

MILL WOODS SENIORS ASSOCIATION EXTRA EVENTS CALENDAR- JUNE 2026			
JUNE 2026	Seniors Week, June 1-6, 2026	Celebrate Seniors Week at MWSA with lots of free programming!	Free. Everyone welcome
Monday, JUNE 1ST 1:00-2:00 PM	Zumba Gold Tammy Clark	A dance fitness class with the same Latin rhythms and popular music you love in a Zumba class but with less intense moves. Standing or sitting in a chair, you'll still get a full body workout. Just move your body and follow along! You'll get to try both and decide which style you like better!	Free. Everyone welcome/ 229
Tuesday, June 2 10 AM-1 PM	New! Lifemark Info Table	Stop by the lobby to learn about services that Lifemark can provide to improve your health and wellbeing. Plus, enter to win a door prize.	Free
Tuesday, JUNE 2ND 11:30 AM- 1:30 PM	Lunch n Learn (New Day Home Care)	New Day Homecare is a private home care provider and non-profit social club dedicated to supporting seniors in maintaining independence, safety, and quality of life within their homes and communities. The lunch & learn session will discuss staying safe and independent at home, understanding home care options, available services, and government funding, and supporting caregivers and families."	Free (Registration Required) Please include dietary restrictions or food considerations with registration/ 229
Wednesday, JUNE 3RD 11:15 AM-12:15 PM	Movement-Muscle-Mix-Up Lorraine Wigston	Looking to boost strength, endurance, mobility, stability—and have fun while you're at it? This class blends upbeat movement to familiar music with resistance training using weights, bands, and bungees. You'll work your core, improve balance and mobility, and finish with a relaxing stretch. Suitable for all levels, with chair options available.	Free. Everyone welcome/ GYM
Wednesday, JUNE 3RD 12:45-1:45 PM	Fascia Release Paige Elniski	This class is a powerful combination of yoga and self-massage. We practice yogic principles, cultivating our awareness of our mind, body and breath through yogic exercises. In addition to various therapy balls for fascial release. Fascial release (self-massage) is helpful in treating muscle immobility and pain, improving blood flow and lymphatic circulation. This powerful combination of yoga and self-massage assists in creating greater body awareness, muscle performance and ease of movement. This class is suitable for beginners and those with established practice.	Free. Everyone welcome/ GYM

<p>Wednesday, JUNE 3RD 2:00-2:45 PM</p>	<p>Workshop: "Mindful creative Journalling" Maria Elger (Ting)</p>	<p>"What to expect • Guided meditation & calming breathwork • Intuitive art + creative journaling • Simple, meaningful prompts • Positive affirmations for self-love and clarity • Gentle yoga stretches to end. Perfect for: anyone seeking relaxation, creative expression, and a mindful reset."</p>	<p>Free. Everyone welcome/ 225</p>
<p>Wednesday, JUNE 3RD 2:00 PM</p>	<p>Ice Cream Social MWSA Board Members</p>	<p>Come meet the MWSA Board members and get a free Ice Cream. While supplies last!</p>	<p>Free. Everyone welcome/Café</p>
<p>New day!! Thursday, June 4 10:45- 11:45 am/</p>	<p>Free Class! Bhangra Dance "Colours of Punjab" Class with Bhangra & Gidda Academy www.colorsofpunjab.com</p>	<p>Ready to start dancing bhangra, the traditional dance of Punjab? Feel free to use chair beside you for balancing. This class is an introduction to simple bhangra movements adapted for seniors, focusing on light cardio, rhythm, and cultural engagement, suitable for all mobility levels.</p>	<p>Free. Everyone welcome/ GYM</p>
<p>Thursday, June 4 1-3 pm</p>	<p>Presentation: Financial Literacy</p>	<p>Learn the basics of financial literacy, with easy-to-understand language and concepts. Feel more confident and secure in making financial decisions for you and your family. A short presentation will be followed by a Q&A Session. Refreshments provided. Please pre-register!</p>	<p>Cost: Free. Everyone welcome 225 Financial Educator: Deepika Khera</p>
<p>Thursday, JUNE 4th & 18th 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>FRIDAY, JUNE 5TH 9 AM- 1 PM</p>	<p>Observational Demo Only! The Art of Hand building: "From Earth to Form"</p>	<p>This session offers a "behind-the-scenes" witness to the transformation of a simple bowl into a delicate, textured sphere. A look at traditional coil techniques to create height and elegant silhouettes. Leather-hard slabs to create structured, architectural keepsakes, brief insights into using stamps and natural found objects to create intricate patterns.</p>	<p>Free! / Lobby Molly Lim</p>
<p>2nd Tuesday, JUNE 9TH 10:00 AM-12:00 PM</p>	<p>Caregivers Support Group</p>	<p>Peer support groups for caregivers to share information, resources and support.</p>	<p>Free! / 227</p>
<p>2nd Wednesday, JUNE 10TH 2:30-3:30 PM</p>	<p>EPL Smartphones/Tablets, Part I</p>	<p>New to computers including English language learners and seniors. Basics of navigating your device, modifying settings, and recognizing common icons/ apps.</p>	<p>Free/225</p>
<p>3RD Tuesday, JUNE 16TH 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>

Tuesday, JUNE 17TH 2:00 PM	New Members Connection	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. Warm regards, Deb Cautley, Executive Director.	Free (by invite only)/ Café
Monday, JUNE 22ND 11 am- 3:30 pm	Outing: River Cree Casino	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.	Cost: \$10 M/\$15 NM. Includes: transportation, casino voucher & lunch. (MAX: 20 ON THE BUS.)
4th Wed. JUNE 24th 10:00 AM-2:00 PM	Walk-in Outreach Services	Senior Services: PR, Citizenship Request an Expiration of PR Card Renewal, Lost Landing paper, CPP, OAS, ASB, Bus Pass/Arc Card, Housing, Low-income support, Canada Pension Plan disability benefits (CPPDP), Employment Insurance (EI), Canadian Dental care plan, AISH	Free drop-in program/224
Last Friday, JUNE 26th 10:00- 11:30 am	EPL: Travel Resources	Plan Your Next Adventure—Discover the Library's Travel Resources. Dreaming of a getaway—near or far? Whether you're planning a big trip, considering a weekend escape, or simply love exploring the world from your armchair, your library card gives you access to an amazing collection of free travel tools that can help you every step of the way. Join us for an engaging, easy-to-follow session designed especially for seniors who enjoy travel, curiosity, and discovery. No technological experience needed, we'll guide you with patience and clear instructions.	This is a free drop-in program. No registration required/ Lobby
Last Monday, JUNE 29th 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/NM