

JANUARY 2023 Monthly Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 MWSA CLOSED	3 MWSA RE-OPENS TODAY Massage Therapy \$\$ 9- 4 pm	4 Demo: Barre & Core Combo 11:30- 12:30 pm Free	5 Massage Therapy \$\$ 12-8 pm	6 Grief Support 11 am- 1 pm
9 Winter 2023 Program Starts	10 Massage Therapy \$\$ 9- 4 pm	11 Foot Care with Clara 10:00- 4:00 PM	12 Massage Therapy \$\$ 12-8 pm	13 Grief Support 11 am- 1 pm
16 1-DAY WORKSHOP: "Inner Peace & Calm" Sound Bath & Meditation 1- 2 pm \$\$	17 Massage Therapy \$\$ 9- 4 pm	18 Canasta Club Outing Free 11 am- 2 pm	19 Outing: River Cree Casino \$\$ 11AM-3:30 PM Massage Therapy \$\$ 12- 8 pm	20 Jeans & Beans Dinner and Dance \$\$ 5-9 PM Grief Support 11 am- 1 pm
23 WORKSHOP: Art of Re- Designing Jewelry \$\$ 10-12 pm Hearing Aids Clinic \$\$ 9:30- 2:30 pm	24 Massage Therapy \$\$ 9- 4 pm	25 Diabetic Foot Care \$\$ 9:30 AM- 4:30 pm	26 Mix & Mingle: Aloha 2023 4-6 PM \$\$ Massage Therapy \$\$ 12- 8 pm	27 Grief Support 11 am-1 pm
30 Monthly Birthday Party (Sponsored by Rutherford Heights) 1:30- 2:30 p.m.	31 Massage Therapy \$\$ 9- 4 pm			
Featured Events: <ol style="list-style-type: none"> 1. Massage Therapy \$\$ (Tuesdays & Thursdays, 12- 8 PM) 2. Mix & Mingle \$\$ 4- 6 PM, Jan 26, 2023 3. Dinner Event \$\$ 5- 9 PM, Jan 20, 2023 (More details to be announced) 4. Grief & Bereavement Support, Fridays from 11 am- 1 pm. 				

EVENT DESCRIPTIONS

Every Tuesday: 9 AM- 4 PM & Thursday, 12:00- 8:00 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.**

Every Friday, Starting Jan 6: 11 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 racing thoughts. **Book your one-on-one appointment at the front desk. Cost: \$3 M/\$5 NM.**

Wednesday, Jan 11, 9:00- 4:00 p.m. Foot Care with Clara Certified Practitioner Basic Foot Care services includes Pedicure, Foot & lower leg massage & Nail care (fingernail trim & file) 40-60 minutes for \$35.00 • Nail polish application (client's own) \$10. **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; inquire at the first appointment.**

Monday Jan 16, 1:00- 2:00 p.m. WORKSHOP: "Inner Peace & Calm" Sound Bath & Meditation Learn to cope with life's stresses. Let the pure tones of singing bowls soothe your mind, body, and soul. Stay seated or lie on a yoga mat. Wear comfortable loose clothing. Optional: yoga mat, a light blanket. Bring water to drink. **Cost: \$12M/\$16 NM. (Min 10 registrations).**

Wednesday, Jan 18, 11- 2:00 p.m. Canasta Event Outing to Harmony at Rutherford. Play Canasta with the residents. **Cost: Free for MWSA members! Coffee & lunch will be served.** Bus transportation to pick up at MWSA at 11:00 AM. Feel free to bring your favorite set of cards.

Thursday, Jan 19, 11:00 a.m.-3:30 pm 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 Jan 20, 5-9 p, Jeans & Beans Dinner and Dance. It's country night at MWSA! Join us for a chili dinner, live DJ, and line dancing instruction. Dinner menu: salad, hearty homemade chili, and apple pie. Doors at 5 PM | Dinner at 5:30 PM | Live DJ from 7-9 PM. Plus, a 50/50 raffle and cash bar. Tables of 4. **Cost: \$35 MWSA Member/\$45 NM. Please register by Wed Jan 18, 2023. Please notify us if you have any dietary restrictions.**

Monday, Jan 23, 9:30 am- 2:00 pm. Hearing Aids Clinic 1-on-1 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** **10:00-12:00 PM Art of Re-Designing Jewelry** Enjoy having fun taking apart your old costume jewelry to create something new. Using tools provided, learn how to create a new necklace and earrings by incorporating a chain, clasps, beads and your own jewelry pieces. Learning tips and techniques to incorporate sentimental pieces as trends are forever changing. Possibilities are endless. Please bring your own chains, earring hooks, and posts, or supplies extra payable to instructor. **Cost: \$25 M/ \$35 NM.** Max. 10 Registrations.

Wednesday, Jan 25, 9:30 a.m.- 4:30 p.m. Diabetic Foot Care with Shawna MacNeil, owner, and operator of Medi Pedi Edmonton. List of services: • 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. Pay the nurse directly.**

Tuesday Jan 26, 4:00-6:00 p.m. Mix & Mingle: Aloha 2023. Meet new people, make friends at this fun, casual event. Drinks with alcoholic and non-alcoholic options available. Light refreshments and one drink of choice included. This month's featured drink is something tropical. **Cost: \$20M/\$30 NM. Please register by Monday January 23, 2023. Monday, Jan 30, 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.**