

NOVEMBER 2022 Monthly Events Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>FOOT CARE WITH CLARA \$\$ 9- 4 PM</p>	<p>2</p> <p>MEDITATION WITH SOUND &amp; VIBRATION (NOV 2, 9 16 &amp; 23) 1- 2 PM \$\$</p>	<p>3</p>	<p>4</p> <p>WORKSHOP ON MINDFULNESS \$\$ 10- 11:30 AM</p> <p><b>MARDI GRAS GALA @ 5 PM \$\$</b></p>
<p>7</p> <p>PRES: BE A BETTER DRIVER \$\$ 9:30- 11 AM</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>PRES: FINANCIAL ADVICE &amp; TAX DURING RETIREMENT 10 AM- 12 PM <b>FREE!!</b></p>	<p>11</p> <p>REMEMBRANCE DAY MWSA CLOSED</p>
<p>14</p> <p>HEARING AIDS CLINIC \$\$ 9:30 AM- 2:30 PM</p>	<p>15</p> <p>MIX &amp; MINGLE: WINTER WARM UP \$\$ 5-7 PM</p> <p><b>QUILT RAFFLE DRAW DATE</b></p>	<p>16</p> <p>BLOOD PRESSURE CLINIC WITH UFA NURSING STUDENTS 1:00- 3:00 PM <b>FREE!!</b></p>	<p>17</p> <p>OUTING: RIVER CREE CASINO \$\$ 11-3:30 PM</p>	<p>18</p>
<p>21</p>	<p>22</p> <p>OUTING: RIG HAND DISTILLERY \$\$ 11:00 AM- 2:30 PM</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>LIVER &amp; ONIONS DAY (CAFÉ) \$\$</p>
<p>28</p> <p>HEARING AIDS CLINIC \$\$ 9:30 AM- 2:30 PM</p>	<p>29</p>	<p>30</p> <p>FOOT CARE WITH CLARA \$\$ 9 AM- 4 PM</p>		
<p><b>FEATURED NOVEMBER EVENTS!</b></p> <ol style="list-style-type: none"> <li>1. <b>MARDI GRAS GALA: Friday, Nov 4   5- 9 PM</b></li> <li>2. <b>Mix &amp; Mingle: Tuesday, Nov 15   5- 7 PM</b></li> <li>3. <b>Outing: Rig Hand Distillery Tour   11 AM- 2:30 PM</b></li> </ol>				

## **EVENT DESCRIPTIONS**

**Tuesday, Nov. 1<sup>st</sup> & Wednesday 30<sup>th</sup>, 9:00- 4:00 p.m. Foot Care with Clara Certified Practitioner** Basic Foot Care services includes Pedicure, Foot & lower leg massage & Nail care (fingernail trim & file) 40-60 minutes for \$35.00 • Nail polish application (client's own) \$10. **Book your appointments today at the front desk. Cash, Debit & Credit accepted. Pay the nurse directly. Covers Seniors benefits (will provide receipts if needed). Footcare Mobile services available at different rates. Check out at your first appointment.**

**Wednesdays, Nov 2, 9, 16 & 23, 1:00- 2:00 p.m. WORKSHOP: Meditation with sound & Vibration.** This immersive meditation experience envelops you to soothe the build-up of tension and stress. Increase your capacity to cope, thrive and get to peace sooner. Just close your eyes, breathe, and let the pure tones of singing bowls and other vibrational instruments wash over you. You may sit on a chair or lie on a yoga mat. Wear comfortable loose clothing. Optional: Yoga mat, pillows, eye cover and a light blanket or jacket, water. Each class will be a bit different, with the topics building upon the previous class's learnings. Participants will have the chance to do some personal reflections (easy "homework" practices) in the week between classes, to deepen their experience. **Cost for 4 weeks: \$40M/ \$50 NM. Minimum 12 participants.**

**Fridays, starting Nov 4 at 10:00 am-11:30 a.m., (Nov 4, 18, 25, Dec 2, 9 & 16). Workshop on Mindfulness** is about paying attention, on purpose in the present moment without judgment. Self-compassion means being kind and understanding toward ourselves when we suffer, fail, or feel inadequate rather than ignoring our pain or flagellating ourselves with self-criticism. Each session will begin with a quotation or poem that invites contemplation and then share our reflections in an open and respectful discussion. Presenter: Carol Kodish-Butt is the founder and former director of the Edmonton Bereavement Centre (now the Edmonton Healing Centre) of Jewish Family Services, a trained facilitator and published writer. **Cost: \$20 M/ \$30 NM**

**Friday, Nov 4, 5:00- 9:00 p.m MARDI GRAS GALA** A major fundraising event for MWSA, which includes: 3-course meal, live entertainment, 50/50 raffle, silent auction and more!  
**Cost: \$70 per person/ \$500 for a table of 8.**

**Monday, Nov 7, 9:30-11:00 AM. Presentation: Be a Better Driver by Bill Dhanoa (an Award-winning Driver & Instructor).** Learn practical tips on how to be a better driver.  
**Cost: \$3 M/\$ 5 NM.**

**Thursday, Nov 10, 10:00 AM- 12:00 PM. Presentation by Sheldon Pickering: Financial advice & Tax during Retirement:** Discuss important charitable giving strategies. From what and how to give, gifting corporately, and building a legacy – we will share tax-efficient insights for various situations, along with three unique client case studies. Learn more about maximizing the benefits of charitable giving, to help you plan for the people and causes you care about. **Cost: Free, but please pre-register at the Front Desk.**

**Monday, Nov 14 & 28, 9:30 AM- 2:30 PM Hearing Aids Clinic** 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. **Book your spot. Cost: \$3 M/\$ 5 NM.**

**Tuesday Nov. 15, 5:00- 7:00 p.m. Mix & Mingle: Winter Warm Up.** This month's featured drink is a boozy homemade hot chocolate (made with real chocolate!), and sweet treats. Meet new people, make friends. Drinks with alcoholic and non-alcoholic options available. Light refreshments and one drink of choice included. **Cost: \$20M/\$30 NM.**

**Thursday, Nov. 17, 11:00 AM.-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! **Cost: \$10M/ \$15 NM. . Bus leaves MWSA at 11:00 a.m and departure from River Cree at 3:30 pm.** Max. capacity: 24.

**Tuesday, Nov 22, 11:00 AM- 2:30 PM Outing: Rig Hand Distillery** Tour includes approximately 35 minutes on the distillery floor, learning about all our processes followed by samples of our best-selling products and a complimentary 1/2 oz cocktail. Pack a water bottle, wear comfortable walking shoes. **Cost: \$35 M/\$ 45 NM. (Includes Bus Transportation, Tour & Bagged Lunch from our Cafe). Bus Leaves MWSA at 11:00 am and departure from Rig Hand Distillery at 2:30 p.m.** Min. 15 & Max. capacity of bus: 40 people.

Updated 10-20-2022 KL