

## November 2023 MWSA Monthly Events Calendar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Medi Pedi Foot Care \$\$ # 224 \$\$ 9:30- 4:30 PM Chartwell Speaker Series #228 \$\$ 1:30- 2:30 PM	2 Free Settlement Services 10- 4 pm #224	3 Grief Counselling #224 \$\$ 11:30- 2:30 pm
6 7 Weeks "Mat Pilates" #229 10:00- 11:00 AM \$\$	7	8 Chartwell Speaker Series #228 \$\$ 1:30- 2:30 PM Massage Therapy #224 \$\$ 10- 6 pm	9 Free Settlement Services 10- 4 pm #224	10 EPL Digital Resource, 9-12 PM, Free Grief Counselling #224 \$\$ 11:30- 2:30 pm
13 Pres: Estate Planning \$\$ 11:15- 12:15 pm #225	14 Hearing Test Clinic 9:30 AM- 2:30 PM (\$3M/\$5NM) #224	15 Medi Pedi Foot Care # 224 \$\$ 9:30- 4:30 PM Card Making Workshop # 225 \$\$ 9 AM-12 PM Chartwell Speaker Series # 228 \$\$ 1:30- 2:30 PM	16 Pres: Dizziness & Vertigo \$\$ 11- 12:30 PM #228 Free Settlement Services 10- 4 pm #224	17 Free Coffee & Chat with Councilor Karen Tang 11 am-12 pm Grief Counselling #224 \$\$ 11:30-2:30 pm
20	21	22 Foot Care Presentation #225 \$\$ 10- 11:30 AM Chartwell Speaker Series #228 \$\$ 1:30- 2:30 PM Massage Therapy #224 \$\$ 10- 6 pm	23 Outing: River Cree Casino 11:00 AM- 3:30 PM (\$10M/ \$15NM) Free Settlement Services 10- 4 pm #224	24 LIVER & ONIONS DAY Grief Counselling #224 \$\$ 11:30- 2:30 pm
27 Monthly Birthday Party, 1:30 PM \$\$	28	29 Medi Pedi Foot Care # 224 \$\$ 9:30- 4:30 PM Chartwell Speaker Series # 228 \$\$ 1:30- 2:30 PM	30 Mix & Mingle 5:00-7:00pm \$\$ Free Settlement Services 10- 4 pm #224	

**EVENT DESCRIPTIONS (PRE- REGISTRATIONS, INCLUDING ALL PAYMENTS ARE REQUIRED)**

**Wednesdays Nov 1, 15 & 29, 9:30 am- 4:30 pm** Medi Pedi diabetic foot care w/Shawna MacNeil of Medi Pedi Edmonton. List of services offered to the clients: **diabetic pedicure, \$80, geriatric pedicure \$60, Mobile pedicure: \$100.** Services for manicure, nail fungus treatment, ingrown nail treatment, ion foot detox treatment & toenail reconstruction. **Book your 1.5 hr. Appointment. Cash, debit & credit accepted.**

**Wednesdays Nov 1, 8, 15, 22, 29 & Dec 6, 1:30- 2:30 pm** Chartwell Speaker Series: Topics covered each week: Meet & Greet with Elder Dog, Dusty Albums to Digital Archives, Understanding Housing options for Aging Well, How to Declutter & Get organized to transform your life, surviving financially after Death or Divorce & Understanding Dementia. **Cost for 6 weeks: \$12 M/\$15 NM, or Drop-in at \$3 M/ \$5 NM for each presentation.**

**Mondays, 10:00 am- 11:00 am (Nov 6, 13, 20, 27, Dec 4, 11, 18)** Mat Pilates” 7-Week Program Certified Instructor: Rose Hickey, Mat Pilates relies on small, controlled movements that focus on the strengthening of your core muscles. Pilates is often beneficial for those suffering with neck and back pain. Can help to lengthen, strengthen, and balance your body while increasing your flexibility and concentration. Pilates is well-known as a powerful way to fire up your core, but it also targets the entire body. After a few sessions, you will see improvements to your posture and balance. **Cost for 7 Weeks: \$70 M/ \$ 90 NM.**

**Wednesdays, Nov 8 & 22, 9 a.m.-4 p.m.** 60 Minutes Therapeutic Massage. This specialized massage technique can alleviate physical pain and discomfort but also promotes relaxation, improved circulation, and enhanced overall well-being. By investing in regular senior therapeutic massages, one can experience a significant improvement in their quality of life, allowing them to age gracefully and maintain an active lifestyle. 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.** Appointment only & No walk ins. Please ask more about Gift Cards or package promos on your first visit. **Payment Options:** Cash/Credit/Debit, eTransfer (luxuryreliefab@gmail.com), Direct billing available with most insurance in Alberta (i.e, Sun Life, Blue Cross, Manulife, Canada Life)

**Friday Nov 10, 9:00 am- 12:00 pm** Edmonton Public Library eNewspapers and eMagazines from EPL. Keep informed on local and world events. Stay up to date on all your interests with Edmonton Public Library’s eNewspapers and eMagazines. Learn how to access today’s newspapers from Edmonton, New York, Warsaw, and beyond, all from the convenience of your laptop or tablet. **Free Drop-in event.**

**Monday, Nov 13, 11:15 am- 12:15 pm.** Presentation on Estate planning (Arbor Memorial) An insightful 30-minute discussion on the essential components of estate planning, cemetery and funeral arranging, wills, naming of executors, powers of attorney and tax implications. Followed by Q & A. **Cost: \$3 M/\$5 NM.**

**Tuesday Nov 14, 9:30 am-2:30 pm.** Hearing test clinic. One-on-one session with Kate Powell for hearing test, 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. **Cost: \$3 M/\$5 NM**

**Wednesday, Nov 15 & Dec 13, 9 am-12 pm.** Card Making Workshop. Learn to cut and fold cardstock in different ways to create unique and interesting cards. Assemble 3 cards. Learn about card sizes, stock, tools, adhesives, fancy papers, dies, machines and much more! All materials will be pre-cut for you. Please bring your supplies. Pick supply list. **Cost: \$33 M/\$ 43 NM.**

**Friday Nov 17, 10:00 am- 1:00 pm** Free Coffee & Chat with Counsellor Keren Tang. Connect with Councillor Keren Tang about any concerns/feedback regarding City of Edmonton programs and services.

**Thursday Nov 16, 10 am- 11:30 AM** Presentation: Vertigo & Dizziness. Presented by Providence Chiropractic. Explore the fascinating world of dizziness and vertigo as we uncover their causes, decode the puzzling symptoms, and delve into the game-changing role of NUCCA care in restoring balance. Don't miss out on this enlightening discussion that could be the key to overcoming your vertigo and dizziness challenges. **Cost: \$3 M/ \$5 NM**

**Wednesday, Nov 22, 10 am - 12 pm.** Foot Care Presentation by Medi Pedi Edmonton. Information session on the nail industry that it is not regulated. Previous methods that have been taught and why they are not beneficial for your health, Diabetic & Senior Pedicures, Regular pedicures, Nail fungus treatment, Ingrown toenail, Ion foot detox, Manicure, Paraffin, Mobile services. Take care of your feet at home? Seniors’ benefits coverage. Following up with Q & A. **Cost: \$3 M/ \$5 NM**

**Thursday Nov 23, 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. Register early, as this trip is always popular! The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm. Max: 24. **Cost: \$10 M/ \$15 NM.**

**Thursday Nov 30, 5:00-7:00 PM.** Mix & Mingle: Mix & mingle is a fun way to meet some new people in a friendly, casual environment. Cost includes one drink (alcoholic or non-alcoholic) and a snack plate. Additional drinks are available for purchase. **Cost: \$20 M/\$30 NM Please pre-register by Nov 24.**