

JUNE 2019 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY SENIORS WEEK, JUNE 3-8, 2019!					1 EXTRA PICKLEBALL 10-12:30 (\$)
3 OUTING: VEGREVILLE 10 AM-3 PM (\$)	4 OUTING: SENIORS TEA & TOUR OF AB LEGISLATURE 9 AM-2:30 PM (\$)	5 COFFEE CHAT W/CONSTABLES 3-4 PM CITY OF EDMONTON PUBLIC ENGAGEMENT 6-9 PM	6 LUNCH & LEARN DOWNSIZING 10:30 AM-12:00 PM (\$)	7 EPL TECH TIME 10:15-12 PM LUNCH & LEARN EXECUTORS & FUNERALS 11:30 AM-1:00 PM (\$)	8 COFFEE CHAT W/COUNCILLOR NICKEL 10:30 AM-12 PM
10	11 PRESENTATION: FALL SAFETY/PREVENTION 2-3 PM (\$)	12	13	14 EPL TECH TIME 10:15-12 PM	15 EXTRA PICKLEBALL 10-12:30 (\$) WORKSHOP: AUTHENTIC CHINESE DUMPLINGS 10-12 NOON (\$)
17 PRESENTATION: BETTER DRIVER 10-11:30 AM (\$)	18	19	20 PICKLEBALL CANCELLED ALL DAY!!	21 EPL TECH TIME 10:15-12 PM COUNCILLOR KNACK VISIT 10-11 AM INTERNATIONAL YOGA DAY 11-12 PM PICKLEBALL CANCELLED 9-2 PM	22
24 WORKSHOP: "WATERCOLOUR MAGIC" 1-4 PM (\$)	25	26	27	28 MONTHLY BIRTHDAY PARTY 2:00-3:30 (\$)	29 EXTRA PICKLEBALL 10-12:30 (\$) OUTING: SHAKESPEARE IN THE PARK 12:45-5:15 PM (\$)

PLEASE SIGN UP FOR THESE EVENTS IN ADVANCE. NO REFUNDS WILL BE OFFERED IF YOU CANCEL/DON'T SHOW UP.

If you have any additional questions or concerns or to RSVP for programs, please call 780 496 2997.

JUNE 2019 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

EPL Tech Time, Fridays 10:15-12 PM Learn about apps, how to use Skype, E-books, and other fun things at this weekly drop in program. EPL staff will be on hand to provide one-on-one support for all of your tech questions. Feel free to bring your own smartphone, laptop or device. **No cost. Drop-in.**

Mon Jun 3, 10 AM-3 PM Outing: Vegreville Join us on a trip out to Vegreville to tour Heritage Heights, a beautiful independent supportive-living community. There will be coffee and light refreshments upon arrival; a special Pow-Wow celebration with dancers; and outdoor games (weather permitting). Bus to leave MWSA at 10 AM; return by 3 PM. **Cost: \$5 M/7 NM, includes mini coach bus transportation + light refreshments. Bring a bagged lunch or bring money for a BBQ lunch. Please RSVP by May 28; limited to 16 seats.**

Tues Jun 4, 9:00 AM-2:30 PM Outing: Seniors Tea & Tour at the Legislature Outing includes tea and light refreshments, walking tour of the Alberta Legislature and Edmonton Federal Building, and yellow bus transportation. Bus to leave MWSA at 9:00 AM and return around 2:30 PM. Bring water bottle, and good walking shoes. **Cost: \$10 M/\$20 NM. Limited to 18 spots. Please register early.**

Wed Jun 5, 3-4 PM Coffee Chat w/MWSA Constables Come for a coffee and chat with the local Mill Woods constables who patrol our community. Ask questions and learn more about what EPS is doing to serve the community. **No extra cost; please RSVP.**

6-9 PM CITY OF EDMONTON PUBLIC ENGAGEMENT The City of Edmonton Public Engagement team invites Edmontonians to learn about the City Plan and upcoming Zoning Bylaw Renewal, and to help develop the direction of the new City Plan, as we plan for a city of 2 million citizens. Refreshments will be provided. **REGISTRATION NOT REQUIRED. DROP-IN EVENT.**

Thurs Jun 6, 10:30 AM-12 PM Lunch & Learn: Downsizing by Scotia Bank. This presentation covers how to downsize and save for retirement. Topics will include: What do you want your retirement to look like? How would downsizing help in achieving desired retirement life style? Do you need cash flow, to grow your nest egg or both? How can you minimize the tax consequences? Will this impact your CPP? Have you factored in the unexpected? **Lunch is included! Cost: \$2 M/\$4 NM. Please RSVP by Mon Jun 3.**

Fri Jun 7, 11:30 AM-1 PM Lunch & Learn: Executors & Funerals by Dignity Memorial. This presentation will cover the roles and responsibilities of an executor, while finalizing and distributing the estate; how to choose the executor; and what should be the focus of the family when choosing one. **Lunch is included! Cost: \$2 M/\$4 NM. Please RSVP by Tues Jun 4.**

Sat Jun 8, 10:30 AM-12:00 PM Coffee Chat w/Councillor Nickel Come for a coffee and chat with City of Edmonton Councillor, Mike Nickel. **Drop-in event.**

Tues Jun 11, 2-3 PM Presentation: Fall Safety & How to Get Up from a Fall Presented by Phillips Lifeline. Missteps, slips and falls. What is the nastiest of them all? Join us for a discussion on Fall Safety for our everyday living, so we can stay active and independent while staying safe. There is also a very helpful demonstration from invited Healthcare Professional on how to get up from a fall as well as brief discussion on what available subsidies are there for Alberta Seniors Benefit members. **Cost: \$2 M/\$4 NM. Please RSVP!**

PLEASE SIGN UP FOR THESE EVENTS IN ADVANCE. NO REFUNDS WILL BE OFFERED IF YOU CANCEL/DON'T SHOW UP.

If you have any additional questions or concerns or to RSVP for programs, please call 780 496 2997.

Sat Jun 15, 10 AM-12 PM Workshop: Authentic Chinese Dumplings This is a hands-on workshop! Learn how to make authentic Chinese pork-veggie dumplings with one of the owners of Hui's Wontons, a local Chinese restaurant specializing in handmade dumplings. **Cost: \$5 M/NM. Please RSVP by Tues Jun 11.**

Mon Jun 17, 10-11:30 AM Presentation: Learn to Be a Better Driver Learn tips and tricks on how to be a better driver from an award-winning driver and driving instructor. **Cost: \$2 M/\$4 NM. Please RSVP.**

Fri Jun 21, 10-11 AM Councillor Knack Visits Meet the City of Edmonton Councillor with the Seniors Portfolio. **No cost.**

11-1 PM International Yoga Day Join us at MWSA as we celebrate International Yoga Day with a free yoga class. Please bring your own mat. **No cost to attend. Open to everyone!**

Mon Jun 24, 1-4 PM Workshop: Watercolour Magic Join Indigenous Elder Mah Koos to learn about the teachings of the Indigenous cultures, through a fun, hands-on watercolours workshop, featuring geometry. **Cost: \$5 M/\$7 NM, includes all art supplies. Please RSVP.**

Fri Jun 28, 2:00-3:30PM Monthly Birthday Party! If you are a member and it's your birthday this month, join us for cake, coffee and fun times. Everyone welcome. **Cost: Free for members with birthdays. \$2 for non-members/non-birthday. Please RSVP.**

Sat Jun 29, 12:45 PM-5:30 PM Outing: Shakespeare in the Park We'll be heading to Hawrelak Park to watch Shakespeare's "The Gentleman of Verona," one of Shakespeare's earliest comedies, tells the story of two devoted friends, Valentine and Proteus. Devoted that is until both fall for the same love interest and then things get complicated....betrayal, cross-dressing, misunderstandings and comedy ensue. Bus to leave MWSA at 12:45 PM and return around 5:15 PM. Bring water bottle, weather appropriate attire, and snacks. Please note the venue is outdoors, rain or shine. **Cost: \$30 M/\$40 NM. Includes yellow bus transportation and admission. Please register by June 25, 2019.**

PLEASE SIGN UP FOR THESE EVENTS IN ADVANCE. NO REFUNDS WILL BE OFFERED IF YOU CANCEL/DON'T SHOW UP.

If you have any additional questions or concerns or to RSVP for programs, please call 780 496 2997.