

MARCH 2024 MWSA MONTHLY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Featured Events:</b> <ul style="list-style-type: none"> <li>1-Day Pysanky Workshop, 9:00 a.m.-12:00 pm, March 25 (\$25 M/ \$35 NM). #225.</li> <li>4-week Pottery Workshop, 4:00- 7:00 pm, March 7, 14, 21, 28, (\$120 M/ \$130 NM) #225. <a href="#">Registration Form</a></li> <li>7-week Yoga 4 Wellbeing, 12:30- 1:30 pm, Mar 7, 14, 21, 28, April 4, 11 &amp;18 (\$70 M/ \$91 NM) #229. <a href="#">Registration Form</a></li> <li>Free Tax Clinic, 10- 3 PM, March 4, 11, 18 &amp; 25. <a href="#">Book your appointment at the front desk.</a> #225. No drop ins.</li> <li>7-week, Spanish Level II class, 12:30- 2 pm, starting March 13- April 24, \$70 M/ \$91 NM. #225. <a href="#">Registration Form</a></li> </ul>				1 <b>No Grief Support</b>	
4 <b>FREE TAX CLINIC,</b> 10 a.m.- 3 p.m./ #225  <b>Free Pres: Elder Abuse</b> 1:00- 3:00 p.m/ #227/228	5	6 <b>Hula Hoop Fitness Class</b> <b>Free Demo/ Gym</b> 9:30- 10:30 am  <b>Pickleball Cancelled Today</b>	7 <b>Yoga 4 Wellbeing #229</b> <b>New Time:</b> 12:30- 1:30 pm Mar 7- Apr 18 (\$70 M/ \$91 NM)  <b>4-week Pottery Workshop</b> 4-7 pm, (Mar 7,14, 21, 28) (\$\$ Workshop I & II) #225	8 <b>Free Pres: Advance Care Planning,</b> 11 a.m.- 12:30 pm/ #225  <b>ETS Info Table, 10 a.m.- 2:00 p.m.</b>  <b>Grief Support 11- 1 pm</b> (\$3M/\$5 NM), #224	
11 <b>Hearing Test Clinic</b> 9:30- 2:30 pm/#224 (\$3M/ \$5 NM)  <b>FREE TAX CLINIC,</b> 10 a.m.- 3 p.m./ #225	12 <b>Stay Sure Foot Care Clinic</b> 10 am- 2 pm/#224	13 <b>6 Week- Spanish Level III</b> 10:00- 11:30 am, (\$60 M/78 NM) March 13- April 17 #225	14 <b>Outing: River Cree Casino,</b> 11 a.m.- 3:30 p.m. (\$10M/ \$15NM)	15 <b>Grief Support,</b> 11 a.m.-1 pm (\$3M/\$5 NM), #224	
18 <b>FREE TAX CLINIC,</b> 10 a.m.- 3 p.m./ #225	19	20 <b>H2H &amp; M2M</b> <b>Yoga Demo</b> 11:00- 12:00 pm/ #227	21 <b>Outreach Services</b> 10 a.m.- 2 p.m./ #224  <b>Free drop in: CNIB</b> 10 am- 2 pm # Lobby	22 <b>LIVER &amp; ONIONS DAY</b>  <b>Grief Support 11- 1 pm</b> (\$3M/\$5 NM), #224 <b>EPL e-Learning Resource</b> 10:00- 12:00 pm, #Lobby	<b>SATURDAY/23</b>  <b>**AGM 2024**</b> <b>Meeting at 11 am</b> <b>Doors at 10:30 am</b>
25 <b>1-Day Pysanky Workshop</b> 9:15 a.m. -12:15 pm/ (\$25 M/ \$35 NM) #231 <b>Free Tax Clinic,</b> 10- 3 pm/ #225  <b>U of A Nursing students,</b> 10 a.m.- 2 pm # Lobby <b>Monthly Birthday Party/ 1:30 pm/ Café</b>	26 <b>“Holi” Celebration of Colours</b> 5-7 pm, #Gym (\$25 M/ \$35 NM)  <b>U of A Nursing students,</b> 10 a.m.- 2 pm # Lobby  <b>Celiac Support Group,</b> 10 a.m.-12 p.m. (\$3M/\$5 NM)	27 <b>Massage Therapy,</b> \$\$ 9 am- 4 pm, #224	28 <b>Diabetic Foot Care Clinic</b> 2:00- 7:00 pm/ #224  <b>Zoom Series of Health presentation</b> 8:00- 9:00 pm/ (\$3M/ \$5 NM) With Dr. Ze'ev Gross	29 <b>Good Friday</b>  <b>MWSA CLOSED</b>	

**Event Details (Pre- Registrations Required, Including All Payments)****Please fill up a registration form for all 4 weeks+ activities**

**Mondays, Mar 4, 11, 18 & 25, 10 am- 3 pm. A FREE TAX CLINIC** has been scheduled for members & non-members. No drop ins. **Please book your appointment at the Front Desk. #225**

**Monday, Mar 4, 1:00- 3:00 pm, Presentation: Elder Abuse.** Seniors Resource Coordinator from Catholic Social Service to discuss Aging, Mental and Physical Health issues, Elder Abuse, Personal Direction and Power of Attorney and Resources in the community for seniors. **Cost: Free. #227/228.**

**Wednesday, Mar 6, 9:30- 10:30 am. Free Demo Hula hoop fitness with Instructor Olivia Flows.** This class combines both functional training and low impact exercise; designed to improve strength/ stamina, while also improving dexterity/ fine motor skills and postural alignment. The class consists of higher reps with lower weights (hula hoops). This class is great for older adults as it works the whole body and can be completed from a seated or standing position. Hula hooping is good for the brain as it helps improve coordination by building neurological connections in the body, which is important in seniors as people tend to be less mobile as they age. This class will be an hour long consisting of a warmup, an exercise portion that focuses more on sets/ reps, a games portion and a cool down. **Cost: Free for all/ Gym.**

**Thursdays, Mar 7, 14, 21, 28, April 4, 11, and 18, 12:30- 1:30 pm (7-week session) Yoga 4 Wellbeing:** with various loosening practices or joint movements followed by Kriyas; body movements coordinated with the breath (Kriyas) to improve the oxygen supply to the muscles and cleanse the metabolic waste, improve blood circulation and to establish mind-body connection. Postures (Asanas) are practiced working on various systems of the body and modified to individual needs. Shavasana, deep relaxation & breathing practice is done at the end to reap the benefit of the entire practice and to relax the body and the mind. They not only improve the lung function but also calm down the nervous system and prepare the mind for contemplative practices. **Cost: \$70 Mem/ \$ 91 NM. Drop in: \$13 M/ \$16 NM. Max 12 #229.**

**Thursdays, Mar 7, 14, 21, 28 @ 4:00- 7:00 pm (4-week) All Inclusive Pottery Workshop** with Molly Lim. Make your own handmade special gift for friends/family. **Workshop 1, 4:30- 6:30 pm:** You'll have the opportunity to learn the basics of creating finished pottery projects with clay, such as a bowl, a soap dish, a small mug, and a lidded jar. You just bring your hands! **Cost: \$140 Mem/ \$ 160 NM. Min 5, Max 15. Workshop 2, 4:00- 6:00 pm: Pre- requisite of Workshop 1 required.** You will learn the second level of this handicraft that includes sculpting/decorating a clay portrait, a coffee mug, and a dinner plate. **Cost: \$160 M/\$180 NM. Min 5, Max 15. #225**

**Friday Mar 8, 11:00 a.m.- 12:30 pm Presentation on Advance Care Planning.** Medical emergencies happen. Planning can help make life's unexpected turns easier to handle. Join us for our upcoming session by Covenant Health Palliative Institute 'Supporting Albertans in Planning Ahead' to delve into the essentials of advance care planning, financial and estate planning. Handouts will be provided. Presented by: Ellen Mi, Palliative Institute, Covenant Health **Cost: Free/ #225.**

**Tuesday Mar 12, 10:00- 2:00 pm Basic Foot care \$40.00 (20 Min.):** Assess the feet for circulatory issues, wounds, infections etc. Trim/ file nails, callus/corn care, Moisturizer, refer to physician or podiatrist as needed. **Pedicure \$55.00 (55 Min)** Full basic foot care, soaking of the feet, cleaning of cuticles, lower leg/ foot massage, Free nail care included. **Please book your spot at the front desk. Cost: \$ 40-\$55/ Room 224. Min. 6 bookings.**



**Wednesday, Mar 13-April 17, 10:00- 11:30 am. Spanish Level III** class is for participants who have previously taken Spanish Level I & pre-qualified by the instructor to learn more, practice and improve their language skills. It is suggested by the instructor to purchase this book, **Barron's E-Z Spanish, before the class starts, if available in stock. Cost: \$60 M/\$78 NM/ Room #225.**

**Thursday, Mar 14, 11:00 am- 3:30 pm. Outing: River Cree Casino** Enjoy a day at the River Cree Casino, which includes coach bus transportation, casino voucher & lunch. Register early, as this trip is always popular! The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm. **Max: 24. Cost: \$10 M/ \$15 NM.**

**Wednesday, Mar 20, 11:00- 12:00 pm Wednesday, March 20, 11:00- 12:00 pm. H2H (Health 2 Happiness) for Joyful & Healthy Living. Free Yoga Demo with Kajal Kapoor.** This class will include practices for increasing mobility in the joints, gentle yoga, breathing exercises, and guided meditation to enhance your wellbeing. This class is **simple & safe** for all levels. The practices can be done in a chair or on a mat, depending on your ability. **Free, Drop in. #227/228.**

**Thursday, Mar 21, 10:00 am- 2 pm An outreach Worker will be on site every 3<sup>rd</sup> Thursday of the month** Services offered include: Immigration related issues, Apply for PR Card, Apply for Citizenship, Request an Expiration of PR Card Renewal, Apply for Lost of PR, Apply for lost Landing paper, Financial issues, Apply for Canadian Pension Plan (CPP), Apply for Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares, and housing. **Free, Drop in. #224**

**Thursday, Mar 21, 10:00 am- 2:00 pm Join CNIB Ambassadors** for an informative conversation on important topics related to living with low vision or blindness. Feel free to drop in to focus on valuable topics like bind etiquette, accessibility and inclusion, white canes and guide dogs, assistive technologies, braille literacy, and CNIB programs and services. Your volunteer CNIB Ambassador will dive into their personal journey coping with sight loss and the pivotal role the CNIB has had in helping them live the lives they choose. This opportunity will both inspire and help participants gain insights into the life-changing work of the CNIB. **Cost: Free for all / Lobby.**

**Friday, Mar 22, 10:00 a.m- 12:00 pm. EPL e-learning Resource.** You're One Click Away: You're One Click Away: **eVideos and eMusic** from EPL. Discover the incredible resources available at epl.ca! This visit will focus on how to access music, tv shows and movies from our digit content collection. **Cost: Free / Drop in at Lobby.**

**Monday & Tues, Mar 25 & 26, 10- 2 pm (Drop-in event). U of A Nursing Students** will be here to discuss the issues of loneliness and mental wellness, social media, and online safety. **Cost: Free/ Lobby**

**Monday Mar 25, 1:30 pm Monthly Birthday Party** If it is your birthday month, join us for some cake and coffee. **Cost: Free for MWSA members celebrating their birthday month/\$5 guests/non-members. Café.**

**Monday Mar 25, 9:15- 12:15 pm One day Pysanky workshop (Ukrainian Easter egg) with Lyrissa Sheptak** artist and instructor, historian, writer, Managing Editor of Nasha Doroha national UCWLC magazine, and an educator of Ukrainian culture. The ancient art-form of pysanka-writing involves intricately drawn designs created with beeswax and vibrant colors. Not long ago, writing pysanky was a dying art-form and so it's her desire to share this tradition with as many people as possible. **Cost: \$25 Members/\$35 Non- members/# 231.** (Cost includes all supplies and plastic cups for the student to transport their egg home in).

**Tuesday, Mar 26, 5- 7 pm. "HOLI"** is a popular festival celebrated in India, also known as the Festival of Colors, Love, and Spring. The day signifies the triumph of good over evil. Join us for some dancing, playing with colours, and snacks. **Dress Code:** Wear White (something you don't mind getting stained). **Cost: \$25 M/\$35 NM.** (includes one drink (non-alcoholic) and a traditional food snack plate). **Pre-register by March 20. Gym. Min.50/Max 200.**

**Wednesday, Mar 27, 9 am- 4 pm. 60 Minutes Therapeutic Massage** techniques not only alleviate physical pain and discomfort but also promote relaxation, improved circulation, and enhanced overall well-being. All massages are performed to the level of comfort the client desires. **Cost: Members- \$85.00 (+GST) = \$89.25. Non-Members-\$100.00 (+GST) = \$105.00.** Direct billing available. With appointment only & No walk ins. Pay: Cash/ Credit/Debit (card and contact less), eTransfer at (luxuryreliefab@gmail.com), Direct billing available with most insurance in Alberta, (Sun Life, Blue Cross, Manulife, Canada Life). **Room: 224**

**Last Thursday of the month March 28, 8:00- 9:00 pm Zoom Series of Heath Presentations with Dr. Ze'ev Gross**, an active family physician in Edmonton who follows the principles of lifestyle medicine. Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions to treat chronic conditions including cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine applies evidence-based, whole-person, prescriptive lifestyle changes to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions. **Topic: The main determinants of health - how to maintain good health and longevity with proven evidence-based facts.** **Cost: \$3M/ \$5 NM.** Please pay and register with your email address, name and contact number.

**Thursday, Mar 28, 2:00- 7:00 pm Diabetic Foot Care Clinic with Kimberly Simmonds LPN**, Treatments: Nail Trimming, Foot Hydration, Corn & Callus reductions, Foot Massage, Assistance with Ingrown toenails & nail fungus. **Cost: \$65 Initial Consultation/ \$45 Follow up.** Please book your appointment at the Front Desk.