

MAY 2025 MWSA MONTHLY EVENTS CALENDAR						Games/Services/Support Groups: \$3M/\$5 NM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Alzheimer's Support: 3rd Tues, 10 am-12pm Mahjong: Mon & Wed, 2:00- 4:15 PM Book Club: 2nd Tues, 11:00 am- 12:30 pm Caregivers Support: 1st Tues, 10 am- 12 pm		Free Pet Therapy Wednesdays, 11 am Dominoes: Mondays @ 1pm, Café! New! EUCHRE Game: Mondays, 2:00- 4:00 PM.		Canasta: Thursdays, 12:30- 2:30 PM. Cribbage: Thursdays, 12:00- 2:15 PM Open Art Studio: Fridays, 1:00- 4:00 PM		
<ul style="list-style-type: none"> Summer Hours: MWSA is closed on Thursday Evenings and Saturday starting May 31. No Travel Club until Fall Session 			1 Medi Pedi Foot Care 9:30am- 7:30pm/ 224	2	3	
5 Dominoes Game/ Café, Mondays, 1 pm \$3 M/\$5 NM	6	7 Free Outreach 10 am- 2 pm/224	8 Grief Support Circle 1:45- 3:45 PM/227 \$3 M/\$5 NM	9	10 Clay Figurine Sculpture 4W/ 225/ 9:30 am-12:30 pm \$150 M/ \$160 NM Mother's Day Tea 11:30 am-2:30 pm \$	
12 Presentation: Plan Today- Peace Tomorrow 11:30 am- 1:30 pm \$3 M/\$5 NM/ 225	13	14 Outing: Chinatown Lunch/Tour, 11:00 am-3:00 pm Free Outreach 10 am- 2 pm/224	15 Stained Glass Workshop 1-4 pm/225 \$100 M/ \$125 NM	16	17 Nordic Walking 1:30- 3:30 pm/ Gym \$20 M/ \$30 NM. Coffee Chat/ Councilor Wright, 11 am- 12:30 pm	
19 VICTORIA DAY HOLIDAY MWSA CLOSED	20 New Members Connection 2:00 PM	21 Free Outreach 10 am- 2 pm/ 224	22 River Cree Casino 11 am- 3:30 pm Diabetic Foot Care 2-7 pm/224	23	24	
26 Monthly Birthday Party 1:30 pm/ Café	27 Coffee Chat with Councilor Tang 1:15- 3:15 pm/227	28 Free Outreach 10 am- 2 pm/224	29	30 EPL E-Learning, 10 am- 12 pm	31 Free Demo Class: Stretch Flow Breathe 10-11 am/229	

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Event Details (Registration required for all activities)

Thursday, May 1, 9:30 AM- 7:30 PM **Medi Pedi Foot Care Clinic** offers **Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure costs: \$99.99.** Please book your appointment at the front desk. [Room 224.](#)

Every Wednesday, May 7th, 14th, 21st, 28th 10 am-2 pm. **FREE OUTREACH SERVICES** (Newcomers Welcome Centre). Service include PR Card, Citizenship, Landing paper, Apply for Canadian Pension Plan (CPP) Apply for Old Age Security (OAS) Alberta Seniors Benefit (ASB), Senior Transit Fares (Bus Pass/Arc Card), Housing, Low-income support, food bank, Canada Pension Plan disability benefits (CPPDP), Employment Insurance (EI), Canadian Dental care plan, AISH Application. [Room: 224.](#)

Every Monday at 1:00 pm **Free Dominoes** is a family of tile-based game. Each domino is a rectangular tile, usually with a line dividing its face into two square ends. Each end is marked with a number of spots (pips or dots) or is blank. The backs of the tiles in a set are indistinguishable, either blank or having some common design. Cost: \$3 M/\$5 NM/Cafe. [Domino sets available at MWSA, or bring your own.](#)

Thursday, May 8, 1:45-3:45 pm **GRIEF SUPPORT CIRCLE.** Everyone must learn to navigate the deep waters of grief, but we do not have to do it alone. This is a safe and confidential space for sharing experiences of grief, while respecting other's questions, feelings, viewpoints or spirituality. Find support through: Reflective exercises, education about grief and loss, peer sharing and support, creative exercises, mindfulness and self-compassion-based exercises, conversation and connection. [Cost: \\$3 M/\\$5 NM/225.](#)

Saturday, May 10, 17, 24 & 31, 9:30 am-12:30 pm. **Clay Figurine Sculptures Workshop with Molly Lim.** Dive into the fun of manipulating clay to take the shape of a form that you see. Your instructor will guide you to create two unique figurines about 10 inches tall. Discover the use of your hands and other different tools to capture these forms in clay. **Clay and all supplies are included. Cost: \$150 M/\$160 NM (4 Weeks).** The pricing reflects the increase in the cost of materials.



Saturday, May 10, 11:30 am-2:30 pm MWSA's Fund Development Committee Presents: **Mother's Day Tea and Fashion Show.** Celebrate Mother's Day at MWSA, with an afternoon tea and fashion show. Dress in your "Sunday Best" and enjoy a selection of sweet and savoury delights. There will be a cash bar available. Doors open at 11:30 a.m., lunch served at 12:00 p.m., and fashion show begins at 1:00 p.m. **Tickets: \$30 MWSA members and members' guests/\$40 non-members. Get your tickets by Monday May 5. Please include any dietary restrictions at the time of registration.**

Monday, May 12, 11:30 am-1:30 pm TRINITY FUNERAL HOME PRESENTS: **"Plan Today—Peace for Tomorrow."** This presentation will discuss the duties of your Power of Attorney, Personal Directive Agent, and Executor and review the emotional and financial benefits of planning your final arrangements. [Cost: \\$3 M/\\$5 NM/ Room 225.](#)

Wednesday, May 14, 11:00 am-3:00 pm **Outing: Chinatown Lunch & Mini-tour** Join MWSA's Karen Lee in visiting Edmonton's Chinatown via the Edmonton Transit Valley Line! We'll leave MWSA at 11:00 am, have a group lunch at a local restaurant, and have a mini tour of Chinatown, and head back to MWSA by about 3:00 p.m. Cost: **\$25 for MWSA members/ \$35 non-members, includes lunch and round-trip ETS bus fare. Please include any dietary restrictions.**



Thursday, May 15, 1:00-4:00 PM. "Join Sharon with **"The Art of Stained Glass"** to make your very own suncatcher owl. You will be able to choose your favorite colors and learn how to foil and solder your project to complete them. You will be able to take home your project on the same day **Cost: \$100 M/\$125 NM Includes all supplies and materials./Room 225.**

Saturday, May 17, 11 am-12:30 pm. **"Coffee with Your Councillor"** Meet Councillor Jo-Anne Wright for news and updates from the City Council. **Free! Room 231.**

Saturday, May 17, 1:30- 3:30 pm **Nordic Walking Workshop with Melanie Kidder.** Have you ever wondered why people walk with poles? We will answer all your questions whether you are wanting to take your walking to the next level by learning about Nordic Walking or wanting to improve your stability and posture with Activator Poles. If you already have poles, bring them, and Mel will tell you the features of your poles. If you don't have poles, that's okay. There will be a couple pairs to try, and you will leave with an idea of what kind would be best for you. Weather permitted we will practice walking outside. **Cost: \$20 M/ \$30 NM/ Gym.**

Tuesday, May 20, 2:00 pm **New Members Connection Event.** Join us for coffee and cookies! This event is designed especially for you – our newest members – to connect, socialize, and learn about MWSA. Thank you for choosing to be a part of Mill Woods Seniors Association. Warm regards, Deb Cautley, Executive Director. **Free (by invitation only).** **Room: Café.**

Thursday, May 22, 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 participants decide to drive themselves, please mention that on the list. Their names will be shared with Casino staff to receive their lunch/casino vouchers at the Casino entrance. 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 any medical/non-medical reasons.**

Monday, May 26, 1:30 pm **Monthly Birthday Party** If it is your birthday month, join us for some cake and coffee. The cake is sponsored by Churchill Manor. **Cost: Free for MWSA members celebrating their birthday month/\$5 guests/non-members/Café.**

Tuesday, May 27, 1:15-3:15 PM. **"Coffee with Your Councillor"** Meet Councillor Keren Tang for news and updates from City Council. **Cost: Free! Room 227.**

Thursday, May 29, 2:00- 7:00 PM **Diabetic Foot Care** with Kimberly Simmonds LPN, Treatment: 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 # 224.**

Friday, May 30, 10:00 AM- 12:00 PM **EPL E-Learning Resource.** Topic: 3D printing! Join us the last Friday of the month to learn more about 3D printing, including ways you can utilize 3D printing for crafting!

Saturday, May 31, 10-11 AM **Free Demo: Stretch Flow & Breathe with Barb Murray.** In this accessible and movement-based yoga class we connect movement and breath, explore many different poses and before settling into a holding position, flow in and out of positions, and use breath to open and release tension. This creates a safe space to explore our mind and body connection. While gaining flexibility, strength and practicing balance. **Room: 229**