


SEPTEMBER 2025 MWSA MONTHLY EVENTS CALENDAR				Games/Services/Support Groups, \$3M/\$5NM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Alzheimer's Support:</b> 3rd Tues, 10 am-12pm <b>Mahjong:</b> Mon & <b>Wed</b> , 2:00- 4:15 PM <b>Caregivers Support:</b> 1st Tues, 10:00 am- 12 pm		<b>Free Pet Therapy</b> Wednesdays, 11 am <b>Dominoes:</b> Mondays @ 1pm, <b>Café-New!</b> <b>EUCHRE Game:</b> Mondays, 2:00- 4:00 PM.		<b>Canasta:</b> Thursdays, 12:30- 2:30 PM. <b>Cribbage:</b> Thursdays, 12:00- 2:15 PM <b>Open Art Studio:</b> Fridays, 1:00- 4:00 PM <b>Free Outreach:</b> Wednesdays, 10 am- 2 pm	
<b>1 MWSA CLOSED</b> 	<b>2 RUMMAGE SALE DONATIONS ACCEPTED</b>	<b>3</b>	<b>4</b> <b>Pres: E-Park Help</b> 10-11 am & 11:15 am- 12:15 pm/ #229 <b>Medi</b> <b>Pedi Foot Care</b> 9:30 am- 3:30 pm/ #224	<b>5</b>	<b>6</b>
<b>8</b>	<b>9</b>	<b>10</b> <b>Free EPL Digital class</b> 2:00- 4:00 PM/ #225	<b>11</b> <b>Outing:</b> <b>Devonian Gardens</b> , 10 am-4 pm \$40 M/\$50 NM	<b>12</b>	<b>13</b> <b>WORLD FIRST AID DAY</b>
<b>15</b>	<b>16</b> <b>New Members' Connection</b> 2:00 PM/ <b>Café</b> .	<b>17</b>	<b>18</b> <b>Last Day for Rummage Sale donations</b>	<b>19</b> <b>Outing: River Cree Casino</b> 11 AM- 3:30 PM \$10M/\$15NM	<b>20/Saturday 10 am- 4 pm</b>  <b>21/Sunday/10 am- 3 pm (Half Price Sunday!)</b> <b>Fall Rummage Sale</b>
<b>22</b>	<b>23</b> <b>Free Blood Pressure clinic</b> 10 am-2 pm/#224  <b>Pres. Declutter with Confidence</b> 11:30 am- 1:00pm/ \$3M/\$5 NM	<b>24</b> <b>Free Blood Pressure Clinic</b> , 10 am- 2 pm/ <b>Lobby</b>  <b>Presentation with SDM: Vitamins</b> 12:30- 2 pm/ #225 \$3M/\$5 NM.	<b>25</b>	<b>26</b> <b>EPL E-Learning</b> , 10 am- 12 pm	<b>27</b>
<b>29</b> <b>Monthly Birthday Party</b> 1:30 Pm/Café	<b>30 MWSA CLOSED/NATIONAL DAY FOR TRUTH &amp; RECONCILIATION</b>	➤ <b>EARS TO YOU</b> , a mobile hearing aid clinic, will come to your door for a quick hearing test at a time that suits you. No more Visits at MWSA. ☎ 1-833-834-EARS (3277)			

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

**Thursday, Sept 4, 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](#)

**Thursday, Sept 4, 10- 11 am/ 11:15 am- 12:15 pm** **Free! E- Park Education Sessions.** The City of Edmonton understands that paying for parking exclusively with a mobile device, without the option of coins or a physical payment machine, is a significant change for some customers. To assist with this transition, during these one-hour sessions, guests will have an opportunity to learn about different ways to pay for E Park, ask questions and receive 1-on-1 assistance.

**Every Wednesday, 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.](#)

**Wed, Sept 10 2:00- 4:00 pm.** **Computer Skills: Smartphones and Tablets.** This is a class for those who are new to computers including English language learners and seniors. You will learn the basics of navigating your device, modifying your settings, and recognizing common icons and apps. [This is a free class for MWSA Members only; offered by the EPL Mill Woods Branch.](#) [Room 225.](#)

**Thursday, Sept 11, 10 am-4 pm** **Outing: University of Alberta Botanic Garden (formerly Devonian Gardens).** Highlights include the Aga Khan Garden, a 4.8 hectare Mughal-inspired garden with secluded forest paths, granite and limestone terraces, still pools that reflect the prairie sky, waterfalls and streams. Other standouts are the tranquil Kurimoto Japanese Garden, the Tropical, Temperate and Arid Showhouses, Indigenous Peoples Garden, as well as the extensive Alpine Garden. Established in 1959, the garden continues to boast beautifully diverse plant collections that thrive in our northern climate. Bus will leave MWSA at 10:00 am and return by 4:00 p.m. Thursday is Seniors Day, and there will be free coffee on site for seniors! Please pack a lunch, or bring lunch money (concession on site). [Cost includes bus transportation and admission: \\$40 MWSA members/\\$50 non-members. Please register by end of day, MONDAY, SEPTEMBER 8, 2025.](#)

**Monday, Sep 19, 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.

**Tuesday, Sep 16, 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.](#)

**Saturday, Sept 20, 10 AM-4 PM MWSA RUMMAGE SALE.** This event is a major fundraiser for MWSA. Shop housewares, clothing, décor, arts and crafts, garden and more!

**Sunday, Sept 21, 10 AM-4 PM MWSA RUMMAGE SALE.** Everything is 50% off on Sunday, plus FILL-A-BAG for \$5 from 2-3. Bags will be available for purchase at 2 pm.

**Tuesday, Sep 23, 11:30 am- 1:00 pm. Presentation: Declutter with Confidence!** With Sort & Simple. Feeling overwhelmed by the idea of downsizing? Join the experts from Sort & Simple for practical strategies to help you declutter with confidence. Whether you're planning a move or hoping to simplify, this presentation will make the process of downsizing enjoyable and achievable! [Cost: \\$3 M/\\$5 NM](#)

**Tues, Sep 23 and Wed, Sep 24, 10 am- 2 pm. Free Blood Pressure Clinic.** The Nursing students will check blood pressures and provide some teaching on how to manage BP through nutrition and lifestyle measures. They will also show you an example of a **family tree** (genogram). fun activity that can learn about your family history.

**Wed, Sep 24, 12:30- 2 pm Vitamins Seminar by Shoppers Drug Mart,** Mill Woods Town Centre. Learn how to choose the right types of vitamins to optimize your health and wellness. [Room: 225. Cost: \\$3 M/ \\$5 NM.](#)

**Friday, Sep 26, 10:00 AM- 12:00 PM EPL E-Learning Resource.** Topic: 3D printing! Join us the last Friday of the month to learn more about 3D printing, including ways you can utilize 3D printing for crafting!

**Monday, Sep 29, 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.](#)