

October 2022					Monthly Events Calendar				
Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5 <b>WORKSHOP: Meditation with sound &amp; Vibration 1- 2 pm \$\$</b>		6 <b>BLOOD PRESSURE CLINIC WITH U of A NURSING STUDENTS 1-3 PM FREE!!</b>		7 <b>PLAY READING, 2:30- 4:00 PM \$\$ EVERY FRIDAY IN CAFE!</b>	
10 <b>THANKSGIVING- MWSA CLOSED</b>		11		12 <b>Custom Foot Orthotics 10- 3 PM \$\$</b>		13 <b>RIVER CREE CASINO \$\$ 11-3:30 PM</b>		14 <b>CHARITABLE GIVING PRESENTATION \$\$ 10- 12 PM</b>	
17 <b>HEARING AIDS CLINIC \$\$ 9:30- 2:30 PM</b>		18 <b>OUTING: CORN MAZE \$\$ 10- 2 PM</b>		19		20 <b>FREE FLU SHOT CLINIC 12-2 PM CO-OP PHARMACY</b>		21 <b>FREE FLU SHOT CLINIC 12-4 PM CO-OP PHARMACY</b>	
24		25 <b>MIX &amp; MINGLE: OKTOBERFEST \$\$ 5-7 PM</b>		26		27		28 <b>LIVER &amp; ONIONS DAY \$\$</b>	
30 <b>HEARING AIDS CLINIC \$\$ 9:30- 2:30 PM</b>									

**Upcoming OCTOBER Events:**

1. Mix & Mingle: TUESDAY, OCTOBER 18.
2. **MWSA ANNUAL CRAFT SALE- OCTOBER 22, 2022, FROM 10 AM-3 PM. Café will be open!**
3. CINNAMON BUNS, EVERY THURSDAY IN THE CAFE

## ACTIVITY DESCRIPTION

**Wednesday, Oct. 5, 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 comfy loose clothing. Bring one or two yoga mats and water to drink. Optional: pillows, eye cover and a light blanket or jacket. **Cost: \$10M/ \$15 NM. Please register by Monday October 3, 2022.**

**Every Friday, Starting Oct.7, 2:30- 4 p.m. Play Reading.** Play Reading with MWSA Member, Candace Wilson. There will be few copies of the play to share. Participants sit and read “parodies on old fairy tales” with expression. No real acting & just comedy with props. Just for laughs. No pressure of participating, one can join to enjoy as audience. **Cost: \$3 M/ \$5 NM. Registration required at Front Desk.**

**Wednesday, Oct. 12, 10:00 a.m.- 3:00 p.m. Custom Foot Orthotics Clinic:** Certified podiatrists are foot and orthotic specialists. Based on your specific needs, we evaluate how you walk and how certain treatment plans can improve your mobility and daily function. Orthotics are made by hand here in Edmonton allowing quality control. **Cost: Assessment (30min): \$60.00+GST. Assessment and custom foot orthotics (30min): \$510.00. Tax exempt. Payment due in full at appointment, debit/credit card accepted. No cash. Please pay directly and do not pay at Front desk. Appointments Only. Please bring prescription and 1 - 2 pairs of shoes.**

**Thursday, Oct. 13, 11:00 a.m.-3:30 p.m. Outing: River Cree Casino** Enjoy a day out at the River Cree Casino, which includes coach bus transportation, casino voucher and lunch. Bus to leave MWSA at 11:00 am and departure from River Cree at 3:30 pm. Register Early to save your spot, as this trip is always popular! **Cost: \$10M/ \$15 NM.**

**Friday, Oct. 14, 10:00 a.m.- 12:00 p.m. Presentation by Sheldon Pickering: Charitable Giving:** We will discuss important charitable giving strategies. From what and how to give, gifting corporately, and building a legacy – we’ll 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: \$3 M/\$ 5 NM.**

**Monday, Oct 17 & 30, 9:30 a.m.- 2:30 p.m. 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 slot or Walk-In. Cost: \$3 M/\$ 5 NM.**

**Tuesday, Oct. 18, 10:00- 3:00 PM Foot Care Clinic. Certified Practitioner** Basic Foot Care (15-20 minutes): \$30.00, Pedicure (30-40 minutes): \$45.00. Foot & lower leg massage \$10 • Nail care (fingernail trim & file) \$10 • Nail polish application (client’s own) \$10 • Heavy Duty Nail Clippers \$25. Book your time slot at the Front Desk. **Book your appointments today. ONLY CASH/ CHEQUES ACCEPTED. Pay the Clinic directly.**

**Tuesday, Oct. 18, 10 am- 2 pm Outing: Corn Maze.** This Year's Maze is the Edmonton Elks theme. This year's maze design is both an amazing aerial view as well as a challenging maze. Though the correct pathways can be walked in between 30-70 minutes. The bus will leave the center at 10 AM & RETURNS AT 2 PM. Pack a water bottle and lunch, and make sure to wear comfortable walking shoes. **Cost: \$30 M/\$ 40 NM. (INCLUDES BUS FARE & ADMISSION TICKETS).**

**Tuesday Oct. 25, 5-7 PM Mix & Mingle, Oktoberfest:** Enjoy an evening at the Centre. Meet new people, make friends. Drinks with alcoholic and non-alcoholic options available. Light refreshments and one non- alcoholic drink included. **Cost: \$20M/\$30 NM.**