

## JUNE 2022 Monthly Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 Hearing Aids Clinic \$\$ 9:30- 2:30 pm PIE SOCIAL with Christina Grey 2-4 pm Café	7 HAPPY 4 NO REASON SERIES (\$ 40 M/ \$60 NM) Nia Mini Session \$\$ 10 am  MIX & MINGLE with Wine & Cheese 6- 8 pm/ \$10 M/ \$15 NM. Café	8  FREE COFFEE & MUFFIN @10- 1 PM Café	9  ICE CREAM SOCIAL @12:00-1:45 PM Lounge Area	10  LUNCH & LEARN: Rethinking Retirement 11:00 AM-12:30 PM Cost: \$3M/\$5 NM Rm 225
13 Foot Care Clinic \$\$ 9- 2 pm	14 Nia Mini Session \$\$ 10 am	15 Pres: ELDER ABUSE AWARENESS \$\$/ 10- 11 am	16 RIVER CREE CASINO \$\$ 11- 3:30 PM	17 "Ethics & Effectiveness in Public Life" 1:30- 4:30 \$\$
20 Hearing Aids Clinic \$\$ 9:30- 2:30 pm	21 HAPPY 4 NO REASON SERIES (\$ 40 M/ \$60 NM) Nia Mini Session \$\$ 10 am Meet with Keren Tang at Lounge!	22	23	24 Pres: SENIORS BENEFITS 10:00- 12:00 PM \$\$
27	28 HAPPY 4 NO REASON SERIES (\$ 40 M/ \$60 NM)  Nia Mini Session \$\$ 10 am	29	30 Wellness Fair by U of A nursing students. Drop In FREE!! 10- 3 PM  DRAG SHOW \$\$ 5- 9 PM	

## Extra details

**Monday, June 6 and 20 @ 9:30- 2:30 PM & Monday, May 16 @ 9:30- 2:30 pm HEARING AIDS CLINIC** One on one session with **Kate Powell** to Hearing Screening, Counselling on hearing loss treatment. Guide about 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 30-minute slot. Cost: \$3 M/\$5 NM.**  
**Monday June 6 from 11:00 AM- 12:30 PM PIE SOCIAL** sponsored by **MLA Christina Gray**. Meet and greet with MLA Christina Gray, while enjoying a slice of pie and coffee. **Please pre-register and list any dietary restrictions!**

**Tuesday, June 7, 14, 21, 28 @ 10:00- 11:30 AM Nia Mini Session with Kirsten Bartel.** Nia is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for 3 intensity levels during each class, making Nia® suitable for all ages and fitness levels. Typically done barefoot, please feel free to wear thin-soled indoor footwear if needed. A yoga mat is also optional for floor play and cool-down. Wear comfortable clothes that are easy to move in (and make you feel good). **Cost: \$ 40 If you pre-register/ \$12 Drop In.**  
**Tuesday, June 7 from 10:00- 11:30 AM HAPPY 4 NO REASON** with **Susan Janzen** certified Instructor. Visit [www.howtobehappier.ca](http://www.howtobehappier.ca) for more details. **Cost: \$20M/\$30 NM/ Drop In \$5.00. June 7, 21, 28 & July 5.**  
**Tuesday June 7 from 6-8 PM MIX & MINGLE (WINE & CHEESE NIGHT)** Meet some new people at this casual socializing event over some wine and cheese. Bring cash for the cash bar. Cost includes one individual cheese plate, and a whole ton of fun! **Cost: \$10 M/\$15 NM. Please pre-register and list any dietary restrictions!**

**Wednesday June 8 from 10 AM-1 PM FREE COFFEE & MUFFINS** Drop by the centre between 10 a.m- 1 p.m for a cup of free coffee (or tea) & muffin, while learning about the services offered by Comfort Keepers. Sponsored by **Comfort Keepers. While quantities last.**

**Thursday June 9 from 12:00-1:45 PM ICE CREAM SOCIAL WITH MWSA BOARD.** Meet the new members of the MWSA Board, over some ice cream. **Please pre-register. While quantities last.**

**Friday, June 10 from 11:00 AM- 12:30 PM LUNCH & LEARN** presented and sponsored by **Chartwell Residences.** *Think you know Retirement Living? Think Again. Misconceptions About Retirement Living; The Benefits of Living in a Retirement Residence and an Overview on different levels of care Chartwell offers. Presented and sponsored by Chartwell Residence. Cost: \$3 M/\$5 NM. Please pre-register and list any dietary restrictions!!*

**Monday June 13 @ 9:00- 2:00 PM FOOT CARE CLINIC.** Licensed nurse from **Edmonton Seniors Solution:** Basic Foot Care (15-20 minutes): \$30.00, Pedicure (30-40 minutes): \$45.00. Foot & lower leg massage \$10 • Nail care (fingernail trim & file) \$10 • Nail polish application (client's own) \$10 • Heavy Duty Nail Clippers \$25. Book your time slot at the Front Desk. **With Appointments only. ONLY CASH/ CHEQUES ACCEPTED.**

**Wednesday, Jun 15 @ 10:00- 11:00 AM.** Presentation on **ELDER ABUSE AWARENESS** by Sage to focus on addressing elder abuse resources, followed by Q&A. **Cost: \$3 M/\$5 NM.**

**Thursday, Jun 16 @ 11:00-3:30 PM Outing: RIVER CREE CASINO** Enjoy a day out at the River Cree Casino, which includes coach bus transportation, casino voucher and lunch. Bus to leave MWSA at 11:00 am and departure from River Cree at 3:30 pm. Register Early to save your spot, as this trip is always popular! **Cost: \$10M/\$15 NM.**

**Friday, Jun 17 @ 1:30- 4:30 PM. "Ethics & Effectiveness in Public Life" by Swami Vimohananda** is the first minister-in-charge of the Vedanta Society of Vancouver, BC, Canada. He is the Society's spiritual adviser on Vedanta, meditation, Yoga, life building. Ethical perspectives Global and Local. Promoting ethics is a social priority for creating safety and Security in the society. Link between Ethical practices & Work Efficiency. How ethical Standards and practice are important and relevant for any society, Distinction between Ethics & Morality. Why we should behave ethically. Why ethics is the life saving tool for the society? Question Answering? No question is unnecessary? No boundary to ask questions from the audience Answering: The speaker will be happy to interact and respond spontaneously from his established and experiential wisdom. **Cost: \$3 M/\$ 5 NM.**

**Friday, June 24 @ 10:00-12:00 PM SENIORS BENEFITS PRESENTATION: Pres. By Sheldon Pickering.** Gov. programs for seniors' benefits. In depth discussion of CPP (the Canada Pension Plan), OAS (Old Age Security), GIS (Guaranteed Income Supplement). Tips for high- and low-income families to reduce tax or find support. How to structure your retirement pay cheque using these government programs as the foundation. Summary of tax credits and deductions available for retirees. **Cost: \$3 M/\$ 5 NM.**

**Thursday, Jun 30 @ 10:00-3:00 PM Wellness Fair** hosted by group of U of A nursing students. Topics covered: sexual health for seniors, blood pressure management, promoting cognitive health, fall prevention, followed by Q & A. **Cost: Feel Free to drop in!**

UPDATED: 6/2/2022