

## MWSA Seniors Week, June 1-6, 2026

**Celebrate Seniors Week at MWSA with lots of free programming!**

**All seniors welcome. Please pre-register: 780-496-2997**

**Monday, June 1, 10:45- 11:45 am-Free Class! Bhangra Dance "Colours of Punjab" Class** with Bhangra & Gidda Academy [www.colorsofpunjab.com](http://www.colorsofpunjab.com) Learn the art of dancing bhangra, the traditional dance of Punjab! Feel free to use a chair beside you for balancing. This class is an introduction to simple bhangra movements adapted for seniors, focusing on light cardio, rhythm, and cultural engagement. Suitable for all mobility levels. /GYM

**Monday, JUNE 1<sup>st</sup>, 1:00-2:00 PM FREE CLASS! Zumba Gold** with Tammy Clark

A dance fitness class with the same Latin rhythms and popular music you love in a Zumba class but with less intense moves. Standing or sitting in a chair, you'll still get a full body workout. Just move your body and follow along! You'll get to try both and decide which style you like better. /229

**TUESDAY, JUNE 2 10 am-1 pm Lifemark Info Table**

Stop by MWSA's lobby to learn about services that Lifemark can provide to improve your health and wellbeing. Plus, enter to win a door prize.

**Tuesday, June 2<sup>nd</sup>, 11:30 am- 1:30 pm FREE! Lunch n Learn with New Day Home Care**

New Day Homecare is a private home care provider and non-profit social club dedicated to supporting seniors in maintaining independence, safety, and quality of life within their homes and communities. The lunch & learn session will discuss staying safe and independent at home, understanding home care options, available services, and government funding, and supporting caregivers and families."

**Registration Required!** Please include dietary restrictions with registration./ 229

**Wednesday, June 3<sup>rd</sup>, 11:15 AM-12:15 PM FREE CLASS! Movement-Muscle-Mix-Up** with Lorraine Wigston

Looking to boost strength, endurance, mobility, stability—and have fun while you're at it? This class blends upbeat movement to familiar music with resistance training using weights, bands, and bungees. You'll work your core, improve balance and mobility, and finish with a relaxing stretch. Suitable for all levels, with chair options available. GYM

## Happy Seniors' Week! All seniors welcome.

**Please pre-register: 780-496-2997**

### **Wednesday, June 3<sup>rd</sup>, 12:45-1:45 PM, Fascia Release** with Paige Elniski

This class is a powerful combination of yoga and self-massage. We practice yogic principles, cultivating our awareness of our mind, body and breath through yogic exercises, in addition to therapy balls for fascial release. Fascial release (self-massage) is helpful in treating muscle immobility and pain, improving blood flow and lymphatic circulation. This class is suitable for beginners and those with established practice.

### **Wednesday, June 3<sup>rd</sup>, 2:00-2:45 PM FREE Workshop: "Mindful creative Journalling"** Maria Elger (Ting)

What to expect: Guided meditation & calming breathwork • Intuitive art + creative journaling • Simple, meaningful prompts • Positive affirmations for self-love and clarity • Gentle yoga stretches to end. Perfect for: anyone seeking relaxation, creative expression, and a mindful reset. 225

### **Wednesday, June 3<sup>rd</sup> 2:00 PM, FREE Ice Cream Social with MWSA Board Members**

Come meet the MWSA Board members and get a free Ice Cream. While supplies last! /Café

### **NEW DATE! Thursday, June 4, 10:45- 11:45 am-Free Class! Bhangra Dance "Colours of Punjab" Class**

with Bhangra & Gidda Academy [www.colorsofpunjab.com](http://www.colorsofpunjab.com) Learn the art of dancing bhangra, the traditional dance of Punjab! Feel free to use a chair beside you for balancing. This class is an introduction to simple bhangra movements adapted for seniors, focusing on light cardio, rhythm, and cultural engagement. Suitable for all mobility levels. /GYM

### **THURSDAY, JUNE 4, 1:00-3:00 PM Presentation: Financial Literacy**

Financial Educator: Deepika Khera

Learn the basics of financial literacy, with easy-to-understand language and concepts. Feel more confident and secure in making financial decisions for you and your family. A short presentation will be followed by a Q&A Session. **Refreshments provided. Please pre-register! / 225**

### **Friday, June 5<sup>th</sup> 9 am- 1 pm, Observational Demo Only! The Art of Hand building: "From Earth to Form"**

Molly Lim

This session offers a "behind-the-scenes" witness to the transformation of a simple bowl into a delicate, textured sphere. A look at traditional coil techniques to create height and elegant silhouettes. Leather-hard slabs to create structured, architectural keepsakes, brief insights into using stamps and natural found objects to create intricate patterns. /Lobby

**\*\*\*MWSA's 50/50 Cash Raffle is on now!\*\*\*** Buy a ticket for \$5 for a chance to win up to \$1500.00. Ticket sales support MWSA programs and services. Purchase your ticket at MWSA (2<sup>nd</sup> Floor, 2610 Hewes Way NW) during regular business hours.

Draw date: Friday, June 5, 2026.