

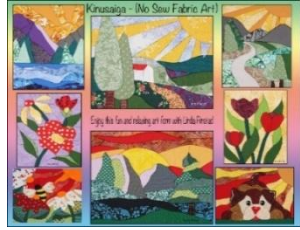
MWSA JULY & AUGUST 2026 MONTHLY EVENTS

DATE & TIMES	ACTIVITY	DESCRIPTION	Cost/ Room/ Instructor
WEDNESDAY, JULY 1ST, 2026- CANADA DAY HOLIDAY- MWSA CLOSED			
THURS, JULY 2ND & 16TH 9:30 AM-3:00 PM	MEDI-PEDI FOOT CARE CLINIC	A footcare clinic at MWSA, with a percentage of sales donated back to MWSA. please pay service provider directly but make your appointment with MWSA. call 780-496-2997.	Cost: Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure: \$99.99
TUES, JULY 7TH 12:30 PM- 2:00 PM	OUTING: PUNJAB PARANTHA HUT (East Indian Food)	Enjoy the flavours of India with a group lunch to “Punjab Parantha Hut.” (6574 28 Ave NW). The lunch will be pre-ordered with a selection of savoury and sweet items. Don’t forget to include any dietary restrictions. We’ll be walking there and back, leaving MWSA around 12:30 pm and returning about 2:00 p.m.	Cost: Members: \$15.00 Non- Members: \$20.00 Deadline to Register July 3
TUESDAY, JULY 14-CAREGIVERS SUPPORT GROUP IS NOT SCHEDULED IN JULY			
THURSDAY, JULY 16, 10:30 AM-2:30 PM	OUTING: UNIVERSITY OF ALBERTA BOTANIC GARDENS	Love nature and plants, and looking for a relaxing summer getaway? Highlights of the University of Alberta Botanic Gardens include the Aga Khan Garden with secluded forest paths, granite and limestone terraces, still pools that reflect the prairie sky, waterfalls and streams. Other standouts are the tranquil Kurimoto Japanese Garden, the Tropical, Indigenous Peoples Garden and an extensive collections area. Established in 1959, the Garden is home to beautifully diverse plant collections that thrive in our northern climate. Cost includes chartered bus, and admission. Please bring a bagged lunch and water or bring money for the café onsite. Wear comfortable walking shoes.	Cost: \$35 MWSA members/\$45 non-members Please register by July 13.
SATURDAY, JULY 18TH 11 AM- 4 PM	MWSA BADMINTON TOURNAMENT 2026	MWSA is hosting a Badminton Tournament, with registrations open to MWSA members, reciprocal Members from other senior centres and non-members 45+. Priority will be given to MWSA and reciprocal members. The fee includes badminton games, snacks and prizes. Eligibility: 45+ Only. Registration forms available at front desk. Please bring your own racquet and clean shoes.	Cost: Non-Refundable MWSA Members: \$15.00/ Reciprocal Members: \$20.00 Non-Members: \$25.00 Deadline to Register July 10
MONDAY, JULY 20, 2026 11:30 AM-2:30 PM	OUTING: TASTE OF EDMONTON/Learn to ride ETS LRT	We’re taking the Valley Line LRT to one of Edmonton’s most popular festivals, the Taste of Edmonton. If you are new to taking the ETS/LRT, this is your chance to learn to ride Edmonton public transit. Information and resources will be provided. Cost does not include ETS bus fare or Taste of Edmonton tickets. Please bring a debit or credit card, along with a water bottle and comfortable walking shoes. Participants to leave MWSA around 11:30 am and return by about 2:30 pm.	Cost: \$5 MWSA members/\$10 non-members Please register by July 16.

MWSA JULY & AUGUST 2026 MONTHLY EVENTS

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<p>Wednesday, JULY 22ND 11 am- 3:30 pm</p>	<p>OUTING: RIVER CREE CASINO</p>	<p>The bus leaves MWSA at 11:00 am & departs River Cree at 3:30 pm. If participants decide to drive themselves, mention them on the list. Names for those who're driving themselves will be shared with Casino staff to receive their lunch/casino vouchers at the Casino entrance. Due to popularity, no refunds/ credits will be issued for cancellations for any medical/non-med. reasons.</p>	<p>Cost: Non- Refundable \$10 M/\$15 NM. Includes: transportation, casino voucher & lunch. (MAX: 20 ON THE BUS.)</p>
<p>TUES, JULY 21 ALZHEIMER'S' SUPPORT GROUP IS NOT SCHEDULED IN JULY</p>			
<p>3RD TUES, JULY 21ST 2:00 PM</p>	<p>New Members Connection</p>	<p>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 MWSA. Warm regards, Deb Cautley, Executive Director.</p>	<p>Free (by invite only)/ Café</p>
<p>Last Monday, JULY 27th 1:30 pm</p>	<p>Monthly Birthday Party</p>	<p>If it is your birthday month, join us for some cake and coffee. The cake is sponsored by Churchill Manor.</p>	<p>Café/ Cost: Free: MWSA members celebrating their birthday month/ \$5 guests/nm</p>
<p>4th Wednesday. JULY 22 10:00 AM-2:00 PM</p>	<p>Walk-in Outreach Services</p>	<p>Services covered: PR application, Citizenship Request an Expiration of PR Card Renewal, Lost Landing paper, Canadian Pension Plan (CPP), Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares (Bus Pass/Arc Card), Housing, Low income support, Canada Pension Plan disability benefits (CPPDP), Employment Insurance (EI), Canadian Dental care plan, AISH.</p>	<p>Free drop-in program/ 224</p>
<p>MONDAY, AUGUST 3RD CIVIC HOLIDAY - MWSA CLOSED</p>			
<p>Thursday, AUG 6th & 20th 9:30 am- 3:30 pm</p>	<p>MEDI-PEDI FOOT CARE CLINIC</p>	<p>A footcare clinic at MWSA, with a percentage of sales donated back to MWSA. Please pay service provider directly but make your appointment with MWSA. Call 780-496-2997.</p>	<p>COST: Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure costs: \$99.99/ 224</p>
<p>2nd Tuesday, AUG 11TH 10:00 AM-12:00 PM</p>	<p>Caregivers Support Group</p>	<p>Peer support for caregivers to share information, resources & support.</p>	<p>Free! / 227</p>
<p>WEDNESDAY, AUGUST 12, 2026 10:30 AM-2:30 PM</p>	<p>OUTING: EDMONTON VALLEY ZOO</p>	<p>We're taking a chartered bus to the Edmonton Valley Zoo, a popular attraction home to more than 250 animals, focused on conservation, and offers fun and education for everyone. The bus leaves MWSA around 10:30 am and returns by about 2:30 pm. Please bring a bagged lunch or bring money for food at the onsite concessions. Cost includes admission fee and chartered bus.</p>	<p>Cost: \$35 MWSA members/\$45 non-members Please register by August 7.</p>

MWSA JULY & AUGUST 2026 MONTHLY EVENTS

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<p>Friday, AUG 14th & 21st 9 AM- 12 PM</p>	<p>Workshop: No sew Fabric Art “Art of Kinusaiga” Intergenerational activity 12+ are allowed to register. Deadline to Register Aug 10</p>	<p>The focus is on an art form called Kinsuaiga a Japanese art form that uses fabric to create art compositions. The finished product looks like it was quilted but the beauty of this method is that there is no sewing involved. We have a stash of fabric but feel free to bring cotton non stretch fabrics if they have them (quilting scraps are perfect). Prepared sample projects available at the front desk to view.</p>	<p>Cost: \$90 M/ \$120 NM Includes supplies! Linda Finstad.</p> 
<p>3RD Tues, AUGUST 18TH 10:00 AM-12:00 PM</p>	<p>Alzheimer’s’ Support Group</p>	<p>Support Group with the Alzheimer’s Society to provide information and resources.</p>	<p>Free! / 227</p>
<p>3rd Tues, AUG 18TH 2:00 PM</p>	<p>New Members Connection</p>	<p>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 MWSA. Warm regards, Deb Cautley, Executive Director.</p>	<p>Free (by invite only)/Café</p>
<p>Thursday, AUG 20TH 11 am- 3:30 pm</p>	<p>OUTING: RIVER CREE CASINO</p>	<p>The bus leaves MWSA at 11:00 am & departs River Cree at 3:30 pm. If participants decide to drive themselves, mention them on the list. Names for those who’re driving themselves will be shared with Casino staff to receive their lunch/casino vouchers at the Casino entrance. Due to popularity, no refunds/ credits will be issued for cancellations for any medical/non-med. reasons.</p>	<p>Cost: \$10 M/\$15 NM. Includes: transportation, casino voucher & lunch. (MAX: 20 ON THE BUS.)</p>
<p>TUESDAY, AUG 25TH 12:30- 2:30 PM</p>	<p>PRE-PLANNING SEMINAR Arbor Memorial</p>	<p>Learn why planning ahead matters and review the options available. Avoid common mistakes families often encounter. Document your wishes clearly to prevent confusion later. See how proper planning can reduce emotional and financial stress for loved ones. Key Benefits: Provides clarity & peace of mind. Encourages open, healthy family conversations. Help individuals feel more prepared. Reduces the burden on loved ones during difficult times.</p>	<p>Cost: Free / 225 Presenter: Matthew Roque Pre Planning Director</p>
<p>4th Wed. AUG 26th 10:00 AM-2:00 PM</p>	<p>Walk-in Outreach Services</p>	<p>Services covered: PR application, Citizenship Request an Expiration of PR Card Renewal, Lost Landing paper, Canadian Pension Plan (CPP), Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares (Bus Pass/Arc Card), Housing, Low income support, Canada Pension Plan disability benefits (CPPDP), Employment Insurance (EI), Canadian Dental care plan, AISH.</p>	<p>Free drop-in program/224</p>

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DATE & TIMES	ACTIVITY	DESCRIPTION	Cost/ Room/ Instructor
Friday, AUG 28TH 10 AM- 11:30 PM	Coffee Chat with Councilor Jo-anne Wright	Meet with members over Coffee to connect & hear directly form the members of community to understand the issues & priorities that matter most to local seniors.	Free! / 227
THERE WILL BE NO EPL SESSION DURING SUMMER (JULY & AUGUST)			
Last Monday, AUG 31ST 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: MWSA members celebrating their birthday month /\$5 guests/non-mem