

OCTOBER 2025 MWSA MONTHLY EVENTS CALENDAR						Games/Services/Support Groups: \$3M/\$5 NM					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<b>Alzheimer's Support:</b> 3rd Tues, 10 am-12pm. #227 <b>Mahjong:</b> Mon & <b>Wed</b> , 2:00- 4:15 PM. #227 <b>Caregivers Support:</b> 1st Tues, 10:00 am-12 pm. #227 <b>2<sup>ND</sup> Book Club: 3<sup>RD</sup> Thursdays, 11 am, #224 NEW!</b> <b>Group Grief Counselling, 3<sup>rd</sup> Thursday, 1:45 pm.</b>				<b>Free Pet Therapy</b> Wednesdays, 11 am <b>Dominoes: Mondays @ 1pm, Café</b> <b>EUCHRE Game:</b> Mondays, 2:00- 4:00 PM. #225 <b>Free! New Members Connection:</b> 3 <sup>rd</sup> Tues, 2 PM. Café				<b>Canasta:</b> Thursdays, 12:30- 2:30 PM. #Cafe <b>Cribbage:</b> Thursdays, 12:00- 2:15 PM. #231 <b>Open Art Studio:</b> Fridays, 1:00- 4:00 PM. #225 <b>Free Outreach:</b> Wednesdays, 10 am- 2 pm. #224			
				1		2 Medi Pedi Foot Care 9:30 am- 3:30 pm/ #224		3		4	
6		7 <b>Municipal Elections</b> Advance polls 12-8 pm <b>No gym programs</b>  <b>Outing: River Valley Walk</b> 1:00-4:00 pm \$		8 <b>Municipal Elections</b> Advance polls 12-8 pm/ <b>No gym programs</b> <b>City of Ed. Emergency Prep</b> 6:30- 8:30 pm/ 231 Reg. on the link in the newsletter		9 <b>Municipal Elections</b> Advance polls 12-8 pm / <b>No gym programs</b>		10 <b>Municipal Elections</b> Advance polls 12-8 pm <b>No gym programs</b>		11 <b>Municipal Elections</b> Advance polls 12-8 pm <b>No gym programs</b>	
13 <b>Thanksgiving Holiday</b> MWSA Closed		14 <b>Free Demo: Kavish Glow Facial</b> 10 am-3 pm/#224 (15-min appts)		15		16 <b>Outing: River Cree Casino</b> 11 AM-3:30 PM \$10M/\$15NM <b>New! Thursday Book Club II</b> , 11 am/ #224		17 <b>Free! EPL: AI Basics</b> 10 am- 12 pm/#229		18 <b>Annual Craft &amp; Collectibles Sale</b> 10 am- 3 pm/ Gym & 225	
20 <b>Municipal Elections Day</b> 8 am-10 pm/ <b>No gym programs</b>		21 <b>1-day workshop "Crystal Resonance"</b> <b>Sound Bath</b> /#229 10:30 am-12 pm \$35 M/\$45 NM <b>New Members Connection, 2 pm</b>		22 <b>Shoppers Drug Mart</b> Basic Cosmetics Session 12:30-2:00 pm/ #225 \$3 M/\$5 NM		23 <b>Comfort Prairie Home Care</b> 9 am- 3 pm/Lobby  <b>Pres: From House to Home Downsizing</b> 1:00-3:00 pm/#225 \$3 M/\$5 NM		24		25	
27 <b>Monthly Birthday Party</b> 1:30 Pm/ <b>Café</b>		28 <b>Free Demo: Stretching Class I</b> , 11:30- 12:30 PM		29 <b>Outing: Let's Eat Korean!</b> 11:00 am-2:30 pm \$		30		31 <b>Halloween! EPL E-Learning</b> , Cooking Resources, 10 am-12 pm/Lobby			

**Event Details (Registration required for all activities)**

Every Wed, 10 am-2 pm **Free! OUTREACH SERVICES** provided by Newcomers Welcome Centre. Services covered: PR application, Citizenship Request an Expiration of PR Card Renewal, Lost Landing paper, Canadian Pension Plan (CPP), Old Age Security (OAS), Alberta Seniors Benefit (ASB) ,Senior Transit Fares (Bus Pass/Arc Card), Housing, Low income support food bank, Canada Pension Plan disability benefits (CPPDP), Employment Insurance (EI), Canadian Dental care plan, AISH Application./Rm 224.

Thurs, Oct 2, 9:30 am- 3:30 pm **Medi Pedi Foot Care Clinic** offers [Pedicure: \\$78.99. Manicure: \\$44.99. Mobile Pedicure costs: \\$99.99.](#) Please book your appointment at the front desk. [Room 224. Feel free to call: 587-983-2774](#)

Tues, Oct 7, 1:00-4:00 pm. **Outing: River Valley Walk** Fall is a beautiful time of the year, especially in Edmonton's River Valley. We'll take the Valley Line LRT downtown for walk along the trails in the river valley near the funicular, enjoy the views and if time allows, we'll stop for some cozy fall drinks at a local café on the way back. Bring comfortable walking shoes, water bottle/reusable mug, and your own snacks. We will depart MWSA at 1 pm and return about 4 pm. [Cost: \\$5 M/\\$10 NM.](#) Cost includes ETS Bus fares.

Tues, Oct 14, 10 am- 3 pm. **Free Demo: Kavish Glow Facial.** Experience a little taste of Kaavish. This customized treatment combines professional dermaplaning to smooth and refresh the skin with a luxe brightening mask that calms and nourishes. The service is finished with a restorative neck, shoulder, and scalp massage — leaving you polished, glowing, and deeply relaxed. [Room: 224. Please make your appointment at the Front Desk.](#)

Thurs, Oct 16, 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 mention that on the list. Their names will be shared with Casino staff to 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 any medical/non-medical reasons.

Thurs, Oct 16, 11:00 am-12:00 pm. **New! Thursday Book Club.** With the success of our first book club (2<sup>nd</sup> Tuesday of the month), we are now hosting a second book club on the third Thursday of the month. The lead for this club is Deborah Taylor, a long-time member of the first MWSA book club. This will be the first club meeting, a chance to meet new readers and find out what everyone is looking for in a book club. The book for November will be announced. [Cost: Free for first meeting, \\$3 drop-in fee for members, thereafter.](#)

Fri, Oct 17, 10:00 AM- 12:00 PM **EPL Computer skills: Artificial Intelligence Basics.** Get ready to learn the basics of AI! This class will introduce you to some of the programs and teach you the dos and don'ts of using AI. Join an EPL staff member to ask questions, go over information about current AI programs, and gain practical experience with AI tools - No experience necessary. **Free!**

Tues, Oct 21, 10:30 am- 12:00 pm. **“Crystal Resonance” Sound Bath with Dagmar**— An immersive, meditative experience designed to reduce stress and promote deep relaxation. Participants recline comfortably while surrounded by the soothing vibrations of quartz crystal singing bowls, chimes, and gentle percussion. The sound frequencies encourage rest, support emotional wellbeing, and leave participants with a sense of peace and renewal. No prior experience is needed. **Cost: \$35 M/ \$45 NM (1-day Workshop). Min. 12 participants.**

Tues, Oct 21, 2:00 pm **New Members Connection Event.** 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 (by invitation only).** **Room: Café.**

Wed, Oct 22, 12:30-2:00 pm. **Learn Basic Cosmetics Session** by Presented by Shoppers Drug Mart, Town Centre Location. A professional beautician will teach you the basics of cosmetics. No prior experience or supplies necessary. Sample products will be made available. **Cost: \$3 M/\$5 NM.**

Thurs, Oct 23, 1-3 pm. **“From House to Home: How to Downsize, Sell & Transition with Confidence”** hear from a professional downsizer, a trusted realtor, and a retirement living advisor who will share the tools, strategies, and guidance you need to make the transition with confidence. Learn how to simplify, sell smart, and step confidently into your next stage of life. Making a move later in life can feel overwhelming — but it doesn’t have to be. **Cost: \$3 M/\$5 NM.**

Mon, Oct 27, 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.**

Tues, Oct 28, 11:30 am- 12:30 pm **Free Demo: Stretching Class I with certified instructor Pat Barford.** This class follows the ELDOA Method that was developed by a French doctor focused on relieving back pain. There’s an individual stretch for all vertebrae and others that deal with shoulders. The website below leads to a site with very good explanations and graphics of how ELDOA is different from other exercises such as Pilates, Yoga and Essentrics. Feel free to checkout: <https://www.eldoamethod.com/about-eldoa-method>. **Bring your own mat.**

Wed, Oct 29, 11:00 am-2:30 pm **Outing: Let’s Eat Korean!** October is Korean Heritage Month. The plan is to have lunch as a group at a Korean restaurant. Edmonton is a culturally diverse city. Let’s explore different cultures through food. We’ll be traveling by ETS to have lunch at a local Korean restaurant, leaving MWSA about 11 am, and arriving back at MWSA at about 2:30 pm. For members who prefer to drive to the location, please include that info at the time of registration. **Location and Cost: TBA (but estimated cost will be around \$25-30) If you are interested, please sign up by October 20, and include any dietary restrictions. Maximum: 15 participants**

Fri, Oct 31, 10:00 AM- 12:00 PM **EPL E-Learning Resource.** Topic: Cooking resources at EPL. Learn to navigate the EPL resources for browsing recipes and using cookbooks. Join us the last Friday of the month to learn something new. **Free!**