

MAY 2024 MWSA MONTHLY EVENTS CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1		2	3 No Grief Support
6, Mon. A4HC Outreach 4 Newcomers, 10 a.m.- 2 pm #224/Free	7, Tues.	8, Wed.	9, Thurs. 4-week Pottery Workshop 4:30- 6:30 pm \$140 M/ \$150 NM (May 9, 16, 23 & 30)	10, Fri. Grief Support, 11 a.m.-1 pm (\$3M/\$5 NM), #224
11, Saturday Mother's Day Brunch 10:30- 2:00 pm, \$40 M/ \$50 NM				
13 Hearing Test Clinic, 9:30 am- 2:30 pm/ #224 (\$3M/\$5 NM)	14 Presentation on Dentures 1- 2 pm/ #225 (\$3M/\$5 NM)	15	16 EMCN Outreach Services, 10 am- 2 pm/ #224 Free Brow Artist, 5-7 pm, \$\$ Outing: River Cree Casino, 11 a.m.- 3:30 p.m. (\$10M/\$15NM)	17 No Grief Support
20 A4HC Outreach 4 Newcomers 10- 2 pm #224/ Free	21 Home Care Presentation 9:30 AM- 12 PM (\$3 M/\$5 NM) CELIAC GROUP, 10- 11:30 am (\$3M/\$5 NM)	22	23	24 Grief Support, 11 a.m.- 1 pm (\$3M/\$5 NM), #224
27 Monthly Birthday Party 1:30 pm/ Café A4HC Outreach 4 Newcomers 10- 2 pm #224/ Free	28 Pres: Artificial Intelligence 10 am- 12 pm (\$3 M/\$5 NM)	29 Massage Therapy, \$\$ 9 am- 4 pm, #224	30 Diabetic Foot Care Clinic 2:00- 7:00 pm/ #224 Online Health Presentation with Dr. Ze'ev Gross, 8:00- 9:00 pm (\$3M/ \$5 NM)	31 LIVER & ONIONS DAY No Grief Support EPL e-Learning Resource 10:00- 12:00 pm, #Lobby

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

Mondays, May 6, 20 & 27, 10 am- 2 pm A4HC Outreach Services for All/ Outreach services provided include: PR card renewal, Citizenship applications, AB income support, Christmas Bureau gifts, CPP & tax information during the income tax-filing season, and other areas for PR, Refugees, Refugee Claimants, work/study permit holders in the Edmonton area. These services and programming support will be provided through Information & orientation for individuals/families (1 one-on-one session) and group activities based on the client's needs such as Health, Driving, AB income support, etc. **Cost: Free for members/non-members/ Room 224.** Call **Abida Tahir (A4HC Staff): 780-235-2176.**

Thursdays, May 9, 16, 23 & 30, 4:30- 6:30 pm 4-week Pottery Workshop with Molly Lim. Make your own handmade special gift for family and friends. You will have the opportunity to learn the basics of creating finished pottery projects with clay. Examples: a Teacup, a Figurine, and 2 Plates of your choice of design. You just bring your hands! **Cost: \$140 Mem/ \$ 150 NM. Min 5. Includes all supplies and instruction.**

SATURDAY, May 11, 10:30 a.m.-2:00 pm Mother's Day Brunch Celebrate Mother's Day with us! We're hosting a delicious brunch, with live entertainment with the Concordia Community Concert Band, along with a silent auction, 50/50 raffle, cash bar and more! Cost: \$40 MWSA Members/\$50 Non-Members. **Get your tickets by Monday May 6.**

Tuesday, May 14, 1:00- 2:00 pm Presentation with Prime Dentures & Implant center. Learn about dentures and implants, plus information on the new federal dental plan. Following up with Q&A. **Cost: \$3 M/ \$5 NM.**

Thursday, May 16, 10:00 am- 2:00 pm Outreach Services with EMCN, every 3rd 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, May 16, 5:00- 7:00 pm BROW ARTIST SERVICES. Discover the perfect blend of expert care and ageless elegance at Brow Devotion! Our dedicated team specializes in enhancing your natural beauty with tailored brow services designed just for you. Experience the ultimate pampering experience and step into a world of timeless beauty with Brow Devotion today! **Treatments:** Brow wax, Brow or Lash tint and Brow lamination. **Cost: Brow wax - \$15, Brow wax and tint - \$35, Brow Lamination w/ tint - \$50. #224.**

Thursday, May 16, 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. **The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm.** If someone decides to drive themselves. Please mention that on the list. Their names will be shared with Casino staff. They'll receive their lunch/ casino vouchers at the Casino entrance. These names will be excluded from the 24 going on bus. **Max: 24 on the bus. Cost: \$10 M/ \$15 NM. Due to the popularity of this outing, no refunds or credits will be issued for cancellations due to medical/non-medical reasons.**

Tuesday, May 21, 9:30- 12 pm. Home Care Presentation with Sabrina Whaley from Ember Healthcare. What is homecare (What types of services homecare providers can help with, personal care, Respite, overnight, companionship, homemaking, specialized care, etc.). Choosing a homecare model (Cover homecare delivery models, traditional, client directed model, self-managed and private, Pros and cons of each model), Getting started with homecare (How to access care. What to expect if you go through the gov model including case management, home assessment, care plan development), How to select a home care provider (What questions should you ask of a provider? How do you know a company is reputable? What are “red flags” for an agency), How to prepare your home for care (snow removal, safe working environment, ring doorbell, aids to daily living, etc.). **Cost: \$3 M/\$5 NM.**

Monday May 27, 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.**

Tuesday, May 28, 10 am- 12 pm. Explore the Fascinating World of AI with ChatGPT! By Fred Sawka. Unlock the Wonders of (AI) Artificial Intelligence Join us for an engaging two-hour lecture and demonstration where we dive into the captivating realm of AI, tailored specifically for seniors. Whether you're a tech novice or simply curious about the cutting-edge advancements shaping our world, this course is perfect for you! It's designed with seniors in mind. Discover ChatGPT, your friendly AI companion, designed with simplicity and ease-of-use in mind. Throughout our session, we'll showcase ChatGPT's remarkable abilities in: Casual Conversations, Creative writing, Understanding AI, Interactive Demonstration. **No prior experience required!** Whether you're a seasoned technophile or a complete newcomer to the world of AI, our lecture and demonstration caters to individuals of all backgrounds and skill levels. **Cost: \$3M/\$5 NM**

Wednesday, May 29, 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**

Thursday, May 30, 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. Room: 224**

Thursday May 30, 8:00- 9:00 pm. Zoom Series of Heath Presentations with Dr. Ze'ev Gross, an active family physician in Edmonton. 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. Cost: \$3M/\$5 NM. Please pay and register with your email address, name, and contact number.**

Friday, May 31, 10:00 am- 12:00 pm. EPL e-learning Resource (Drop-in program. Exploring Classes and Workshops on the EPL website. Discover the incredible resources available at epl.ca! This workshop will focus on how to navigate the EPL website to discover the wealth of free in-person and online classes available. **Cost: Free/Lobby.**