



Registration Begins May 20th, 2025

PROGRAM & ACTIVITY GUIDE

Summer Session: June 9th- August 29th. (12 weeks)

Pro- Rate option is available for in person registration

MILL WOODS SENIORS CENTRE

All Drop in activities are on-going.

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

PLACING SENIORS AT THE CENTRE



Summer Program Guide is sponsored by SERVUS CREDIT UNION



Please avoid last-minute program registrations.

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.



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Mill Woods Seniors Association

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

Follow us on social media!

Website: www.mwsac.ca

Subscribe to our YouTube Channel!

Facebook: www.facebook.com/millwoodsseniassociation

Twitter: www.twitter.com/MW_Seniors

Hours of Operation:

Summer Session: Monday- Friday: 8:30 AM- 8:30 PM.

MWSA is closed on Thursday Evenings & Saturdays till Fall

Important Days/ Events:

Mother's Day: Sat, May 10th. (No Gym activities)

Open House: Sat, June 7th, 2025.

Volunteer Appreciation: TBD

Fall Rummage Sale: Sep 20th & 21st 2025.

MWSA Closed for all activities:

Canada Day: Tue, July 1st,

Civic Holiday: Mon, August 4th

Labour Day: Mon, Sep 1st

Truth & Reconciliation Day: Sep 30th

ABOUT US **Mill Woods Seniors Association****Vision Statement**

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 Statement

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.

Values and Value Statements

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 successful ideas and new approaches.

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

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

Sustainability: We address current needs while considering future impacts.

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
Café Chef	Daniel Diaz Mora	chef@mwsac.ca	780-508-9251
Assistant Chef	Mica	N/A	780-508-9251
Café Pre-orders	Volunteers/ Staff	N/A	780-944-5926
Communications	Karen Lee	klee@mwsac.ca	780-717-3038
Program Coordinator	Shalini Waryah	swaryah@mwsac.ca	780-508-9252
Evening/ Saturday Staff	Brandon Kowalchuk	brankowal@outlook.com	780-496-2997
Special Events Coordinator	Volunteer	specialevents@mwsac.ca	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 2nd 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 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.
- 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 the café.

Non-Members

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

HOW TO REGISTER

Online Registration / Pay

Sign into your online account with 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 programs, clubs & 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.**

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 membership at the other center, you will still need to fill in the MWSA membership form at the Front desk at no extra cost. You will receive a MWSA Membership Card along with Reciprocal Membership details and a barcode key tag that you use to scan in at the front desk to attend an instructional course. The barcode key tag has a hole in it so you can attach it to a key ring or to your car key fob.
- Eligible to attend instructor-led classes and use the café (meals/coffee).

Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at the Token Fee \$5.00	780-496-7369
Edmonton Indigenous Seniors	Still Honoring	587-525-8970 Ext # 2
Edmonton Seniors Centre	Still Honoring	780-425-8625 Ext. 2003
Jewish Senior Citizens' Centre	Still Honoring	780-488-4241
North Edmonton Seniors	Still Honoring *(exception - Fitness Centre)	780-496-6969
Northwest Edmonton Seniors	Still Honoring	780-451-1925
Sage Seniors Association	Still Honoring	780-423-5510
Southeast Edmonton Seniors	Still Honoring	780-468-1985 Ext.228
Southwest Edmonton Seniors	TBD	587-987-3200
Strathcona Place 55+ Centre	Still Honoring	780-433-5807
West End Seniors Activity	Participating at Token Fee \$5.00	780-483-1209
Updated Dec 06, 2024.		

Instructor-Led Programs (Registration Required)

Summer Session (June 9- Aug 29) 12 Weeks

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.

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.



- Instructor: **Deb Proc** June 11, 25, Jul 2, 9, 16, 23, 30, Aug 6, 13, 20 & 27.
- 📅 Wednesdays, 10:45-11:45 AM. No class on Jun 18
- 11 weeks cost: **\$110 M/ \$143 NM** Drop-ins: **\$13 M/ \$16 NM**

CARD MAKING CLASS: Room 225/ Min 5, Max 8

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. Please ask for your supply list at the front desk.



Pre- Register & Pay for Drop in now. As the class is FULL.

- Instructor: Marcelle Jamieson (Card Makers Club)
- 📅 3rd Thursdays, 12:15- 3:15 PM. June 19, July 17 & Aug 21.
- Drop-ins: **\$15 M/ \$20 NM.**

CHAIR YOGA: Room Gym/ Max 22.

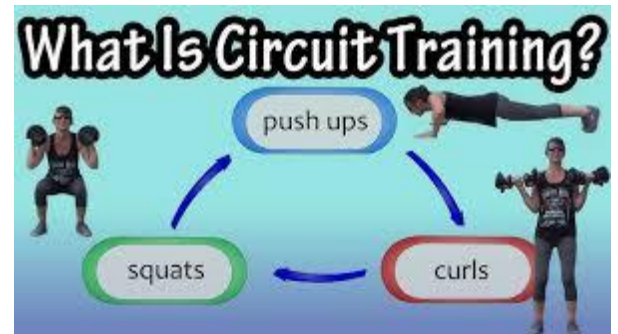
Experience all the benefits of yoga (increase flexibility, build muscle strength, energy levels, and improve circulation) from a seated position. This class is perfect for participants looking for a gentle introduction to yoga, and those with mobility or chronic conditions. Chair only. No previous experience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



- Instructor: **Neeru Prashar** June 13, 20, 27, Jul 4, 11, 18, 25, Aug 1, 8, 15, 22 & 29
- 📅 Fridays, 1:00- 2:00 PM
- 12 weeks cost: **\$120 M/ \$156 NM** Drop-ins: **\$13 M/ \$16 NM.**

CIRCUIT TRAINING: Room Gym / Max 22.

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** June 10, 17, 24, Jul 8, 15, 22, 29.
- 📅 Tuesdays, 12:00- 1:00 PM. No class on July 1.
- 7 weeks cost: **\$70 M/ \$91 NM** Drop-ins: **\$13 M/ \$16 NM**

CORE, STRENGTH, AND STRETCH: Room Gym/ Max 18.

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** June 12, 19, 26, Jul 3, 10, 17, 24, 31, Aug 7, 14, 21 & 28.
-  Thursdays, 12:30- 1:30 PM.
- 12 weeks cost: **\$120 M/ \$156 NM** Drop-ins: **\$13 M/ \$16 NM**

ESSENTRICS® for Seniors - (45 minutes) Room 229 / Max 12.

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.



- Instructor: **Meaghan** June 13, 20, 27, Jul 4, 11, 18, 25, Aug 1, 8, 15, 22 & 29.
-  Fridays, 1:15- 2:00 pm
- 12 weeks cost: **\$156 M/ \$192 NM** Drop In: **\$16 M/ \$20 NM**

GENTLE YOGA: Room Gym/ Max 24

CANCELLED

Intended for beginners, those with special concerns or injuries or those 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 lying on the mat, seated and standing.



- Instructor: **Anne Palaschuk** June 13, 20, 27, Jul 4, 11, 18, 25, Aug 1, 8, 15, 22 & 29.
- 📅 Fridays, 10:15- 11:15 AM
- 12 weeks cost: **\$120 M/ \$156 NM** Drop-ins: **\$13 M/ \$16 NM.**

KEEP FIT ACTIVE: Room Gym/ Max 24.

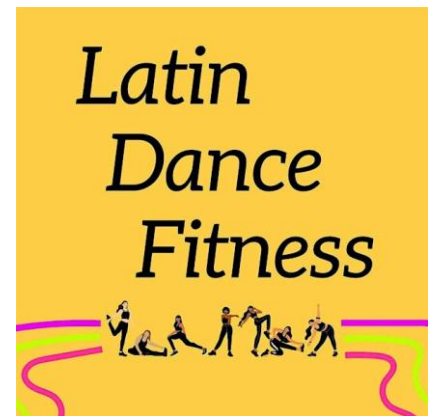
Keep Fit Active is for active older adults who are looking for a challenge that is fun and burns big calories. The class consists of a warm-up and a vigorous low-impact half hour of cardio. We also use weights to increase strength and a variety of movement patterns and exercises to improve posture and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




- Instructors: **Deb Proc** June 11, 25, Jul 2, 9, 16, 23, 30, Aug 6, 13, 20 & 27
- 📅 Wednesdays, 12:00-1:00 PM. No class on June 18
- 11 weeks cost: **\$110 M/ \$143 NM** Drop-ins: **\$13 M/ \$16 NM**

LATIN FITNESS: Room 229/ Max 12

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!





- Instructor: **Dagmar Dharma** August 5, 12, 19 & 26.
-  Tuesdays, 11:15 AM- 12:15 PM.
- 4 weeks cost: **\$40 M/ \$52 NM** Drop-ins: **\$13 M/ \$16 NM**

LINE DANCING: Room Gym/ Max 40. 231/ Max 20

It is a low impact, 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 dance 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.




- Instructor: **Tracy Walters** June 11, 18, 25, Jul 2, 9, 16, 23, 30, Aug 6, 13, 20 & 27.
-  **LEVEL I:** Wed, 1:15- 2:15 PM.
-  **LEVEL II:** Wed, 3:00- 4:00 PM.
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$13 M/ \$16 NM**

MAT PILATES: Room 229/ Max 12 **CANCELLED**

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. 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 and balance.




- Instructor: **Rose Hickey.** June 9, 16, 23, 30 Jul 7, 14, 21 28, Aug 11 & 18.
-  Mondays, 10:30-11:30 AM No class on Aug 4 & 25.
- 10 weeks cost: \$ 100 M/ \$ 130 NM. Drop-ins: \$13 M/ \$16 NM

MOVE & GROOVE: Room 229/ Max 12.

Move and Groove offers a low-impact workout featuring modified moves at a lower intensity. Focus on balance, flexibility, cardio, and coordination while moving to the beat at your own pace. Bring indoor running shoes and get ready for fun and fitness!




- Instructor: **Dagmar Dharma** August 5, 12, 19 & 26.
-  Tuesdays, 10:00- 11:00 AM.
- 4 weeks cost: \$40 M/ \$52 NM Drop-ins: \$13 M/ \$16 NM

NIA® CLASS: Room 229/ Max 12. CANCELLED TILL FALL

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: **Kirsten Bartel** June 12, 19, 26, Jul 3, 10, 17, 24, 31, Aug 7, 14, 21 & 28.
-  Thursdays, 10:00-11:00 AM
- 12 weeks cost: \$120 M/ \$156 NM Drop-ins: \$13 M/ \$16 NM

SPANISH CONVERSATIONAL: Room 225 / Min 5 & Max 30.

Would you like to practice Spanish in a relaxed and friendly environment? In this course, you will improve your speaking skills through everyday conversations, learn useful vocabulary, and practice pronunciation and reading techniques to gain confidence. No pressure, just fun and engaging discussions. Bring a notebook & pen.




- Instructor: **Manual** June 11, 18, 25, Jul 2, 9, 16 & 23.
-  Wednesdays, 10:30 AM- 12:00 PM
- **7 weeks cost: \$70 M/ \$91 NM,** Drop-ins: **\$13 M/ \$16 NM**

STABILITY STRENGTH & ENDURANCE: Room Gym/ Max 24

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.




- Instructor: **Rose Hickey.** June 9, 16, 23, 30 Jul 7, 14, 21, 28, Aug 11 & 18.
-  Mondays, 11:45-12:45 PM **No class on Aug 4 & 25.**
- **10 weeks cost: \$ 100 M/ \$ 130 NM.** Drop-ins: **\$13 M/ \$16 NM**

STRETCH & TONE YOGA: Room Gym/ Max 24, 229/ Max 12.

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 yoga instructor. Please bring a yoga mat.



- Instructor : **Michelle Dionne** June 10, 17, Jul 8, 15, 22, 29, Aug 5, 12, 19 & 26.
-  Tuesdays, 10:45- 11:45 AM **No class on Jun 24 & July 1.**
- **10 weeks cost: \$100 M/ \$130 NM** Drop-ins: **\$13 M/ \$16 NM**

TABATA: Room Gym/ Max 24

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 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.**



- Instructors: **Esther Sipos** June 9, 16, 23, 30 Jul 7, 14, 21, 28, Aug 11, 18 & 25.
- 📅 Mondays, 10:30-11:30 AM No class on Aug 4
- **11 Week costs:** \$110 M/\$143 NM Drop-ins: **\$13 M/ \$16 NM**

- Instructors: **Deb Ravbar** Jun 12, 19, 26, July 3, 10, 17, 24 & 31.
- 📅 Thursdays, 11:15- 12:15 PM. No class on Aug 3, 10, 17, 24.
- **8 weeks Cost:** \$ 80/ M, \$ 104/ M Drop-ins: **\$13 M/ \$16 NM.**

WALKING FOR WELLNESS: Outdoor Activity

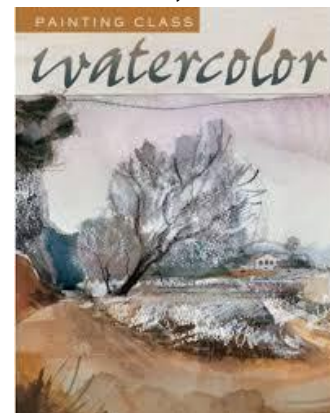
This is a walking class for all who wish to get outside and explore the beautiful trails around Edmonton while meeting new people. We learn the proper techniques of walking, the importance of stretching & staying hydrated while exercising. The first class will meet in the senior center lobby (Fob in at front desk required). Further meeting spots will be shared through email from the program coordinator. All you need is comfortable clothing, tennis shoes (sneakers), a hat & water bottle.



- Instructor: **Rose Hickey** June 17, 24, Jul 8, 15, 22, 29
- 📅 Tuesdays, 10:00- 11:00 AM
- **6 weeks cost:** \$ 60 M/ \$ 78 NM. Drop-ins: **\$13 M/ \$16 NM.**

WATERCOLOURS 4 ALL LEVELS: 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** Jun 12, 19, 26, July 3, 17, 31, Aug 7, 14, 21 & 28.
- 📅 Thursdays, 9:30-11:30 AM No class on July 10 & 24.
- **10 Weeks Cost: \$ 160 M/ \$ 200 NM.** Drop-ins: **\$20 M/ \$24 NM**

YOGA 4 WELLBEING: Room 231, Min. 12

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.**



- Instructor: **Neeru Prashar** June 9, 16, 23, 30 Jul 7, 14, 21, 28, Aug 11, 18 & 25.
- 📅 Mondays, 11- 12 PM No class on Aug 4
- **11 Week costs: \$110 M/\$143 NM** Drop-ins: **\$13 M/ \$16 NM**

45 Min. ZUMBA GOLD: Room 229, Max. 12

This class is a dance fitness class with the same Latin rhythms and 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. You will get to try both and decide which style you like better! :)

**45 Min Chair
Class
Zumba Addict**

- Instructor: **Tammy Clark** Jun 12, 19, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21 & 28.
- 📅 Thursdays, 3:00- 3:45 PM
- **12 weeks Cost: \$ 120/ M, \$ 156/ NM.** Drop-ins: **\$13 M/ \$16 NM**

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

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.

- Mondays, 2:15- 4:15 PM.
 - Fridays, 2:15- 4:15 PM.
 - Cost: \$3 M/ \$5 NM
- Wednesdays, 2:30- 4:15 PM.
- (Punch Cards Available)

BOOK CLUB: Room 227/ 228

No Book Club Session in July & August

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.

- Program Lead: Joanne Christie
 - Cost: \$3 M/ \$5 NM
- Times:** June 10, 11:00 AM- 12:00 PM.
(Punch Cards Available)

CANASTA: 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.

- **Thursdays, 12:30-2:30 PM**
- **Cost: \$3 M/ \$5 NM.** (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. (No session Jul & Dec).

- Times: 1st Tuesdays, 10:00 AM-12:00 PM Caregiver Circle
- Times: 3rd Tuesdays, 10:00 AM-12:00 PM Alzheimer's Support Group
- Cost: \$3 M/ \$5 NM (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
 - **Cost:** \$3 M/\$5 NM
- Times: Wednesdays, 2:15- 4:15 PM.
(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 M/ \$5 NM
- (Punch Cards Available)

DOMINOS: 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.

- **Program Lead:** Deanna Blair
 - **Cost:** \$3 M/\$5 NM
- Times: Mondays, 1:00- 3:00 PM.
(Punch Cards Available).

EUCHRE GAME: 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.

- **Program Lead:** Reg Wood
 - **Cost:** \$3 M/\$5 NM
- Times: Mondays, 2:00- 4:00 PM.
(Punch Cards Available).

FUN FLOOR CURLING: Room Gym/ Min 8 & Max 32

Floor curling is like 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.

- Times: Tuesdays, 1:15-4:15 PM.
 - **Cost:** \$3 M/ \$5 NM.
- Extended Time for Summer Only!
(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.

- **Program Lead:** Dennis Tink. Wed. and Fridays: 9:00 AM-12:00 PM.
- **Cost:** \$3 M /\$5 NM (Punch Cards Available)

MAHJONG: Room 227

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/ Debie Mon & **Wed:** 2:00-4:15 PM
- **Cost:** \$3 M /\$5 NM (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 the place where the artist works and creates. Please bring your own supplies and paint together.

- **Program Lead:** Louise Lavers Fridays: 1:00- 4:00 PM
- **Cost:** \$3 M/\$5 NM (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. If you are new to the game, please play during “Pickleball for Beginners” time. Paddle/ balls are provided, but players are welcome to bring their own. Please wear clean court shoes.

Mondays, 8:30- 10:15 AM (Advanced). Tues, 8:30-10:30 AM (Beginners)
Wed, 8:30- 10:30 AM (Intermediate). Thurs, 8:30- 11:00 AM (Advanced)
Thurs, 2:00- 4:00 PM (All Levels) Fri, 8:30- 10:00 AM (Beginner)

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

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 a small racket. Please bring a pair of clean indoor shoes, no outside shoes allowed inside the room.

- **Program Lead:** Agnes Ma
 - **Cost:** \$3 M/ \$5 NM
- Mon & Wed: 12 :30- 2 :30 PM.
(Punch Cards Available).

Hours of Operation	Summer Session: Monday to Friday: 8:30 am to 4:30 pm
	We're closed on Thursdays Evening & Saturdays till Fall 2025
Program Updates	Stretch Tone Yoga Saturday will be back in Fall
	Ukulele Classes Looking for an instructor to teach in Fall
	Develop Pickleball Skills class coming back in Fall
	Floor Curling League will be back in Fall starting Sep-Dec.
	Travel Club will be back in Fall if we're able to find the Lead
	Tai Chi Class will be back in Fall.
	Grief Support Circle will be back in Fall
Important Days/ Events	Open House, Sat, Jun 7, 2025
	Volunteer Appreciation, TBD
	Fall Rummage Sale, Sep 20th & 21st
MWSA closed for	Canada Day, Tues, July 1st
All Activities	Civic Day, Mon, Aug 4th
	Labour Day, Mon, Sep 1st
	Truth & Reconciliation Day, Sep 30th

MWSA Clubs (Non-instructor led programs)

- Please get your supplies pre-approved from the staff 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.
- These activities are ongoing but subject to change due to limited space availability.

***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 make 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: 10.**

- **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 also made for donations to local charities including Ronald McDonald House, Basically Babies, various shelters for the homeless, 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
- **Mondays & Tuesdays, 9:00-11:00 AM. Cost:** Free (MWSA members 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; however, mentorship is available.

- **Program Lead:** Terry Ferguson/ Donna Conlin
- **Times:** Wednesdays, 12:30 PM- 3:30 PM. **Cost:** Free (MWSA members Only).
- **No Club on May 21, 28 & June 4.**

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).



MWSA Collaborations/ Agreement Activities

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 conditions(s) that limits their ability to move.

Register on 780-735-3483.

Website: [Edmonton Zone and Area - STEP Forward | Alberta Health Services](#)

ACTION 4 HEALTHY COMMUNITIES: A4HC (YEAR 2025) **Room 227/ 228.**
CONTACT: ABIDA TAHIR: 780-235-2176.

MONDAYS, 9:00 AM- 4:00 PM/ THURSDAYS & FRIDAYS, 9:00- 4:00 PM.

AHC Outreach/Settlement Services: 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.

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.

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.

ROATARY CLUB OF EDMONTON:

1st & 3rd THURSDAYS, 6:00- 8:00 PM

Rotary Club hosts their monthly meetings at MWSA, with catering from MWSA's 2nd Floor Café

EPL 2 GO LIFELONG LEARNERS

2nd WEDNESDAY, 11:00 am- Noon.

Join **Edmonton Public Library** Staff to explore a variety of topics in interactive classes. Connect with community. Socialize with friends. And learn something new! Starting with Computer skills, adult story time, Digital Content, Memory Café, Get curious, Pop-up library, Techsploration, Vocabulary Club: English conversational.

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**

Primary Care and Chronic Disease Management,
Edmonton Zone



Additional information about the Mill Woods Seniors Association

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.

MONTHLY BIRTHDAY PARTY

The Mill Woods Seniors Association hosts monthly birthday parties 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.**

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. **Please see the monthly calendar 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: The Devonian Gardens, Jurassic Forest, The Ukrainian Cultural Heritage Centre, The Alberta Legislature, The Royal Alberta Museum, and Peaceful Valley! The cost of outings varies. Please see the monthly Special Events Calendar for more details.

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! Please see the monthly Special Events Calendar and email newsletters for more details.

VOLUNTEERS

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

Mill Woods Seniors Association

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

MEDI PEDI
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

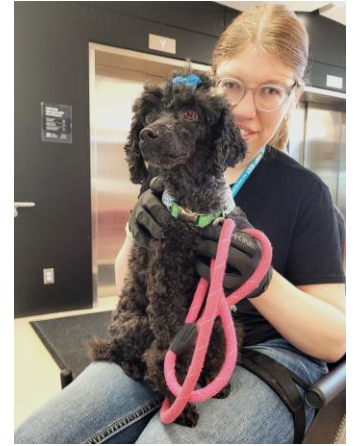
Outreach Services

- 1 Apply for PR Card
- 2 Apply for Citizenship
- 3 Request an Expiration of PR Card Renewal
- 4 Apply for Lost of PR
- 5 Apply for lost Landing paper
- 6 Apply for Canadian Pension Plan (CPP)
- 7 Apply for Old Age Security (OAS)
- 8 Alberta Seniors Benefit (ASB)
- 9 Senior Transit Fares (Buss Card)
- 10 housing/Civid a
- 11 Low income support
- 12 food bank
- 13 Apply for Canada Pension Plan disability benefits (CPPDP)
- 14 Apply for Employment Insurance (EI)
- 15 Apply for Canadian Dental care plan
- 16 Apply for AISH Application
- 17 Employment
- Any other senior related issues

On the third Thursday of each month from 10 a.m. to 2 p.m.



HIGHLIGHTS OF 2025



- Lunch & Learn from Nurse Next door.
- New Member's connection in January 2025.
- Everyone's favorite "Tinker Bell" from Pet Therapy Society.
- Jammers playing on Saint Patrick's Day.
- China Tour Outing with Karen Lee.
- Debbie Steadward at Spring Rummage Sale.
- Annual general meeting 2025.

Mill Woods Seniors Association Facility Rental

updated 06-28-2023

PRE-ORDERS: 780-944-5926



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

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

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

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

BLT SANDWICH with hash browns	\$9.00	TEA/COFFEE, DINE-IN with 1 free refill. Dine-in only.	\$2.00
CHICKEN & CHEESE WRAP lettuce, grilled onions, and bell peppers, tomatoes, cheese, 2oz. chicken, Chipotle mayo in a tortilla wrap	\$11.00	TEA/COFFEE, TAKE-OUT	\$2.50
GRILLED CHEESE SANDWICH with hash browns	\$8.00	BOTTLED WATER, 500ML	\$1.50
VEGGIE SANDWICH Tomato, cucumber, lettuce, carrot, and cheese. With hash browns.	\$9.00	BOTTLED JUICE	\$2.50
SOUP OF THE DAY & TOAST	\$6.00	CANNED POP	\$2.00
SIDE SALAD	\$2.50		
REGULAR SALAD	\$5.00		

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


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, 2nd Floor, Edmonton, AB, T6L 0A9.

Between: Mon- Fri: 8:30 am- 4:30 pm.

We'll remain closed on Thursday Evenings & Saturdays till Fall' 2025.

(We are closed on Sundays & Stat holidays)

Call: 780-496-2997 or Email: dcautley@mwsac.ca

Services: Tables & Chairs are included (Chair/ table covers, stage 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.**

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 2025.

Shalini Waryah: swaryah@mwsac.ca