

MAY 2023 MWSA Monthly Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Grief Support \$\$ 10am- 1 pm
8 EPL Digital Resource 2-3 pm Free	9	10 Demo: Nidra & Yin Yoga \$\$ 9:30- 10:30 am	11 Medi Pedi Diabetic Foot Care \$\$ 9:30 AM- 4:30 pm	12 Grief Support \$\$ 10am- 1 pm Liver & Onions Day
15 Hearing Test Clinic 9:30- 2:30 pm \$\$	16 Footcare Clinic (Stay Sure Home Care Inc.) 9 am-2 pm \$\$	17 Outing: River Cree Casino \$\$ 11:00 a.m.- 3:30 pm	18	19 Grief Support \$\$ 10am-1 pm
22 Victoria Day Holiday MWSA CLOSED	23 Elections Advance Polls Gym 8 am- 9 pm	24 Group Acupuncture Session \$\$ 10- 12 pm Elections Advance Polls Gym 8 am- 9 pm	25 Mix & Mingle \$\$ 4- 6 pm Elections Advance Polls Gym 8 am- 9 pm	26 Grief Support \$\$ 10 am- 1 pm Elections Advance Polls Gym 8 am- 9 pm Outing: Bountiful Farmers Market \$\$ 11- 2 pm
29 Liver & Onions Day Monthly Birthday Party 1:30 p.m	30	31 Medi Pedi Diabetic Foot Care \$\$ 9:30 AM- 4:30 pm		

Featured events:

1. Nidra & Yin Yoga Introduction session on May 10 at 9:00 a.m.
2. Mix & Mingle on May 25 at 4 pm.
3. Outing to Bountiful Farmers Market on May 26 at 11 am.
4. Gym programs **CANCELLED** due to 2023 Provincial Advance Polls Elections, May 23- 26, 2023

**** \$\$ Register & pay with MWSA / \$\$ Register with MWSA & Pay with service provider. ****

EVENT DESCRIPTIONS

Every Friday: 10:00- 1:00 PM Grief & Bereavement Support with certified practitioner Shamim Amiri. Release Anxiety, Release Negative emotions, Reduce Physical Pain, Reduce Anxious behaviors, Increase Self Esteem, and calm your racing thoughts. **Please book a one-on-one appointment. Cost: \$3 M/\$5 NM**

Monday, May 8, 2:00- 3:00 pm. EPL Digital Resource. Learn how to access free digital resources, including eBooks, Audio books 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 memories! **Free for All. Please pre-register.**

Monday, May 10, 9:30- 10:30 am. Nidra & Yin Yoga with Danusia Bialowas. Relax and unwind in this 60-minute blend of Yoga Nidra and Yin Yoga. The first half of the class will be a gentle Yin Yoga practice where the shapes are held in a supported way for 3 - 5 minutes. This helps to address tension in the deeper layers of the physical body. The second half of the practice is a guided Yoga Nidra meditation designed to help to release tension in the deeper layers of the mind. **Cost: \$3 M/\$5 NM.**

May 11th Wed & 31st Thurs, 9:30- 4:30 p.m. Diabetic Foot Care with Shawna MacNeil, owner, and operator 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 **Book your 1.5 hour appointment today at the front desk. Cash, Debit & Credit accepted. Pay the nurse directly. Cost: \$80.**

Monday, May 15, 9:30 a.m.- 2:30 p.m. Hearing Aids Testing One on one session with Kate Powell for Hearing Screening, and Counselling on hearing loss treatment, guidance on AADL eligibility, and how to apply for AADL/Blue Cross benefits. Discuss rehabilitation process and setting correct expectations on hearing aids. Tips on how to clean and maintain hearing aids. Discuss the importance of hearing tests to monitor your health. **Appointments only. Cost: \$3 M/\$5 NM.**

Tuesday May 16, 9:00- 2:00 p.m. Footcare Clinic with Stay Sure Home Care Inc. Foot & nail care services are provided by professional and caring nurses who have received their basic and advanced certifications in foot care. Regular foot care significantly improves comfort, mobility, and the general health of your feet. **Please book an appointment at the Front Desk and pay the service provider directly.**

Wednesday, May 17, 11:00- 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: \$10 M/ \$15 NM.**

Wednesday, May 24, 10:00- 12:00 pm Group Communication 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. Their services are tried & tested by MWSA staff members. There will be 2 sessions: 10- 11 am & 11-12 pm, you can pick your slot. **Cost for each slot: \$25 M/\$ 30 NM. Collect a handout at the front desk to read more about it.**

Thursday May 25, 4:00- 6:00 pm. Mix & Mingle: Sangria night. Meet new friends. Drinks with alcoholic and non-alcoholic options available. One drink and light snacks included with the event. **Cost: \$20 M/\$30 NM. Please register by May 23, 2023**

Friday May 26, 11:00- 2:00 pm. Outing to Bountiful Farmers Market. See what's hopping at Bountiful Farmers' Market. Shop fresh local vegetables and meat, local coffee roasters, to Albertan beer and wine... you'll find it here. Enjoy live music during lunch hour. **Cost includes bus fare: \$10 M/\$15 NM. Min: 15 Please register by May 22, 2023. The bus leaves MWSA at 11:00 am and departure from the Market at 1:30 pm. Bring your own lunch & water.**

Monday, May 29 1:30-2:30 pm. Monthly Birthday Party (Last Monday of Month). Celebrate your birthday month with MWSA. Come for some cake and coffee. **MWSA Members celebrating their birthday month: Free for Birthday members/ \$5 Non-members and guests. Please pre-register.**