

SEPTEMBER 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, 1:00- 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: Fridays, 11:00 AM- 1:00 PM Hearing Test: 2nd Mon, 9:30 AM- 2:30 PM FREE PET THERAPY WEDNESDAYS, 11 AM 	
2 LABOUR DAY HOLIDAY MWSA CLOSED	3 <i>Rummage Sale Donations Accepted</i>	4	5	6	7
9 FALL REGISTRATION STARTS Hearing Test Clinic 9:30 a.m-2:30 p.m. \$	10 FLOOR CURLING LEAGUE 12:00- 2:00 PM \$45/ MWSA mem only Sep 10- Dec 17 (15 weeks)	11	12	13	14
16 PLAN AHEAD Free Presentation & Toolkit 10:00- 11:30 AM /#231	17 New Members Connection, 2 PM #Cafe Fundraiser! THE-PC-GUY, 10 AM- 3 PM	18 Pres: Plan Today, Peace Tomorrow 10:30-11:30 AM (\$3 M/\$5 NM)	19 EMCN Outreach Services, 10 am- 2 pm/ #224 Free Outing: River Cree Casino, 11:00 a.m.- 3:30 pm (\$10M/\$15NM)	20 Free Demo: Essentrics 4 Seniors, 12:30-1:45 PM/ #229	21/SATURDAY Rummage Sale, 10 AM- 4 PM 22/SUNDAY-50% off everything! Rummage Sale, 10 AM – 3 PM
23 RETIREMENT SEMINAR SERVUS CREDIT UNION, 11:30 AM- 12:30 PM #225/Free! Monthly Birthday Party 1:30 PM/Café	24	25 Sharing Stories, Leaving Legacy, 9:00 am- 12 pm (\$55 M/ \$65 NM) #225	26 Foot Care Clinic \$\$ 10:00 AM- 3:00 PM/ #224	27 LIVER & ONIONS DAY EPL: Cricut & Heat Press 10 a.m-12 p.m. Free demo!/Lobby	28- Saturday Programs! -\$ WATERCOLOURS PAINTING 9:15-11:15 a.m. -Gentle Yoga 4 Mental Wellness Free Demo/ 10-11 am -Free 10-Min Massages, 9:30 a.m-12:00 noon
30 National Day for Truth & Reconciliation MWSA CLOSED	FALL RUMMAGE SALE: Saturday, Sept 21, 10 AM- 4 PM & Sunday, Sept 22, 10 AM- 3 PM SATURDAY OPENING: Starting September 28, we're open on Saturdays for programs, 9:00 AM- 1:00 PM				

[Event Details \(Registration required for all activities\)](#)

Monday, Sept 9, 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.**

Monday, Sept 16; 10:00- 11:30 AM Plan Ahead Education Session Promotion: Supporting Albertans in Planning Ahead. The session delves into the essentials of advance care planning, and financial and estate planning. This **plan ahead** education session will cover: the five steps of advance care planning, the importance of having and facilitating advance care planning discussions, the legal documents involved in planning ahead (personal directive, will, enduring power of attorney), and the resources and services available for Albertans. Handouts will be provided. **Presented by:** Ellen Mi, Project Coordinator, ECHO & ACP, Palliative Institute, Covenant Health. **Cost: Free for All. /#231**

Tuesday, Sept 17, 10:00 AM- 3:00 PM **New Fundraiser! 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, Sept 17, 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. Register by Sept 13/Café.**

Wednesday Sept 18, 10:30- 11:30 AM Sarah Bailey from Trinity Funeral Home presents: **PLAN TODAY – PEACE FOR TOMORROW** The presentation will cover the duties of your Power of Attorney, Personal Care Directive Agent, and Executor. We will also review the emotional and financial benefits of preplanning your final arrangements, and how to engage in these important conversations with your family and representatives. Please share this information with your family and invite them to join you. It is a family conversation, and all are welcome. **Cost: \$3 M/\$5 NM**

Thursday, 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 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, Sept 19, 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. **Free, Drop in. Room: 224.**

Friday, Sept 20, 12:30- 1:15 PM Free Demo: ESSETRICS® for Seniors (45 minutes) Instructor: Meaghan. This demo (and the 5-Week course) is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work (sitting). This class will be adapted for people with mobility devices (canes and walkers). **Cost: Free for All. #229. Pre-registered required.**

Monday, Sept 23, 11:30- 12:30 PM. Retirement Seminar with SERVUS CREDIT UNION. The presentation will cover mastering retirement, helping navigate your finances in the future. Discussion will be around ensuring retirement readiness and what retirement looks like and how to navigate through it. **Cost: Free for All. #225. Please pre-register!**

Monday Sept 23, 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.**

Wednesday, Sept 25, 9:00 AM- 12:00 PM. Workshop: Sharing Stories, Leaving Legacy. Ready to share your wisdom through stories? Eager to pay tribute to those who have come before you? Want to capture precious moments for your kids and grandkids? When each generation shares what life has taught us. The richness of our culture is preserved. Meaning and what matters to us is sustained. When we pass on, memories are left for future generations. Join best-selling author and speaker Sue Paulson presents: Sharing Stories – Leaving Legacies©. This two-hour workshop will help you create a plan to get you started. Bring your favorite pen. Handouts and journals will be provided. **Cost: \$55 Members/ \$65 Non- Member. Min of 6/Max 15 participants.**

Thursday, Sept 26, 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, Sept 27, 10 AM- 12 PM. EPL Learning drop in: Cricut and Heat Press session: Interested in learning more about what you can do with the Cricut and heat press? Join us to learn the basics of creating designs and what kind of projects you can create! Last Friday of the Month! **Lobby.**

Saturday, Sept 28, 9:15-11:15 AM PAINTING WORKSHOP with Willie Wong, Watercolours for Beginners & Curious. Spend a few hours playing with watercolours and you will be pleasantly surprised how easy it is. All supplies provide and no prior experience is needed. Bring a friend or family member to create some memories. **Cost: \$35 M/\$45 NM. (Supplies included). Registration required.**

Saturday, Sept 28, 9:30 AM-12:00 Noon Free 10-Minute Massages Hosted by registered massage therapists from Miracle Massages. Enjoy a free 10-minute chair massage. Massage Therapy treatment can positively impact and improve our mental and physical well-being, especially as our bodies age. **Free/Drop-in.**

Saturday, Sept 28, 10:00-11:00 PM Free Demo: Gentle Yoga for Mental Wellness – Join Sonya Sehgal, M.Ed. Registered Psychologist (AB) & Registered Yoga Teacher to explore the positive impacts of yoga for mental wellbeing. We will take an in-depth examination into techniques to manage stress and cultivate relaxation, including the practice of both pranayama (breath) and asanas (postures). A guided meditation will conclude the class. Modified postures and breathing exercises will be performed while seated with the support of a chair. This class will be restorative and is suitable for all levels. **Room: 229. Pre-registration required.**