

OCTOBER 2024 MWSA MONTHLY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Games/Services/Support Groups pay \$3M/\$5 NM					
<ul style="list-style-type: none"> • Mahjong: Mondays, 2:00- 4:15 Pm • Bridge: Tuesdays, 12:00- 2:00 Pm • Chess: Wednesdays, 1:30- 3:30 Pm • Canasta: Thursdays, 12:30- 2:30 Pm • Cribbage: Thursdays, 12:00- 2:15 Pm 	<ul style="list-style-type: none"> • Open Art: Fridays, 1:00- 4:00 Pm • Caregivers Support: 1st Tuesday, 10:00 Am- 12 Pm • Book Club: 2nd Tuesday, 11:00 Am- 12:30 Pm • Alzheimer’s Support: 3rd Tuesday, 10:00 Am- 12 Pm • Celiac Support: 4th Tuesdays, 10:00- 11:30 Am 	<ul style="list-style-type: none"> • Grief Support: 1st & 3rd Fridays, 10:00 am- 1:00 pm • Hearing Test: 2nd Mon, 9:30 am- 2:30 pm. • Cancer Support Group: 3rd Wed, 10- 11:30 AM. NEW! • Free Pet Therapy Wednesdays, 11 am 			
	1	2	3	4 GRIEF SUPPORT: 1ST FRI, 10 AM- 1 PM / \$3 M/\$5 NM	5
7 SAREE DRAPING CLASS, 10 AM-12 PM \$ HEARING AID TEST 9:30 AM-2:30 PM	8 FUNDRAISER! MEDI PEDI FOOT CARE CLINIC, 9:30 AM- 3:30 PM/ #224/ \$79.99 MEMBERS	9 FREE! AGEISM AWARENESS DAY COFFEE CHAT, 12-2 PM /#225	10 PRESENTATION: GLAD PROGRAM W/ CONNECT PHYSIO 3:30- 4:30 PM/ #225	11	12 ONE DAY: PAINT WITH COFFEE, 10 AM-12 PM/ #225 \$35 M/ \$45 NM
14 THANKSGIVING MWSA CLOSED	15 NEW MEMBERS CONNECTION, 2 PM #CAFE FUNDRAISER! THE-PC- GUY, 10 AM- 3 PM/ #224	16 Cancer Support Group, 10- 11:30 AM/ #227 FUNDRAISERS! MASSAGE THERAPIST 9:30AM- 3:30 PM \$110 M/ \$125 NM HOUSE OF JONES 9:30 AM- 1:30 PM	17 FREE! EMCN OUTREACH SERVICES 10 AM- 2 PM/ #224 OUTING: RIVER CREE CASINO 11:00 AM- 3:30 PM (\$10M/\$15NM)	18 GRIEF SUPPORT: 3RD FRIDAY, 10 AM- 1 PM \$3 M/\$5 NM	19 ANNUAL CRAFT SALE 10 AM- 3 PM FREE FLU CLINIC (VALUE DRUG MART), 10 AM-4 PM
21 FREE! FRAUD PRESENTATION SERVUS CREDIT UNION, 2:00- 3:30 PM /#225	22	23	24 FOOT CARE CLINIC \$\$ 10:00 AM- 3:00 PM/ #224 COST: \$65 COFFEE CHAT W/COUNCILOR WRIGHT, 2:00- 3:00 PM/ #225	25 LIVER & ONIONS DAY EPL: 3D PRINTING, 10 A.M-12 P.M FREE/LOBBY FREE FLU CLINIC (VALUE DRUG MART), 10 AM-4 PM	26
28 MONTHLY BIRTHDAY PARTY 1:30 PM/CAFÉ	29	30	31		

EVENT DETAILS (REGISTRATION REQUIRED FOR ALL ACTIVITIES) DON'T FORGET! MWSA IS OPEN THURSDAY EVENINGS UNTIL 8:00 PM

Monday, Oct 7, 10:00 am-12:00 pm SAREE DRAPING WORKSHOP with Shalini/Nilem. Saree is six yards of elegance, style and much more if you drape it right. In the past, the two ladies have draped and styled sarees for friends, family, and clients on request. They love every minute of it, especially when people say "Wow! I feel like I am a princess," "You made me look gorgeous in a saree. Thank you!" In this saree draping class you will master the art of saree draping through a step-by-step process, ending the session light refreshments. **Cost: \$15 M/\$20 NM/Room: 229. We do have a Saree for you to use during the class but feel free to bring your own saree. Register by Oct 4.**

Fundraiser! Tuesday, Oct 8, 9:30 am-3:30 pm Medi Pedi Foot Care Clinic. Offers Pedicure: \$79.99. Manicures: \$44.99 **Mobile Pedicure Cost:** \$ 99.99 Please book your appointment at the Front Desk. **Room 224.**

Monday, Oct 7, 9:30 am-2:30 pm Hearing Test Clinic. One-on-one session with Kate Powell for hearing screening, 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/Room 224**

Wednesday, Oct 9, 12:00-2:00 pm Join the Edmonton Age Friendly Alliance (EAFA) on **Ageism Awareness Day** to learn more about ageism and its impact on older adults. Come and share your perceptions and experiences of ageism and its impacts, as well as your ideas to address it. A Conversation Café is a relaxed gathering where people come together to engage and talk about specific topics in a casual and open manner. The idea is to create a welcoming space where everyone's voice is valued and there's no pressure to be an expert or reach a specific conclusion. **Refreshments will be provided.** We hope you can attend! **Cost: FREE/Room 225**

Thursday, Oct 10, 3:30- 4:30 pm Connect Physiotherapy will provide a comprehensive overview of the **GLAD program** and its benefits for individuals living with osteoarthritis. The GLAD program is specifically designed to manage pain and symptoms of hip and knee osteoarthritis. This program has been extremely effective in helping our patients manage their osteoarthritis through exercise and empowering them with the skills to continue these exercises independently. **The presentation would cover:** The importance of exercise for overall health; How the GLA:D program works and its effectiveness in managing osteoarthritis; The cost and billing practices associated with the program. **Cost: \$3 M/\$5 NM. /Room 225.**

Saturday, Oct 12, 10:00 am- 12:00 pm Learn to Paint with Instant Coffee with Linda Finstad. Famous coffee artist Linda Finstad will teach you to turn instant coffee into fabulous paint and art. She will guide step by step to complete two (maybe more) beginner coffee art projects. No previous experience needed. Suitable for the whole family. Painting with coffee is the perfect way to get started as an artist. **Cost: \$35 M/\$45 NM/ Room: 225.** (Cost includes all supplies). **Register by Oct 7th.**

Fundraiser! Tuesday, Oct 15, 10:00 am- 3:00 pm. THE-PC-GUY will be at MWSA every 3rd Tuesday. Computer lessons (one-on-one), Home Computer Tune-ups, Desktop PC & Laptop repairs, Virus/ Malware removal & protection, Data recovery & Backup solutions, Software Installation, Windows upgrades & Installs and lot more...Please call Glen (PC Guy) directly for pricing & to book your appointment at 780-860-8924. All appointments take place at the centre. **Cost: Depends on the services, and a percentage will be donated to MWSA.**

Tuesday, Oct 15, 2:00 pm New Members Connection. 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 to attend; Invite only. Café.**

Fundraiser! Wednesday, Oct 16, 9:30 am-3:30 pm. Massages by registered massage therapists from Miracle Massages. Chair massages, Full 60 Minute Therapeutic Massage Therapy treatment can positively impact and improve our mental and physical well-being, especially as our bodies age. **Cost: \$110 Mem/ \$125 Non- mem (% will be donated to the center).**

Fundraiser! Wednesday, Oct 16, 9:30 am-1:30 pm. House of Jones Clothing Boutique. Come shop for a cause. House of Jones will be at MWSA for a pop-up boutique. A percentage of sales will be donated back to the center.

Thursday, Oct 17, 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 include that info upon registration. Registered members who drive themselves will also 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 medical/non-medical reasons.**

Thursday, Oct 17, 10:00 AM- 2:00 PM Outreach Services with EMCN, every 3rd Thursday of the month. Services offered include immigration-related issues, Apply for PR Card, Citizenship, Request an Expiration of PR Card Renewal, Lost PR Card, lost Landing paper, financial issues, Canadian Pension Plan (CPP), Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares, and housing. **Cost: Free, Drop in. Room 224.**

Monday, Oct 21, 2:00- 3:30 PM Presentation: "Fraud – Could you be next?" with James MacDonald, who is the Senior Manager, Corporate Security, connect First & Servus Credit Union, is a retired 25-year member of the Edmonton Police Service. James retired as a Detective in the Economic Crimes Section in 2019 and is currently the Senior Manager of Corporate Security at Servus Credit Union. James has a BA specializing in Criminology from the University of Alberta, is a Certified Fraud Examiner with the Association of Certified Fraud Examiners, and a member of the International Association of Financial Crimes Investigators. The presentation provides an in-depth look and the current fraud trends, types of frauds, what are the red flags, and how to protect yourself including Cyber Security awareness. **Cost: Free for All. #225. Please pre-register!**

Fundraiser! Thursday, Oct 24, 10:00 AM-3:00 PM Diabetic Foot Care Clinic with Kimberly Simmonds LPN, Treatments: Nail Trimming, Foot Hydration, Corn & Callus reduction, Foot Massage, Assistance with Ingrown toenails & nail fungus. **Cost: \$65 Initial Consultation/ \$45 Follow up.** Please book your appointment at the Front Desk. **Room 224**

Friday, Oct 25, 10 AM- 12 PM EPL Learning drop in: 3D Printing Demo: Interested in learning more about what you can do with a 3D printer? Join us to learn the basics of creating designs and what kind of projects you can create! Last Friday of the Month! **Lobby.**

Monday Oct 28, 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.