

JUNE 2024					MWSA MONTHLY EVENTS CALENDAR				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Happy Seniors Week! Check out our special events, between June 3rd-7th									
3 Coffee Chat w/Councillors Wright & Tang #231/ Drop In, 10:00-11:00 am A4HC Outreach 4 Newcomers 10- 2 pm #224/ June 3, 17 & 24		4 Spiritual Empowerment 4 Week Reiki Workshop (June 4-25) 1:30-3:30pm #231 New! Bridge Game 12:00-2:00 pm #225 Free Day Ice Cream Social and Q & A with Board 2- 4 pm/ Café		5 Free 15-Minute Massages! 10 am-12 pm #227/228		6 Cookies with Chartwell 10 am Free! Make a Meal & Mingle! 2:30-4:30 pm #Cafe \$20 M/\$30 NM		7 Expressive Therapy Workshop 1:00-3:00 pm (\$15 M/ \$20 NM) #231 Friday Pie Day at the Café with MLA Christina Gray, 2 p.m. Free	
10 Hearing Test Clinic, 9:30 am- 2:30 pm/#224 (\$3M/\$5 NM)		11 Pres: Helping Hands Personal Assistants 1:00- 3:00 pm/ #225 (\$3 M/ \$5 NM)		12		13 Saree Draping Workshop 1:00- 3:00 pm \$15M/\$20 NM #229		14 Grief Support 11 a.m.- 1 pm (\$3M/\$5 NM), #224	
17		18 Cookies with Chartwell 10 am Free!		19		20 EMCN Outreach Services, 10 am- 2 pm/ #224 Free Brow Artist, 5-7 pm, \$\$ #224 Outing: River Cree Casino 11 a.m.- 3:30 (\$10M/\$15NM)		21 Grief Support 11 a.m.- 1 pm (\$3M/\$5 NM), #224	
24 Monthly Birthday Party 1:30 pm/ Café		25		26		27 Diabetic Foot Care Clinic \$\$ 2:00- 7:00 pm/ #224		28 LIVER & ONIONS DAY Grief Support, 11 a.m.- 1 pm (\$3M/\$5 NM), #224 EPL e-Learning Resource, 10:00-12:00 pm	

Event Details

Tuesdays, June 4,11,18,25; 1:30-3:30pm, 2 hours/4-week Workshop. **Spiritual Empowerment with Byron Crowell**, certified Reiki Master and have been practicing and teaching Usui/Tibetan Reiki for approximately 24 years, both here in Canada, and in the Netherlands. Embrace an adventure of self discovery, as you learn to elevate your vibrations through meditative exercises. Protect yourself from the negativity of the world around us. Sharpen your intuition, and learn to look intuitively into photos, and the spirit world, and eventually even learn to see portions of your past lives. Designed for everyone. **Cost: \$88 M/ \$98 NM. (Drop In: \$24 M/\$28 NM). Min: 5 registrations. Room: 231.**

New! Tuesdays, Starting June 4, 12:30 - 2:30 pm. Bridge Game. Play the game of bridge, card game with four players, with teams of 2. Players try to earn points by bidding and playing cards at the right time. **Cost: Free Day, June 4 (Seniors Week). The rest of the Tuesdays, \$3 M/ \$5 NM/ Room: 225.**

Thursday, June 06, 2:30- 4:30 pm. Make a Meal n Mingle! With Chef Jeet (former chef at 2nd Floor Café) & MWSA's very own Shalini. Learn to prepare butter chicken and roti (flatbread), then have a hot meal with the group. Due to time constraints chicken will be pre-marinated in sour cream, ginger garlic paste, and spices, and the dough will be prepared ahead of time. Learn some new skills, have a delicious meal, while meeting new people. **Cost: \$20 M/ \$30 NM/Café-Demo Kitchen. Please pre-register!**

Friday, June 07, 1:00- 3:00 pm Healing through Art and EFT emotional freedom Technique with Practitioner Shamim Amiri. Join us in this incredible workshop to allow yourself to express those feelings that you can't find words to explain. Art therapy is a unique and powerful way to promote mental health. Experience the power of EFT; Your body is more powerful than you can imagine- filled with life, energy, and an incredible ability for self healing. With Tapping you can take control of that power; we will end with wrist Mala making (bead bracelet) and closing circle to offer gratitude of the work we did for ourselves and honor with some pictures and hugs. **Cost: \$15 M/\$20 NM/ Room: 229. (Cost includes all Supplies needed, just bring yourself!)**

Tuesday, June 11, 1:00- 3:00 pm Presentation on Helping Hands Personal Assistants, a business that specializes in providing personal assistant services to seniors who require help with life's daily tasks, complete compassionate support to age in place with as much independence as possible. Our services can be customized to fit the unique needs of each individual and are available daily, weekly, bi-weekly, or as much as you need us. Some examples of services are meal prep, light housekeeping, Laundry Managing schedules/appointments, accompaniment to and from appointments or shopping. Respite supports, Hospital discharge support, Wellness checks, companionship, transition services and so much more. We customize the services to fit your needs. **Cost: \$3 M/\$5 NM/Room: 225.**

Thursday, June 13, 1:00-3:00 pm. SAREE DRAPING WORKSHOPwith Shalini. 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.**

Thursday, June 20, 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, June 20, 5:00-7:00 pm BROW ARTIST SERVICES. Discover the perfect blend of expert care and ageless elegance at Brow Devotion! Our dedicated team specializes in enhancing your natural beauty with tailored brow services designed just for you. Experience the ultimate pampering experience and step into a world of timeless beauty with Brow Devotion today! **Treatments:** Brow wax, Brow or Lash tint and Brow lamination. **Cost: Brow wax - \$15, Brow wax and tint - \$35, Brow Lamination w/ tint - \$50. Room: 224.**

Thursday, June 20, 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 June 24, 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.**

Thursday, June 27, 2:00-7:00 pm Diabetic Foot Care Clinic with Kimberly Simmonds LPN, Treatments: Nail Trimming, Foot Hydration, Corn & Callus reductions, Foot Massage, Assistance with Ingrown toenails & nail fungus. **Cost: \$65 Initial Consultation/ \$45 Follow up. Please book your appointment at the Front Desk. Room: 224**

Friday, June 28, 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.