



Mill Woods
Seniors Association

SUMMER 2022 PROGRAM GUIDE

July 11- Sep. 2, 2022

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

780-496-2997
WWW.MWSAC.CA

Placing seniors at the centre



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

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HOURS OF OPERATION

Monday- Friday
8:30 a.m. – 4:30 p.m.
Weekends & Holidays: CLOSED
We are closed on July 1, Aug 1, and Sept 5.

REGISTRATION STARTS: Monday, June 20, 2022

DEADLINE TO REGISTER FOR SUMMER PROGRAMS: WEDNESDAY July 6, 2022

MWSA Office Hours

Monday – Friday
8:30 AM – 4:30 PM

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**

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.*

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 (on holidays until August 9, 2022)	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

WELCOME TO THE MILL WOODS SENIORS' ASSOCIATION

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/ services. We offer volunteer opportunities to those who are looking to give back to their community.

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 Non-Refundable/ Non-Transferable	\$ 30.00 Non-Refundable/ Non-Transferable	N/A
Email Updates	Yes	Yes	Yes
Vote at AGM!	Yes	No	No
Clubs allowed!	Yes	Yes	No
In-person & Virtual Classes	Registration required		
DROP- IN Punch Card	Jammers, Pickleball, Badminton, Fun Floor Curling, Cribbage, Table Tennis, Presentations, and Workshops		
Benefits	Discounts on Annual passes to City Recreational facilities.		
Reciprocal	Reciprocal membership will only be honoured for instructor-led classes (no Clubs). (Subject to Change)		
Important	Participants are not considered registered until full payment has been received for the session and we have sufficient participants to run the class.		

2021-2022 ANNUAL PROGRAM SCHEDULE

Session	Length/Weeks	Registration week	Session Dates
1. Hybrid/In Person	12	Jan 4-7	Jan 10 th - April 2 nd
2. Hybrid/In Person	12	April 4- 8	April 11 th - July 2 nd
3. Hybrid/In Person	8	July 4- 8	July 11 th - Sep. 2 nd
4. Hybrid/In Person	14	Sep 6- 9	Sep 12 th - Dec. 17 th

All Registrations must be completed before the deadline ends

Important reminder for all program participants: Please check-in at the Front Desk, and fob in before going to your class/activity. We suggest you arrive 10 minutes before the scheduled class time. It helps the centre to keep track in emergencies.

Early Bird Registration & Payments

1. Please check if your membership is valid before you register for your classes.
2. Register by **JUNE 30, 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 Program Punch Card:** **MWSA Members, \$30.00 (10x\$3)**
Reciprocal Members/Non-members: \$50.00 (10x \$5)
 - **Drop- In classes punchcard:** MWSA Members, **\$120.00 (10 x \$12)**; Reciprocal Members/Non-Members, **\$150.00 (10 x \$15)**

Online Registration

Register for 2022 programs online at www.myactivecenter.com. MWSA Membership and membership fob (plastic card with barcode) is required to register online.

Low Enrolment and Waitlist Policies

- Participants 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
- 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.

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 (credit on file).
- **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 have a refund credit. Have your receipt ready.
- Program dates, times, instructors, and fees are subject to change.
- Drop-in programs and club dates may be cancelled for educational programming, facility maintenance, special events, emergencies, and bookings.

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 and socializing, with assigned leads for working on projects. MWSA members who join the club will need to register once a year. **MWSA membership is required** for reciprocal members to join our clubs or any free activities.
- **Classes** are instructor-led and participants need to register and pay before the session starts. Our instructors are skilled and qualified to help the participants achieve their desired goals. *Reciprocal members can enjoy the members rates with membership at other participating senior centers.*

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-led Classes or use of Café (meals/coffee).

Participating Senior Centres

Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at Token Fee \$5.00	780-970-8825
Edmonton Indigenous Seniors		587-525-8970 Ext # 2
Edmonton Seniors Centre	Participating in Reciprocal Agreement	780-425-8625 Ext. 2003
Jewish Senior Citizens' Centre	Participating in Reciprocal Agreement	780-488-4841
North Edmonton Seniors	Participating *(exception - Fitness Centre)	780-496-4915/ 4927
Northwest Edmonton Seniors	Participating	780-451-1925
Sage Seniors Association	Participating	780-701-9016
Southeast Edmonton Seniors	Participating in Reciprocal Agreement	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 July 7, 2022.

ESCC staff support: Rosalie Gelderman, rosalie@seniorscouncil.net, 587-985-3091

Options to Register for classes: If you are not able to attend the complete session and are looking to register for selective dates, then pay in advance with the specific dates decided on the registration form and save \$ 2.00, instead of paying a \$12.00 drop-in fee. **Must register for programs by July 6, 2022.**

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 watercolours. They are extremely versatile and vibrant, offering the artist a wide range of textures, colors, and consistencies. "This Acrylic class is for all, black gesso techniques." **This is a fragrance-free class. Ask for a supply list at the time of registration at the Front Desk.**

- **Instructor:** Willie Wong. **In-person only**
- **7 Week:** Tues, 1:00 PM- 3:00 PM | **July 12, 26, August 2, 9, 16, 23 & 30**
- **Cost for 7 weeks:** **\$84** MWSA members; **\$100** Non-Members
- **Drop-in Fee:** **\$15/class** members; **\$20** Non-Members

BEGINNER 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. 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 Only**
- **8 Week:** Wed., **1:15- 2:15 PM** | **July 13, 20, 27, Aug. 3, 10, 17, 24, 31**
- **Cost:** **\$80** MWSA members; **\$100** non-members
- **Drop-in Fee:** **\$12/class** members; **\$15** non-members

BARRE CARDIO CANCELLED

~~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 & store it in the Gym.~~

- ~~**Instructor:** Deb Ravbar. **In-person Only**~~
- ~~**8 Week:** Thursday, **9:45-11:00 AM** | **July 14, 21, 28, Aug. 4, 11, 18, 25, Sept 1**~~
- ~~**Cost:** **\$100** Members; **\$120** non-members~~
- ~~**Drop-in Fee:** **\$15/class**; **\$20 Non-Members**~~

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. (Away during the week June 11- 18).

- **Instructor:** Deb Proc. **In-person only**
- **8 Week:** Wednesday, 10:45-11:45 AM | **July 13, 20, 27, Aug. 3, 10, 17, 24, 31.**
- **Cost:** \$80 Members; \$100 non-members
- **Drop-in Fee:** \$12/class members; \$15/class non-members

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 only**
- **8 Weeks:** Fridays, 11:00- 12:00 PM | **July 15, 22, 29, Aug 5, 12, 19, 26, Sep 2.**
- **Cost:** \$80 Members; \$100 Non-members
- **Drop-in Fee:** \$12/class members; \$15 non-members

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 Only**
- **8 Weeks:** Tues, 11:45- 12:45 PM | **July 12, 19, 26, Aug 2, 9, 16, 23, 30.**
- **Cost:** \$ 80 Members; \$100 Non-members
- **Drop-in Fee:** \$12/class members; \$15 non-members

INTERMEDIATE LINE DANCING

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 Only**
- **8 Week:** Wed., **12:00- 1:00 PM** | **July 13, 20, 27, Aug. 3, 10, 17, 24, 31**
- **Cost:** \$80 Members; \$100 Non-members
- **Drop-in Fee:** \$12/class members; \$15 non-members

INTERVAL TRAINING- CANCELLED

Interval training is a great way to give it a try. It involves alternating between short periods of cardio, strength and balance exercises and rest periods. It is a class that can be enjoyed at all fitness levels and a great way to effectively burn calories. The class will end with a nice long stretch to help improve flexibility and reduce stress. (Away during the week June 11- 18).

- ~~Instructor: Deb Proc. **In-person Only**~~
- ~~**8 Week:** Thursday, 12:30-1:30 PM | **July 14, 21, 28, Aug. 4, 11, 18, 25, Sep 1**~~
- ~~**Cost: \$80 Members; \$100 Non-members**~~
- ~~**Drop-in Fee: \$12/class members; \$15 non-members**~~

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:** Esther Sipos (Friday) **Hybrid**
Deb Proc (Wednesday) **In- Person Only**
- **8 Weeks: Wed,** 12:00-1:00 PM | **July 13, 20, 27, Aug. 3, 10, 17, 24, 31**
- **8 Weeks: Fridays,** 12:00- 1:00 PM | **July 15, 22, 29, Aug 5, 12, 19, 26, Sept. 2**
- **Cost for each 8-week session (When registering, be sure to state the day of the week):**
 - **Cost: \$ 80 Members; \$100 Non-members**
 - **Drop-in Fee: \$12/class members; \$15 non-members**

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 (and make you feel good).

- **Instructor:** Kirsten Bartel. **In-person only.**
- **8 Weeks:** Tuesdays, 10:00- 11:00 AM | **July 12, 19, 26, Aug 2, 9, 16, 23, 30**
- **Cost: \$ 80 Members; \$100 Non-members**
- **Drop-in Fee: \$12/class members; \$15 non-members**

SIT AND BE FIT

A gentle 75-minute 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, an additional 15 min to the class for the stretching.

- **Instructor:** Natalia Bandola. **In- Person Only**
- **8 Weeks:** Fridays, 10:30-11:45 AM | **July 15, 22, 29, Aug 5, 12, 19, 26, Sept 2**
- **Cost: \$100 Members; \$120 Non-members**
- **Drop-in Fee: \$15/Class members; \$20/class non-members**

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**
- **8 Weeks:** Tues, 11:00-12:00 PM | **July 12, 19, 26, Aug 2, 9, 16, 23, 30**
- **Cost:** \$80 Members; \$100 non-members
- **Drop-in Fee:** \$12/class members; \$15 non-members

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 Only**
- **7 Weeks:** Mondays, 1:30- 2:30 PM | **July 11, 18, 25, Aug 8, 15, 22, 29**
- **Cost:** \$ 70 Members; \$85 non-members
- **Drop-in Fee:** \$12/class members; \$15/class non-members

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 Only.**
- **7 Weeks:** Mondays, 12:15- 1:15 PM | **July 11, 18, 25, Aug 8, 15, 22, 29**
- **Cost:** \$ 70 Members; \$85 non-members
- **Drop-in Fee:** \$12/class members; \$15/class non-members

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. 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 (**Mon. Hybrid**); *Deb Ravbar* (**Wed. Hybrid**); Deb Ravbar (**Thurs. in person**)
- **7 Weeks:** Mondays, 11:00- 12:00 PM | **July 11, 18, 25, Aug 8, 15, 22, 29**
- **8 Weeks:** **Wed.**, 9:00- 10:00 AM | **July 13, 20, 27, Aug. 3, 10, 17, 24, 31**
- **8 Weeks:** **Thurs, 11:15-12:15 PM** | **July 14, 21, 28, Aug. 4, 11, 18, 25, Sept 1**
- **Cost for Monday:** \$70 Members; \$85 non-members
- **Cost for Wednesday:** \$80 Members; \$100 non-members
- **Cost for Thursday:** \$80 Members; \$100 non-members
- **Drop-in Fee:** \$12/class members; \$15/class non-members

TAI CHI 24: BEGINNERS

It is a simplified form of Tai Chi and quite easy to learn and practice. These days it has become a popular trend, more people worldwide start to learn these 24 forms. Tai Chi is a form of martial art that can improve one's health, sense of balance, and overall well-being. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing. No previous experience necessary.

- **Instructor:** Ken Chui. **In- Person Only.**
- **8 Weeks:** Tuesday, 2:00- 3:00 PM | **July 12, 19, 26, Aug 2, 9, 16, 23, 30**
- **Cost:** \$80 Members; \$100 non-members
- **Drop-in Fee:** \$12/class; \$15/class non-members

WATERCOLOURS 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 the basic info on the art supplies. We 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 a supply list at the time of registration for Class. This is a fragrance-free class.**

- **Instructor:** Willie Wong. **In- Person Only.**
- **7 Weeks:** Thurs, 9:30-11:30 AM | **July 14, 28, August 4, 11, 18, 25, Sept 1**
- **Cost:** \$84 Members; \$100 non-members
- **Drop-in Fee:** \$15/class members; \$20 non-members

MWSA Ongoing Drop-In Activities

****All drop-in activities are ongoing during registration week as well.**

****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 emails for latest updates.**

Did you know? We have drop-in **Punch Cards** for all our drop- In programs 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.

- Mondays: 2:45- 4:15 PM
- Wednesdays: 2:30- 4:15 PM.
- Fridays: 1:15- 4:15 PM
- **Drop In:** \$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.

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

FUN FLOOR CURLING

Floor curling is similar to the game of ice curling—the main difference is that there is no sweeping. Floor curling rocks with wheels 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 max of 32 participants at one time.**

- **Times: Tuesdays, 2:30-4:15 PM**
- **Drop In: \$3 Members/ \$5 Non-Members** (Punch Cards Available)

JAMMERS

Bring your own instrument and jam with other musicians. All music styles and levels are welcome. Come for fun, music, and friendship. If you do not play an instrument, you are still welcome to come watch and/or sing. There is usually a dedicated musician or two to help lead the group.

- **Times: Wednesdays & Fridays: 9:00 AM-12:00**
- **Drop In: \$3 Members /\$5 Non-Member** (Punch Cards Available)

PICKLEBALL

Two indoor courts are available. Play with other pickleball players in a fun environment, an opportunity to learn and practice this popular sport in a friendly, non-competitive environment. **Players of all levels can be expected.** No Instructor. Learn to play with other players. Paddle and balls are provided, but players are welcome to bring their own. Please wear clean court shoes.

- **Beginners: Monday & Tuesday, 8:30- 10:30 AM**
- **Intermediate/Advanced:**
 - **Tuesdays, 12:15-2:15 PM**
 - **Thursdays, 9:00 AM-11 AM (Additional time!); 1:30- 4:30 PM**
 - **Fridays, 8:30-10:00 AM****Drop In: \$3 Members /\$5 Non-Member** (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. All levels welcome.

- **Mondays and Wednesdays: 12:30- 2:30 PM**
- **Drop In: \$3 Members/ \$5 Non-Members** (Punch Cards Available)

MWSA CLUBS

- MWSA Clubs are Free! (MWSA Membership Required)
- Please get your supplies pre-approved by the Program Coordinator with details. Any non-pre-approved receipts will not be accepted for reimbursement.
- Any items made for donations on behalf of the centre will be emailed to the staff with the quantity and 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 (no programming gaps)
- ****Club registration is mandatory, as we need to know participant numbers for room capacity and to inform the participants about any changes in schedule.****

CARD MAKING CLUB

This is a fundraising club for MWSA. They make beautiful, handcrafted greeting cards for sale. 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
- **Cost:** Free (MWSA members Only)

CAREGIVING CIRCLE

Caregiving is a compassionate and challenging job. Come and meet with other caregivers for conversation, idea sharing, and emotional support. This program is caregivers to get together to share their experiences to support each other. Coffee is provided.

- **Program Lead:** Terri Martineau
- **Times:** Tuesdays, 10:00- 12:00 PM
- **Cost:** Free (MWSA members Only)

CONVERSATION CIRCLE (Virtual)

This is a program for seniors (members and non-members welcome) to get together to discuss current events, reduce social isolation, and create fellowship in a friendly, and welcoming environment.

- **Program Lead:** [Fred Sawka: 587-328-1099](mailto:fred@sawka.com), Email: fred@sawka.com to Register
- **Times:** Wednesday, 1:30-3:30 PM
- **Cost:** Free (MWSA members Only)

NEW! CRAFTING & SEWING CLUB

This is a fundraising club for people who love to make crafts and sewing. Learn new crafting techniques and have fun doing projects together. Use donated material to make items for sale for MWSA. Limited sewing machines and materials are available. Items are made for donations and sold at MWSA marketplace or MWSA Annual Craft Sale. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Terry Ferguson
- **Times:** Wednesdays, 1:30-4:30 PM
- **Cost:** Free for MWSA members

FRIENDSHIP CIRCLE

This is a group of members meeting once a week in café area. 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 understood by most people in the group: English or Hindi Only.

- **Program Lead:** Sukhchain Gill
- **Times:** Wednesdays, 2:30-4:30 PM
- **Cost:** Free for MWSA members

KNITTING CLUB

This is a fundraising club for MWSA and a 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 for fundraising. Donated yarn is available to make items for charities. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Stacey Beller
- **Times:** **Mondays, 8:30 AM-10:30 AM (NEW ADDITION!);** Tuesdays, 9:00 AM- 12:00 PM
- **Cost:** Free (MWSA members Only)

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. Kindly use the language being understood by most people in the group: **English or Hindi Only.**

- **Program Lead:** TBD
- **Times:** Fridays, 1:00- 4:00 PM
- **Cost:** Free (MWSA members Only)

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 and sold at MWSA marketplace or MWSA Annual 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
- **Cost:** Free (MWSA members Only)

PROGRAMS In Collaboration with AHC

This program reaches out to new immigrant communities to encourage their seniors & MWSA members to participate in programs that allow for their engagement in social life outside of their homes & help them to resettle in Canada. Whether it is learning a new language or information, keeping your mind sharp and active is just as important to your overall health and wellness as we age. We also regularly host educational presentations and workshops.

These services are Free for MWSA members only (No drop-in for these services)

Please register by calling *Abida at AHC*: Cell: 780-235-2176 or 780-944-4687; or email: abida.tahir@a4hc.ca

AHC SETTLEMENT SERVICES

This program is for MWSA members & 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.

- **Instructor:** AHC Facilitator
- **Times:** Fridays, 10:00 AM- 4:00 PM

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. For more information & registration, call **Abida Tahir** at 780-944-4687 or **Cell # 780-235-2176**.

- **Instructor:** AHC Facilitator.
- **Times:** **Mondays**, 11:00-1:00 PM & 1:00- 3:00 PM (**NEW TIMES!**); **Thursdays**, 12:30-2:30 PM & 2:30- 4:30 PM (**NEW TIMES!**)

MWSA ONGOING OUTREACH SUPPORT GROUPS

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 things.

To register for any of these programs, call Shambhu Chowdhury, 780-720-6213 or email: schowdhury@mwsac.ca

KEEPING COMMUNITIES TOGETHER

The goal is to improve your physical and mental health through various breathing exercises, stretches, and meditation. He will cover yoga postures, micro-exercises, pranayama's, and meditation exercises. No experience is necessary. All fitness levels are welcome.

- **Times:** Mon, Tues, Thurs & Fri, 2:00- 3:00 PM ; Ongoing Virtual Program (Outreach)
- Cost: Free

ONE ON ONE SUPPORT

Addressing individual physical, mental health and other contingent issues. Book your timeslot.

- **Times:** Monday- Friday, 5:00- 6:00 PM; Ongoing Virtual Program (Outreach)
- Cost: Free

QUALITY CIRCLE

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.

- **Times:** Mon, Tues, Thurs & Fri, 8:30- 10:00 PM; Ongoing Virtual Program (Outreach)
- Cost: Free

MWSA Home Supports Program

**Need more info or a referral?
Please call us on 587-594-7884**

Could you or a senior you know in Edmonton use some help around the house? Our 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.

MONTHLY PRESENTATIONS

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.

Please see our monthly calendar for more details. Cost: Free/ \$3 members/ \$5 non-members

NUTRITION PROGRAM

MWSA believes in providing seniors with the necessary tools and resources to live a happy and healthy lifestyle, including eating healthier. We are always developing innovative programs to meet the needs of our demographic.

- Daily hot and healthy meals at our **2nd Floor Café** (Open Monday-Friday, 9 AM- 2:00 PM).
- Soups & regular breakfast Menu
- Homemade Cinnamon Buns
- Check out our **New Frozen Meal Program**.

SPECIAL EVENTS

In addition to our regular programming, MWSA Staff organizes many special events throughout the year, including dinners, Open House, cultural celebrations, including: Annual Christmas dinner, Lunar New Year, Mother's Day brunch, Diwali; Holi Festival, volunteer appreciation events, and more! Please see the monthly Special Events Calendar, email newsletters or website for more details.

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: *River Cree Casino, 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.

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, visit us in person to fill out an application form, or go online **www.mwsac.ca/volunteer**

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 or visit us online at **www.mwsac.ca/support-us**. Tax receipts can be issued

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

Mill Woods
Seniors
Association

2nd Floor Cafe
Heat2Eat
FROZEN MEALS

NOW AVAILABLE!



A SELECTION OF DELICIOUS, READY-TO-HEAT MEALS MADE FRESH IN OUR KITCHEN, AND FROZEN FOR YOUR CONVENIENCE.

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