

SEPTEMBER 2019 EXTRA EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 LABOUR DAY MWSA CLOSED	3	4 OUTING: RIVER CREE CASINO 10 AM -2:30 PM (\$)	5	6 MWSA OPEN HOUSE 10:00 AM – 1:00 PM	7 MWSA CLOSED
9 OUTING: PREMIUM OUTLET COLLECTION (MALL) 10 AM-1:30 PM (\$)	10 PRES: ENERGY SAVINGS & HOME SAFETY 11:30-12:30 (\$) FREE SUSTAINABLE YOGA DEMO: 6:00-6:30 PM FREE YOGA FOR DIGESTION DEMO: 6:45-7:15 PM	11	12 PRES: CREATIVITY & HEALTHY AGING 9:30-10:30 AM (\$)	13	14 MWSA CLOSED
16 PRESENTATION: WILLS & ESTATE 1-2 PM (\$)	17	18	19	20	21 MWSA RUMMAGE SALE SATURDAY, SEPTEMBER 21 10:00 AM – 4:00 PM SUNDAY, SEPTEMBER 22 10:00 AM – 3:00 PM
23	24	25	26	27 MONTHLY BIRTHDAY PARTY 2:00 – 3:30PM	28 MWSA CLOSED OUTING: TASTE OF BEAUMONT 5-9 PM (\$)
30 NEW MWSA MEMBERS COFFEE CHAT: 2:30-3:30 PM	MWSA FALL PROGRAMS START WEEK OF SEPTEMBER 16! REGISTER EARLY! MWSA MEMBERS CAN REGISTER ONLINE AT: WWW.MYACTIVECENTER.COM TO SAVE MONEY!				

PLEASE SIGN UP FOR THESE EVENTS IN ADVANCE. NO REFUNDS WILL BE OFFERED IF YOU CANCEL/DON'T SHOW UP.

If you have any additional questions or concerns or to RSVP for programs, please call 780 496 2997.

SEPTEMBER 2019 EXTRA EVENTS AT MILL WOODS SENIORS ASSOCIATION

Wed Sept 4, 10 AM-2:30 PM Outing: River Cree Casino Enjoy a day out at the River Cree Casino. Bus leaves MWSA at 10 AM and returns at 2:30 PM. **Cost includes transportation, lunch and casino voucher. Cost: \$10 M/\$15 NM. Limited seats. No refunds if you cancel! Please Register Early!**

Fri Sept 6, 10 AM-1 PM MWSA ANNUAL OPEN HOUSE. Join us for a community fair, free program demos, coffee, door prizes, café specials, and more! It's a good day to meet new people, renew your MWSA membership, and register for your fall classes! **Everyone welcome.**

Mon Sept 9, 10 AM-1:30 PM Outing: Premium Outlet Collection Let's go to the mall for a day of shopping! Bus to leave MWSA at 10 AM, and return by 1:30 PM. **Cost: \$10M/\$20 NM. Cost is for yellow bus transportation only. Please RSVP by Wed Sept 4.**

Tues Sept 10, 11:30 AM-12:30 PM Presentation: Energy Savings/Home Safety Presented by Empower Me, an organization which focuses on energy conservation and education change program. They will be sharing the top 6 energy saving tips; bridge the gap of other programs; ensure participants understand their energy bills and choices so they can save energy and money, and increase the comfort and safety of their homes. **Cost: \$2 M/\$4 NM. Please RSVP at the Front Desk.**

6:00-6:30 PM Free Sustainable Yoga Demo Please bring a yoga mat with you. **No cost, but please RSVP at the Front Desk.**

6:45-7:15 PM Free Yoga for Digestion Demo Please bring a yoga mat with you. **No cost, but please RSVP at the Front Desk.**

Thurs Sept 12, 9:30-10:30 AM Presentation: Creativity & Healthy Aging Presented by a professional art therapist. Learn about the benefits of creativity and healthy aging. **Cost: \$2 M/\$4 NM. Please RSVP at the Front Desk.**

Mon Sept 16, 1-2 PM Presentation: Wills & Estate Presented by a law firm, Miller Thomson LLP. Learn all you need to know about a proper estate plan, including a review what a proper estate plan includes and discuss the three major documents that provide you with a holistic estate plan to ensure your wishes are met. **Cost: \$2 M/\$4 NM. Please RSVP at the Front Desk.**

Fri Sept 27, 2:00-3:30PM Monthly Birthday Party! If you are a member and it's your birthday this month, join us for cake, coffee and fun times. Everyone welcome. **Cost: Free for members with birthdays. \$2 for non-members/non-birthday. Please RSVP.**

MWSA Sept 28, 5-9 PM Outing: Taste of Beaumont This is one of the events celebrating Alberta Culture Days. We're heading to Beaumont for to enjoy some local food and beverages from vendors (not included with cost of this outing), and live entertainment. This is an all-ages event. **Cost: \$10M/\$20 NM. Cost is for yellow bus transportation only; bring extra money for food/drinks. Please RSVP by Mon Sept 23.**

Mon Sept 30, 2:30-3:30PM New Members Coffee Chat Hosted by MWSA staff. If you are a new member to MWSA, this is a great opportunity to meet some new people, ask questions about current programs or using My Seniors Center, and get to know what MWSA has to offer! **No cost, but please RSVP.**

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