

## MAY 2019 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXTRA PICKLEBALL: \$2 FOR MWSA MEMBERS/\$5 NON-MEMBERS  (\$)= Events with Nominal Fees		1	2  <b>PICKLEBALL CANCELLED (ALL DAY)</b>	3  FREE! ROLL FOR BETTER LIFE CLASS 9-10 AM  PRES: DEMENTIA ADVICE LINE 11:30-12:30 PM (\$)	4  EXTRA PICKLEBALL 10-12:30 (\$)
6	7	8	9	10  <b>PICKLEBALL- 2:45-4:15 PM CANCELLED</b>	11  <b>MOTHER'S DAY BRUNCH 10 AM-1 PM (\$)</b>
13  PRES: FALLS PREVENTION 2-3 PM	14  POTLUCK/MEET & GREET NEW MWSA BOARD 5-7 PM (\$)	15  LAST DAY OF POWWOW FITNESS	16	17	18  EXTRA PICKLEBALL 10-12:30 (\$)
20  <b>VICTORIA DAY  MWSA CLOSED</b>	21	22	23  OUTING: EDMONTON VALLEY ZOO 10 AM-2 PM (\$)	24	25  EXTRA PICKLEBALL 10-12:30 (\$)
27	28  OUTING: RIVER CREE CASINO 10:00-2:30 PM (\$)	29	30	31  MONTHLY BIRTHDAY PARTY 2:00-3:30 (\$)	

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

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

## MAY 2019 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

**Fri May 3, 9-10 AM Free Roll for Better Life Class Demo** Try out this new fitness class at MWSA, which focuses on deeper muscle stretches for relief, relaxation and flexibility. **No Cost, but please RSVP and bring your own yoga mat.**

**11:30 AM-12:30 PM Presentation: Dementia Advice Line** Presented by AHS. Learn about the specialized telephone-based support to Albertans living with Dementia and how to improve their quality of life; and how to reduce family caregiver stress. **Cost: \$2 M/\$4 NM. Please RSVP**

**Sat May 11, 10 AM-1 PM Mother's Day Brunch** Join us for a delicious brunch, 50/50 raffle, and a live theatre show "Love Me Tinder" from local theatre group, GeriActors! Doors at 10 AM. Entertainment to start at 11 AM. **Cost: \$20/ticket. On Sale Now! Members and guests welcome!**

**Mon May 13, 2-3 PM Presentation: Falls Prevention** Presented by Philips Home Healthcare Solutions. Learn home safety tips to help keep you safe. **Cost: \$2 M/\$4 NM. Please RSVP**

**Tues May 14, 5-7 PM MWSA Potluck** If you are new to MWSA or just want to meet some new people, including your new MWSA Board, come out for an evening of conversations and good eats. **Cost: \$2 M/\$4 NM + Potluck Dish to feed 5-6 people. Please RSVP by Friday May 10, 2019.**

**Thurs May 23, 10:00 AM-2:00 PM Outing: Edmonton Valley Zoo** MWSA goes to the zoo, home to more than 350 animals and focused on conservation. Yellow bus leaves MWSA at 10 AM and returns at 2 PM. Please bring a bagged lunch/snacks. **Cost includes admission (including the merry-go-round and train rides!), and yellow bus transportation. Cost: \$25 M/\$30 NM. Please sign up by Monday May 20 at 4 PM. No refunds if you cancel.**

**Tues May 28, 10 AM-2:30 PM Outing: River Cree Casino** Enjoy a day out at the Casino. Bus leaves MWSA at 10 AM and returns at 2:30 PM. **Cost includes transportation, lunch and casino voucher. Cost: \$10 M/\$15 NM. Limited seats. No refunds if you cancel!**

**Fri May 31, 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.**

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