

**September 2022 Monthly Events Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 <i>Last day of MWSA Summer Programs</i>
<b>LABOUR DAY (MWSA CLOSED)</b>	6 <i>Rummage Sale Donations Accepted Starting Today</i>	7 <b>Fall Session Registration Ends Today</b>	8	9 <b>MWSA OPEN HOUSE 10 AM- 2 PM</b> <i>Free admission, free coffee &amp; muffins, and free program demos!</i>
12 <b>HEARING AIDS CLINIC \$\$ 9:30- 2:30 PM</b>  <b>FALL SESSION BEGINS</b>	13  <b>Free Coffee &amp; Muffins, 9:30 a.m-12:30 p.m</b> (Sponsored by Harmony Rutherford)	14	15  <b>CINNAMON BUN DAY \$\$</b>  <b>RIVER CREE CASINO \$\$ 11-3:30 PM</b>	16  <b>PRES: TRANSITIONING FAMILY WEALTH \$\$ 10- 12 PM</b>
19  <b>PRES: Fraud / Scams Prevention 10- 12 pm \$\$</b>  <b>Personal Care Clinic \$\$ 10- 3 pm</b>	20  <b>MIX &amp; MINGLE: HAIL CAESAR \$\$ 5-7 PM</b>	21	22  <b>CINNAMON BUN DAY \$\$</b>  <i>Last Day for Rummage Sale Donations</i>	23  <b>LIVER &amp; ONIONS DAY \$\$</b>  <b>Rummage Sale Setup 4- 7 PM</b>
26  <b>HEARING AIDS CLINIC \$\$ 9:30- 2:30 PM</b>	27	28	29  <b>CINNAMON BUN DAY \$\$</b>	30  <b>NATIONAL DAY FOR TRUTH &amp; RECONCILIATION (MWSA CLOSED)</b>

**Upcoming September Events:**

- Mix & Mingle: TUESDAY, Sept 20
- Fall Rummage Sale: SATURDAY SEPT 24 (10 AM-3 PM) & SUNDAY SEPT 25 (10 AM-2 PM; EVERYTHING 50% OFF)



ACTIVITY DESCRIPTION

**Monday, Sept 12 & 26, 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 30-minute slot or Walk-In. Cost: \$3 M/\$ 5 NM.**

**Friday, Sept 9, 9:15-10:15 a.m, Age Friendly Presentation by ESCC. Let us Talk About Ageism:** One of the critical issues facing older adults relates to age discrimination. Current research shows that where the positive aspects of aging are promoted there is improved health and an increase in life expectancy which enables older adults to continue to be viewed as valuable, contributing members of society. Join our Age Friendly Edmonton volunteers as they facilitate a conversation on what is ageism, learn about the myths and stereotypes, recognize ageism when we encounter it and strategies on how we might address it. **Register at Front Desk to save your spot. Cost: Free!! Room #228**

**10 a.m – 2 p.m. MWSA ANNUAL OPEN HOUSE.** Community Fair, Free coffee & muffins (sponsored by Our Parents' Home, Revera Living), free program demos, door prizes, café specials and more! Free admission. Everyone welcome.

**10:00 Nia Demo with Kirsten Bartel RM#229, 12:30 pm Core, Strength, Stretch Demo with Deb Proc RM#229, Paint, Chat & Q & A with Karen Bishop, 11:30 AM RM #225, Register at Front Desk to save your spot. Cost: Free!!**

**Thursday, Sept 15, 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, Sept 16, 10:00 a.m.- 12:00 p.m. Presentation by Sheldon Pickering: Transitioning family wealth:** 3 key pillars for success. Wherever you are on your journey, we understand that dynamics among family members vary and talking about money is not easy for everyone. That is why it is often helpful to get a fresh, expert perspective on what might be keeping you up at night. Join us as we discuss how to approach important family conversations, tax strategy considerations, and ultimately, your financial planning decisions. **Cost: \$3 M/\$ 5 NM.**

**Monday, Sept 19, 10:00- 12:00 PM. Workshop on Frauds/ Scams Prevention:** A look at Crime prevention strategies to make yourself, your home, and your neighborhood safer. Opportunity for discussion and Q & A participation with Edmonton Police officer Amanda Trenchard. **Cost: \$3 M/\$5 NM**

**10:00- 3:00 PM PERSONAL 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. **With Appointments only. ONLY CASH/ CHEQUES ACCEPTED. Pay Clinic directly.**

**Tuesday Sept 20 | 5-7 PM MIX & MINGLE: HAIL CAESER NIGHT** Enjoy an evening at the centre. Meet new people, make friends. This month's theme is "Hail Caesar," with alcoholic and non-alcoholic options available. Light refreshments and one drink included. **Cost: \$20M/\$30 NM.**