

JULY 2024 MWSA MONTHLY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CANADA DAY HOLIDAY! MWSA CLOSED</p>	<p>2</p> <p>Saree Draping Class, 1- 3 pm \$15 M/ \$20 NM #229 Weekly Bridge Game, #225 12:30- 2:30 pm (\$3M/\$5 NM)</p>	<p>3</p> <p>Free! Chess Game 1:30- 3:30 pm #Cafe Pet Therapy, 11 am- 12 pm</p>	<p>4</p>	<p>5</p> <p>Grief Support #224 11 a.m.- 1 p.m. (\$3M/\$5 NM)</p>
<p>8</p> <p>Hearing Test Clinic, #224 9:30 am- 2:30 pm (\$3M/\$5 NM)</p>	<p>9</p> <p>4 WEEK Reiki Circle, 12:45- 2:45 pm, \$88 M/ \$98 NM 90 Min Guided Meditation \$80 M/ \$88 NM July 9, 16, 23 & 30/ 1- 3 pm</p>	<p>10</p> <p>Pet Therapy, 11 am- 12 pm</p>	<p>11</p> <p>MWSA Fundraiser! House of Jones Boutique 9:30 am- 1:30 pm, Lobby</p>	<p>12</p> <p>Summertime Music Bingo! 5:30- 9:00 pm, \$30 M/ \$40 NM</p>
<p>15</p>	<p>16</p> <p>4 WEEK Reiki Circle, 12:45- 2:45 pm, \$88 M/ \$98 NM 90 Min Guided Meditation \$80 M/ \$88 NM July 9, 16, 23 & 30/ 1- 3 pm New Members Connection at 2 pm #Cafe</p>	<p>17</p> <p>Free! Chess Game 1:30- 3:30 pm #Cafe Pet Therapy, 11 am- 12 pm</p>	<p>18</p> <p>EMCN Outreach Services, 10 am- 2 pm/ #224 Free Outing: River Cree Casino 11 a.m.- 3:30 (\$10M/\$15NM)</p>	<p>19</p> <p>Grief Support #224 11 a.m.- 1 pm (\$3M/\$5 NM)</p>
<p>22</p> <p>MWSA Fundraiser! Pieces by Sharon \$\$ 9:30 A.M.- 1:30 P.M. Pres: Fraud Prevention by SERVUS CREDIT UNION Time: 2- 3:30 pm</p>	<p>23</p> <p>4 WEEK Reiki Circle, 12:45- 2:45 pm, \$88 M/ \$98 NM 90 Min Guided Meditation \$80 M/ \$88 NM July 9, 16, 23 & 30/ 1- 3 pm Celiac Support Group 10- 11:30 AM/ \$3M/ \$5 NM</p>	<p>24</p> <p>Presentation: Plan Today, Peace Tomorrow 10:30- 11:30 am, (\$3M/\$5 NM) Pet Therapy, 11 am- 12 pm</p>	<p>25</p>	<p>26</p> <p>Grief Support, #224 11 a.m.- 1 pm (\$3M/\$5 NM) EPL e-Learning Resource, 10:00- 12:00 pm</p>
<p>29</p> <p>Monthly Birthday Party 1:30 pm/ #Cafe</p>	<p>30</p> <p>90 Min Guided Meditation \$80 M/ \$88 NM July 9, 16, 23 & 30</p>	<p>31</p> <p>Pet Therapy, 11 am- 12 pm</p>		

Tuesday, July 2, 1:00-3:00 pm. SAREE DRAPING WORKSHOP with Shalini/ Nilem. Saree is six yards of elegance, style and much more if you drape it right. Shalini has a love of styling herself and others in saree and has been requested to drape a saree or to teach how to drape it. In the past, she has draped and styled sarees for friends, family, and clients on request. She loves every minute of it, especially when people say "Wow! I feel like I am a Princess," "You made me look gorgeous in a saree, Thank you!" In this saree draping class you will master the art of saree draping through a step-by-step process and will get to keep the saree you'll select to try on. **Cost: \$15 M/\$20 NM/Room: 229. Register by June 24.**

New! Every Tuesdays, starting July 2nd, 12:30 - 2:30 pm. Drop-in Bridge Game. Play the game of bridge, a card game with four players, with teams of two. Players try to earn points by bidding and playing cards at the right time. **Cost: \$3 M/\$5 NM/Room: 225.**

Wednesdays, Starting July 3rd, 1:30- 3:30 pm. Chess Game The game of chess was born in India during the Gupta dynasty in the 6th century. Today, more than 1500 years later, it is played in 172 countries. Chess is one of India's contributions to world culture, with games played in the court of kings, to those played in villages, and now, is a professional sport. It's never too late to learn how to play chess—the most popular game in the world! **Learning the rules of chess is easy:** Set Up the Chess Board, Learn to Move the Pieces, Discover the Special Rules, Learn Who Makes The First Move, Check Out The Rules On How To Win, Study The Basic Strategies, and Practice Playing Lots Of Games. **Cost: Free Game, July 3. \$3 M/\$5 NM**

Tuesday, July 9th, 16, 23 & 30th. 12:45 - 2:45 pm. 2 hours Reiki Circle. Join Reiki Master Byron Crowell, as we engage, discuss, and share everything Reiki and Energy Healing. Byron will be bringing his Reiki Table, so you'll be able to practice hands on. Designed for people who have taken the first steps on their Reiki Journey all the way up to Reiki Masters. We hope to have something for everyone and be able to learn from each other. **Cost: \$88 M/ \$98 NM. (Drop In: \$24 M/ \$28 NM). Min: 5 registrations. Room: 227/ 228.**

Tuesday, July 9th, 16, 23 & 30th. 2:45 - 4:15 pm 90 Minutes Guided Meditation (Reiki Relaxation). Join Reiki Master Byron Crowell as he guides you into a realm of relaxation. Let your stress and anxiety melt away and leave you with a feeling of peace and relaxation. Designed for everyone. **Cost: \$80 M/ \$88 NM. (Drop In: \$22 M/ \$24 NM). Min: 5 registrations. Room: 227/ 228.**

Thursday, July 11, 9:30 am- 1:30 pm Fundraiser for MWSA! House of Jones Boutique will be coming to you! COME TO SHOP WITH US! — Clothing Brands like PAPA, POINT ZERO, ORANGE FASHION VILLAGE AND MORE – GREAT FASHION, EVEN BETTER PRICES! Bring yourself & money. **A percentage of sales will be donated back to MWSA.**

Tuesday, July 16, 2:00 pm (3rd Tuesdays) New Members Connection event. 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. With warm regards, Deb Cautley, Executive Director. **Free, but please Register by Jul 12. /Room: Café.**

Friday, July 12, 5:30- 9:00 pm Summertime Music Bingo. Join us for a fun evening socializing, playing "music bingo" with musician "David Jukebox Leigh," and a pizza dinner. Music bingo is just like regular bingo, but with songs on the bingo card. We'll even have prizes for each round! Plus, Doors at 5:30 p.m., pizza dinner at 6:00 p.m., and the Bingo starts at 7:00 p.m. Get your tickets by July 9, 2024. **Cost: \$30 MWSA members/\$40 non-members.**

Thursday, July 18, 10:00 am- 2:00 pm Outreach Services with EMCN, every 3rd Thursday of the month. Services offered include immigration-related issues, Apply for PR Card, Apply for Citizenship, Request an Expiration of PR Card Renewal, Apply for Lost of PR, apply. for lost Landing paper, financial issues, Apply for Canadian Pension Plan (CPP), Apply for Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares, and housing. **Free, Drop in. Room: 224.**

Thursday, July 18, 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 & 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 medical/non-medical reasons.

Monday, July 22, 9:30 am- 1:30 pm Fundraiser for MWSA! Pieces by Sharon will be coming to you! COME TO SHOP WITH US! — Fashion for less. Creating collections and ensembles that is practical and suitable for woman. Bring yourself & some \$\$\$\$\$. **A percentage of sales will be donated back to MWSA.** <https://www.facebook.com/PiecesPassionForFashion>.

Monday, July 22, 2:00- 3:30 pm Presentation: "Fraud – Could you be next?" with James MacDonald, who is the Senior Manager, Corporate Security, connectFirst & Servus Credit Union, is a retired 25-year member of the **Edmonton Police Service**. James retired as a Detective in the Economic Crimes Section in 2019 and is currently the Senior Manager of Corporate Security at Servus Credit Union. James has a BA specializing in Criminology from the University of Alberta, is a **Certified Fraud Examiner** with the **Association of Certified Fraud Examiners**, and a member of the International Association of Financial Crimes Investigators. The presentation provides an in-depth look and the current fraud trends, types of frauds, what are the red flags, and how to protect yourself including Cyber Security awareness. **Cost: Free!**

Every 4th Tuesday of the month. July 23, 10:00- 11:30 am CELIAC SUPPORT GROUP Are you CELIAC or GLUTEN FREE with concerns, issues, ideas, or food concerns? Join our group to discuss items and connect with others with the same concerns or issues. We will have guest speakers occasionally. Everyone gets a chance to speak and move dialogue along. **Cost: \$3 M/\$5 NM**

Wednesday July 24, 10:30- 11:30 am Sarah Bailey from Trinity Funeral Home presents: PLAN TODAY – PEACE FOR TOMORROW Our presentation, "Plan Today – Peace for Tomorrow" will discuss the duties of your Power of Attorney, Personal Care Directive Agent, and Executor. We will also review the emotional and financial benefits of preplanning your final arrangements, and how to engage in these important conversations with your family and representatives. Please share this information with your family and invite them to join you. It is a family conversation, and all are welcome. **Cost: \$3 M/\$5 NM**

Monday July 29, 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, July 26, 10:00 am- 12:00 pm. EPL e-learning Resource (Drop-in program). Interested in learning more about what you can do with the Cricut and heat press? Join us June 28th between 10 am and 12 pm to learn the basics of creating designs and what kind of projects you can create! **Cost: Free/Lobby.** No registration required.