



*Stay inspired. Never stop creating.*

*Welcome Summer*  
**PROGRAM & ACTIVITY**  
*Guide*

*July 8- Sep 13*  
*(10 weeks)*

*at MILL WOODS SENIORS CENTRE*

*Registration Begins JUNE 10, 2024*

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



PLACING SENIORS AT THE CENTRE

**Programs Start July 8<sup>th</sup> – Sep 13<sup>th</sup>.**



**SUMMER PROGRAM GUIDE IS SPONSORED  
BY SERVUS CREDIT UNION**




## 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 honored to share this land.

**Registration Starts:** **Monday, June 10th, 2024** (Please avoid last-minute registrations).

**Programs Starts:** July 08- Sep. 13, 2024 (10 Weeks) **No classes on July 1, Aug 5 & Sep 2, 2024).**

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## ABOUT US

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



### **Mission and Vision Statement**

Mill Woods Seniors Association (MWSA) enhances the quality of life of seniors in Mill Woods and surrounding communities. MWSA is a welcoming center that provides programs and services that meet seniors' recreational, educational, social, health, physical, intellectual, and emotional needs. If you have questions or concerns, please contact: **Executive Director, Deb Cautley, at 780-496-2933 or [dcautley@mwsac.ca](mailto:dcautley@mwsac.ca)**

### **STAFF DIRECTORY**

| <b>Position</b>            | <b>Name</b>           | <b>Email</b>   | <b>Contact</b> |
|----------------------------|-----------------------|--|----------------|
| General Inquiries          | Front Desk Volunteers | N/A  | 780-496-2997   |
| Executive Director         | Deb Cautley           | <a href="mailto:dcautley@mwsac.ca">dcautley@mwsac.ca</a>           | 780-496-2933   |
| Bookkeeper/Office Admin    | Michele Vriens        | <a href="mailto:mvriens@mwsac.ca">mvriens@mwsac.ca</a>             | 780-508-9260   |
| Membership/Volunteer       | Brandy Devine         | <a href="mailto:bdevine@mwsac.ca">bdevine@mwsac.ca</a>             | 780-508-9359   |
| Café Chef                  | Daniel Diaz Mora      | <a href="mailto:chef@mwsac.ca">chef@mwsac.ca</a>                   | 780-508-9251   |
| Café Pre-orders            | Volunteers/ Staff     | N/A  | 780-944-5926   |
| Communications             | Karen Lee             | <a href="mailto:klee@mwsac.ca">klee@mwsac.ca</a>                   | 780-717-3038   |
| Program Coordinator        | Shalini Waryah        | <a href="mailto:swaryah@mwsac.ca">swaryah@mwsac.ca</a>             | 780-508-9252   |
| Special Events Coordinator | Volunteer             | <a href="mailto:specialevents@mwsac.ca">specialevents@mwsac.ca</a> | N/A            |

### **MWSA MEMBERSHIP INFORMATION**

#### **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 at 2<sup>nd</sup> Floor Cafe
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

#### **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 2<sup>nd</sup> 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.
- Access to drop-in activities at non-member rates.
- Access to instructor-led programs at member rates.
- Fill out the membership form for our database info and receive a key fob when registering for classes/activities.
- Access to café.

### **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.

### **HOW TO REGISTER**

#### **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](http://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: [ed@mwsac.ca](mailto: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 a 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 partake 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.**

**Feel free to drop in for classes, unless otherwise stated in this guide. Call 780-496-2997 to confirm if they are running that day.**

## **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 and use café (meals/coffee).

| Center Name  | Agreement of Participation                   | Contact                |
|--|--|------------------------|
| Central Lions Seniors, <a href="#">CLS</a>             | Participating at Token Fee \$5.00            | 780-469-7369           |
| Edmonton Indigenous Seniors                            | Still Honoring                               | 587-525-8970 Ext # 2   |
| Edmonton Seniors Centre, <a href="#">ESC</a>           | Still Honoring                               | 780-425-8625 Ext. 2003 |
| Jewish Senior Citizens' Centre                         | Still Honoring                               | 780-488-4841           |
| North East Edmonton Seniors, <a href="#">NESA</a>      | Still Honoring *(exception - Fitness Centre) | 780-496-4915/ 4927     |
| North West Edmonton Seniors,                           | Still Honoring                               | 780-451-1925           |
| Sage Seniors Association, <a href="#">SAGE</a>         | Still Honoring                               | 780-701-9016           |
| South East Edmonton Seniors, <a href="#">SEESA</a>     | Participating at Token Fee \$5.00            | 780-468-1985 Ext.228   |
| South West Edmonton Seniors, <a href="#">SWESA</a>     | <b>TBD</b>                                   | 587-987-3200           |
| Strathcona Place 55+ Centre                            | Still Honoring                               | 780-433-5807           |
| West End Seniors Activity Centre, <a href="#">WSAC</a> | Only if Key Fob issued \$5.00 cost involved. | 780-483-1209           |
| Updated Feb 12, 2024.                                  |  |                        |

### **Instructor-Led Programs (Registration Required)**

#### **ACRYLICS FOR ALL: Room 231/ Max 16.**

Acrylics are fast-drying paints that can be used straight from a tube, like oil paints, or can be thinned with water, like watercolors. They are extremely versatile and vibrant, offering the artist a wide range of textures, colors, and consistencies. This class is for all levels of experience. **This is a fragrance-free class. SUPPLY LIST.**

- **Instructor:** Willie Wong **Tuesdays, 1:00 PM-3:00 PM. July 23, 30, Aug 6, 13, 20, 27, Sep 3, 10.**
- **8 Weeks cost:** \$128 M/ \$160 NM. **Drop-in fee:** \$20 mem / \$24 non- mem

#### **AGE REVERSING ESSENTRICS® Room 229 / Min:8. Max 12.**

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 and water.

- **Instructor:** Meaghan Hipkin. **Mondays, 11:30- 12:30 PM. July 8, 15, 22, 29, Aug 12, 19, 26, Sep 9.**
- **8 weeks cost:** \$104 M/ \$128 NM. **Drop-in fee:** \$20 mem / \$24 non- mem.

#### **BARRE, STRENGTH & STRETCH: Room Gym/ Max 24.**

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. Sanitize the equipment after use.

- **Instructor:** Deb Proc **Wednesdays, 10:45-11:45 AM. July 10, 17, 24, 31, Aug 7, 14, 21, 28, Sep 4, 11.**
- **10 weeks cost:** \$100 M/ \$130 NM **Drop-in fee:** \$13/ mem, \$16/ non- mem.

#### **CHAIR YOGA: Room Gym/ Max 24.**

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. Chair only No mats. No previous experience is required.

- **Instructor:** Neeru Prashar **Fridays, 1:15- 2:15 PM. July 12, 19, 26, Aug 2, 9, 16, 23, 30, Sep 6, 13.**
- **10 weeks Cost:** \$100 M/ \$130 NM. **Drop-in fee:** \$13/ mem, \$16/ non- mem.

#### **CIRCUIT TRAINING: Room 231/ Max 12.**

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 **Tuesdays, 11:30 AM- 12:30 PM. July 9, 16, 23, 30, Aug 6, 13.**
- **6 weeks Cost:** \$60 M/ \$78 NM. **Drop-in fee:** \$13/ mem, \$16/ non- mem.

#### **CORE, STRENGTH, AND STRETCH: Room Gym/ Max 16.**

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

- **Instructor:** Deb Proc **Thursdays, 12:30- 1:30 PM. July 11, 18, 25, Aug 1, 8, 15, 22, 29, Sep 5, 12.**
- **10 weeks Cost:** \$100 M/ \$130 NM. **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.

**DIGITAL LITERACY: LEVEL II: Room 225/ Min. 5, Max 15.****CANCELLED**

Program for all ages, unfamiliar with computers, phones, and the Internet? The course comprises of understanding Microsoft office, Internet, its uses, cell phone use, downloading apps, usage of GPS, Camera, photos, editing and associate characters of digital phone and iPad usage. What we want participants to walk away having learned or understood; and engaging enough to keep everyone interested and participating throughout. Bring your own laptop and/or phone.

- **Instructor:** Reddy Marri **Mondays, 11:30- 1:30 pm. July 8, 15, 22, 29, Aug 12, 19, 26, Sep 9.**
- **8 weeks Cost:** \$80 M/ \$104 NM. **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.

**FLOOR CURLING LEAGUE: Room Gym/ Max 32.**

The league is for floor curlers with some curling experience who want to play regularly on a team in a fun environment. If interested in joining the league, please pay before it gets full. **First come, first serve.**

- 10 Weeks **Tuesdays 12:00- 2:00 PM; July 9, 16, 23, 30, Aug 6, 13, 20, 27, Sep 3, 10.**
- Cost: \$3.00 Members Only. **Drop-ins** (Suggested to buy a Punch card at the Front desk).

**INT./ ADVANCE LINE DANCING: Room 229/ Max 12 / NEW!**

Intermediate Line Dancing with Tracey Walters. This dance class is for individuals who have taken a beginner's line dance class and are looking for more of a challenge. The instructor will include dances from the beginner's class, along with some new dances for those who want to improve their skills. It is low impact, great exercise, and fun for all ages. Footwear with a leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.

- **Instructor:** Tracey Walters **Wednesdays, 3:00- 4:00 PM. July 10, 17, 24, 31, Aug 7, 14, 21, 28, Sep 4, 11.**
- **10 weeks Cost:** \$100 M/ \$130 NM. **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.

**KEEP FIT ACTIVE: Room Gym/ Max 24.**

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.

- **Instructors:** Deb Proc **Wednesdays, 12:00-1:00 PM. July 10, 17, 24, 31, Aug 7, 14, 21, 28, Sep 4, 11.**
- 10 weeks Cost: \$100 M/ \$130 NM. **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.
- **Instructors:** Esther Sipos **Fridays, 12:00- 1:00 PM. July 12, 19, 26, Aug 2, 9, 16, 23, 30, Sep 6, 13.**
- **10 weeks Cost:** \$100 M/ \$130 NM. **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.

**LINE DANCING: Room Gym/ Max 24.**

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

- **Instructor:** Tracy Walters **Wednesdays, 1:15- 2:15 PM. July 10, 17, 24, 31, Aug 7, 14, 21, 28, Sep 4, 11.**
- **10 weeks Cost:** \$100 M/ \$130 NM. **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.

**MAT PILATES: Room 229/ Min. 5 & Max 12.**

Mat Pilates relies on small, controlled movements that focus on the strengthening of your core muscles. Pilates is often beneficial for those suffering with neck and back pain. 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 in your posture and balance.

- **Instructor:** Rose Hickey. **Mondays, 10:00- 11:00 AM. July 8, 15, 22, 29, Aug 12, 19, 26, Sep 9.**
- **8 weeks Cost:** \$80 M/ \$104 NM. **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.



**NIA® CLASS: Room 229/ Min. 5 & Max 12. Introductory Cost**

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 for floor play & cool down suggested.

- Instructor: **Mona Lisa Beatty**      **Tuesdays, 10:00-11:00 AM. July 16, 23, 30, Aug 6, 13, 20.**
- **6 weeks Cost:** \$55 Members & Non-Members.      Drop-in. cost: \$10/ For All.

**QI KUNG BREATHING EXERCISE & TAI CHI (Combined): Room 229. Max 12****NEW!**

**Wu Qin Xi - Five-Animal Plays** 五禽戲 the earliest form of Medical Qigong in Chinese History. The exercise was attributed by the well-known Physician & Surgeon Hua Tuo Ab 110-207, 2000 years ago. He is also known for his acupuncturist, herbalist and well understanding of human anatomy & organs. This Five-Animal Plays (Tiger, Deer, Bear, Monkey and Bird) is the exercise he teaches his students which helps in rehabs, recovery, and prevention, we also take it as a physical exercise. Based on the 12 meridians, he designed the actions of animals to improve the organs, muscle, tendons, bones, joints, balance and many more. **Tai Chi** is a form of martial art that is now taught as an exercise to improve one's health, sense of balance, coordination, and overall well-being. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by natural breathing which helps to relax.

- Instructor: **Ken Chui**      **Tuesdays, 1:00- 2:00 PM. July 9, 16, 23, 30, Aug 6, 13, 20, 27, Sep 3, 10.**
- **10 weeks Cost:** \$100 M/ \$130 NM.      **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.

**ROLL & STRETCH: Room: 229 Max 12****CANCELLED**

If you are looking for a way to improve your flexibility, range of motion, and decrease muscle pain, fascia rolling and stretching may be for you. Learn how this effective "self-massage" can help you reduce pain and help increase balance and mobility. Some equipment will be supplied, but if you also want to bring your own rollers, you are welcome to do so.

- ~~Instructor: Deb Proc      **Thursdays, 11:15- 12:15 PM. July 11, 18, Aug 1, 8, 15, 22, 29.**~~
- ~~**7 weeks Cost:** \$70 M/ \$91 NM.      **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.~~

**SIT AND BE FIT: Room Gym/ Max 24.**

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

- Instructor: **Esther Sipos**      **Mondays, 11:45- 12:45 PM. July 8, 15, 22, 29, Aug 12, 19, 26, Sep 9.**
- **8 weeks Cost:** \$80 M/ \$104 NM.      **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.
- Instructors: **Natalia Bandola**      **Fridays, 10:45- 11:45 AM. July 12, 19, 26, Aug 2, 9, 16, 23, 30, Sep 6, 13.**
- **10 weeks Cost:** \$100 M/ \$130 NM.      **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.

**STRETCH & TONE YOGA: Room Gym/ Max 24**

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: **Paige**      **Tuesdays, 10:45-11:45 AM. July 9, 16, 23, 30, Aug 6, 13, 20, 27, Sep 3, 10.**
- **10 weeks Cost:** \$100 M/ \$130 NM.      **Drop-in fee:** \$ 13/ mem, \$ 16/ non- mem.



**STRONG BODY, HEALTHY CORE: Gym- Max. 24 & 229 Max. 12**

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** **Mondays, 1:00-2:00 PM. July 8, 15, 22, 29, Aug 12, 19, 26, Sep 9.**
- **8 weeks Cost: \$80 M/ \$104 NM.** **Drop-in fee: \$ 13/ mem, \$ 16/ non- mem.**
- **Instructor: Natalia Bandola** **Fridays, 12:00- 1:00 PM. July 12, 19, 26, Aug 2, 9, 16, 23, 30, Sep 6, 13.**
- **10 weeks Cost: \$100 M/ \$130 NM.** **Drop-in fee: \$ 13/ mem, \$ 16/ non- mem.**

**TABATA: Gym: Max 24**

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

- **Instructor: Esther Sipos** **Mondays, 10:30-11:30 AM July 8, 15, 22, 29, Aug 12, 19, 26, Sep 9.**
- **8 weeks Cost: \$ 80/ M, \$ 104 NM.** **Drop-in fee: \$ 13 M, \$ 16 NM**
- **Instructor: Deb Ravbar,** **Thursdays, 11:15- 12:15 PM. July 11, 18, 25, Aug 1, 8, 15.**
- **6 weeks Cost: \$ 60 M, \$ 78 NM** **Drop-in fee: \$13 M, \$16 NM**

**WATERCOLOURS: Room 231/ Max 20.**

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.**

- **Instructor: Willie Wong** **Thursdays, 9:30-11:30 AM. July 25, Aug 1, 8, 15, 22, 29, Sep 5, 12.**
- **8 Weeks Cost: \$ 128 M/ \$ 160 NM.** **Drop-in fee: \$ 20/ mem, \$ 24/ non- mem.**

**WALKING FOR WELLNESS: Meet up in the Lobby at 9:45 am NEW SUMMER SPECIAL!**

Discover the unique and beautiful trails of Edmonton while working on your mental & physical health.

This class is designed to get people out and moving while teaching proper walking techniques to get the most out of your walk. All you need is water and good shoes! **Benefits:** Socialize and make new friends! Discover the beauty of Edmonton trails/hiking paths. Take in the Beauty of the River Valley downtown. Stop and take a coffee break (one day). Learn how walking a little each day can benefit your overall health and well-being.

- **Instructor: Rose Hickey** **Thursdays, 10:00-11:00 AM. July 11, 18, 25, Aug 1.**
- **4 Weeks Cost: \$ 40 M/ \$52 NM.** **Drop-in fee: \$ 13/ mem, \$ 16/ non- mem.**

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**MWSA Drop-In Activities**

Activity lead will be contacted for any concerns/ feedback & if your group doesn't have one then suggest us through emails only. **Starting August 1, 2023, all non- revenue generating activities will pay a drop-in fee. (\$3 Mem/ \$5 Non- Mem.)**

**\*\*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 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.

**BADMINTON: Room Gym**

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. Activity lead will be contacted for any concerns/ feedback.

- **Activity Lead:** Tony Turner
- Mondays, 2:15-4:15 PM.
- Wednesdays, 2:30- 4:15 PM.
- Fridays, 2:30- 4:15 PM
- **Cost:** \$3 Members/ \$5 Non-Members (**Punch Cards Available**)

**BOOK CLUB: Will be scheduled back in fall 2024.****BRIDGE: #225 New!**

That is Team Match, and interesting is duplicate bridge where a greater number of pairs compete with other pairs to score high match point(MP) or International Match point ( imp). Apart from above two also exists individual event and Board a match (BAM).

- **Program Lead:** Kunal Chander
- Tuesdays, 12:00-2:00 PM
- **Cost:** \$3 Members/ \$5 Non-Members (**Punch Cards Available**)

**CANASTA: Café**

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.

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

**CAREGIVERS' CIRCLE & ALZHEIMER's SUPPORT: Room 227/ 228**

Caregiving is a compassionate and challenging job. Come meet with other caregivers for conversation, idea sharing, and support. This program is for members to share their experiences to support each other. A representative from the Alzheimer's Society will join the caregiver support group.

- **Times:** 1<sup>st</sup> Tuesdays, 10:00 AM-12:00 PM **Caregiver Circle**
- **Times:** 3<sup>rd</sup> Tuesdays, 10:00 AM-12:00 PM **Alzheimer's Support Group**
- **Cost:** \$3 Members/ \$5 Non-Members (**Punch Cards Available**)

**CELIAC GROUP: Room 227/ 228**

Are you CELIAC or GLUTEN FREE with concerns, issues, ideas, or food concerns join our group to discuss items and connect with others with the same concerns or issues. We will have guest speakers occasionally. Everyone gets a chance to speak and move dialogue along.

- **Program Lead:** Don Briggs
- **Times:** 4<sup>th</sup> Tuesdays of every month, 10:00- 11:30 AM.
- **Cost:** \$3 Members/\$5 Non-Members. (**Punch Cards Available**)

**CHESS GAME: Café New!**

The game of chess was born in India during the Gupta dynasty in the 6th century. Today, more than 1500 years later, it is played in 172 countries. Chess is one of India's contributions to world culture, with games played in the court of kings, to those played in villages, and now, is a professional sport. It's never too late to learn how to play chess—the most popular game in the world!

**Learning the rules of chess is easy:** Set Up the Chess Board, Learn to Move the Pieces, Discover the Special Rules, Learn Who Makes The First Move, Check Out The Rules On How To Win, Study The Basic Strategies, Practice Playing Lots Of Games.

- **Program Lead:** TBD
- **Times:** Wednesdays, 1:30- 3:30 PM. Starting July 3. **(Free Introductory session on July 3 & 10)**
- **Cost:** \$3 Members/\$5 Non-Members. **(Punch Cards Available)**

**CONVERSATIONAL CIRCLE: Room 225**

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

- **Program Lead:** Doris Jagrup
- **Times:** Wednesdays, 2:15- 4:15 PM.
- **Cost:** \$3 Members/\$5 Non-Members. **(Punch Cards Available)**

**CRIBBAGE: 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.

- **Thursdays,** 12:00- 2:15 PM.
- **Cost:** \$3 Members/ \$5 Non-Members **(Punch Cards Available)**

**FUN FLOOR CURLING: Room Gym**

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

**Min 8. Max 32.**

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

**GRIEF & BEREAVEMENT SUPPORT: Room 224**

Release anxiety, release negative emotions, reduce physical pain, reduce anxious behaviour, increase self-esteem, and calm your racing thoughts. Each consultation lasts one hour between 11- 2 PM. **Max 4 appointments: 45 Minutes each.**

- **Program Lead:** Shamim Amiri.
- **Times:** Fridays, 11:00- 1:00 PM
- **Cost:** \$3 Members/\$5 Non-Members. **(Punch Cards Available)**

**JAM SESSIONS: 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.

- **Program Lead:** Dennis Tink.
- **Times:** Wednesdays and Fridays: 9:00 AM-12:00 PM.
- **Cost:** \$3 Members /\$5 Non-Members **(Punch Cards Available)**



**MAHJONG: Room 229**

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. **Min 4 players.**

- **Program Lead:** Lorne Ma
- **Times:** Mondays: 1:00-4:15 PM. **New Time**
- **Cost:** \$3 Members /\$5 Non-Members (**Punch Cards Available**)

**OPEN ART STUDIO: 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 a place where the artist works and creates. Please bring your own supplies and paint together. Activity lead will be contacted for any concerns/ feedback.

- **Activity Lead:** Louise Lavers
- **Fridays:** 1:00- 4:00 PM
- **Cost:** \$3 Members, \$5 Non-Members (**Punch Cards Available**)

**PICKLEBALL: Room Gym**

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

- **Activity Lead:** Doug Alloway. **Cost:** \$3 Members/ \$5 Non-Members (**Punch Cards Available**)
- **Mondays, 8:30- 10:15 AM (Advanced)**
- **Tuesdays, 8:30- 10:30 AM (Beginners)**
- **Wednesdays, 8:30- 10:30 AM (All Levels),**
- **Thursdays, 8:30- 11:00 AM (Advanced);**
- **Thursdays, 1:45-4:15 PM (All Levels),**
- **Fridays, 8:30- 10:30 AM (Beginners)**

**TABLE TENNIS: Room 231**

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. Please bring a pair of clean shoes to the room.

- **Program Lead:** Agnes Mah. **Mondays and Wednesdays: 12:30-2:30 PM.**
  - **Cost:** \$3 Members, \$5 Non-Members (**Punch Cards Available**).
-

**MWSA Clubs (Non-instructor led programs)**

- Please get your supplies pre-approved from the Program Coordinator for reimbursement.
- Any items made for donations on behalf of the center 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 and taken down for themselves, back to the original setup. All activities are ongoing.

**\*Registration is mandatory. Please register at Front Desk or call: 780-496-2997**

**Card Makers Club: Room 225**

This is a fundraising club for MWSA. Card Makers makes beautiful, handcrafted greeting cards for sale at MWSA, and at craft markets. Some supplies will be provided, but feel free to bring your own. **Max: 12**

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

**Knitting Club: Room 225**

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

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

**Outreach Services for All (Members & Non- Members): Room 224.**

**An outreach Worker will be on site every 3<sup>rd</sup> Thursday of the month** Services offered include: Immigration related issues, Apply for PR Card, Apply for Citizenship, Request an Expiration of PR Card Renewal, Apply for Lost of PR, Apply for lost Landing paper, Financial issues, Apply for Canadian Pension Plan (CPP), Apply for Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares, and housing.

- **Program Lead:** Naveed (EMCN Staff)
- **Times:** 3<sup>rd</sup> Thursday of the month, 10:00 AM- 2:00 PM. **Cost:** Free (Drop In only).

**Sewing & Crafting Club: Room 229**

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

- **Program Lead:** Terry Ferguson
- **Times:** Wednesdays, 12:30 PM- 3:00 PM. **Cost:** Free (MWSA members Only). **Limit of 25 members.**

**Quilting Club: Room 229**

This is a fundraising club for people who love to Quilt. Previous quilting experience & sewing with a machine are required. 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. 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). **Limit of 25 members.**

Services provided at Mill Woods Seniors Association (*MWSA membership not required*)  
 Please see the monthly Special Events Calendar and email newsletters for more details.

**DIABETIC FOOT CARE SERVICES** with Kimberly Simmonds LPN, **Treatments:** Nail Trimming, Foot Hydration, Corn & Callus reductions, Foot Massage, Assistance with Ingrown toenails & nail fungus. **Cost: \$65 Initial Consultation/ \$45 Follow up.**

**FOOT CARE SERVICES Basic Foot care \$40.00 (20 Min.):** Assess the feet for circulatory issues, wounds, infections etc. Trim/ file nails, callus/corn care, Moisturizer, refer to physician or podiatrist as needed. **Pedicure \$55.00 (55 Min)** Full basic foot care, soaking of the feet, cleaning of cuticles, lower leg/ foot massage, Free nail care included. **Cost: \$ 40-\$55.**

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

**HEARING TEST CLINIC** One-on-one session with Kate Powell for hearing screenings and counselling on hearing loss treatment, guidance on AADL eligibility, and how to apply for AADL/Blue Cross benefits. Discuss rehabilitation process and setting correct expectations on hearing aids. Tips on Cleaning and maintaining hearing aids. Discuss the importance of hearing tests to monitor your health. **Cost: \$3 M/\$5 NM.**

**MASSAGE THERAPY: Not scheduled till Fall**

**MONTHLY BIRTHDAY PARTY** The Mill Woods Seniors Association hosts a monthly birthday party in the Café on the Last Monday of the month. **Last Monday of each Month. Cost: Free for mem. celebrating their birthday month/ \$3 mem as guests/5.00 non-mem.**

**MONTHLY PRESENTATIONS & WORKSHOPS** Mill Woods Seniors Association offers a variety of educational sessions throughout the year on a variety of topics including health and wellness, aging well, current affairs, safety, financial planning, and general interest.

**OUTINGS** MWSA organizes regular outings to places of special interest and festivals in the city of Edmonton and surrounding area. Some past trips have included: The Devonian Gardens, Jurassic Forest, The Ukrainian Cultural Heritage Centre, The Alberta Legislature, The Royal Alberta Museum, and Peaceful Valley! Cost of outings varies.

**SPECIAL EVENTS** 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!

**STEP FORWARD PROGRAM BY ALBERTA HEALTH SERVICES** This is a program by Alberta Health Services. A beginner to intermediate level functional physical activity program suitable for people with chronic health condition(s) that limits their ability to move. **Register online on 780-735-3483. Website: Edmonton Zone and Area - STEP Forward | Alberta Health Services.**

**ACTION 4 HEALTHY COMMUNITIES** This is a mutual agreement between MWSA & A4HC to offer Free Tax Clinic seasonal, LED: Learning English for Daily Life & Digital Literacy Program. These programs are designed to help newcomers to Canada overcome language barriers by developing language skills & support the development of digital skills to help participants have adequate access to remote/virtual essential services. **Call Abida Tahir: 780-235-2176 to register over the phone.**

#### **TAX CLINIC**

Free Tax Clinic services will be seasonal, available during the weekdays. More information will be provided closer to the dates.

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







Ujala Healing

Grief & Bereavement Support  
 Emotional Freedom Technique  
 Release Anxiety, Release Negative Emotions  
 Reduce Physical Pain,  
 Reduce Anxious Behavior  
 Increase Self Esteem Calming your racing thoughts  
 One-on-One session appointment only  
 Every Friday, between 11.30 AM-1.30 PM  
 Call to book your spot: **780-496-2997**  
 Cost : \$3 MWSA members/\$5 Non-Members.



Shamim Amiri  
 EFT Practitioner  
 Reiki Practitioner  
 Phone: 780-901-7597  
 Email: Shamim@ujalahealing.com





# 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!

HAPPY  
 BIRTHDAY

To Our Program  
 Volunteers, Instructors &  
 members whose Birthday  
 is in March- June







**Diabetic Foot Care**

Last Thursday of each Month, 2:00- 7:00 PM  
 Kimberly Simmonds LPN

**Cost: \$65 Initial Consultation/ \$45/ Follow Up Includes**

- Nail trimming, Foot Hydration.
- Corn & Callus Reductions. Foot Massage.
- Assistance with Ingrown Toe nails & nail Fungus.

Accepts cash, check and e transfers to [yourpiggies@outlook.com](mailto:yourpiggies@outlook.com)  
 Book your appointment at the  
**Front Desk: 780-496-2997** or Visit  
 Mill Woods Seniors Association  
 2nd Floor, 2610 Hewes Way  
 Edmonton, AB T6L 0A9.

**Mobile Care available on request:** Service area: Beaumont, Edmonton,  
 Leduc, Sherwood Park, Spruce Grove, St. Albert, Stony Plain  
 780-231-0901 [Yourpiggies@outlook.com](mailto:Yourpiggies@outlook.com)



## HIGHLIGHTS OF April- June 2024



- Rummage Sale!
- Mothers Day Highlights.
- Staff & volunteers supporting Oilers.
- Seniors Week June 3-7
- Red & White Tote by Quilting Club



### 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 (AHCIP) 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**



**PRE - ORDERS: 780 - 944 - 5926**

### BREAKFAST (9:00-10:45 A.M.)

|   |                |  |                |
|---|----------------|--|----------------|
| <b>CLASSIC BREAKFAST</b>  | <b>\$10.00</b> | <b>BREAKFAST SANDWICH</b>  | <b>\$8.00</b>  |
| 2 eggs, choice of bacon, sausage (turkey or pork), OR ham<br>+ hash browns + white or brown toast |                | 2 eggs, choice of bacon, sausage (turkey or pork) OR ham + cheese + English muffin   |                |
| <b>LOADED OMELETTE</b>  | <b>\$11.00</b> | <b>PANCAKE BREAKFAST</b>   | <b>\$10.00</b> |
| 3 eggs, ham, cheese, bell peppers, onions<br>+ white or brown toast + hash browns                 |                | 2 pancakes, choice of bacon, sausage (turkey or pork) OR ham<br>+Add 1 egg <b>(+\$2.00)</b><br>+Add hash browns <b>(+\$1.50)</b><br>+Add extra meat <b>(+\$2.00)</b> |                |
| <b>VEGGIE OMELETTE</b>  | <b>\$11.00</b> | <b>FRENCH TOAST</b>  | <b>\$10.00</b> |
| 3 eggs, cheese, bell peppers, onions<br>+white or brown toast + hash browns                       |                | 2 slices of toast with choice of bacon, sausage (turkey or pork), OR ham   |                |
| <b>ENGLISH MUFFIN</b>   | <b>\$3.00</b>  | <b>REGULAR TOAST</b>   | <b>\$3.00</b>  |
| <b>MUFFIN</b>   | <b>\$3.00</b>  | 2 slices of toast (choice of white, brown or gluten-free)  |                |
| <b>COFFEE/TEA &amp; MUFFIN DEAL</b>   | <b>\$4.75</b>  |  |                |
| Dine-in only  |                |  |                |

### DAILY LUNCH SPECIALS (11:00 A.M- 2:00 P.M)

\$12.50 MWSA MEMBERS | \$15.00 NON-MEMBERS

The latest lunch special menu is available at [www.mwsac.ca/cafe](http://www.mwsac.ca/cafe)

### LUNCH (11:00 AM-2:00 PM)

|   |                |
|---|----------------|
| <b>BLT SANDWICH</b>   | <b>\$9.00</b>  |
| with hash browns  |                |
| <b>CHICKEN &amp; CHEESE WRAP</b>  | <b>\$11.00</b> |
| lettuce, grilled onions, and bell peppers, tomatoes, cheese, 2oz. chicken, Chipotle mayo in a tortilla wrap |                |
| <b>GRILLED CHEESE SANDWICH</b>  | <b>\$8.00</b>  |
| with hash browns  |                |
| <b>VEGGIE SANDWICH</b>  | <b>\$9.00</b>  |
| Tomato, cucumber, lettuce, carrot, and cheese. With hash browns.  |                |
| <b>SOUP OF THE DAY &amp; TOAST</b>  | <b>\$6.00</b>  |
| <b>SIDE SALAD</b>   | <b>\$2.50</b>  |
| <b>REGULAR SALAD</b>  | <b>\$5.00</b>  |

### BEVERAGES

|                                   |               |
|-----------------------------------|---------------|
| <b>TEA/COFFEE, DINE-IN</b>        | <b>\$2.00</b> |
| with 1 free refill. Dine-in only. |               |
| <b>TEA/COFFEE, TAKE-OUT</b>       | <b>\$2.50</b> |
| <b>BOTTLED WATER, 500ML</b>       | <b>\$1.50</b> |
| <b>BOTTLED JUICE</b>              | <b>\$2.50</b> |
| <b>CANNED POP</b>                 | <b>\$2.00</b> |

**FRESH, HOMEMADE CINNAMON BUNS AVAILABLE ON THURSDAYS**  
\$5.00 each or \$19.00 for 4

\*Prices include GST. Menu items in green are vegetarian.

**\*\*CAFE OPEN TO THE PUBLIC!\*\*** 2ND FLOOR- 2610 HEWES WAY NW EDMONTON, AB  
MONDAY-FRIDAY, 9:00 A.M TO 2:30 P.M. DINE-IN | TAKE-OUT [WWW.MWSAC.CA/CAFE](http://WWW.MWSAC.CA/CAFE)





## Mill Woods Seniors Association Facility Space Rental

We have rental space available for Special Events, functions, workshops, meetings, conference, or corporate retreat. If you have any requirement, please call us for more information.

**Location:** 2610 Hewes Way NW, 2<sup>nd</sup> Floor, Edmonton, AB, T6L 0A9.

**Between:** Mon- Fri: 8:30 am- 4:30 pm &

Thursdays, 8:30 am- 8:00 pm &

Saturdays, 9 am- 1 pm

(We are closed on Sundays & Stat holidays)

**Call:** 780-496-2997 or Email: [dcautley@mwsac.ca](mailto:dcautley@mwsac.ca)

Services: Tables & Chairs are included (Covers are available at extra cost)

Stage Rental, Dishes, Cutlery & Water Goblet. (Items are provided at an extra cost)

## 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](mailto:klee@mwsac.ca).*

## Suggestions & Feedback are Welcome!

- If we start opening on Saturday few hours in few weeks, 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. (Bus arrangements, bookings etc.).
- Any new programs/ activities in the New Year 2024.
- Massage sessions will be soon coming back at the center.

Shalini Waryah: 780-508-9252, [swaryah@mwsac.ca](mailto:swaryah@mwsac.ca)