

Hello Spring



SPRING 2023 PROGRAM GUIDE

Mill Woods
Seniors
Association

March 27- June 16, 2023

2ND FLOOR, 2610 HEWES WAY
EDMONTON, AB T6L 0A9

780-496-2997
WWW.MWSAC.CA

Placing seniors at the centre

TREATY 6 ACKNOWLEDGEMENT: MWSA acknowledges that the land on which our facility rests is Treaty 6 Territory, a traditional meeting ground for many Indigenous Peoples, including Plains and Wood Cree, Assiniboine, Salteaux, Niitsitapi (Blackfoot), Métis, Nakota Sioux, and Chipewyan. Their spiritual and practical relationships with the land continue to create a rich heritage for our community. We are deeply honoured to share this land.

Last Updated: Feb 28, 2023 KL



TABLE OF CONTENTS

General Information

About us.....1

MWSA Membership.....3

Registrations & Payments.....4-5

Memorandum of Reciprocal.....6

Programs & Activities

Class Description & schedule.....7- 13

Drop-In Activities Schedule.....14- 16

Clubs of MWSA.....16- 18

Outreach, Home Support & Café19- 20

Advertisement.....21

Mill Woods Seniors Association
 2nd Floor, 2610 Hewes Way NW
 Edmonton, Alberta, T6L 0A9
 PHONE: 780-496-2997

Follow us on social media!

Website: www.mwsac.ca

Subscribe to our YouTube Channel!

Facebook: www.facebook.com/millwoodsseniorsassociation

Twitter: www.twitter.com/MW_Seniors

HOURS OF OPERATION

Monday, Wednesday & Friday: 8:30 AM – 4:30 PM.

Thursdays Only: 8:30 AM- 8:30 PM.

Weekends & Holidays: CLOSED

We are closed on Good Friday: Apr. 07th,

Easter Monday: Apr 10th & Victoria Day: May 22nd.

No Gym activities due to Provincial General Elections:

****Election Advance Polls: Tue May 23rd- Fri May 26th, 2023****

Election Day: Monday, May 29th, 2023

Registration Dates: Wednesday, March 1-22, 2023

Please avoid last minute registrations.

The Mill Woods Seniors Association (MWSA) enhances the independence of seniors (55 years and over), by providing a range of programs and services to meet their recreational and social needs. Aging well is about enjoying new experiences and learning new things. At MWSA, seniors are encouraged to continue learning, adapting, and contributing to society. We hope to inspire our members to live a meaningful and passionate life, with our variety of programs and services. We offer volunteer opportunities to those who are looking to give back to their community.

MISSION & VISION STATEMENT

Mill Woods Seniors Association (MWSA) enhances the quality of life of seniors in Mill Woods and surrounding communities by providing programs and services that meet their recreational, social, health, physical, intellectual, and emotional needs. MWSA is a welcoming Centre that meets the recreational, educational, and social needs of seniors in our community. If you have questions or concerns, please contact:

Executive Director, Deb Cautley at 780-496-2933 or dcautley@mwsac.ca



1. Conversational Club on **Wednesdays, 2:00-4:00 PM**
2. Drawing Class with Willie Wong **Tuesdays, 1:30-3:30 PM**
3. Free Tax Clinic: **Fridays, 10:00- 3:00 pm, March 3, 10, 17, 24 & 31.**
4. Friendship Circle. **Mondays, 12:30- 2:30 pm. New!**
5. Learn Card Making with Card Making Club members: **3rd Thursday of the Month, 12:30- 2:00 PM**
6. Learn to Use Smart Phone: **Mondays, 10:00- 12:00 PM. New Time!**
7. Learn 2 Play Badminton: **Thursdays, 9:00-11:00 AM. New!**
8. Open Art Studio, **Fridays, 1:00- 4:00 PM.**
9. Spanish for Beginners with Daniel: **Fridays, 10:00- 12:00 PM New Time!!**
10. Sing-Along, **Tuesdays, 2:00- 3:00 pm. New!!**
11. Immediate Line-Dancing, **Thursdays, 4:30-5:30 P.M.**
12. Mahjong, **Mondays, 2:15-4:15 p.m.**

MWSA Staff Directory

Position	Name	Email	Contact
General Inquiries	Front Desk Volunteers	N/A	780-496-2997
Executive Director	Deb Cautley	dcautley@mwsac.ca	780-496-2933
Bookkeeper/Office Admin	Michele Vriens	mvriens@mwsac.ca	780-508-9260
Membership/ Volunteer	Brandy Devine	bdevine@mwsac.ca	780-508-9359
Programs	Shalini Waryah	swaryah@mwsac.ca	780-508-9252
Café Chef	Daniel Diaz Mora	chef@mwsac.ca	780-508-9251
Café Pre-orders	Volunteers/ Staff	N/A	780-944-5926
Communications	Karen Lee	klee@mwsac.ca	780-717-3038
Outreach	Shambhu Chowdhury	schowdhury@mwsac.ca	780-720-6213
Home Supports	Jenny Faryna	jfaryna@mwsac.ca	587-594-7884

Mill Woods Seniors Membership Requirements & Benefits

Note: Membership fees are not refundable, nor transferable

	Regular (55+)	Associate (45-55+)	Reciprocal
Annual Membership Fee	\$ 30.00	\$ 30.00	N/A
	Non-Refundable/ Non-Transferable	Non-Refundable/ Non-Transferable	
Email Updates	Yes	Yes	Yes
Vote at AGM!	Yes	No	No
Clubs allowed!	Yes	Yes	No
In person & Virtual Classes	Registration required		
DROP- INS! Punch Card	Jammers, Pickle Ball, Badminton, Fun Floor Curling, Cribbage, Table Tennis, Presentations, Workshops & Games.		
Benefits	Discounts on Annual passes to City Recreational facilities.		
Reciprocal	Reciprocal membership will only be honored for Instructor lead classes. (No Clubs)		
Important	Participants are not considered registered until full payment has been received for the session & we have sufficient participants to run the class.		

2023 Annual Program Schedule

Session	Length/Weeks	Registration Week	Session Dates
1. Winter Program	10	Dec 12, 2022- Jan 4, 2023	Jan 09 th – Mar 17 th
2. Spring Program	12	March 1- 22, 2023	March 27- June 16
3. Summer Program	12	June 1- 21	June 26- Sep 15
4. Fall Program	12	Sep 1- 13	Sep 25- Dec 15

Most important Note: When you first arrive at the Centre, please FOB in at the Front Desk before going to your class/activity. We suggest you arrive 10 minutes before the scheduled class time. It helps the centre to keep track of participants in case of emergencies.

Online Registration

Register for 2023 Memberships, Classes, and other activities online: www.myactivecenter.com
MWSA Membership and membership fob (plastic card with barcode) are required to register online.

Low Enrolment and Waitlist Policies

- You will be notified if any class is cancelled due to low enrolment.
- If the program that you wish to register for is full, you can add your name to a “waitlist” to see if there are any cancellations.
- We encourage early registrations so that we can adjust scheduling if necessary. If there is sufficient interest to run a second course (and depending on instructor or room availability) MWSA may schedule a second time slot or move the activity to a larger room to accommodate interest and physical distancing.

Cancellations, Wallet/ Credits and Refunds

- Classes will be cancelled if minimum registration numbers are not met.
- Participants will be notified if a class is cancelled by MWSA; fees collected at the time of registration are refundable or credit applied to the wallet.
- No refunds or credits will be given to participants if they withdraw from a program of their own volition or for missed classes, presentations/ activities. Refunds will only be provided if MWSA cancels the program.
- Please call us if you may have a refund credit. Have your receipt ready.
- Program dates, times, instructors, and fees are subject to change.
- Programs and club dates may be bumped or cancelled for educational programming, facility maintenance, special events, emergencies, and bookings.

Any registration after the program start date must be completed in person at the Centre. If you are in doubt about details, we recommend calling us: **780-496-2997**.

Liability and Disclaimers

- MWSA will not be held responsible should you decide to come to the Centre to participate in our programs and get sick with COVID-19. We ask that you stay home if you are experiencing any COVID-19 symptoms or feeling sick.
- MWSA is not responsible for any physical injuries that may occur during any of its programs or at the Centre.
- All participants are required to sign a **Waiver to release MWSA from any liability** when registering for any program.
- Opinions expressed by guest speakers do not necessarily reflect the views of MWSA staff, volunteers, or the Board of Directors.

Clubs vs. Classes

- **Clubs** are created for fun & socializing, with assigned leads. Registration and MWSA membership are required to join MWSA Clubs and free programs. Reciprocal membership does not apply to clubs.
- **Classes** are instructor-led, and participants need to register & pay before the session starts. Our instructors are skilled & qualified to help the participants achieve their desired goals. Reciprocal members can enjoy the member rates with membership from other participating senior centres.



In Collaboration with AHC *These services are Free for MWSA members only (No drop-ins for these services) *

AHC SETTLEMENT SERVICES

This program is for newcomers to Canada and the services includes PR card renewal, Citizenship, AB works, CIVIDA, Tax filing in tax season, info about community services, providing awareness through different group activities like driving for beginners, legal literacy & much more. These services will be provided through information & orientation (one-on-one sessions) or group activities based on the clients' needs.

- **Times:** Fridays, 10:00- 3:00 PM (With appointment only). **Room 227/228. **Register at Front Desk****
- **Tax Filing Season**, Tax Clinic dates. **(MARCH 3, 10, 17, 24 & 31). Can be scheduled in April upon request.**

ENGLISH CONVERSATIONAL CIRCLE (LED: Learning English for daily life).

This program is for MWSA members & newcomers to Canada to practice English language through group conversations, enhancing vocabulary and English language by engaging in different facilitated learning activities like role playing and group work. The goal of this class is to build connections with people in the community, while removing the language barrier and creating confident communicating in their new homeland.

- **Instructor:** AHC Facilitator ****Call Abida Tahir: 780-235-2176 to Register****
- **Times:** Tuesday, 1:30- 3:30 pm **Starting April 4- Nov. 7 (32 classes) Room: 225**

DIGITAL LITERACY PROGRAM (COMPUTER CLASS)

This program is for MWSA members & newcomers to Canada to improve their digital communication skills through cell phones, apps/ social media, learn to check emails, search browser. The goal of this class is to build connections with people in the community, while removing the communication barrier.

- **Instructor:** Farman ****Call Farman: 587-340-6256 to Register****
- **Times:** Thursdays, 3-5 PM. **Starting April 6- Nov 9 (33 classes) Room: 225**

Memorandum of Understanding Reciprocal Program Registrations

Mill Woods Seniors Association is a participating center of the Edmonton Seniors Coordinating Council's Reciprocal Program Registration Agreement. Seniors can access a variety of courses from Edmonton's seniors' centers with one membership.

What you need to know about Reciprocal Program Registration:

- Reciprocal registration applies to **instructional courses only**. However, some centers will accept reciprocal registration for social events, non-instructional programming, and clubs. Check with the center you want to register with.
- You must show a valid membership card from one of the participating centers to register.
- Participating centers have different registration procedures, so contact the center to find out what you need to know to register.
- If you have a membership at the other center, you will still fill in the Membership form at Front Desk (do not pay), will receive your Membership Card which has Reciprocal Membership details with Key Fob, for our database (to attend the classes here).

Eligible: To attend Instructor Lead Classes or use of Café (meals/coffee).

Participating Centres

Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at Token Fee \$5.00	780-970-8825
Edmonton Indigenous Seniors	Still Honoring	587-525-8970 Ext # 2
Edmonton Seniors Centre	Still Honoring	780-425-8625 Ext. 2003
Jewish Senior Citizens' Centre	Still Honoring	780-488-4841
North Edmonton Seniors	Still Honoring *(exception - Fitness Centre)	780-496-4915/ 4927
Northwest Edmonton Seniors	Still Honoring	780-451-1925
Sage Seniors Association	Still Honoring	780-701-9016
Southeast Edmonton Seniors	Still Honoring	780-468-1985 Ext.228
Southwest Edmonton Seniors	Still Honoring	587-987-3200
Strathcona Place 55+ Centre	Still Honoring	780-433-5807
West End Seniors Activity	Still Honoring	780-483-1209

Updated June 1, 2021, ESCC staff support: Rosalie Gelderman, rosalie@seniorscouncil.net, 587 985 3091

Early Bird Registration & Payments

1. **Valid MWSA membership required for membership pricing.** Please renew your membership if it has expired.
2. **Register by March 17, 4:30 PM** and receive a discount on multiple classes. **(In-person or over the phone only).**
 - 2 classes: \$10.00 discount
 - 3 classes: \$20.00 discount
 - 4 classes: \$30.00 discount
 - 5 classes: \$40.00 discount
3. **Punch Cards for Drop-In Programs** are available for purchase at the Front Desk (Badminton, Pickle Ball, Table Tennis, Fun Floor Curling, Cribbage, Jammers, Presentations & Workshops).
 - Cost for **Drop-in Activity Punch Card:** MWSA Members, **\$30.00** (10x \$3.00)
Reciprocal Members/Non-members: **\$50.00** (10x \$ 5.00).
 - **Drop- In classes Punch card:** MWSA Members, **\$130.00** (10 x \$13.00).
Reciprocal Members/Non-Members, **\$160.00** (10 x \$16.00).

Note: Feel free to drop in for classes **Call: 780-496-2997** to confirm if they are running that day.

Instructor Led Programs (Registration Required)

ACRYLIC PAINTING FOR ALL LEVELS

Acrylics are **fast drying paints** that can be used straight from a tube, like oil paints, or can be thinned with water, like watercolors. They are extremely versatile and vibrant, offering the artist a wide range of textures, colors, and consistencies. This acrylics class is for all levels of experience. **Please ask for updated supply list at the time of registration for Class.**

Note: This is a fragrance-free class.

- **Instructor: Willie Wong. In- Person. MAX. 24**
- **6 Week: Tuesdays, 1:30 PM- 3:30 PM. Mar 28, Apr 4, 11, 18, 25, May 2. (231)**
- **Members Cost: \$ 96, Non-Members Cost: \$ 120/ No Drop-Ins please.**

BARRE/CARDIO 75 Minutes- EVENING

75 Minutes and fun! Cardio Chaos Barre Fusion- 30 Minutes cardio ranging from steady state hi-low, HITT type, cardio kickbox sweat and 45 minutes Barre. Barre is a whole-body ballet inspired workout focusing on dynamic stretching, posture, and strengthening small muscles especially back and core, working small range of motion and the best part you need not be a ballerina to join. Please sanitize the equipment after use and return to storage.

- **Instructor: Deb Ravbar. In-person. MAX. 24**
- **12 Week: Thursday, 6:15- 7:30 PM. Mar 30, Apr 6, 13, 20, 27, May 4, 11, 18, 25 Jun 1, 8 & 15. (229)**
- **Members Cost: \$ 156/ Drop-in Fee: \$16/class.**
- **Non- Members Cost: \$ 192/ Drop-in Fee: \$20/ class.**

BARRE, STRENGTH & STRETCH

Barre classes combine breath, alignment and gentle movements derived from ballet, Pilates, and yoga. Barre conditioning helps create long, lean muscles, toned thighs, stronger abdominals, and increased flexibility, as well as improved posture. This course is designed for a low intensity exercise class working on strength with various equipment and a nice long core and stretch at the end for restoration and relaxation. Please sanitize the equipment after use and return to storage.

- **Instructor:** Deb Proc. **In- person. MAX. 24**
- **11 Week:** Wednesdays, 10:45-11:45 AM. **Mar 29, Apr 5, 12, 19, 26, May 3, 10, 17, 31, Jun 7 & 14. (Gym)**
- **Members Cost:** \$110, **Drop-in Fee:** \$13/class.
- **Non- Members Cost:** \$143, **Drop-in Fee:** \$16/ class

BEGINNERS LINE DANCING

This dance class is for beginners. It is a low impact, great exercise, and fun for all ages. Most of the music that will be played is country. We will include dances for the beginner class and some dances for those who want to improve their line dance skills. No previous dance experience required, just a fun attitude. Footwear with a leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.

- **Instructor:** Tracy Walters. **In- Person. MAX. 24**
- **11 weeks:** Wednesdays, 1:15- 2:15 PM. **Mar 29, Apr 5, 12, 19, 26, May 3, 10, 17, 31, Jun 7 & 14. (Gym)**
- **Members Cost:** \$110/ **Drop-in Fee:** \$13/class.
- **Non- Members Cost:** \$143 / **Drop-in Fee:** \$16/ class.

CHAIR YOGA

Experience all the benefits of yoga (increase flexibility, build muscle strength, increase energy levels, and improve circulation) from a seated position. This class is perfect for participants looking for a gentle introduction to yoga, and those with mobility or chronic conditions. All exercises are performed from a chair. No mat work is required. All levels are welcome. No previous yoga experience is required.

- **Instructor:** Anne Palaschuk. **In- Person. Max 12**
- **12 weeks:** Wednesdays, 11:00- 12:00 PM. **Mar 29, Apr 5, 12, 19, 26, May 3, 10, 17, 24, 31, Jun 7 & 14.**
- **10 Weeks:** Friday, 11:00- 12:00 PM. **Mar 31, Apr 14, 21, 28, May 5, 12, 19, Jun 2, 9 & 16.**
- **Wed Cost:** \$120/Member, \$156/Non- members: **Drop-in Fee:** \$13/M, \$16/NM. **(12-week) (#227/228)**
- **Fri. Cost:** \$100/Member, \$130/Non- members: **Drop-in Fee:** \$13/M, \$16/NM **(10-week). (# 229)**

CHAIR ZUMBA

Dancing from the comfort of your chair to Latin and international music. All levels welcome. "Exercise in disguise", to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills.

- **Instructor:** Catherine Lavedrine. **In- Person. Max 12**
- **7 weeks:** Mondays, 10:15- 11:15 AM. **Apr 3, 17, 24, May 1, 8, 15 & 29. (# 231).**
- **Members Cost:** \$ 70, **Drop-in Fee:** \$13/class
- **Non- Members Cost:** \$ 91 / **Drop-in Fee:** \$16/ class.

CIRCUIT TRAINING

This is a class for all levels of fitness, including those looking for a more active class. This is a fast-paced 60-minute class that keeps you on your toes. Circuit training format involves rotating through various stations that target your lower and upper body strength, core and cardiovascular fitness using body weight and various equipment. Challenge yourself to keep going through the allotted time at each station. Discover how quickly your strength and endurance improve each week. Modifications for every fitness level will be provided.

- **Instructor:** Deb Ravbar. **In- Person. MAX. 12**
- **12 Week:** Tuesdays, 11:30- 12:30 PM. **Mar 28, Apr 4, 11, 18, 25, May 2, 9, 16, 23, 31, Jun 6 & 13. (# 231).**
- **Members Cost:** \$120/ **Drop-in Fee:** \$13/class
- **Non- Members Cost:** \$156/ **Drop-in Fee:** \$16/ class

CORE, STRENGTH, AND STRETCH

Strengthen your core and overall strength with the use of stability balls along with weights and bands. This one-hour class will help strengthen your core muscles, help reduce back pain and improve balance. It will also include total body strength and will wrap up with a nice long stretch to help reduce stress and promote relaxation.

- **Instructor:** Deb Proc. **In- Person. MAX. 12**
- **11 Weeks:** Thursdays, 12:30- 1:30 PM. **Mar 30, Apr 6, 13, 20, 27, May 4, 11, 18, Jun 1, 8 & 15. (Gym).**
- **Members Cost:** \$110 Members, **Drop-in Fee:** \$13 class.
- **Non- Members Cost:** \$143/ **Drop-in Fee:** \$16 class.

DRAWING FOR ALL LEVELS

We will learn new tools and new techniques, including the basics of shading. Plus, short cut techniques, and easy to follow handouts. No previous art experience needed. **Please ask for updated supply list at the time of registration for Class.** *This is a fragrance-free class.*

- **Instructor:** Willie Wong. **In- Person. MAX. 20**
- **6 Week:** Tuesdays, 1:30 PM- 3:30 PM. **May 9, 16, 23, 30 Jun 6 & 13. (# 231).**
- **Members Cost:** \$ 96, **Non-Members Cost:** \$ 120 / **No Drop In please.**

ESSENTRICS & STRETCHING

This class uses gentle movements that consistently engage all the body's muscles and connective tissues that keep us strong, flexible, and lubricated, as well as supplying immense benefits to the brain. Essentrics can help reverse unpleasant signs of aging, such as stiffness and chronic pain; improve posture; and create better balance and renewed energy. "We can't change our age, but we can change how our body ages."

- **Instructor:** Catherine Lavedrine. **In- Person. MAX. 12**
- **7 weeks:** Mondays, 9:00- 10:00 AM. **Apr 3, 17, 24, May 1, 8, 15 & 29. (# 231).**
- **Members Cost:** \$ 70/ **Drop-in Fee:** \$13/class.
- **Non- Members Cost:** \$ 97/ **Drop-in Fee:** \$16/ class.

INTERMEDIATE LINE DANCING EVENING – NEW!

For those who have taken a beginner line dance class and want more of a challenge. We will include dances from the beginner class and some dances for those who want to improve their line dance skills. Shoes with leather soles are recommended.

- **Instructor:** Tracy Walters. **In- Person. MAX. 12**
- **12 weeks:** Thursdays, 4:30- 5:30 PM. **Mar 30, Apr 6, 13, 20, 27, May 4, 11, 18, 25, Jun 1, 8 & 15. (229).**
- **Members Cost:** \$120/ **Drop-in Fee:** \$13/class.
- **Non- Members Cost:** \$156 non- members / **Drop-in Fee:** \$16/ class.

KEEP FIT- ACTIVE

Keep Fit Active is for active older adults who are looking for a challenge that is fun and burns big calories. The class consists of a warm-up and a vigorous low-impact half hour of cardio. We also use weights to increase strength and a variety of movement patterns and exercises to improve posture and balance. Participants are required to do exercises and stretches on the floor to increase core strength and flexibility.

- **Instructor:** Deb Proc. **Wednesday In- Person. Max 25**
Esther Sipos. **Friday Hybrid. (Max 25 In person)**
- **11 weeks:** Wednesdays, 12:00-1:00 PM. **Mar 29, Apr 5, 12, 19, 26, May 3, 10, 17, 31, Jun 7 & 14. (Gym).**
- **10 Weeks:** Fridays, 12:00- 1:00 PM. **Mar 31, Apr 14, 21, 28, May 5, 12, 19, Jun 2, 9 & 16. (Gym).**
- **Cost:** \$110/ M, \$143/ NM **Drop-in Fee:** \$13 M/ \$16 NM. (11 weeks session)
- **Cost:** \$100/ M, \$130/ NM **Drop-in Fee:** \$13 M/ \$16 NM. (10 weeks session).

LEARN CARD MAKING

Learn to make beautiful cards with one of our Card Making Club members. Please bring your smiles with you and you will take home your beautiful creations to admire. **Please collect your supply list at the time of registration at the front desk.**

- **Instructor:** Shirley Manchak/ Marcelle Jamieson. **In- Person. Max 8.**
- **3rd Thursday of the Month:** Thurs, 12:30- 2:00 PM. **Mar 30, Apr 20, May 18, Jun 15. (#225).**
- **4 weeks Cost:** \$40 Member/ \$ 52 Non-Member. **No Drop In please.**

LEARN TO PLAY BADMINTON NEW!

This class is designed for those who are beginners or novice badminton players who want to learn basic badminton skills and /or to improve their strategy in basic badminton doubles games. Introduction to badminton basic rules and skills. Individual skills assessment and recommendations available by request. Strategy for badminton doubles games. Various training for development (drilling) and actual badminton games will be included. It is a great game with rules to make it a fun game for people of all ages and abilities and to get exercise that we all need. All you need is a pair of non-marking indoor running shoes. We encourage to bring your own racket but if you do not have one then please ask for rackets & shuttlecocks at the front desk. Maximum capacity - 10 to 12 participants.

- **Instructor:** Stephen Sui. **In- Person. Max 12.**
- **11 Weeks:** Thursdays, 9:00- 11:00 AM. **Mar 30, Apr 6, 13, 20, 27, May 4, 11, 18, Jun 1, 8 & 15. (Gym)**
- **Cost:** \$55 Member/ \$ 88 Non-Member. **No Drop In please.**

LEARN TO PLAY PICKLEBALL

You have probably heard about this game called pickleball and are curious to find out why it is becoming so popular. It is a great game with rules to make it a fun game for people of all ages and abilities and to get exercise that we all need. All you need is a pair of non-marking indoor running shoes. Ask for paddles & balls at the front desk. The smiles are provided by the Instructor & Centre. Come to learn how to play, the rules and have some fun.

- **Instructor:** Ralph Cole. **In- Person. Max 12.**
- **11 Weeks:** Thursdays, 4:00- 6:00 PM. **Mar 30, Apr 6, 13, 20, 27, May 4, 11, 18, Jun 1, 8 & 15. (Gym)**
- **Cost:** \$110 Member/ \$ 143 Non-Member. **No Drop In please.**

LEARN TO USE SMARTPHONE

Get smart to use your smartphone. The facilitator can help you to know more about your cellphone features, support with other services such as text messages, MMS, Email, Internet access, Zoom, Skype one on one support as all phones have different features. You can request for your own topic as well.

- **Instructor:** Daniel **In- Person. Max 12.**
- **10 Weeks:** Mondays, 10:00- 12:00 AM. **Mar 27, Apr 3, 17, 24, May 1, 8, 15, 29, Jun 5, 12. (228)**
- **Cost:** \$100 Member/ \$ 130 Non-Member. **No Drop In please.**

NIA® CLASS

Nia® is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for 3 intensity levels during each class, making Nia® suitable for all ages and fitness levels. Typically done barefoot, please feel free to wear thin-soled indoor footwear if needed. A yoga mat is also optional for floor play and cool-down. Wear comfortable clothes that are easy to move in.

- **Instructor:** Kirsten Bartel. **Tuesday & Thursday In- Person. Max 12 in each class.**
- **12 Weeks:** Tuesdays, 10:00- 11:00 AM. **Mar 28, Apr 4, 11, 18, 25, May 2, 9, 16, 23, 31, Jun 6 & 13. (229)**
- **11 Weeks:** Thursdays, 10:15- 11:15 AM. **Mar 30, Apr 13, 20, 27, May 4, 11, 18, 25, Jun 1, 8 & 15. (229)**
- **Cost:** \$120 M/ \$156 NM, (12 weeks). \$110 M, \$143 NM. (11 weeks)
- **Drop-in Fee:** \$13/Members, \$16/ Non Members.

SIT AND BE FIT 75 Minutes

A gentle fitness class for participants with mobility and/or chronic issues. All exercises are performed from a chair. Learn different adaptive exercises with light weights and exercise bands to build strength, stamina, and flexibility.

- **Instructor:** Natalia Bandola. **Fridays In person. Max 20.**
- **9 Weeks:** Fridays, 10:30-11:45 AM. **Apr 14, 21, 28, May 5, 12, 19, Jun 2, 9 & 16. (Gym)**
- **Cost: Fridays (75 Minutes):** \$117 Members, **Drop-in Fee:** \$16/class.
\$ 144 Non-members, **Drop-in Fee:** \$20/ class

SPANISH FOR BEGINNERS

Join the Beginners Spanish Classes and learn the basics of Spanish: Greetings; numbers; days of the week, months and seasons, time, helpful and useful vocabulary. "Have fun while you learn". Diviertase y Aprende!

- **Instructor:** Daniel Alfaro **In- Person. Max 12**
- **11 weeks:** Fridays, 10:00- 12:00 PM. **Mar 31, Apr 14, 21, 28, May 5, 12, 19, 26 Jun 2, 9 & 16. (225)**
- **Cost:** \$110 Members / \$130 Non-Members, **No Drop-in.**

Last Updated: Feb 28, 2023 KL

STRETCH & TONE YOGA

Tone your body while increasing flexibility, balance, endurance, and well-being. This class will encompass active yoga poses, breath awareness and restorative elements. Enjoy the energizing and peaceful effects of yoga. Taught by a certified Iyengar yoga instructor. Please bring a yoga mat.

- **Instructor:** Anne Palaschuk. **Hybrid. Max 20.**
- **11 Weeks:** Tuesdays, 10:45-11:45 AM. **Mar 28, Apr 4, 11, 18, 25, May 2, 9, 16, 30, Jun 6 & 13. (Gym)**
- **Members Cost:** \$110 Members, **Drop-in Fee:** \$13 class
- **Non- Members Cost:** \$143 non- members / **Drop-in Fee:** \$16 class.

STRONG BODY HEALTHY CORE

This class is designed for anybody who wants to improve their overall health and fitness level by focusing on core exercises to train the muscles of pelvis, lower back, hips, and abdomen to work in harmony. This will lead to better balance, posture, and stability, whether on the playing field or in daily activities. During the class participants will use weights, elastic bands, bender balls and their own body weight. The class is chair friendly.

- **Instructor:** Natalia Bandola. **In- Person. Max 20.**
- **8 weeks:** Mondays, 1:00- 2:00 PM. **Apr 3, 17, 24, May 1, 8, 15, Jun 5, 12. (Gym)**
- **Members Cost:** \$80, **Drop-in Fee:** \$13 class.
- **Non- Members Cost:** \$104 / **Drop-in Fee:** \$16 class.

STRETCH RELEASE & ROLL

Poor posture, stress, and overuse of muscles without stretching can lead to pain, loss of range of motion, poor flexibility, and other health issues. Myofascial stretch can benefit: • Reduces soreness and improves tissue recovery. • Improves neuromuscular efficiency. • Increases blood flow. • Maintains normal functional muscular length. • Improves joint range of motion. • Decreases overall effects of stress on the body. • Of or relating to the layer of loose tissue (fascia) surrounding the muscle tissues. This class consist of stretching using straps, mobility sticks and rollers.

- **Instructor:** Deb Ravbar. **Max 20.**
- **11 Weeks:** Tuesdays, 12:45-1:45 AM. **Mar 28, Apr 4, 11, 18, 25, May 2, 9, 16, 30, Jun 6 & 13. (Gym)**
- **Members Cost:** \$110 Members, **Drop-in Fee:** \$13 class
- **Non- Members Cost:** \$143 non- members / **Drop-in Fee:** \$16 class.

STRONG & STABLE

A low impact fitness class for those with chronic conditions or mobility issues. Keeping active and improving your fitness level is more important when you have a chronic condition. In this one-hour class, you will learn safe and effective movements to work on your flexibility and balance, strength, and endurance. Class format consists of 20 - 25 minutes strength training, 15 - 20 minutes cardio and 10 -15 minutes stretch and balance with a proper warm up and cool down.

- **Instructor:** Natalia Bandola. **In- Person. Max 10**
- **6 weeks:** Mondays, 11-:45- 12:45 PM. **May 1, 8, 15, 29, Jun 5, 12.**
- **10 weeks:** Fridays, 9:15- 10:15 AM. **Apr 14, 21, 28, May 5, 12, 19, 26 Jun 2, 9 & 16.**
- **6 weeks Cost:** \$60 Members, \$78 non- members. **(# 229)**
- **10 weeks Cost:** \$100 members \$130 non- members. **(# 229)**
- **Drop-in Fee:** \$13 class members, \$16 class non- members.

Last Updated: Feb 28, 2023 KL

TABATA

Tabata is an interval exercise class for the active participant. Participants work for 20 seconds and rest for 10 and this pattern is repeated for 8 rounds (4-minute cycles) and then the exercise changes and a new 4-minute cycle begins. This type of interval training is designed to improve one's overall fitness level. Tabata benefits an individual's cardiovascular fitness level as well as improving the body's metabolism. Exercises vary from cardio, strength, and core.

- **Instructor:** Esther Sipos. **Monday Hybrid. Max 20.**
Deb Ravbar. **Thursday in person. Max 12.**
- **9 weeks:** Mondays, 11:30- 12:30 PM. **Mar 27, Apr 3, 17, 24, May 1, 8, 15, Jun 5, 12.**
- **12 weeks:** Thursday, 11:30- 12:30 PM. **Mar 30, Apr 6, 13, 20, 27, May 4, 11, 18, 25, Jun 1, 8 & 15.**
- **9 weeks Cost:** \$90 Members, \$117 non- members. **(Gym)**
- **12 weeks Cost:** \$120 members \$156 non- members. **(# 229)**
- **Drop-in Fee:** \$13 class members, \$16 class non- members.

WATERCOLORS FOR ALL LEVELS

This course is designed for all levels, the easy-to-follow handouts make it fun and fast to get the sketches done. This is a 2-hour weekly class that will cover from still life to landscape and everything in between. **Note:** Participants are responsible for cleaning the space they are using during the class. **Please ask for updated supply list at the time of registration for Class. This is a fragrance-free class.**

- **Instructor:** Willie Wong. **In- Person. Max 20.**
- **12 Weeks:** Thursdays, 9:30-11:30 AM. **Mar 30, Apr 6, 13, 20, 27, May 4, 11, 18, 25, Jun 1, 8 & 15. (231)**
- **Members Cost:** \$192 Members / **No Drop-in Please.**
- **Non- Members Cost:** \$240 non- members / **No Drop-ins Please**

ZUMBA GOLD

Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity Dancing to Latin, and international rhythms. Have fun while moving easy-to-follow steps. Helps memory, balance and coordination.

- **Instructor:** Catherine Lavedrine. **In- Person. Max 12.**
- **8 weeks:** Thursdays, 9:00- 10:00 AM. **Apr 6, 13, 20, 27, May 4, 11, 18, 25. (229)**
- **Cost:** \$80 members \$104 non- members.
- **Drop-in Fee:** \$13 class members, \$16 class non- members.

MWSA Ongoing Drop-In Activities

****These activities are ongoing so no gaps.**

****Any changes in Times/Days will be effective from the next week of announcement.**

****Drop-In activities may be subject to cancellation due to Special Events. Please see the Monthly Calendar or website for latest updates.**

Did you know? We have drop-in **Punch Cards** for all our Drop- In programs are available for purchase at the Front Desk. Pre-pay for 10 drop-in sessions of the sports of your choice: Fun floor curling, Badminton, Pickleball, Table Tennis & other drop- in activities or presentations.

BADMINTON

Playing badminton is a fun way to stay active. We have two courts at MWSA. All equipment will be provided. Please wear clean running shoes. **(Gym)**

- Mondays, 9:00- 11:00 AM
- Wednesdays: 2:30- 4:30 PM.
- Fridays, 1:15- 4:15 PM
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

CRIBBAGE

Cribbage, or crib, is a card game traditionally for two, three, or four players that involves playing and grouping cards in combinations which gain points. **(231)**

- Program Lead: TBA
- Thursdays, 12:30- 2:30 PM.
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

FUN FLOOR CURLING

Floor curling is like the game of ice curling—the main difference is that there is no sweeping. Curling rocks are pushed with wooden sticks. All levels of curlers are welcome to play the game in a fun, non-competitive environment.

A minimum of 8 curlers are needed to run this program: a maximum of 32 participants at one time. (Gym)

- **Times:** Tuesdays, 2:00- 4:00 PM.
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

JAM SESSIONS

Bring your own instrument and jam with other musicians. All music styles and levels are welcome. Come for fun, music, and friendship. You are welcome to sing. There is a dedicated person lead the group. **(231)**

- **Times:** Wednesdays & Fridays: 9:00 AM-12:00.
- **Cost: \$3 Members /\$5 non-Member (Punch Cards Available)**

MAHJONG NEW!

Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. We are introducing this session upon member's request. There is a dedicated person lead the group who will explain the rules and play with you. If you are looking to learn a new game and make new friends, then feel free to register your name at the front desk, so we know how many players we are expecting. **Min 4 players. (229)**

- **Program Lead:** Lorne Ma
- **Times:** Mondays: 2:15 PM- 4:15 PM.
- **Cost:** \$3 Members /\$5 non-Member **(Punch Cards Available)**

PICKLEBALL: BEGINNERS, ADVANCED AND OPEN 2 ALL

Two courts are available. Pickleball is a fun game played with a paddle on a court. It can be described as a cross between badminton, tennis, and table tennis. It is an opportunity to learn and practice this popular sport in a friendly, non-competitive environment. No Instructor. **Players of all levels can be expected.** If you are new to the game, please play during "Pickleball for Beginners" time. Paddle and balls are provided, but players are welcome to bring their own. Please wear clean court shoes.

- Mondays, 2:15- 4:15 PM **(Advanced)**
- Tuesdays, 8:30- 10:30 AM **(Open 2 All Levels)**
- Wednesdays, 8:30- 10:30 AM **(Advanced)**
- Thursdays, 1:45- 3:45 PM **(Beginners)**
- Thursdays, 6:00- 8:00 PM **(Open 2 All Levels)**
- Fridays, 8:30- 10:15 AM **(Beginners)**
- **Cost:** \$3 Members/ \$5 Non-Members **(Punch Cards Available)**

PLAY READING GROUP

Play Reading with **candace** Wilson. There will be few copies of the play to share. These are sitting down & read with expression. No real acting & just comedy with props. Paradise on old fairy tales. Just for laughs. No pressure of participating, one can join to enjoy as audience. **(228). The group meets on 1st & 3rd Friday of each month.**

- **Program lead:** Candace Wilson
- **Times:** Fridays, 1:00- 2:30 PM.
- **Cost:** \$3 Members/ \$5 Non-Members **(Punch Cards Available).**

SING ALONG GROUP- NEW!

Sing -along with Lorraine Kalis, sing songs from the 1960's, 1970's, valentines, Old westerns, Real oldies, popular Gospels etc. Song lyrics will be supplied. **(228)**

- Tuesdays: 1:00- 3:00 PM
- **Cost:** \$3 Members/ \$5 Non-Members **(Punch Cards Available)**

TABLE TENNIS

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. The game takes place on a hard table divided by a net. Please bring a pair of clean court shoes to the room. **(231)**

- Mondays & Wednesdays: 12:30- 2:30 PM
- **Thursdays: 6:00- 8:00 PM EVENING!!**
- **Cost:** \$3 Members/ \$5 Non-Members **(Punch Cards Available)**

OPEN ART STUDIO

In the world of art therapy, the term “open studio” refers to a type of group art therapy in which no directives are given. The short and practical definition of an art studio is a place where the artist works and create. Please bring your own supplies and paint together. **(Cafe)**

- Fridays: 1:00- 4:00 PM
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

Clubs are Free! (MWSA Members Only)

- Please get your supplies pre-approved from the Program Coordinator with details through emails only for the Clubs. Any non-pre-approved receipts will not be accepted for payments.
- Any items made for donations on behalf of the center will be emailed to the staff with the quantity & other details to prepare the letter of donation.
- If participants are working on their own project, they will need to pay a \$3.00 drop- in fee at the Front Desk. (Card making, Knitting, Sewing & Quilting Club).
- Clubs will set up & take down for themselves, back to the original setup.
- These activities are ongoing so there are no gaps.

****Registration is mandatory at the beginning of the year to know the capacity of the room in use and to inform the participants about any changes in schedule. ****

Please register at Front Desk or call: 780-496-2997

Book Club

Love to Read? Interested in meeting some new people? Want to explore different genres of books? Join our Book Club! The book being discussed will be advertised in the Email newsletter & at the end of the session. No supplies are needed.

- **Program Lead:** Joanne Christie
- **Times:** 2nd Tuesdays of every month, 11:00 AM- 12:30 PM. **(228) FULL**
- **Cost:** Free (MWSA members Only). Limit of 12 members.

Card Makers Club

This is a fundraising club for MWSA. They make beautiful, handcrafted cards. Come join us for the morning. Some supplies will be provided, but feel free to bring your own. Finished cards will be sold at the Front Desk.

- **Program Lead:** Shirley Manchak
- **Times:** Thursday, 9:00 AM- 12:00 PM. **(225) FULL**
- **Cost:** Free (MWSA members Only). Limit of 12 members.

Canasta Club

Interested in meeting new people? Want to play cards? Join our card club (Grab your Tea/ Coffee from our Café) to play your favorite card game with friends. You can choose to bring your cards due to covid safety reasons, otherwise feel free to grab a set of cards and do not forget to scan your fob.

- **Program Lead:** TBA
- **Times:** Mondays & Thursday, 12:30- 3:30 PM, **(231)**
- **Cost:** Free (MWSA members Only).

Caregiver Circle & Alzheimer's Support Group

Caregiving is a compassionate & challenging job. Come and meet with other caregivers for conversation, idea sharing and support. This program is for members & non-members to get together to share their experiences & thoughts to support each other. Representative from the Alzheimer's Society join the Caregiver support group.

- **Times:** 1st Tuesdays, 10:00- 12:00 PM **Caregiver Circle**
- **Times:** 3rd Tuesdays, 10:00- 12:00 PM **Alzheimer's Support Group**
- **Cost:** Free (MWSA members Only). **12 members, (228)**

Conversational Club

This is a discussion group where member get together to discuss current events, reduce social isolation, and create fellowship in a friendly, and welcoming environment. There's a different topic each week, as determined by the group. Everyone gets a chance to speak and move dialogue along.

- **Program Lead:** Doris Jagrup
- **Times:** Wednesdays, 2:00- 4:00 PM, **(225)**
- **Cost:** Free (MWSA members Only). **Limit of 25 members.**

Friendship Circle

This is a group of members meeting once a week. It is a program for new immigrants to Canada who help bring awareness towards adjusting in the new culture, language barrier, sharing their own motivational stories. Kindly use the language being understand by most people in the group: English Only.

- **Program Lead:** Dharam Mahajan
- **Times:** Mondays, 12:30-2:30 PM, **(227 & 228)**
- **Cost:** Free for MWSA members Only. **Limit of 20 people.**

Knitting Club

This is a fundraising club for MWSA. A fun social gathering with fellow knitters. Items are made for donations to local charities including: The Ronald McDonald House; Basically Babies; various shelters for the homeless; and Edmonton Police Services OR sold at MWSA marketplace or Craft Sale. Donated yarn is available to make items for charities. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Stacey Beller
- **Extra Knitting:** Mondays, 9:00- 11:00 AM, **(225)**
- **Times:** Tuesdays, 9:00 AM- 12:00 PM. **(225)**
- **Cost:** Free (MWSA members Only). **Limit of 30 members.**

Multicultural Club

A support group for immigrant seniors. Members meet to provide support to each other, discuss current affairs and issues that affect their lives. Community Resource persons are brought in to provide information on programs of interest to immigrant seniors. Need special permission to invite Political members. **Note:** Room assigned can be changed at any time to accommodate other classes/ learning activities.

- **Program Lead:** Sudhir Somaiya
- **Times:** Fridays, 1:00- 4:00 PM. **(231)**
- **Cost:** Free (MWSA members Only). **Limit of 60 members.**

Sewing & Crafting Club

This is a fundraising club for people who love making things. Learn new crafting techniques and have fun doing projects together. Use donated material or bring your own and enjoy the company of other crafters. Limited sewing machines and materials are available. Items are made for donations to local charities including: The Ronald McDonald House; Basically babies; various shelters for the homeless; OR sold at MWSA marketplace or Craft Sale. All levels of crafters are welcome. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Terry Ferguson
- **Times:** Wednesdays, 1:30 PM- 4:15 PM. **(229)**
- **Cost:** Free (MWSA members Only). **Limit of 20 members.**

Last Updated: Feb 28, 2023 KL

Quilting Club

This is a fundraising club for people who love to Quilt. Learn new crafting techniques and have fun doing projects together. Use donated material or bring your own and enjoy the company of others. Limited sewing machines and materials are available. Items are made for donations & sold at MWSA marketplace or Craft Sale. All levels of quilters are welcome. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Trudy Papsdorf
- **Times:** Wednesdays, 9:00 AM- 12:00 PM. **(229)**
- **Cost:** Free (MWSA members Only). **Limit of 20 members.**

Services Provided at Mill Woods Seniors Association

Diabetic Foot Care with **Shawna MacNeil**, owner, and operator of Medi Pedi Edmonton. List of services offered to the clients: • Diabetic Pedicure • Geriatric Pedicure • Manicure • Nail Fungus Treatment • Ingrown Toenail Treatment • Ion Foot Detox Treatment • Toenail Reconstruction Book your Hour and a half appointment today at the front desk. Cash, Debit & Credit accepted. Pay the nurse directly. **Cost:** \$80. (Pay directly to service provider)

Hearing Test 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 to clean and maintain hearing aids. Discuss the importance of hearing tests to monitor your health. Book your spot at the front desk. **Cost:** \$3 M/\$5 NM. Pay MWSA.

Edmonton Seniors Foot Care Clinic provided by Licensed Nurse. A new pair of stainless-steel toenail clippers & file is provided to each client. Clients need to bring their own towel. • **\$40.00 Basic Foot care (20 min)** includes access the feet for circulatory issues, wounds, infections etc., Trim & file nails, Callus/ corn care, Moisturizer. • **\$55.00 Pedicure (40 Min)** includes Full basic Foot care, soaking of the feet, Cleaning of cuticles, Lower leg/ foot massage & Free nail care included. • **Add- on's** (10 min) \$10.00 Nail Application (bring your own), \$10 Foot & lower leg massage, \$10.00 Nail care trim & file, \$25.00 Heavy duty nail clipping. (Pay directly to service provider)

Grief & Bereavement Support with Shamim Amiri Release Anxiety, Release Negative emotions, Reduce Physical Pain, Reduce Anxious behaviour, Increase Self Esteem, calm your racing thoughts. Each consultation lasts one hour between 10- 1 pm. **Cost: \$3 M/\$5 NM.** (Pay MWSA)

Group communication Acupuncture for Seniors with the Mill Woods Acupuncture & massage center. It's a penetration of very fine needles into the body at certain points for pain relief in neck, shoulder, back, leg, knee, arm. Experience yourself, follows with questions & Answers. **Each visit: \$25.00** (25- 30 minutes). (Pay directly to service provider)

Outreach Program

Shambhu Chowdhury: 780-720-6213 or outreach@mwsac.ca

Our Friendly Community Outreach Program

MWSA's Seniors Connect *Our Friendly Community Outreach Program* includes both in-center activities and services to seniors out in the community who may be living alone and need companionship, housing, medical help, home support or other.

One on One Support

This program is for seniors facing mental health, isolation, Ethnic and linguistic barriers. Physical and Mental Health support facilitated by practicing medical practitioner, Individual and Group counseling, discussion on Contemporary system affecting individuals and groups. Book your slot.

Home Supports Program

Need more info or a referral?

Please call us on 587-594-7884

Do you or a senior you know in Edmonton need some help around the house? Our part time Home Supports Coordinator at the Mill Woods Seniors Association (MWSA) can refer you to screened, reliable service providers for free. Services include:

- Snow shoveling, home maintenance such as painting, roofing, odd jobs.
- Yard maintenance such as grass cutting and tree care or removal.
- Housekeeping, Downsizing and/or moving, Dog walking.

How the Program Works:

- When seniors contact MWSA, they are given referrals to service providers.
- Seniors contact the service provider and discuss the work that needs to be done and the costs.
- The senior then selects a service provider that fits their needs.
- Seniors are not charged for the referral but pay the service provider for the work done.

FUNDRAISING

As a non-profit organization, we accept cash donations or gifts-in-kind from the community to help support our programs and services. If you are interested in supporting the Mill Woods Seniors Association, or would like more information about fund development opportunities, please contact us at 780-496-2933. Tax receipts can be issued.

OUTINGS

MWSA organizes regular outings to places of special interest and festivals in the city of Edmonton and surrounding area. Some past trips have included: The Devonian Gardens, Jurassic Forest, The Ukrainian Cultural Heritage Centre, The Alberta Legislature, The Royal Alberta Museum, and Peaceful Valley! Cost of outings varies. Please see the monthly Special Events Calendar for more details

MONTHLY BIRTHDAY PARTY

Mill Woods Seniors Association is organizing monthly birthday party in the Café on the Last Monday of the month. Everyone needs to register their name at the Front Desk so that we have enough arrangements of Coffee/ Tea. Please see monthly calendar for more details. **Last Monday of each Month. Cost: Free for members celebrating their birthday month/ \$3 members as guests/5.00 non-members.**

MONTHLY PRESENTATIONS & WORKSHOPS


Mill Woods Seniors Association offers a variety of educational sessions throughout the year on a variety of topics including health and wellness, aging well, current affairs, safety, financial planning, and general interest. If you are interested to do a cooking demo for our members, then please contact us. **Please see monthly calendar for more details.**

SPECIAL EVENTS

In addition to our regular programming, MWSA Staff and Special Events Committee's organize many special events throughout the year, including dinners, Open House, cultural celebrations (i.e., Christmas, Chinese New Year, Mother's Day, Diwali), and more! Please see the monthly Special Events Calendar & email newsletters for more details.

VOLUNTEERS

As a non-profit organization, volunteers are essential to the operation of the Mill Woods Seniors Association. We are always looking for volunteers for our programs, special events, Front Desk, Kitchen, and Administration. If you are interested in volunteering, please contact us at 780-496-2997 or visit us in person to fill out an application form.

	<p><i>The Mill Woods Seniors Association (MWSA) operates the 2nd Floor Cafe. We strive to prepare fresh and affordable homemade meals for dine-in and take-out. The cafe is open to the public, not just to MWSA members.</i></p>	<p>Location</p> <p>2nd Floor, 2610 Hewes Way NW (Above the Mill Woods Edmonton Public Library)</p> <p>Edmonton, AB T6L 0A9</p> <p>Cafe/Catering Inquiries</p> <p>780-944-5926</p> <p>Follow us on Instagram: 2ndFloorCafeYeg</p>
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2ND FLOOR CAFE

- **Cinnamon Bun Day is every Thursday.**
- **MWSA Frozen Meals (Heat2Eat)** are now available for purchase.
- MWSA is open for dine-in and take-out. No restrictions.
- **Livers & Onions Day** (See monthly calendar & website for dates).
- **SAVE TIME! CALL AHEAD!** You can call ahead of time for your lunch pick-up, so you do not have to wait. Just give us a call at **780-944-5926 (Cafe Cashier)** or **780-496-2997 (MWSA Office)**.

ADVERTISE WITH US!

ADVERTISING IN OUR MONTHLY NEWSLETTER

Rates are:

- \$25 – Business Card (4" x 2½")
- \$40 – ¼ Page (4" x 5¼")
- \$80 – ½ page (8" x 5 ¼" or 4" x 10 ½ ")
- \$160 – Full page (8"x 10½")

ADVERTISING IN OUR DAILY SCHEDULE DISPLAY

Rates are:

- \$50/month

All submissions must be in .jpeg 300 dpi format and printer ready! submissions should be sent to: klee@mwsac.ca

*A one-time set up fee of \$30 may apply if your ad is not camera ready.
Note: paid advertisements may not reflect the views of MWSA. Buyer discretion is advised.



#2ND FLOOR, 2610 HEWES WAY EDMONTON, AB T6L 0A9
780-496-2997 | WWW.MWSAC.CA