

JANUARY 2019 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REGULAR HOURS/DROP-IN PROGRAMS STARTS JAN 2, 2019!	1 NEW YEAR'S DAY MWSA CLOSED	2	3 LAST DAY TO REGISTER FOR FLOOR CURLING LEAGUE!	4 LAST DAY FOR EARLY WINTER PROGRAM REGISTRATION DISCOUNT	5 MWSA CLOSED
7	8 MINDFUL/RESTORATIVE YOGA STARTS FUN CURLING STARTS PICKLEBALL 4-5:30 PM (\$) NO PICKLEBALL 6-8	9	10 LUNCH & LEARN 11-12:30 (\$) YOGA FOR OSTEO/ OKIDO YOGA STARTS PICKLEBALL 4-5:30 PM (\$) NO PICKLEBALL 6-8	11 FREE QI GONG DEMO 10:30-11:00 AM FREE AEROBICS DEMO 2:45-3:15 PM OUTING: DINNER & MOVIE 5:00-9:30 PM (\$)	12 MILL WOODS COMMUNITY RESOURCE FAIR 11 AM-2 PM
14 MOST MWSA WINTER PROGRAMMING STARTS THIS WEEK!	15 PRESENTATION: GLOBAL FINANCIAL REVIEW 11:30 AM-12:30 PM (\$)	16	17 PRESENTATION: TRAVEL TALK ON CHARMING CHARLESTON 2-4 PM (\$)	18	19
21	22	23	24	25 MONTHLY BIRTHDAY PARTY 2-3:30 PM (\$) SENIORS GOT TALENT DINNER/SHOW 5-10 PM (\$) (PB/FLR CURLING CANCELLED)	26
28	29	30	31	<p>Please register for all events in person or call 780-496 2997 to avoid cancellation of programs. Thank you!! (\$) = paid programs</p> <p>***HAPPY NEW YEAR! DON'T FORGET TO RENEW YOUR MEMBERSHIP!***</p>	

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

JANUARY 2019 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

EARLY REGISTRATION DISCOUNT: EARLY REGISTRATION FOR MWSA MEMBERS! SAVE \$10 OFF EACH COURSE THAT COST \$84 OR MORE, if you register by Friday Jan 4, 2019 at 4 PM with valid MWSA Membership card. Other seniors centre memberships DO NOT apply for the discount.

Thurs Jan 10, 11 AM-12:30 PM Lunch & Learn Presented by Scotia Bank. Topic to be announced first week of January. **Cost: \$2 M/\$4 NM, includes lunch!! Please RSVP.**

Fri Jan 11, 10:30-11:00 AM Free Qi Gong Demo Wear your comfortable clothes and try this brand new class to MWSA this Winter Session!

2:45-3:15 PM Free Aerobics Demo Bring your clean gym shoes, and join us for a taste of Aerobics!

4:30-9:30 PM, Outing: Dinner & Movie. Dinner & Movie Outing. We'll be heading to the Princess Theatre on Whyte Ave. Transportation will be Edmonton Transit. Movie title will be announced Monday Jan 7 (Please call Front Desk number). We'll leave MWSA by 4:30 PM and return about 9:30 PM. Cost is for movie ticket only. **Please sign up by Wed Jan 9. Cost: \$10 for members/\$15 Non-members + extra for dinner, and ETS bus fare.**

Sat Jan 12, 11-1 PM MILL WOODS COMMUNITY RESOURCE FAIR Hosted by MLA Christina Gray. Learn about community resources and services available in Mill Woods. Free event, open to the public.

Tues Jan 15, 11:30-12:30 PM Presentation: Global Financial Review Presented by Wei Woo of Mackie Research. Learn about the latest updates on political, economic, and market developments and how they may affect your retirement savings and investment strategies, now and into the future. We will review what has happened in 2018, and look at forward guidance on what to expect for 2019 year. **Cost: \$2 NM/\$4 NM**

Thurs Jan 17, 2-4 PM Presentation: Charming Charleston Presented by an avid traveler. Charming Charleston. Beautiful architecture, a storied history, rich culture, and vibrant food scene – Charleston is everything you imagine. But the things you don't expect are just as delightful. The Charleston area is home to the second longest pier on the east coast; the only tea plantation outside of Asia, Africa and South America; and a 400-year old tree that casts 17,000 square feet of shade. Join Janelle to learn about this safe, walkable, and charming city. **Cost: \$2 NM/\$4 NM**

Fri Jan 25, 2-3:30 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.**

5-10 PM Seniors Got Talent We had so much fun last year at the Talent Show, so we're doing it again! Join us for a night of celebrating talent, while enjoying a delicious meal. If you are a senior who is 55+, and interested in performing and for a chance to win cash prizes, contact our Program Coordinator for more details. **Cost: \$20/ticket.**

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