on firing: Your finished, glazed pieces will be ready for pick-up approximately one month after our final session, giving them the necessary time to completely dry, fired and cooled.** Room: 225.

Saturday, Jan 10, 10:30 am-12:30 pm. **Fun with Words.** Do you love word games, brain teasers, trivia, and crosswords? Join us this Saturday for a morning of exercising your brain power, in small teams, with a variety of different word games and puzzles. All materials will be included. Just bring yourself (and we'll organize you in teams of 2-4). **Cost: \$5 M/\$10 NM. Includes one beverage from the café, and a chance to win some prizes. Feel free to bring your own brain food (snacks).**

Tuesday, Jan 13, 1:30-4:00 pm. **Outing: Plaza Bowling**

We're headed to Plaza Bowling on 118 Ave, a hidden Edmonton gem, for an afternoon of 5-pin bowling. Plaza Bowling is a 3rd generation family-owned and operated alley that is loaded with character. When you hit the lanes, you'll be greeted with original wood lanes, maple benches, scoring tables, and more. In five-pin bowling, the balls are lighter and a bit easier to control than 10-pins. **Cost: \$30 M/\$40 NM. Includes: chartered bus transportation, 1-hour bowling time, and shoe rentals. Bring your own snacks and water bottle or bring money for the concession. There are light snacks and beverages available for purchase. Please sign up by Thursday, January 8, 2026. Bus to leave MWSA at 1:30 pm and return by 4:00 pm.**

Wednesday, Jan 14, 1:30- 3:30 pm. **EPL: Smartphones & Devices.** This is your chance to learn how to use your new tablet, phone or device that you may have received over the holidays. Visit for a learning session with EPL staff. **Cost: Free/ Room: 225.**

Tuesday, Jan 20, 10 am- 3 pm. **Kaavish 30-minute calming facial** designed specifically for seniors. Includes: Light cleansing, Dermaplaning enzyme exfoliation, Hydrating mask, Facial massage & Scalp massage. Each appointment will be 30 minutes. **Cost: \$65 M/\$75 NM. A portion of sales gets donated back to MWSA.**

Tuesday, Jan 20, 2:00 pm **New Members Connection.** Join us for coffee and cookies! This event is designed especially for you – our newest members – to connect, socialize, and learn about MWSA. Thank you for choosing to be a part of Mill Woods Seniors Association. Warm regards, Deb Cautley, Executive Director. **Free (by invitation only).** Room: Café.

Wednesday, Jan 21, 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. The bus leaves MWSA at 11:00 am and departs from River Cree at 3:30 pm. If participants decide to drive themselves, please mention that on the list. Their names will be shared with Casino staff to receive their lunch/casino vouchers at the Casino entrance. Max: 24 on the bus. **Cost: \$10 M/\$15 NM.** Due to the popularity of this outing, no refunds or credits will be issued for cancellations due to any medical/non-medical reasons. Please arrive early at MWSA, as the bus leaves on time. *Special thank you Lorraine Cuff for her time as a volunteer lead. Please welcome volunteer casino bus lead, Marilyn Wieler.*

Saturday, Jan 24, 11:30 am-1:00 pm **Presentation: The EARS program (Elder Abuse Resource Support).** Learn about program supports for seniors in Edmonton, who are experiencing low to high-risk abuse by a person(s) of trust or seniors who are vulnerable and susceptible to being abused by a person(s) of trust. **What is elder abuse, elder abuse in our community, types of abuse, resources in Edmonton.** The goal is to create awareness about how elder abuse affects seniors, how to identify if someone is being abused and who to reach out to, for support in the community. The presenters are registered social workers from the EARS program, and partners with the Seniors Protection Partnership who work with the senior population to help mitigate abuse concerns and involved in promoting elder abuse awareness in the community. **Cost: Free. Room 225.**

Monday, Jan 26, 1:30 pm **Monthly Birthday Party** If it is your birthday month, join us for some cake and coffee. The cake is sponsored by Churchill Manor. **Cost: Free for MWSA members celebrating their birthday month/\$5 guests/non-members/Café.**

Friday, Jan 30, 10:30 AM- 11:30 am **EPL E-Learning: Discover, Learn, and Thrive—All from Home!** Free Online Learning with Your Library Card. Ready to explore something new at your own pace? Your library membership opens the door to a world of easy-to-use online learning—completely free and available whenever it fits your schedule. Choose from a wide range of topics: computer basics, hobbies and crafts, health and wellness, genealogy, language learning, personal finance, and so much more. Your next adventure is only a click away. **This is a free drop-in program. Registration not required.**

Important Updates: Due to AV Equipment Installation upgrades, some programs may have to be cancelled or rescheduled in the Gym/Rooms 231 and 229 sometime in January. Dates: TBD; stay tune for updates!