

SPRING 2026

- REGISTRATION STARTS MON, MAR 16, 2026.
- PROGRAMS START: MON, APR 06, 2026.
- EVEN./ WEEKENDS REMAIN OPEN APRIL 6- MAY 30.



Winter 2026 Program Guide
has been sponsored by
Servus Credit Union

Program & Activity GUIDE

AT MILL WOODS SENIORS ASSOCIATION

Spring Session: April 6 - May 30 (8 weeks)

TREATY 6 ACKNOWLEDGEMENT

We at the Mill Woods Seniors Association respectfully acknowledge that we gather on Treaty 6 territory, the traditional lands of the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux peoples. This land has been a place of connection, relationship, and stewardship for generations.

We honour and thank the diverse Indigenous peoples whose ancestors have walked this land before us and whose presence continues to enrich our community today. We are committed to learning from the past, engaging in reconciliation, and building respectful relationships as we work together to create a welcoming and inclusive space for all.

Our Facility

The Mill Woods Seniors Association is located in a City of Edmonton-owned facility, sharing space with the Mill Woods Public Library.



Vision: The vision of MWSA is to continue to be a welcoming Centre that meets the recreational, educational, and social needs of seniors in our community.

Mission: The mission of MWSA is to enrich the lives of seniors in Mill Woods and surrounding communities by providing a diverse range of programs and services that are tailored to meet their recreational, social, health, physical, intellectual, and emotional needs while fostering an inclusive environment that celebrates diversity.

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Values and Values Statement

Respect: We listen to each other and treat each other with fairness and dignity.

Inclusion: We celebrate our differences and create an environment of acceptance for all

Innovation: We build on successful ideas and new approaches.

Collaboration: We work together with others to achieve shared goals.

Accountability: We respond to the needs of our members and take responsibility for our actions.

Sustainability: We address current needs while considering future impacts.

Membership Information

SPRING 2026

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2026 MEMBERSHIP? Call us at 780.496.2997 and we can look up your account and verify your membership status.

Annual Memberships

- 55+ Membership: \$36 per person (**Effective Jan 1, 2024.**)
- Valid for one year from the date of purchase.
- Full voting privileges at Annual General Meeting.
- Access to MWSA programs and club enrollment at membership rates.
- Membership Discount on 2nd Floor Café.
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

REMINDER! An active 2026 MWSA Membership is required for most programs and activities at MWSA.

Associate Memberships

- 45+ Membership: \$36 per person. (**Effective Jan 1, 2024.**)
- Valid for one year from the date of purchase.
- No voting privileges at Annual General Meeting.
- Access to MWSA instructor-led programs and drop-in activities at membership rates and club enrollment.
- Membership Discount at 2nd Floor Cafe
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

Reciprocal Memberships: Those who have a valid membership for one of the participating centers.

- Please retain your proof of membership for reciprocal membership verification (Membership card)
- No voting privileges at the Annual General Meeting.
- No access to MWSA clubs, drop-in activities.
- Access to instructor-led programs at member rates. Access to the café.
- Fill out the membership form for our database info and receive a key fob when registering for classes/activities.

Non-Members

- Access to programs/activities/special events/presentations/workshops at a non-member rate.
- No access to clubs.
- Access to the café is allowed for all ages & non- members.

PROGRAM REGISTRATION INFORMATION

SPRING 2026 REGISTRATION BEGINS
MARCH 16, 2026, AT 8:30 AM

Online Registration / Pay

Sign into your online account. Please have your key tag number ready. Register as you did before.

If you haven't set up your online account, visit www.myactivecenter.com and click the "New Users" button. Follow the instructions. If you need assistance with account setup, please ask for MWSA staff assistance by calling 780-496-2997.

Telephone Payment

Front Desk volunteers can assist you with telephone registration (credit card payments only). (780-496-2997)

"E- Transfer" Payment **NEW!**

Please send your payment to: ed@mwsac.ca" (add course details or reason of payment).



Cancellations and Refund Policy

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, and special events. Refunds will only be provided if MWSA cancels the program. Please save your receipt for a refund.

Low Enrollment Policy

Register early to avoid class cancellations. We assess enrollment one week before the start date of the classes. If the minimum requirement is not met, the class may be cancelled. If the program is full, you can add your name to a waitlist.

Disclaimers

Opinions expressed by guest speakers do not reflect the views of MWSA. MWSA is not responsible for any physical injuries incurred during any programs. All participants must sign a waiver form before being permitted to participate in MWSA programs, clubs, and outings.

We Encourage the Use of Punch Cards for Drop-In Activities/Classes

Punch cards for drop-in programs are available for purchase. These can be used for any program with a \$3 or \$5 drop-in fee, such as badminton, pickleball, table tennis, fun floor curling, cribbage, Jammers, and presentations.

- Cost for Drop-in Activity Punch Card: **MWSA Members, \$30.00** (10 x \$3.00). Reciprocal Members/Non-members: \$50.00 (10 x \$ 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).
- **This can be a thoughtful gift for a friend.**



CLUBS

Free for MWSA Members!

Alzheimer Society

ALZHEIMER'S SUPPORT GROUP

3rd Tuesdays, 10:00 AM-12:00 PM

Room 227/ 228

This support group is to share feelings and experiences, exchange practical coping strategies, and participate in discussions about the disease and its progression. A representative from the Alzheimer's Society will join this support group. (No session in Jul & Dec).

CARD MAKERS' CLUB

Max10.

Thursday, 9:00 AM-12:00 PM.

Room 225/ Program Lead: Claire Scott

This is a fundraising club for MWSA. Card Makers make beautiful, handcrafted greeting cards for sale at MWSA, and at craft markets. Some supplies will be provided, but feel free to bring yours.

CAREGIVERS' CIRCLE

1st Tuesdays, 10:00 AM-12:00 PM

Room 227

Caregiving is a compassionate and challenging job. Come meet with other caregivers to share experiences, conversations, idea, and support.

Knitting Club

Lead: Debbie Radke & Murielanne La Rose

Mondays & Tuesdays, 9:00-11:00 AM.

Room 225

A fundraising club. A fun social gathering with fellow knitters. Items are also made for donations to local charities including Ronald McDonald House, Basically Babies, various shelters for the homeless, and Edmonton Police Services. No formal instruction provided; mentorship is available.

Quilting Club

Lead: Trudy Papsdorf

Wednesdays, 9:00 AM-12:00 PM

Room 229

This is a fundraising club who love to Quilt. Previous quilting experience & sewing with a machine are required. Learn new crafting techniques and have fun projects. Use donated material or bring your own. Limited sewing machines and materials are available. Items are made for donations and sold at MWSA. No formal instruction is provided; however, mentorship is available.

Sewing & Crafting Club

Lead: Terry Ferguson & Donna

Wednesdays, 12:30 PM- 3:30 PM.

Room 229/

A fundraising club for people who love making things. Learn crafting techniques and fun 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 & various shelters or sold at MWSA. No formal instruction is provided; mentorship is



MWSA Drop- in Activities

- These activities are ongoing (with no end dates).
- Drop-in activities may be subject to cancellation due to special events.
- Please see the Monthly Calendar or website for the latest updates.

Reminder: We have drop-in Punch Cards for all our drop-in programs available for purchase at the Front Desk. Pre-pay card for 10 drop-in activities of your choice.

Cost: \$30 M/\$50 NM (Punch Cards Available)

Checking in is mandatory. Please swipe your key tag at the Front Desk.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball Advanced 8:30- 10:15 AM	Pickleball Beg. 8:30-10:30 AM	Pickleball Intermediate 8:30-10:30 AM	Pickleball Advanced 8:30-11:00 AM	Pickleball Beg. 8:30- 10:30 AM	Pickleball All Levels 9-11 AM
Table Tennis 12:30- 2:30 PM	Book Club I 11 AM- 12 PM 2nd Tuesday	Jammers 9 AM- 12 PM	Book Club II 11:15 - 12:45 pm 3 rd Thursday	Jammers 9 AM- 12 PM	Badminton 11- 1 PM
Dominoes 1:00- 3:00 PM	Fun Floor Curling 2:15- 4:15 PM	Table Tennis 12:30- 2:30 PM	Cribbage 12- 2:15 PM	Open Art Studio 1:00- 4:00 PM	
Euchre 2:00- 4:00 PM		Mahjong 2:00- 4:15 PM	Canasta 12:30-2:30 PM	American Style Mahjong 2:00- 4:15 PM	
Mahjong 2:00- 4:15 PM		Badminton 2:30- 4:15 PM	Badminton 1:45- 3:45 pm Apr9,16,23,30.	Badminton 2:15- 4:15 PM Starts May 8th	
Badminton 2:15- 4:15 PM			Pickleball Int. 4:00- 6:00 PM		
			Pickleball All Levels 6:15- 8:15 PM		



DROP IN ACTIVITIES

Cost: \$3 M/ \$5 NM (Punch Cards Available)

BOOK CLUB

Lead: Deborah Taylor

Love to Read? Interested in meeting some new people? Want to explore different genres of books? Join our Book Club! Each month, participating in Book Club Members discuss a new book.

Book Club I  2nd Tues. of every month, 11:00 AM- 12:00 PM.

Room 227

Book Club II  3rd Thurs. of every month, 11:15 AM- 12:45 PM. Location: **Behind Elevators setup**

CANASTA GAME

 Thursdays, 12:30-2:30 PM

Cafe

The objective of the game is to form as many melds as possible. A meld consists of three or more cards of the same rank, and jokers can be used as wild cards to help form melds

CRIBBAGE GAME

 Thursdays, 12:00- 2:15 PM.

Room 231

Cribbage, or crib, is a card game traditionally for two, three, or four players that involves playing and grouping cards in combinations to gain points

DOMINOES GAME

 Mondays, 1:00- 3:00 PM.

Café

Dominoes is a family of tile-based games played with gaming pieces. Each domino is a rectangular tile, usually with a line dividing its face into two square ends. Each end is marked with a number of spots (also called pips or dots) or is blank. The backs of the tiles in a set are indistinguishable, either blank or having some common design. **Lead: Deanna Blair.**

EUCHRE GAME

 Mondays, 2:00- 4:00 PM

Room 225

Euchre is a trick taking **game** with a trump, played by four players in teams of two. The basic play is similar to Whist. Played with a deck of cards that only includes aces, kings, queens, jacks, 10s and nines of each suit. There are five rounds, or “tricks,” in each game. Each player will place one card down on the table on their turn, and a player takes a trick when the card they placed is the highest out of any other card. Come try a new card game, with an experienced player. Cards will be provided at the Front desk. **Lead: Reg Wood**



DROP IN ACTIVITIES

Cost: \$3 M/ \$5 NM (Punch Cards Available)

FUN FLOOR CURLING Min 8 & Max

Tuesdays, 2:15-4:15 PM Room Gym

Fun curling is like ice curling. Curling rocks are pushed with wooden sticks. All levels of curlers are welcome to play the game in a fun, non-competitive environment.

JAM SESSIONS

Wednesdays and Fridays: 9:00 AM-12:00 PM. Room 231

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. **Lead: Dennis Tink.**

MAHJONG

Room 227/ 228

Leads'

Chinese Style: **Mondays:** 2:00-4:15 PM

Paulette Yakimenko

Chinese Style: **Wednesdays:** 2:00-4:15 PM

Debbie Radke.

American Style: Fridays: 2:00-4:15 PM **New!**

Debby Ronden.

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. There is a dedicated person to lead the group, explain the rules, and play with you.

For Friday game: Please bring your American Mahjong game, if you have one at home.

OPEN ART STUDIO

Lead: Louise Lavers.

Fridays: 1:00- 4:00 PM

Room: 225

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 the place where the artist works and creates. Please bring your own supplies and paint together.





SPORTS

Cost: \$3 M/ \$5 NM (Punch Cards Available)

BADMINTON

Room Gym/ Lead: Tony Turner

- Mondays, 2:15- 4:15 PM.
- Wednesdays, 2:30- 4:15 PM
- Thursdays, 1:45- 3:45 PM (Apr. 9, 16, 23, 30).
- Fridays, 2:15- 4:15 PM (Starts May 8)
- Saturdays, 11:00 AM- 1:00 PM

PICKLEBALL ADVANCED

Room Gym/ Lead: Ralph Wentland.

- Mondays, 8:30- 10:15 AM
- Thursdays, 8:30- 11:00 AM

PICKLEBALL BEGINNERS

- Tuesdays, 8:30-10:30 AM
- Fridays, 8:30- 10:30 AM

PICKLEBALL ALL LEVELS

- Thursdays, 6:15-8:15 PM
- Saturdays, 9:00 - 11:00 AM

PICKLEBALL INTERMEDIATE

- Wednesdays, 8:30- 10:30 AM.
- Thursdays, 4:00- 6:00 PM.

TABLE TENNIS

Room 231/ Lead: Agnes Mah

- Mondays, 12:30- 2:30 PM
- Wednesdays, 12:30- 2:30 PM



SPORTS LEARNING

PICKLEBALL INSTRUCTION WORKSHOP

Whether you are brand new to the game and want to get started or are an experienced player looking to further develop your skills, we have something for everyone!



DEVELOP PICKLEBALL SKILLS with Ralph Wentland

Room Gym/ Min 5 & Max 10 (each session).

 **Thursdays, 1:45-2:45 PM.** SLOT I: May 7, 14, 21, 28.

 **Thursdays, 2:45- 3:45 PM** SLOT II: May 7, 14, 21, 28.

4 weeks Cost: \$ 60 M/ \$ 80 NM.

No Drop Ins Please.

This course is for anyone who has Pre-requisite - Learn to Play Pickleball. Come to learn how to advance your game, an increased focus on tactics, technique, rule knowledge and have some fun. This will enhance your confidence & skills or experience and would I want to learn in an easy (not competitive) environment. No equipment purchase is required. Paddles and balls are provided. All you need is a pair of non-marking indoor running shoes.

NEXT LEVEL PICKLEBALL

Room Gym/ Min 5 & Max 10 (each session).

 **Fridays, 2:30-4:30 PM.** SLOT I: April 10, 17, 24, May 1.

 **Tuesdays, 12:00- 2:00 PM** SLOT II: May 5, 12, 19, 26.

4 weeks Cost: \$ 60 M/ \$ 80 NM.

No Drop Ins Please

Keith Bienert is a **Certified Canadian Pickleball /Tennis Coach** with 19 years of experience. This set of lessons is designed for **intermediate and advanced players** who want to elevate their game. This fun filled sessions focus on refining technique, improving strategy, and building consistency. Each lesson includes targeted skill-building drills, guided gameplay, and personalized evaluation with practical tips you can apply immediately. If you're ready to take your pickleball game to the next level, come and join in the fun.



ART, CRAFT & HOBBIES

CARD MAKING CLASS

Marcelle Jamieson (Card Makers Club).

Room 225/ Min 5, Max 8

3rd Thursdays, 12:15- 3:15 PM.

May 21, Jun 18, Jul 16 & Aug 20.

4 weeks: **\$60 M/ \$65 NM**

Drop-ins: \$18 M/ \$20 NM. (Registration required).

Learn to cut and fold cardstock in different ways to create unique and interesting cards. Assemble 4 cards (4 weeks). Learn about card sizes, stock, tools, adhesives, fancy papers, dies, machines and much more!

All materials will be precut for you. Please bring your supplies. Ask for supply list at Front desk.



CROCHET CLASS

Knitting Club Team.

Room 225/ Min 5, Max 10.

Wednesdays, 9:00- 10:30 AM.

April 8, 22, May 6 & 20.

4 weeks: **\$60 M/ \$65 NM**

Drop-ins: \$18 M/ \$20 NM. (Registration required).

Enjoy learning the fundamentals of Crochet stitches' and reading patterns. Learn Beginners' skills for right- or left-handed projects. Yarn & crochet hooks will be provided. Please mention that you're right or left handed on the registration form.

UNLEASH YOUR INNER ARTIST

Unlock your creative potential and discover the joy of expression. Whether you're interested in drawing, painting, or crafting, our classes offer a welcoming environment for artists of all levels. Embrace your creativity, learn new techniques, and connect with fellow art enthusiasts.

Don't miss the chance to explore your artistic side and bring your imagination to life.



ART, CRAFT & HOBBIES

MOSAIC GLASS WORKSHOP

Sharon Waunch Tomljenovich.

Room 225/ Max 20.

 **Tuesday's**, April 7th & 14th: 12:30- 3:30 pm

Cost: \$ 120 Members/ \$ 140 Non- Members.

A fun and creative Mosaic Glass on Porcelain Tile, open to all skill levels. Over two sessions, you'll design and complete your own 6"x6" porcelain tile mosaic.

ALL SUPPLIES INCLUDED.

On the first day, let your imagination guide you as you arrange colorful glass pieces into your unique design—sample ideas will be available if you need inspiration.

On the second day, you'll learn how to grout your piece and take it home to dry. Whether you're a beginner or just looking to try something new, this relaxed and welcoming workshop offers a great hands-on introduction to mosaic art.



WATERCOLOURS 4 ALL LEVELS:

Willie Wong.

Room 231/ Max 20

 **Thursdays, 9:30-11:30 AM.**

April 9, 16, 23, 30, May 7, 14, 21, 28.

8 weeks: **\$128 M/ \$160 NM.**

Drop-ins: **\$20 M/ \$24 NM.**

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 two-hour weekly class that will cover everything from still life to landscape and everything in between. Participants are responsible for cleaning the space they are using during the class. Please ask for an updated supply list at the time of registration for class. **This is a fragrance-free class.**





ART, CRAFT & HOBBIES

CREATIVE CLAY HAND BUILDING. Molly Lim

Room: 225/ Min 4, Max 20

 Friday's, May 8th, 15th, 22nd & 29th. 09:00 AM - 12:00 PM.

4 weeks Cost: \$ 200 Members/ \$ 220 Non- Members

(Drop In: \$50 M/ \$60 NM)



Join us for a relaxing and rewarding weekly journey into the joyful art of hand-built ceramics. Perfect for beginners! You will create up to four projects from your selection of classes: small bowls or Diyas, cylindrical vase, napkin holders and sculpture figurines complete with glazing in each class. Tools and supplies included. Bring an apron, liquid refreshments and your creativity.

- **Includes:** Clay, glazes, and all essential studio tools, plus the cost of kiln firing.
- **Note on Firing:** Your finished, glazed pieces will be ready for pick-up approximately 1 month after final session, giving them the necessary time to completely dry, fired and cooled.



[Project 1: The Painterly Pinch Pot](#)

This session introduces the fundamental "pinch" technique to transform a single ball of clay into a functional vessel, such as a tea bowl or character planter. After shaping your piece, you will dive into the world of underglazes. By the end of this three-hour session, you will have a finished, hand-sculpted piece that showcases your unique artistic "handprint".

[Project 2: Inlay Slab Trays](#)

The elegance of textures using the slab-construction method. You will roll out flat sheets of clay and use natural or textured elements. The magic happens during the slip flooding phase using the "Mishima" technique. This leaves the pigment trapped only in the deep grooves, highlighting every tiny vein and detail. You'll leave with a sophisticated, professional-looking tray that celebrates the intersection of nature and craft.

[Project 3: Sgraffito Mugs](#)

You will build a sturdy cylinder using slab-construction, creating a smooth, flat canvas. Once the form is stable, you will use specialized technique, and carving tools create sgraffito designs. This method is perfect for creating high-contrast geometric patterns, wildlife illustrations, or personal quotes.

[Project 4: Stencil & Hard-Edge Design](#)

You will construct a shallow bowl or a set of coasters, prioritizing a smooth finish. You will use stencils or masking tape layering technique and underglaze colors to create designs on your vessels.

ART, CRAFT & HOBBIES

MOSAIC SPINNER WORKSHOP

Sharon Waunch Tomljenovich

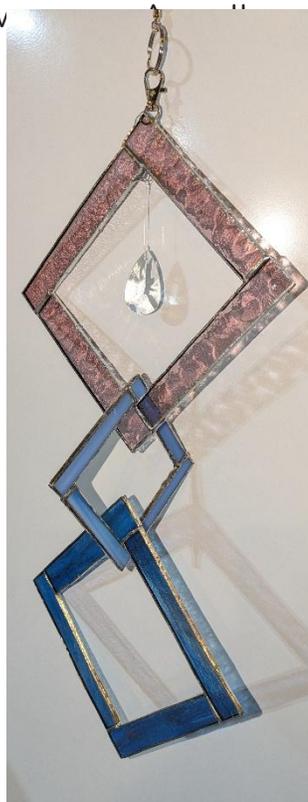
Room 225/ Min 5, Max 15

 Tuesday's, May 19th: 12:30- 3:30 pm

Cost of Individual spinner: \$ 85 Mem/ \$ 95 Non- Mem

Enjoy making these beautiful Mobile/ Spinners, Align your inner peace. Make your own spinner and enjoy as the sun reflects the colors across the room. **ALL SUPPLIES INCLUDED. You can pick one of your choices.**

- Rain Cloud and choose the color raindrops you love the most! -approx. 14 " long.
- Lotus Flower Chakra Colors Approx 40" long.
- 3 Square Spinner- Approx 15" long. Bring your own jewel to put inside your square. It needs to have a hole to hang it & not weigh more than a few grams as only be approx. 1" in size.





YOGA WORKSHOPS with Dagmar

WORKSHOP: REST, RESTORE & RENEW

Sound Bath with Restorative Yoga **Dagmar Sanchez**

Room 231/ Min 6, Max 15

 **Saturday**, April 4th, 9:30- 10:45 AM. (75 Minutes)

Cost: \$35 M/ \$45 NM

Join us for a serene, Sound Bath experience designed to relax, restore, and rejuvenate.

Participants can stay in their chairs or bring a mat to lie down. This session blends:

- Gentle stretching and restorative yoga (seated or on your mat)
- Guided breathwork to center your mind and body
- Using crystal singing bowls, rain sticks, angel bells & healing instruments.
- Modified for all abilities, ensuring everyone can fully enjoy the experience.

What to Expect:

- A soothing, low-impact experience that nurtures mind, body, and spirit.
- Rhythmic and harmonic vibrations that promote deep relaxation, stress relief, inner harmony.
- Opportunity for personal reflection, meditation, and rejuvenation.

Benefits:

- Reduce stress and tension.
- Enhance mental clarity and calmness.
- Support emotional balance and relaxation
- Deepen meditation practice.

FAQs:

- What is a Sound Bath? A session where harmonic sounds and vibrations wash over participants, promoting relaxation, balance, and well-being.
- Who is it for? Seniors of all abilities. Seated or lying down is fine.
- What to bring: a mat (optional), and your open, relaxed energy.

Disclaimer: Please consult your physician if you are pregnant, have a pacemaker, hearing aids, or any health concerns prior to attending.

TAKE A BREAK IN OUR UPSTAIRS LOUNGE

It's a quiet, welcoming space where you can relax with a book, work on a puzzle, or check out our books and puzzles for sale. With comfy chairs (Red/ Yellow), and plenty of sunlight, it's the perfect place to unwind.

Feel free to grab a cup of coffee from our Café!



YOGA WORKSHOPS with Dagmar

WORKSHOP: YOGA FOR HAPPY HIPS:

Move with Ease & Confidence with Dagmar Sanchez.

Room 229/ Min 6/ Max 15

 **Saturday**, April 18th, 9:30- 11:00 AM (90 Minutes)

Cost: \$ 35 M/ \$ 45 NM.

This workshop focuses on improving hip mobility, balance, and confidence in everyday movement.

Using chair-supported and standing yoga poses, participants will explore safe, functional movements that support walking, stability, and overall comfort.

Through gentle, guided movement, participants will safely improve hip mobility, strengthen supporting muscles, and reduce stiffness — all in a relaxed, encouraging environment.

This workshop is not about flexibility or performance. It's about feeling steadier on your feet, more comfortable getting in and out of chairs, and more confident in daily movement.

What Participants Will Experience

- Improved mobility, balance, and ease of movement.
- Gentle, functional supported movements designed for everyday life activities.
- Suitable for all levels with chair, floor and standing options provided (*bring your own mat*).

Happy Hips — because moving well should feel good.

WORKSHOP: DANCE OF JOY: Latin Rhythm for Body, Brain & Soul with Dagmar

Room 229/ Max 15

 **Saturday**, May 2nd, 9:30- 11:00 AM (90 Minutes)

Cost: \$ 35 M/ \$ 45 NM.

This is a joyful, low-impact movement experience inspired by Latin rhythms. It is designed to lift your mood, wake up the body, and create connection — without pressure, performance, or complicated choreography. Movements are easy to follow, gentle on the joints, and adaptable, with both seated and standing options available.

Participants are guided through simple Latin-inspired rhythms that support coordination, balance, and brain health, all while having fun and moving at their own pace.

What Participants Will Experience

- Easy-to-follow steps. No dance experience required
- Laughter, Music-driven activity that supports mood, memory, and coordination.
- **Seated and standing** options to suit all comfort levels

Dance for Joy — because movement should feel like a celebration.

Fun • Low-Impact • Energizing • Senior-Friendly • move, smile, and feel more alive.



THURSDAY EVENING ACTIVITIES

INTRO TO BAS RELIEF (An ancient Art form):

Linda Fanstad

Room: 225/ Min 6, Max 30.

 Thursday Evenings, April 23rd & 30th, 5:30 - 7:30 PM. (120 Minutes)

Cost: \$ 120 Members/ \$ 130 Non- Members.

This **Beginner-friendly** class teaches you everything you need to know to create stunning 3D Art- perfect for if you want to unleash your creativity, learn valuable skill or enhance your home decor.

You will create a simple bas relief design over the course of 2 sessions. (As the plaster needs time to cure) before applying the color. **Includes** 16x20 black canvas and artist grade acrylic paints. Plus, all the specialty brushes & knives are required for this project. **All you need to bring is an apron to protect your clothing (or wear an old shirt).**



Are you still Working
and unable to attend
morning activities/
classes?

Try the upcoming
Thursday Evening
Activities at MWSA.

Note: We are offering
evening "Stretching
class" based recent
surveys/ demand of
our Members!

STRETCHING CLASS I: Pat Barford. STRETCHING CLASS

I: Pat Barford

Room 231/ Max 12. Room 231/ Max 12

 Thursday Evenings, 6:00- 7:00 PM.

Apr 9, 16, 23, 30, May 7, 14, 21, 28.

8 weeks: \$80 M/ \$104 NM.

Drop-ins: \$13 M/ \$16 NM.

This class follows the ELDOA Method that was developed by a French doctor focused on relieving back pain. There's an individual stretch for all vertebrae and others that deal with shoulders. The website below leads to a site with very good explanations and graphics of how ELDOA is different from other exercises such as Pilates, Yoga and Essentrics.

Bring your own mat. Feel free to checkout:

<https://www.eldoamethod.com/about-eldoa-method>



THURSDAY EVENING ZUMBA

ZUMBA GOLD: Tammy Clark

Room 229/ Max 14.

 Thursdays, 3:00- 4:00 PM.

Apr 9, 16, 23, 30, May 7, 14, 21, 28.

8 weeks: **\$80 M/ \$104 NM.**

Drop-ins: **\$13 M/ \$16 NM.**

This is a dance fitness class with the same Latin rhythms & popular music you love in a Zumba class but with less intense moves. Participants can choose to be standing or sitting in a chair depending on your preference and balance ability but both choices are still a full body workout. All moves can be modified to be less or more intense depending on your fitness level. The music is so amazing, and the moves are easy to pick up. Just move your body and follow along! Some standing songs will include balance and toning elements, those choosing to sit during those songs will be encouraged to do a modified move. You'll get to try both and decide which style you like better! :)

Hi! I'm Tammy Clark.

I've been teaching Zumba Gold for 8 years and have loved every minute! I have a huge passion for keeping older active adults movin' & groovin'. We have so much fun in my classes, it's more like a party!

Other than teaching fitness classes, I am also on an adult Cheerleading team which is a lot of fun. I also like reading, doing puzzles and going for long walks on beautiful sunny days.

Join me in my classes and we'll have a blast! :)





LEARNING

IPHONE AND ANDROID PHONES: Addison Sharrum.

Room 231 / Min 10 & Max 14.

 **Thursdays, 3:00 - 5:00 PM.**

April 9, 16, 23, 30, May 7, 14, 21, 28.

8 weeks: **\$ 128 M/ \$ 160 NM.**

Drop In: **\$20 M/ \$22 NM.**

Bring your phone and follow along in these hands-on, step-by-step workshops designed to help you truly understand and take control of your **iPhone or Android device**.

- We'll start with the essentials — understanding your home screen, navigation, settings, and basic controls — how to download, organize, update, and remove apps, manage notifications so your phone isn't constantly distracting you, and customize settings to match your preferences.
- How to take better photos and videos, organize and back up your pictures, free up storage space, and avoid common mistakes that slow phones down.
- Practical tips for texting, calling, video chatting, and using email more efficiently.
- Online safety is a major focus. How to recognize scams, protect your personal information, create strong passwords, manage privacy settings, and keep your device secure with updates and built-in security features. You'll leave knowing how to avoid the most common threats that target smartphone users.
- Learn troubleshooting common issues like frozen apps, poor battery life, slow performance, and Wi-Fi or Bluetooth problems — so you're not stuck or frustrated when something goes wrong.
- By the end of this workshop, you won't just "have" a smartphone — you'll understand it. You'll leave with practical skills, greater confidence, and the ability to use your device more efficiently every day.

**Update: SPANISH CLASSES WILL BACK IN SUMMER.
Instructor is taking a break for Spring.**



FITNESS & DANCE

AGE REVERSING ESSETRICS: Belinda

Room 229 / Max 16.

Mondays, 1:30- 2:30 pm.

Apr 13, 20, 27, May 4, 11 & 25.

6 weeks: \$78 M/ \$96 NM

Drop In: \$16 M/ \$20 NM.

No class: Apr 6 & May 18.

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy, and your immune system. Moderate fitness - standing and some floor work (back and side only). Bring a yoga mat/ water.

BARRE, STRENGTH & STRETCH: Deb Proc

Room Gym/ Max 24.

Wednesdays, 10:45-11:45 AM.

Apr 8, 15, 22, 29, May 6, 13, 20, 27.

8 weeks: \$80 M/ \$104 NM.

Drop In: \$13 M/ \$16 NM.

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; increased flexibility; and 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.

CIRCUIT TRAINING: Deb Ravbar

Room 231 / Max 14.

Tuesdays, 10:45- 11:45 AM

Apr 7, 14, 21, 28, May 5, 12, 19, 26.

8 weeks: **\$80 M/ \$104 NM.**

Drop-ins: \$13 M/ \$16 NM.

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



FITNESS & DANCE

CORE, STRENGTH, AND STRETCH: Dana Armitstead (New Instructor)

Room Gym/ Max 20.

Thursdays, 12:30- 1:30 PM.

Apr 9, 16, 23, 30, May 7, 14, 21, 28

8 weeks: \$80 M/ \$104 NM.

Drop In: \$13 M/ \$16 NM.

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.

ESSETRICS® for Seniors - (45 minutes): Meaghan

Room GYM / Max 30.

Fridays, 12:15- 1:00 PM.

Apr 10, 17, 24, May 1, 8, 15, 22, & 29.

8 weeks: \$104 M/ \$128 NM

Drop In: \$16 M/ \$20 NM.

This class 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.

FLOOR CURLING LEAGUE

Floor Curling League session ends on April 28 and will be back in Fall Session. Till then FUN
FLOOR CURLING drop in is on Tuesdays' at 2:15 PM

KEEP FIT INTERVAL: Deb Proc

Modified & Re-designed.

Room Gym/ Max 30.

Wednesdays, 12:00-1:00 PM.

April 8, 15, 22, 29, May 6, 13, 20, 27.

8 weeks: \$80 M/ \$104 NM

Drop In: \$13 M/ \$16 NM.

Keep Fit INTERVAL is directed towards active older adults. The class consists of a combination of low-impact cardio and strength and uses weights and bands. The goal is to burn calories, increase strength and cardio while also improving posture and balance. Towards the end of the class, participants will be encouraged to move to the floor or a chair for core exercises and stretches to increase core strength and flexibility.

FITNESS & DANCE

LATIN FITNESS: Dagmar

Room 229/ Max 16.

 Fridays, 9:30- 10:30 AM.

April 10, 17, 24, May 1, 8, 15, 22 & 29

8 weeks: \$80 M/ \$104 NM.

Drop In: \$13 M/ \$16 NM.

Latin Fitness is better suited for those looking for a more energetic, upbeat workout experience. Love Latin music and dance? Join Dagmar to learn Salsa, Merengue, Bachata, and Cha-Cha-Cha! Move with grace and rhythm at your own pace. Whether you're a beginner or experienced, this class is for you. No partner or fancy shoes required—just come ready to have fun and shine on the dance floor!

SIT & BE FIT: Dagmar

Room Gym/ Max 35.

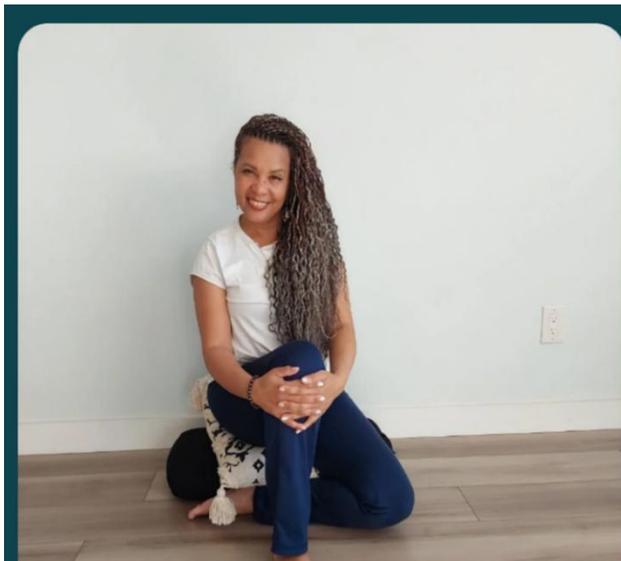
 Fridays, 10:45- 11:45 AM.

April 10, 17, 24, May 1, 8, 15, 22 & 29.

8 weeks: \$80 M/ \$104 NM.

Drop In: \$13 M/ \$16 NM.

A gentle, **low-impact chair fitness class** for participants with mobility and/or chronic issues. All exercises are performed from a chair. Participants learn adaptive exercises using light weights and exercise bands to build strength, stamina, and flexibility.



A grounded approach to movement, mindfulness, and living well

ABOUT DAGMAR

Hello friend,

I'm Dagmar — a yoga teacher, wellness guide, and Cuban-born facilitator with a passion for supporting active older adults. I've spent years helping seniors and adults feel better in their bodies without feeling judged, rushed, or overwhelmed.

My classes blend yoga, breath, meditation, mindful movement, and dance for joy—creating a welcoming space to reduce stress, calm the mind, and deepen the connection to the body.

I believe wellness should be realistic, joyful, and rooted in community. My role isn't to fix people—it's to meet them where they are and gently guide them back to themselves.

Whether you're stepping onto the mat or the dance floor for the first time, or returning to your practice, my intention is to support you with ease, joy, and a sense of belonging.

SIT & BE FIT class has been brought back for participants feedback.



FITNESS & DANCE

LINE DANCING BEG.: Tracy Walters

Room Gym/ Max 50.

 Wednesdays, 1:15- 2:15 PM.

April 8, 15, 22, 29, May 6, 13, 20, 27.

8 weeks: **\$80 M/ \$104 NM.**

Drop In: \$13 M/ \$16 NM.

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

LINE DANCING ADV: Tracy Walters

Room 231/ Max 20.

 Wednesdays, 3:00- 4:00 PM.

April 8, 15, 22, 29, May 6, 13, 20, 27.

8 weeks: **\$80 M/ \$104 NM**

Drop In: \$13 M/ \$16 NM.

It is an advanced level class, great exercise, and fun for all ages. Most of the music that will be played is country. Dance for those who want to improve their line dancing skills. No previous dance experience required, just a fun attitude. Footwear with leather or similar type of sole (with no grips). A clean pair of runners would also be appropriate.

MAT PILATES: Sarah Gilchrist **(New Instructor)**

Room 229/ Max 14.

 Mondays, 10:30-11:30 AM.

April 13, 20, 27, May 4, 11, 25

6 weeks: **\$60 M/ \$78 NM**

Drop-ins: **\$13 M/ \$16 NM.**

No class: Apr 6 & May 18

Mat Pilates relies on small, controlled movements that focus on the strengthening of your core muscles. Pilates are often beneficial for those suffering with neck and back pain. It can help to lengthen, strengthen, and balance your body while increasing your flexibility and concentration. Pilates is well known as a powerful way to fire up your core, but it also targets the entire body. After a few sessions, you will see improvements to your posture & balance

NON-MEMBERS WELCOME

Grab a friend and join us for our fun & fitness classes! You don't need to be a member to participate. Register for Drop in classes to save your spot!
We suggest to call 780-496-2997 to confirm the class is running.



FITNESS & DANCE

NIA® CLASS: Kirsten Bartel

Room 229/ Max 16.

Thursdays, 10:00-11:00 AM.

Apr 9, 16, 23, 30, May 7, 14, 21, 28

8 weeks: **\$80 M/ \$104 NM.**

Drop-ins: **\$13 M/ \$16 NM.**

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 three intensity levels during each class, making Nia® suitable for all ages and fitness levels. Typically done barefoot, feel free to wear thin-soled indoor footwear. Comfortable clothing for easy moving & yoga mat.

STABILITY STRENGTH & ENDURANCE: Sarah Gilchrist. **(New Instructor)**

Room GYM/ Max 35.

Mondays, 11:45-12:45 PM.

April 13, 20, 27, May 4, 11, 25.

6 weeks: **\$60 M/ \$78 NM**

Drop-ins: **\$13 M/ \$16 NM. No class: Apr 6 & May 18.**

This class is a combination of Sit & be Fit & Core class. It's designed to target all parts of the body to help those struggling with arthritis, osteoporosis, instability & cardio health. Anything done standing can be done seated & modifications will be shown throughout the class so that everyone can participate without any issues. Light weights and bands will be used to increase muscle strength.

TABATA CLASSES : Esther Sipos/ Deb Ravbar

Room GYM/ Max 25

Mondays, 10:30-11:30 AM.

Thursdays, 11:15- 12:15 PM.

April 13, 20, 27, May 4, 11, 25.

Apr 9, 16, 23, 30, May 7, 14, 21, 28.

6 weeks: **\$60 M/ \$78 NM.**

8 weeks: **\$80 M/ \$104 NM**

Drop-ins: **\$13 M/ \$16 NM.**

Drop-ins: **\$13 M/ \$16 NM**

No class: Apr 6 & May 18.

Tabata is an interval exercise class for active participants. 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 begin. 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. .



CHAIR YOGA

CHAIR YOGA: Neeru Prashar

Room GYM/ Max 30.

 Fridays, 1:15- 2:15 PM.

April 10, 17, 24, May 1, 8, 15, 22, 29.

8 weeks: **\$80 M/ \$104 NM.**

Drop In: \$13 M/ \$16 NM.

Experience all the benefits of yoga (increase flexibility, build muscle strength, 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. **Chair only.** No previous experience is required.

GENTLE CHAIR YOGA: Anne Palaschuk

Room 231/ Max 15

 Tuesdays, 9:00- 10:00 AM.

Apr 7, 14, 21, May 5, 12, 19, 26.

7 weeks: **\$70 M/ \$91 NM.**

Drop In: \$13 M/ \$16 NM.

This class is intended for beginners, those with special concerns/ injuries or who want a slower pace in which to develop greater personal body and breath awareness, paying attention to alignment and detail. We will learn about improving flexibility, strength and balance in a gentle practice that is calming and stress relieving. Poses will involve sitting on the Chair with some standing.





FLOOR/ MAT YOGA

STRETCH & TONE YOGA : Michelle Dionne/ Paige Elniski

Room 231/ Max 14. **GYM/ Max 24**

Tuesdays, 10:45- 11:45 AM

Apr 7, 14, 21, May 5, 12, 19, 26.

7 weeks: **\$70 M/ \$91 NM.**

Drop In: \$13 M/ \$16 NM. **(No classes: April 28 in the Gym)**

Saturdays, 10:00- 11:00 AM

Apr 11, 18, May 2, 9, 16, 23, 30.

7 weeks: **\$70 M/ \$91 NM.**

Drop In: \$13 M/ \$16 NM. **(No class: April 25)**

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. **Please bring a yoga mat.**

YOGA 4 WELLBEING: Neeru Prashar

Room 231/ Max 14

Mondays, 11:00 AM- 12:00 PM.

April 13, 20, 27, May 4, 11, 25.

6 weeks: **\$60 M/ \$78 NM**

Drop-ins: **\$13 M/ \$16 NM. No class: Apr 6 & May 18.**

In this class, we use a variety of yoga techniques to improve the tone of muscles and the functioning of the organs. All the movements are done slowly, and postures are held as per the capacity to bring harmony to different layers of the being. Breathing and sound-based techniques are used to improve lung capacity and calm down the mind for the practice of meditation. **Mat Only.**

TAKE A BREAK IN OUR 2ND FLOOR CAFE

It's a welcoming space where you'll meet our wonderful volunteers. Start your day with a dessert (Checkout Special's!) or can enjoy your favourite soup to keep yourself warm or a meal in between your activities, and plenty of sunlight, it's the perfect place to unwind.



TAI CHI WITH KEN CHUI

TAI CHI 10 FORMS: Ken Chui

Room 229/ Max 14

 Tuesdays, 1:15- 2:15 PM

7 weeks: \$70 M/ \$91 NM.

Apr 7, 14, 21, May 5, 12, 19, 26.

Drop-ins: \$13 M/ \$16 NM.

Tai Chi 10 Form class is composed of 10 movements all of which are used in in 24 Form. Yang 10 form is often referred to as Yang 8 form. Both are the same, but Yang 8 does not count commencing and closing form.



Introducing a New Tai Chi Instructor
Brad Schultz has been studying and practicing Martial Arts, Meditation and Healing Arts since 1980. In 1996 Brad established the Abundant Peace Aikido and Tai Chi School as a Centre from which to offer the arts of health enhancement, personal development and empowerment. Brad's ongoing focus is to offer ways to take charge of one's health and actualize one's full potential through the life-enhancing arts of Tai Chi, Chi Gong and Meditation.





TAI CHI WITH Brad Schultz

TAI CHI WALKING FOR STRENGTH, BALANCE & MOBILITY: Brad Schultz

Room 229/ Min 7/ Max 16

 **Thursdays, 12:30- 1:15 PM. 45 Minutes**

8 weeks: **\$104 M/ \$128 NM.**

Apr 9, 16, 23, 30, May 7, 14, 21, 28.

Drop-ins: **\$16 M/ \$20 NM.**

A “step-by-step” **45 Minutes** course for developing strength, balance and mindful movement.

Tai Chi Walking transforms ordinary walking into a slow, intentional, meditative practice, developing strength and balance along the way. Each step becomes an opportunity to feel grounded, centred and fully present. Besides the physical benefits of increased strength, balance and mobility, it develops:

- Patience • Presence • Inner Balance • Inner quiet • Grace in motion

With consistent practice, the slow steps of Tai Chi Walking begin to influence everyday life—helping you move with more ease, awareness, and confidence.

TAI CHI FOR SELF DEFENCE: Brad Schultz

Room 229/ Min 7/ Max 16

 **Tuesdays, 12:15- 1:00 PM. 45 Minutes**

8 weeks: **\$104 M/ \$128 NM.**

Apr 7, 14, 21, 28, May 5, 12, 19, 26.

Drop-ins: **\$16 M/ \$20 NM.**

Emergency and Preventative Self-Defence Using Tai Chi Principles. A course on the physical and mental techniques that can prevent you from becoming a victim and gives you the tools to survive a physical situation. It is a no-nonsense, practical approach to self-defence using effective techniques that do not require size, strength or “special skills”. **Using Tai Chi principles** such as relaxed power and mind-body unification, you will learn to use your mind and body as powerful forces of prevention and protection. You will learn preventative and emergency self-defence tactics that you can use immediately to make yourself safer and more capable of handling any situation, without requiring superior size, strength or speed. **Self-defence is a basic Life-Skill**, like swimming. Everyone should acquire at least a basic, fundamental understanding and experience of self-defence theory and application. Learn how to make yourself and your loved-ones safer in all areas of life and more capable through the principles and techniques of preventative and emergency self-defence. No previous experience with Tai Chi, martial arts or self-defence is necessary.



MWSA's EVENTS AT A GLANCE

Please Note: Event details including prices, dates, and times are subject to change. See our Monthly Calendar for details!

ALL ARE WELCOME TO OUR EVENTS!

Monday, March 16 th 2026	Spring registration Begins
Saturday, March 28 th 2026	Annual General Meeting More information to come.
Friday, April 4 th 2026	MWSA Closed/ Good Friday
Monday, April 6 th 2026	MWSA Closed/ Easter Monday
Sat., Apr. 25 th & Sun., Apr. 26 th 2026	MWSA's SPRING RUMMAGE SALE 2026
Saturday, May 9 th 2026	Mothers' Day event
March & April	Free Tax Clinic (schedules in monthly calendar)
Monday, May 18 th 2026	MWSA Closed/ STAT Holiday/ Victoria Day
Last Day of opening Evenings/ Saturdays	Saturday, May 30 th 2026
June 1 st -6 th	Seniors' Week
Saturday, Oct 31 st 2026	Annual Craft Sale

 **MWSA Services/ Agreements/ Fundraising.**

Action 4 Healthy Communities: A4HC

ABIDA TAHIR: 780-235-2176.

Mondays, 9:00 am- 4:00 pm & Thursdays, 1:00- 8:00 pm (Subject to change on monthly basis)

LED Program:

This program is designed to help newcomers to Canada overcome language barriers by developing language skills to communicate comfortably and confidently with others in their new homeland. The program offers opportunities to practice with peer support and English language skills to navigate daily life needs and build long-term connections in the community.

Outreach services to newcomers. (PR, Refugees, Refugee Claimants, work/study permit holders) In the Edmonton area.

Outreach services will address the settlement needs but are not limited to PR card renewal, Citizenship applications, AB income support, Christmas Bureau gifts, CPP & tax information during the income tax-filing season & other areas. These services and programming supports will be provided through Information & orientation for individuals/families (1 one-on-one session) and group activities based on community members'/clients' needs such as Health, Driving, AB income support, etc.

Digital literacy program:

This program is designed to support newcomers to Canada to improve their digital communication skills through smartphone apps/social media and learn basic computer skills. This program aims to support the development of digital skills to help participants have adequate access to remote/virtual essential services.

EPL E- LEARNING

Last Fridays Monthly, 10:00 - 11:00 am

Join **Edmonton Public Library** Staff to explore a variety of topics in interactive classes. Connect with community. Socialize with friends. And learn something new!

MEDI PEDI FOOT CARE SERVICES

1st Thursday & Last Thursday Monthly

Assess the feet for circulatory issues, wounds, infections etc. Trim/ file nails, callus/ corn care, Moisturizer, refer to physician or podiatrist as needed. Full basic foot care, soaking of feet, cleaning of cuticles, lower leg/ foot massage, Free nail care included.
(Summer scheduled updated in monthly calendars')

STEP FORWARD PROGRAM BY AHS

Register on 780-735-3483.

Tuesdays & Fridays

2:15- 4:15 PM (Extended times during Summer)

This is a program by Alberta Health Services. A beginner to intermediate level functional physical activity program suitable for people with chronic health conditions(s) that limits their ability to move.

Website: [Edmonton Zone and Area - STEP Forward | Alberta Health Services](https://www.alberta.ca/edmonton-zone-and-area-step-forward-alberta-health-services)

 **MWSA Services/ Agreements/ Fundraising.**

FUNDRAISING	MONTHLY BIRTHDAY PARTY	MONTHLY ACTIVITIES
<p>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. Contact us at 780-496-2933. Tax receipts can be issued</p>	<p>The Mill Woods Seniors Association hosts monthly birthday party in the Café on the Last Monday of the month. Please see the 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.</p>	<p>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</p>
NEW MEMBERS CONNECTIONS	OUTINGS	FREE OUTREACH SERVICES
<p>Join us for Coffee & 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 MWSA. 3rd Tuesday of each Month. 2 PM in the Café. Register at the front desk.</p>	<p>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!</p>	<p>Free Outreach services provided by EMCN (Edmonton Mennonite center of newcomers). Apply for PR, Citizenship, Renewals & lost documents, CPP, OAS, ASB, Low income supports, CPPDP, EI, AISH. Every Wednesday, 9 am- 2 pm/ Room: 224. Naveed Safi: 587-598-3837</p>
SPECIAL EVENTS	VOLUNTEERS	
<p>In addition to our regular programming, there are many special events throughout the year, including dinners, Open House, cultural celebrations (i.e., Christmas, Chinese New Year, Mother’s Day, Diwali), and more!</p>	<p>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. Contact: Brandy Devine (Volunteer Coordinator) 780-496-2997 or visit us in person to fill out an application form</p>	

Mill Woods
Seniors Association

Book your next appointment @ 780-496-2997
2nd Floor, 2610 Hewes Way NW,
Edmonton, T6L 0A9



EDMONTON

587-983-2774



Diabetic, Senior
&
Regular
Pedicures

\$79.99

Add-On
Manicure

\$44.99

Mobile
Pedicure

\$99.99



Nail Fungus Treatment
Non-Invasive



Ingrown Toenail Treatment
Non-Invasive



Athlete's Foot Treatment

www.medipediedmonton.com

Millwoods Seniors Center, Home, Hospital, or Residence

STEP Forward

Supervised Transitional Exercise Program

STEP Forward is a physical conditioning program delivered in a **group setting**.

In-person sessions are eight (8) weeks in duration;
online sessions are ten (10) weeks in duration.

This program may be suitable for you if you are ready to:

- participate in a beginner to intermediate level physical conditioning program; or
- better manage physical status while living with a chronic health diagnosis; or
- reintegrate into the community following medical or rehabilitation intervention; or
- prevent injury by improving physical function

To be considered for the STEP Forward program intake process, you must:

- be at least 18 years of age;
- have a current Alberta Healthcare (AHICIP) number;
- be able to follow three-step instructions;
- be able to participate in a group exercise environment;
- participate in a pre-intake telephone interview;
- walk independently (with or without the use of walking aids);
- ready to attend an 8 or 10 week exercise program during weekdays, twice per week

We are currently offering in-person and online sessions via Zoom.

For more information or to self-refer, please call the
STEP Forward Intake Line: 780-735-3483

Primary Care and Chronic Disease Management,
Edmonton Zone



Mill Woods
Seniors
Association

BE AIR AWARE

MWSA is a scent-reduced
environment.

PLEASE HELP SUPPORT THE
HEALTH OF THOSE AROUND YOU
AND AVOID USING STRONGLY
SCENTED PRODUCTS.

THANK YOU FOR YOUR
COOPERATION!

Advertise in Mill Woods Seniors Association Weekly Newsletter

*Do you have a product or service to
promote?*

*Advertise in MWSA's weekly e-newsletter and reach
over 2200 subscribers each week. Advertising starts at
\$30/week.*

For more information,

email Karen at klee@mwsac.ca.

Suggestions & Feedback are Welcome!

- What programs/ activities you would like to see during evenings/ Saturdays?
- Looking for Volunteers to lead outings or arrange small trips. I can help plan. (Transportation sponsors, bookings etc.).
- Any new programs/ activities in the New Year 2026.

Shalini Waryah: swaryah@mwsac.ca

Mill Woods
Seniors
Association

FACILITY RENTALS



**HOST YOUR SPECIAL OCCASION
HERE IN ONE OF THE SPACIOUS
ROOMS IN OUR BEAUTIFUL,
MODERN FACILITY LOCATED IN
THE HEART OF MILL WOODS!**

**FOR MORE INFO:
780-496-2997**

WWW.MWSAC.CA

- **MWSA PUNCH CARDS.** Available for purchase at the Front Desk.
- Checking in is mandatory. Please swipe your key tag at the Front Desk.

COFFEE PUNCH CARDS For 2ND Floor Café Only

Pre-pay card for 10 hot beverages (coffee/tea)

Cost: \$25 for Members and Non-Members

ACTIVITY PUNCH CARDS

Pre-pay card for 10 drop-in activities of your choice.

Cost: \$30 Members/\$50 Non-Members

MEAL PUNCH CARDS For 2ND Floor Café

Pre-pay for 5 meals (daily specials).

Cost: \$70.00 Value for Members/ \$85.00 Value for Non-Members.

MWSA EQUIPMENT REMINDERS

- To maintain hygiene, kindly wipe the weights after every use.
- Due to limited storage space, we do not provide bender balls & bands.
They can be purchased at the Front desk:
 - BENDER BALLS: \$ 18.00 Each
 - STRETCH BANDS: \$6.00 Each (6 ft. size, various strengths)

MEMORANDUM OF UNDERSTANDING (RECIPROCAL MEMBERS)

Senior Centres of Edmonton - Reciprocal Membership Program. This Memorandum of Understanding (MOU) is entered into by and between the following Seniors Centres participating in the Edmonton Seniors Centres- Reciprocal membership Program (hereafter referred to as "Participating Centres").

EDMONTON SENIORS COORDINATING COUNCIL.	CENTRAL LIONS' SENIORS ASSOCIATION
SOUTHWEST EDMONTON SENIORS ASSOCIATION.	EDMONTON SENIORS CENTRE
JEWISH SENIORS CITIZEN'S CENTRE.	SOUTHEAST EDMONTON SENIORS ASSOCIATION
MILL WOODS SENIORS ASSOCIATION.	NORTH EDMONTON SENIORS ASSOCIATION
STRATHCONA PLACE SOCIETY.	THE SHAAMA CENTRE.
	WESTEND SENIORS ACTIVITY CENTRE

Background and Purpose

Senior Centres are public facilities operated by non-profit organizations; they target people age 55+; they offer a minimum of 15 hours per week of a broad range of programs, as well as offering services and activities. Participating Centres provide a range of programs and services for older adults in Edmonton. In recognition of the value of collaboration and shared resources, this MOU establishes a reciprocal membership program. Under this agreement, members of one Participating Centre may register in instructional courses at another Participating Centre at the member rate. This arrangement aims to:

- Expand program access and flexibility for older adults.
- Strengthen the appeal of membership across Centres; and
- Increase registration and reduce class cancellations.
- Promote cooperation among seniors-serving Centres.

Scope

This MOU applies only to instructional courses offered by Participating Centres. It does not extend to social programs, special events, or activities excluded by a Centre's policies.

- Reciprocal program registration applies only to Participating Centres.
- Registrants must present proof of membership from a Participating Centre. This agreement does not override internal registration policies of any Centre.

Roles and Responsibilities

- Participating Centres agree to accept reciprocal registrations in accordance with this MOU.
- The Edmonton Seniors Coordinating Council (ESCC) will maintain and circulate an up-to-date list of Participating Centres.
- Each Centre will communicate the list of Participating Centres, and the Purpose, Scope, and Associated benefits of this agreement to its members and the public in a method deemed 2 of 3 appropriate. This will enable consistent messaging across all Participating Centres to promote clarity and prevent misinterpretation. **Additional Provisions**
- Some Centres may apply administrative fees) or offer priority registration to their own members before opening courses to reciprocal members.
- Centres reserve the right to designate certain programs as member-exclusive to prioritize member access, particularly when program demand exceeds capacity.
- Membership fees may differ across Centres
- Reciprocal members are not eligible for voting rights or subsidy programs such as Access Passes or sliding-scale membership models, which remain reserved for full members.
- Some Centres may extend additional benefits to reciprocal members according to their internal policies; for example, allowing access to certain drop-in programs while excluding others due to high demand.