

MARCH 2023 Monthly Events Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><i>Workshop: Art of Re-Design Jewelry</i>                      \$\$ 10:30-12:30 pm</p> <p><i>Music Workshop</i> \$\$                      1:00- 3:30 pm</p>	<p><b>2</b></p>	<p><b>3</b></p> <p><i>FREE TAX CLINIC</i>                      10- 3 PM</p>
<p><b>6</b></p> <p><b>Liver &amp; Onions Day</b>                      Medi Pedi Diabetic                      Foot Care                      \$\$ 9:30 AM- 4:30 pm</p>	<p><b>7</b></p> <p><i>Pres: Reverse Mortgages</i>                      \$\$ 1- 3 PM</p>	<p><b>8</b></p>	<p><b>9</b></p>	<p><b>10</b></p> <p><i>FREE TAX CLINIC</i>                      10- 3 PM</p>
<p><b>13</b></p>	<p><b>14</b></p> <p><i>Foot Care Clinic</i>                      \$\$ 9:30- 2:30 pm</p>	<p><b>15</b></p> <p><i>Pres: Ethical Will</i>                      \$\$ 10 am- 12 pm</p> <p><i>Music Workshop</i> \$\$                      1:00- 3:30 pm</p>	<p><b>16</b></p> <p><i>Outing: River Cree Casino</i>                      \$\$ 11:00 am- 3:30 pm</p>	<p><b>17</b></p> <p><i>FREE TAX CLINIC</i>                      10- 3 PM</p>
<p><b>20</b></p> <p><i>Cooking Demo: Instant pot baked beans</i> \$\$                      2:30- 4:00 pm</p>	<p><b>21</b></p> <p><i>Free NIA class Demo:</i>                      10-11 AM</p> <p><i>Pres: EPL Digital Resource</i> 2- 3 pm <b>Free</b></p>	<p><b>22</b></p> <p><i>Group Acupuncture Demo</i> \$\$                      10:00 am- 12:00 pm</p> <p><i>Medi Pedi Diabetic Foot Care</i> \$\$ 9:30 AM- 4:30 pm</p>	<p><b>23</b></p> <p><b>AGM 10 AM</b></p>	<p><b>24</b></p> <p><b>Liver &amp; Onions Day</b>                      Grief Support, 10 AM- 1 PM</p> <p><i>FREE TAX CLINIC</i>                      10- 3 PM</p>
<p><b>27</b></p> <p><i>Monthly Birthday Party (Sponsored by Rutherford Heights)</i> 1:30- 2:30 p.m.</p> <p><b>Hearing Test Clinic</b> \$\$                      9:30 am- 2:30 pm</p> <p><b>Spring Session 2023 starts.</b></p>	<p><b>28</b></p>	<p><b>29</b></p> <p><i>Music Workshop</i> \$\$                      1:00- 3:30 pm</p>	<p><b>30</b></p> <p><i>Mix &amp; Mingle</i> 4-6 pm</p> <p><i>Residents from Seniors Residence to play Cribbage in #231</i> 12:30</p>	<p><b>31</b></p> <p><i>Grief Support</i>                      10 AM- 1 PM</p> <p><i>FREE TAX CLINIC</i>                      10- 3 PM</p>

**Featured Events:**

1. **FREE TAX CLINIC 10- 3. #227/ 228. (Mar 3, 10, 17, 24 & 31).**
2. **Presentations: Reverse Mortgages, Ethical Will \$\$**
3. **Cooking Demo: Instant pot baked beans, \$\$, 2:30- 4:00 pm.**
4. **EPL Digital Resource Free, 2- 3 pm.**
5. **Group Acupuncture Demo, \$\$, 10- 12:00 am.**
6. **Mix & mingle \$\$, 4- 6 pm.**

**Event Descriptions**

**Wednesday, Mar 1, 10:30 am- 12:30 pm Art of Re-Designing Jewelry** Create something new from your own costume jewelry using tools provided. Learn to create a new necklace and earrings by incorporating a chain, clasps, beads, and your own jewelry pieces. Learn new techniques to incorporate sentimental pieces. **Please bring your own chains, earring hooks, and posts, or supplies extra payable to instructor. Cost: \$25 M/ \$35 NM. Max.10 Registrations.**

**Wednesday, Mar 1, 15 & 29, Apr 5, 26, May 10 & 24, 1:00- 3:30 pm Play Music by Ear Workshop** with George Mok. Basic music theory, know your instrument better, how to determine the key to a song correctly. Finding chords of a song by listening, Proper way to strum (string instruments) by listening, Chord formation, identify common patterns, Nashville numbering system & Solfège system, learn how harmony works. **Bring your own instrument. Cost: \$3 M/\$5 NM (Each session). Drop-In program.**

**Every Friday in March 1- 31, 10 am- 3 pm Free Tax Clinic** (to file your personal income tax) in collaboration with Action 4 Healthy Communities (A4HC). Please make an appointment at the front desk. **If you have any questions about the tax clinic, contact Abida with A4HC: 780-235-2176/780-944-4687.**

**Monday, Mar 6 & Wed, Mar 22, 9:30 am- 4:30 pm, Diabetic Foot Care with Shawna MacNeil,** of Medi Pedi Edmonton. List of services offered to the clients: • Diabetic Pedicure • Geriatric Pedicure • Manicure • Nail Fungus Treatment • Ingrown Toenail Treatment • Ion Foot Detox Treatment • Toenail Reconstruction. **Cash, Debit & Credit accepted. Pay the nurse directly.**

**Tuesday, Mar 7, 1:00-3:00 pm Presentation on Reverse Mortgages,** with a professional Kevan Rapley. Is a reverse mortgage the right tool for you? A reverse mortgage is only beneficial if it is used properly and in the right circumstance. This presentation provides a balanced education on what a reverse mortgage is and when it might not be right for you. **Cost: \$3 M/\$5 NM (Each session).**

**Tuesday, Mar 14, 9:30 am- 2:30 pm Foot Care with Certified Practitioner** Basic Foot Care (15-20 minutes): \$40.00, Pedicure (30-40 minutes): \$55.00. 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. **Cash, Debit & Credit accepted. Pay the nurse directly. Covers Seniors benefits (will provide receipts if needed).**

**Wednesday, Mar 15, 10:00 am- 12:00 pm Presentation: Ethical Will Presentation** BY CAROL KODISH-BUTT, R.S.W. (retired): *Creating an ethical will is about finding a way to leave a written or oral legacy about who you are and what you stand for in your life. It provides an opportunity to communicate your wisdom, history, stories and especially, your values, to generations beyond your own. Carol will introduce the concept, share her own story, provide an outline of its structure, and suggest ways individuals can form self-supporting groups to accompany each other as they find a way to create their own ethical wills. If requested, she will offer support and resources for the development of groups.* **Cost: \$3 M/\$5 NM.**

**Thursday, Mar 16, 11:00 am- 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. Register Early to save your spot, as this trip is always popular! **The bus leaves MWSA at 11:00 am and departure from River Cree at 3:30 pm.** Max:24. **Cost: \$10M/ \$15 NM.**

**Monday, Mar 20, 2:30- 4:00 pm Cooking Demo: Instant Pot Baked Beans recipe** with MWSA Member, Terry Ferguson. Printed recipe and samples will be included with the demo. **Cost: \$3 M/ \$5 NM. (Min 10 registrations).**

**Tuesday, Mar 21, 10:00 am-11:00 am Free Nia Class Demo** with Kirsten Bertel. **Please register at the Front Desk.**  
**2:00- 3:00 pm EPL Digital Resource.** Presented by the Mill Woods Edmonton Public Library. Learn how to access free digital resources, including eBooks, eAudiobooks, and newspapers and magazines from around the world. You will also hear about all kinds of free courses, ranging from how to use Microsoft Office to writing your own memoirs! **Free to attend. Please pre-register**

**Wednesday, Mar 22, 10:00 am- 12:00 pm Group Communication Acupuncture Demo.** Acupuncture is the penetration of very fine needles into the body at certain points for pain relief in different parts of the body, including the neck, shoulder, back, leg, knee, and arm. Experience it yourself, followed by a question & answer period. **Cost: \$3 M/\$5 NM.**

**Thursday, Mar 23, 10:00 am- 12:00 pm MWSA Annual General Meeting.** Doors open at 10:00 a.m.; meeting to start at 10:30 a.m. To vote, you must be a Regular Member in good standing for at least 60 days prior to the AGM. The AGM is in-person only; online participation is not available. **Please pre-register, as refreshments will be provided.** If you have any questions, please call the Front Desk at 780-496-2997.

**Mar 24 & 31, Friday: 10 am- 1 pm Grief & Bereavement Support with certified practitioner Shamim Amiri.** Release Anxiety, Release Negative emotions, Reduce Physical Pain, Reduce Anxious behaviour, Increase Self Esteem, Calm your racing thoughts. **Book your one-on-one appointment at the front desk. Cost: \$3 M/\$5 NM.**

**Monday, Mar 27, 9:30 am- 2:30 pm Hearing Test Clinic** Hearing tests can help to uncover underlying medical conditions and track the changes in your hearing. One-on-one-session with Hearing specialist, Kate Powell for Screening, and Counselling, AADL eligibility, and AADL/Blue Cross benefits. Discuss rehabilitation process. Tips to maintain hearing aids and learn about the importance of hearing tests to monitor your health. **Cost: \$3 M/\$5 NM.**  
**1:30-2:30 pm. Monthly Birthday Party (Last Monday of Month).** Celebrate your birthday month with MWSA. Come for some cake and coffee, sponsored by Rutherford Heights. **MWSA Members celebrating their birthday month: Free for Birthday members/ \$5 Non-members and guests. Please pre-register.**

**Thursday Mar 30, 4:00- 6:00 pm. Mix & Mingle.** Meet new friends. Drinks with alcoholic and non-alcoholic options available. Light refreshments and one drink included. **Cost: \$20M/\$30 NM. Please register by March 27, 2023.**