

## MARCH 2019 SPECIAL EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>**DAYLIGHT SAVINGS IS SUN MAR 10, 2019! CHANGE YOUR CLOCKS 1 HOUR AHEAD. **</b> (\$ ) = PROGRAMS WITH NOMINAL FEES					
4	5	6	7	8 EPL TECH TIME 10-11:30 AM	9 EXTRA PICKLEBALL 10 AM-12:30 (\$)
11 COOKING DEMO: HOT CROSS BUNS & EASTER SUGAR COOKIES 2:30-4:00 PM (\$)	12 FREE TAX CLINIC 5-8 PM	13	14 LUNCH & LEARN: TAX SMART STRATEGIES 10:30-12 PM (\$)	15 ST.PATRICK'S DAY MUSIC 9:00-12:00 EPL TECH TIME 10-11:30 AM NURSE NEXT DOOR INFO BOOTH 10:30-12:30 PM	16 EXTRA PICKLEBALL 10 AM-12:30 PM (\$)
18	19 PRES: TECHNOLOGY & INNOVATION INVESTMENTS 11:30-12:30 (\$)	20	21 OUTING: HOME & GARDEN SHOW 12-4 PM(\$)	22 EPL TECH TIME 10-11:30 AM HOLI FOR SENIORS EVENT 4:30-6:30 PM PB 2:45 PM CANCELLED	23 EXTRA PICKLEBALL, 10 AM-12:30 PM (\$)
25	26	27	28 AGM 9:30 AM-12:30 PM PRES: GET MORE FROM YOUR DOCTOR'S VISIT 2-3 PM (\$)	29 EPL TECH TIME 10-11:30 AM MONTHLY BIRTHDAY PARTY 2-3:30 (\$)	30 MWSA HEALTH & WELLNESS FAIR 10-1 PM FREE ENTRY! PANCAKE BREAKFAST 10 10 AM-12:30 PM (\$)

**PLEASE SIGN UP FOR THESE SPECIAL EVENTS IN ADVANCE.**

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

## MARCH 2019 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

**Extra Pickleball dates:** Cost: \$2 MWSA members (Membership with other seniors centres **does not** apply)/\$5 non-members

**EPL Tech Time, Fridays 10-11:30 AM March 1-May 24, 2019** Ever wondered what an "app" is? Maybe you'd like to Skype your friends and don't know how? Or maybe 2019 is the year to blow the dust off your e-reader and figure out how it works! If this sounds like you, visit this weekly drop in. 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.

**Mon Mar 11, 2:30-4:00 PM Cooking Demo: Hot Cross Buns & Easter Cookies** Kevin will be here to demonstrate how to make Easter treats. Cost includes food samples!  
**Cost: \$2 M/\$4 NM. Please pre-register at the Front Desk.**

**Tues Mar 12, 5-8 PM Free Tax Clinic** For low income earners only (\$30,000 or less for no dependents; \$50,000 with dependents). Please check at the Front Desk for the Eligibility Checklist before registering. Limited spots. First come, first serve. Please arrive at least 10 minutes early. **Cost: Free, but please make an appointment.**

**Thurs Mar 14, 10:30-12:00 PM Lunch & Learn: Tax Smart Strategies** Scotia Bank will be here to discuss tax smart strategies for making best choices in retirement. **Cost: \$2 M/\$4 NM. Please pre-register at the Front Desk. Cost includes lunch, catered by our 2<sup>nd</sup> Floor Café!**

**Fri Mar 15, 9:00-12:00 PM St. Patrick's Day Music** Our MWSA Jammers will be in the lobby to celebrate St. Patrick's Day! **No extra cost to watch and sing-a-long!**

**Tues Mar 19, 11:30 AM-12:30 PM Presentation: Technology & Innovation Investments** Presented by Financial Advisor, Wei Woo. Artificial intelligence, blockchain, robotics, electric cars, cloud, big data and internet of things, among others, have all been innovative disruptive technologies in our society. They also have been growing investment themes among major investors, and been one of the best performers in the markets for past few years. Come join Wei Woo as we discuss about the emerging technology trends, and how to add them to your retirement portfolio. **Cost: \$2 M/\$4 NM. Please RSVP.**

**Thurs Mar 21, 12-4 PM Outing: Home & Garden Show** Learn about the latest in home décor and outdoor living. There will be art and design displays, along with cooking demos, food, shopping, and more! Bus to leave MWSA at noon and return by 4 PM. **Cost: \$10M/\$15 NM (incl. admission & transportation). Please pre-register.**

**Fri Mar 22, 4:30-6:30 PM Holi for Seniors** Join us at MWSA as we celebrate the Holi Festival (a celebration of colour) with live dance performances, authentic East Indian food, and more! **No cost to attend!!**

**Thurs Mar 28, 9:30-12:30 PM MWSA AGM** Join us for our Annual General Meeting. Doors at 9:30 AM, meeting to start at 10:30 AM. Please note that we will not be accepting nominations from the floor for the Board of Directors. **Please bring your membership card with you to be eligible to vote.**

**2-3 PM Presentation: Get More from Your Doctor's Visit.** Presented by a Professional Health Advocate. After a doctor's visit, do you ever discover you have forgotten some important information? Or feel like the appointment didn't meet your needs? Or feel unsure about your next steps? Maybe you are a caregiver who worries that the same happens to your loved-one? Learn some simple tips to make the most of your time with your doctor, and questions to ask yourself to know when it's important to bring extra support to your appointments. Also learn about publicly-funded and private services that can support and empower patients and their loved-ones to manage a difficult health journey. **Cost: \$2 M/\$4 NM. Please RSVP.**

**Fri Mar 29, 2:00-3:30 PM Monthly Birthday Party!** If it's your birthday this month or want to celebrate people's birthdays, you are welcome join us for cake, coffee, and fun times. **Cost: Free for members with birthdays; \$2 for non-members/non-birthday.**

**Sat Mar 30, 10 AM-1 PM MWSA Health & Wellness Fair** Join us for MWSA's first health and wellness fair. We'll have informational and interactive displays from different local organizations, individuals and businesses to help you learn about products and services available to help enhance or improve your quality of life. **Free entry. Everyone welcome! Our 2<sup>nd</sup> Floor Café will have Pancake Breakfast from 10 AM-12:30 PM: Only \$5 for pancakes, eggs, and choice of meat (bacon, sausage or ham) and coffee.**

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