




Mill Woods
Seniors Association

REGISTRATION OPENS: MAY 11, 2026



Mill Woods Seniors Association SUMMER 2026 PROGRAM GUIDE 2026

WHAT'S INSIDE:

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PROGRAMS RUN JUNE 8 - AUGUST 28, 2026

*Join us this season for exciting activities, meaningful connections,
and opportunities to stay active and engaged!*

New members always welcome!



CONTACT US:

2nd Floor, 2610 Hewes Way NW
Edmonton, AB T6L 0A9
780-496-2997
www.mwsac.ca

TREATY 6 ACKNOWLEDGEMENT

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

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

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

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

Values and Values Statement

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

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

Innovation: We build on successful ideas and new approaches.

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

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

Sustainability: We address current needs while considering future impacts.

Membership Information

Annual Memberships

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

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

Associate Memberships

- 45+ Membership: \$36 per person. (Effective Jan 1, 2024.)
- Valid for one year from the date of purchase.
- No voting privileges at Annual General Meeting.
- Access to MWSA instructor-led programs & 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: (A valid membership for one of the participating centers).

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

Non-Members

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

PROGRAM REGISTRATION INFORMATION

Online Registration / Pay

Sign into your online account. Please have your key tag number ready. Register as you did before. If you haven't set up your online account, visit www.myactivecenter.com and click the "New Users" button. Follow the instructions. If you need assistance with account setup, please ask for MWSA staff assistance by calling 780-496-2997.

No Telephone Payment: Due to high volume of registrations we will not be accepting payments over the phone program registration.

"E- Transfer" Payment NEW!

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



Cancellations and Refund Policy

No refunds or credits will be given to participants if they withdraw from a program of their own volition or for missed classes, presentations/activities, and special events. Refunds will only be provided if MWSA cancels the program. Please save your receipt for a refund.

Low Enrollment Policy

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

Disclaimers

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

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

Punch cards for drop-in programs are available for purchase.

- These can be used for any program with a \$3 or \$5 drop-in fee, such as badminton, pickleball, table tennis, fun floor curling, cribbage, Jammers, and presentations.
- Cost for Drop-in Activity Punch Card: MWSA Members, \$30.00 (10 x \$3.00). Reciprocal Members/Non-members: \$50.00 (10 x \$ 5.00).
- Drop-in Classes Punch Card: MWSA Members, \$130.00 (10 x \$13.00). Reciprocal Members/Non-members, \$160.00 (10 x \$16.00).
- This can be a thoughtful gift for a friend.

MEMORANDUM OF UNDERSTANDING (RECIPROCAL MEMBERS)

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

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

Background and Purpose

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

Scope

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

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

Roles and Responsibilities

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

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

COFFEE PUNCH CARDS For 2ND Floor Café Only
Pre-pay card for 10 hot beverages (coffee/tea)
Cost: \$25 for Members and Non-Members

MEAL PUNCH CARDS For 2ND Floor Café
Pre-pay for 5 meals (daily specials).
Cost: \$70.00 Value for Members/ \$85.00 Value for Non-Members

ACTIVITY PUNCH CARDS

Pre-pay card for 10 drop-in activities of your choice.
Cost: \$30 Members/\$50 Non-Members

MWSA EQUIPMENT REMINDERS

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



BE AIR AWARE

MWSA is a scent-reduced environment.

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

THANK YOU FOR YOUR COOPERATION!

Advertise in Mill Woods Seniors Association Weekly Newsletter

Do you have a product or service to promote?

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

For more information,

email **Karen** at klee@mwsac.ca.

Arts & Crafts Classes

CARD MAKING CLASS

Marcelle Jamieson/Room 225/Min 5,
Max 8

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

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

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

Drop-ins: \$18 M/\$20 NM

(Registration Required)

Learn to cut and fold cardstock in different ways to create unique and interesting cards. Assemble 4 cards over 4 weeks. Learn about card sizes, stock, tools, adhesives, fancy papers, dies, machines and much more! All materials will be pre-cut for you. Please bring your supplies.

CROCHET CLASS

TBD/Room 225/ Min 5, Max 10

 Wednesdays, 9:00- 10:30 AM

July 8, 15, 22 & 29.


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

Drop-ins: \$18 M/ \$20 NM

This is a class for beginners to learn the fundamentals of crochet stitches and reading patterns. Learn beginners' skills for right- or left-handed projects. Yarn, and crochet hooks will be provided. Please mention that you're right or left-handed on the registration form.

WATERCOLOURS 4 ALL LEVELS

Willie Wong/Room 231/Max 20.

 Thursdays, 9:30-11:30 AM

Jun 11, 18, 25, July 2, 16, 30,

Aug 6, 13, 20 & 27.

10 weeks: \$160 M/ \$200 NM.

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

No class: July 9 & 23

This is a fragrance-free class.


This course is designed for all levels. The easy-to-follow handouts make it fun and fast to get the sketches done. This two-hour weekly class will cover everything from still life, 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.

UNLEASH YOUR INNER ARTIST

UNLOCK YOUR CREATIVE POTENTIAL AND DISCOVER THE JOY OF EXPRESSION. WHETHER YOU'RE INTERESTED IN DRAWING, PAINTING, OR CRAFTING, OUR CLASSES OFFER A WELCOMING ENVIRONMENT FOR ARTISTS OF ALL LEVELS. EMBRACE YOUR CREATIVITY, LEARN NEW TECHNIQUES, AND CONNECT WITH FELLOW ART ENTHUSIASTS. DON'T MISS THE CHANCE TO EXPLORE YOUR ARTISTIC SIDE AND BRING YOUR IMAGINATION TO LIFE!


FITNESS & DANCE
AGE REVERSING ESSENTRICS

Belinda. Room 229/Max 16

 Mondays, 1:30-2:30 pm

June 8, 15, 22, 29, July 6, 13, 20, 27,
Aug 10, 17, 24.

11 weeks: \$143 M/ \$176 NM


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

No class: Aug 3.

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

BARRE, STRENGTH & STRETCH

Deb Proc/ Room Gym/ Max 24.

 Wednesdays, 10:45-11:45 AM.

June 10, 17, July 8, 15, 22, 29,
Aug 5, 12, 19 & 26.

10 weeks: \$100 M/ \$130 NM.

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

No class: June 24 & Jul 1.

- Barre classes combine breath, alignment and gentle movements derived from **ballet, Pilates, and yoga.**
- Conditioning helps create long lean muscles; toned thighs; stronger abdominals; increased flexibility; and improved posture.
- Designed for a low intensity exercise class working on strength with various equipment and a nice long core and stretch at the end for restoration and relaxation.

CIRCUIT TRAINING

Deb Ravbar/ Room 231 / Max 14.

 Tuesdays, 10:45- 11:45 AM

June 9, 16, 23, 30 July 7, 14, 21 & 28.

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

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

No classes scheduled in August


Using weight and various equipment

- Class for all levels of fitness, including those looking for a more active class.
- Fast-paced 60-minute that keeps you on your toes. going through the allotted time at each station
- Circuit training format, rotating through various stations that target your lower & upper body strength, core, cardiovascular fitness.
- Discover how quickly your strength and endurance improve each week.
- Modifications for every fitness levels.

FITNESS & DANCE

CORE, STRENGTH, & STRETCH

Dana Armitstead/ Room Gym/ Max 20.

 **Thursdays, 12:30- 1:30 PM.**

June 11, 18, July 2, 9, 16 & 23.

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


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

No class: June 25, July 30 & month of Aug.

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

ESSETRICS® for Seniors(45

min): Meaghan/Room 229/Max 30

 **Fridays, 12:15- 1:00 PM.**

June 12, 19, 26, July 3, 10, 17, 24, 31, Aug 7, 14, 21 & 28.

12 weeks: \$156 M/ \$192 NM

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

- This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles.
- Slower paced class designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and beginners to any exercise.
- Ideal for Seniors looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.
- Level 1 -Gentle Fitness, standing and chair work (sitting), adapted for people with mobility devices.

PROGRAM UPDATES

- FLOOR CURLING LEAGUE: Returns in the Fall (Sept 1st). Registration starts August 10th, 2026
- NIA Dance Classes will return September 10th, 2026

TAKE A BREAK IN OUR UPSTAIRS LOUNGE

IT'S A QUIET, WELCOMING SPACE WHERE YOU CAN RELAX WITH A BOOK, OR CHECK OUT OUR BOOKS AND PUZZLES FOR SALE. WITH COMFY CHAIRS, AND PLENTY OF SUNLIGHT, IT'S THE PERFECT PLACE TO UNWIND.


FITNESS & DANCE
KEEP FIT INTERVAL

Deb Proc/ Room Gym/ Max 30.

 **Wednesdays, 12:00-1:00 PM.**

**June 10, 17, July 8, 15, 22, 29,
Aug 5, 12, 19 & 26.**

10 weeks: \$100 M/ \$130 NM.

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

No class: Jun 24 & Jul 1

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

LINE DANCING BEGINNERS

Tracy Walters/ Room Gym/ Max 50

 **Wednesdays, 1:15- 2:15 PM**

**June 10, 17, July 8, 15, 22, 29,
Aug 5, 12, 19 & 26.**

10 weeks: \$100 M/ \$130 NM.


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

No class: Jun 24 & Jul 1

- It is a low impact, fun class for all ages, country music will be played.
- Dance for those who want to learn line dancing skills.
- No previous experience required.
- Just bring a fun attitude. footwear with leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.

LINE DANCING ADVANCED

Tracy Walters/ Room 231/ Max 20.

 **Wednesdays, 3:00- 4:00 PM.**

**June 10, 17, 24, July 8, 15, 22, 29,
Aug 5, 12, 19 & 26.**

11 weeks: \$110 M/ \$143 NM.

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

No class: Jul 1

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


FITNESS & DANCE
MAT PILATES

Sarah Gilchrist /Room 229/Max 14

 Mondays, 10:30-11:30 AM

June 8, 15, 22, 29, July 6, 13, 20, 27,

Aug 10, 17, 24.

11 weeks: \$110 M/ \$143 NM.

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

No class: Aug 3.

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

NEXT LEVEL PICKLEBALL

Room Gym/ Min 5 & Max 10

 Thursdays, 11:15-1:15 PM

Aug 6, 13, 20 & 27.

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


No Drop Ins Please!

Keith Bienert is a **Certified Canadian Pickleball /Tennis Coach** with 19 years of experience.

This set of lessons is designed for **intermediate and advanced players** who want to elevate their game. Focus on refining technique, improving strategy, and building consistency. Each lesson includes targeted skill-building drills, guided gameplay, and personalized evaluation with practical tips you can apply immediately. If you're ready to take your pickleball game to the next level come and join in the fun.

**SIT & BE FIT**

Lorraine Wingston/ Room Gym/ Max 35.

 Fridays, 10:45- 11:45 AM.

June 12, 19, July 3, 10, 17.

5 weeks \$50 M/ \$65 NM.

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

No class: Jun 26, July 24, 31, Aug 7, 14, 21, 28.

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



FITNESS & DANCE CLASSES

STABILITY STRENGTH & ENDURANCE

Sarah Gilchrist/ Room GYM/ Max 35.

Mondays, 11:45-12:45 PM.

June 8, 15, 29, July 6, 13, 20, 27,
Aug 10, 17, 24

10 weeks: \$100 M/ \$130 NM

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

No class: Jun 22 & Aug 3

- Designed to target all parts of the body to help those struggling with arthritis, osteoporosis, instability & cardio health.
- Anything done standing can be done seated & modifications will be shown throughout the class so that everyone can participate without any issues.
- Light weights and bands will be used to increase muscle strength.

TABATA

Mondays, 10:30-11:30 AM.

Esther Sipos/ Room GYM/ Max 25

June 8, 15, 29, July 6, 13, 20, 27,
Aug 10, 17, 24.

10 weeks: \$100 M/ \$130 NM

No class: June 22 & Aug 3

Thursdays, 11:15- 12:15 PM.

Deb Ravbar/ Room GYM/ Max 25

June 11, 18, July 2, 9, 16, 23 & 30.

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

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

No class: June 26. No classes in August

- It is an interval exercise class for active 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-min. cycle begin.
- This type of interval training is designed to improve one's overall fitness level.
- Tabata benefits an individual's cardiovascular fitness level as well as improving the body's metabolism.
- Exercises vary from cardio, strength & core.

ZUMBA GOLD

Tammy Clark/ Room 229/ Max 14.

Thursdays, 3:00- 4:00 PM.

June 11, 18, 25, July 2, 9, 16, 23, 30,
Aug 6, 13, 20 & 27.

12 weeks: \$120 M/ \$156 NM.


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

- A dance fitness class with Latin rhythms & popular music like a Zumba class but with less intense moves, with modifications for various fitness levels.
- Two class options to choose from: standing or sitting (both choices offer a full body workout)
- Some standing songs will include balance and toning elements, those choosing to sit during those songs will be encouraged to do a modified move. You'll get to try both and decide which style you like better! :)

TAI CHI & YOGA CLASSES

CHAIR YOGA

Neeru Prashar/ Room GYM/Max 30

 **Fridays, 1:15- 2:15 PM.**

June 12, 19, July 3, 10, 17, 24, 31, Aug 7, 14, 21 & 28.

11 weeks \$110 M/ \$143 NM


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

No class: June 26.

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

GENTLE CHAIR YOGA

Anne Palaschuk/Room 231/Max 15

 **Tuesdays, 9:00- 10:00 AM.**

June 9, 16, 23, 30 July 7, 14, 21 & 28, Aug 4, 11, 18 & 25.

12 weeks: \$ 120 M/ \$156 NM.

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

- A slow-paced class is intended for beginners, those with special concerns/ injuries or to develop greater personal body and breath awareness.
- Paying attention to alignment and detail, learn about improving flexibility, strength and balance in a gentle practice that is calming and stress relieving.
- Poses will involve sitting on the Chair with some standing.

STRETCH & TONE YOGA

Michelle Dionne/Room Gym/Max 24

 **Tuesdays, 10:45- 11:45 AM**

June 9, 16, 30 July 7, 14, 21, 28, Aug 4, 11, 18 & 25

11 weeks: \$ 110 M/ \$143 NM.

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

No class: June 23.

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



TAI CHI & YOGA CLASSES

TAI CHI 10 FORMS

Ken Chui/Room 229/Max 14



Tuesdays, 1:15-2:15 PM

June 9, 16, 23, 30 July 7, 14, 21, 28, Aug 4, 11, 18 & 25.

12 weeks: \$120 M/ \$156 NM

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

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

BETTER FITNESS & BALANCE THRU TAI CHI (45 min)

Brad Schultz/ Room GYM/ Min 7/ Max 16



Tuesdays, 12:00- 12:45 PM.

July 21, 28, Aug 4, 11, 18 & 25

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

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

- This life-enhancing and health-supporting class teaches individual movements based on Tai Chi principles that are designed to ensure your ongoing fitness and safety.
- Learn enjoyable movements and exercises derived directly from Tai Chi and Qigong that will strengthen your legs and hips, develop balance, improve flexibility and increase your cardiovascular health.
- Better balance and skill at preventing falls, also covers the all-important principles of how to regain balance. Become safer, stronger and more fit with enjoyable, simple exercises based on Tai Chi principles.

TAI CHI WALKING (45 min)

Brad Schultz/ Room **GYM**/ Min 7/ Max 40



Tuesdays, 12:00- 12:45 PM.

June 9, 16, 30 July 7, 14.

5 weeks: \$65 M/ \$80 NM.


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

No class: Jun 23.

- A “step-by-step” course for developing strength, balance and mindful movement. It transforms ordinary walking into a slow, intentional, meditative practice, developing strength and balance along the way.
- Each step becomes an opportunity to feel grounded, centred and fully present.
- Increase strength, balance and mobility, along with patience, presence, inner balance, inner quiet, Grace in motion.
- Move with more ease, awareness, and confidence.

YOGA 4 WELLBEING

Neeru Prashar/ Room 231/ Max 14

 Mondays, 11:00 AM- 12:00 PM.June 8, 15, 22, 29, July 6, 13, 20, 27,
Aug 10, 17.**10 weeks: \$100 M/ \$130 NM**Drop-ins: **\$13 M/ \$16 NM.****No class: Aug 3 & 24.**

- 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.
- **It's a floor exercise class.** (No chairs used).

**LEARNING****CONVERSATIONAL SPANISH III**

Manual Parra/Room 225/Min 5 & Max 30.

 Wednesdays, 10:30 AM-12:00 PM.

June 10, 17, 24, July 8, 15, 22.

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


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

No class: Jul 1.

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.

SPANISH GRAMMER II

Manuel Parra Room 225 / Min 5 & Max 30.

 Wednesdays, 10:30 AM- 12:00 PM.

July 29, Aug 5, 12, 19 & 26.

5 weeks: \$ 50 M/ \$ 65 NM

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

A friendly course for those who want to deepen their understanding of basic Spanish rules. Learn about articles, pronouns, verbs, gender, accentuation, and more. Strengthen your skills and improve your grasp of the language. 📖 Keep moving forward with confidence! 😊

MEMORY LANE (Stories & Connection)

Maria Tarnowski/Room 229/Min 5/Max 12

 Mondays, 12:15- 1:15 PM.

July 6, 13, 20, 27, Aug 10, 17, 24

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


Drop In: \$13 M/ \$16 NM/ **No class:**

Aug 3

A thoughtfully guided discussion group designed to spark meaningful conversations, connection & storytelling. Each session centres around the theme (music, travel, childhood memories, etc.), encouraging participants to share, reflect & connect. Valuable to building community, reducing isolation & supporting emotional well-being.

AI FOR BEGINNERS

Addison Sharrum/#229 /Min 10/ Max 14.

 Fridays, 10:00-12:00 PM

June 12, 19, 26, July 3, 10, 17


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

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

- Bring your device and get hands-on, step-by-step workshops designed to help you truly understand and take control of your **iPhone/ android device**.
- AI for beginners - Safety, Chatbots, Art and Media, General Discussion around Future of AI.

iPhones & ANDROID PHONES

Addison Sharrum/ # 229 / Min 10/ Max 14.

 Fridays, 10:00 - 12:00 PM

July 24, 31, Aug 7, 14, 21 & 28

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

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

- Bring your phone and follow along in these hands-on, step-by-step workshops designed to help you truly understand and take control of your **iPhone or Android device**.
- By the end of this workshop, you won't just "have" a smartphone — you'll leave with practical skills, greater confidence, and the ability to use your device more efficiently every day.



CLUBS- FREE FOR MWSA MEMBERS!

ALZHEIMER'S SUPPORT GROUP



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

Alzheimer Society

Room 227/ 228

This support group, with the support of a representative from the Alzheimer's Society, aims to share feelings and experiences, exchange practical coping strategies, and participate in discussions about the disease and its progression. (No session in July).

CARD MAKERS' CLUB

Max10.



Thursday, 9:00 AM-12:00 PM

Room 225/Program Lead: Claire Scott

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

CAREGIVERS' CIRCLE



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

Room 227

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

Knitting Club

Lead: Debbie Radke & Murielanne La Rose



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

Room 225

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

Quilting Club

Lead: Trudy Papsdorf



Wednesdays, 9:00 AM-12:00 PM

Room 229

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

Sewing & Crafting Club

Lead: Terry Ferguson & Donna



Wednesdays, 12:30 PM- 3:30 PM

Room 229

A fundraising club for people who love making things. Learn crafting techniques and fun projects together. Use donated material or bring your own and enjoy the company of other crafters. Limited sewing machines and materials are available. Items are made for donations to local charities & various shelters or sold at MWSA. No formal instruction is provided; mentorship is available.



MWSA Drop- in Activities

- Checking in is mandatory. Please swipe your key tag at the Front Desk.
- These activities are ongoing (with no end dates).
- Drop-in activities may be subject to cancellation due to special events.
- Please see the Monthly Calendar or website for the latest updates.

Reminder: We have drop-in Punch Cards for all our drop-in programs available for purchase at the Front Desk. Pre-pay card for 10 drop-in activities of your choice.
 Cost: \$30 M/\$50 NM (Punch Cards Available)

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball Adv. 8:30- 10:15 AM	Pickleball Beg. 8:30- 10:30 AM	Pickleball Int. 8:30- 10:30 AM	Pickleball Adv. 8:30- 11:00 AM	Pickleball Beg. 8:30- 10:30 AM
Table Tennis 12:30- 2:30 PM	Book Club I 11 AM- 12 PM 2nd Tuesday	Jammers 9 AM- 12 PM	Book Club II 11:15 - 12:45 pm 3 rd Thurs.	Jammers 9 AM- 12 PM
Dominoes 1:00- 3:00 PM	Fun Floor Curling 2:15- 4:15 PM	Table Tennis 12:30- 2:30 PM	Cribbage 12- 2:15 PM	Open Art Studio 1:00- 4:00 PM
Euchre 2:00- 4:00 PM		Mahjong Chinese 2:00- 4:15 PM	Canasta 12:30- 2:30 PM	Mahjong American 2:00- 4:15 PM
Mahjong Chinese 2:00- 4:15 PM		Badminton 2:30- 4:15 PM	Pickleball Int. 2:15- 4:15 pm	Badminton 2:15- 4:15 PM
Badminton 2:15- 4:15 PM				

DROP-IN ACTIVITIES: \$3 M/\$5 NM Punch cards available

BOOK CLUB

Lead: Deborah Taylor


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

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

Room 227

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


CANASTA GAME

 Thursdays, 12:30-2:30 PM

Cafe

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


CRIBBAGE GAME

 Thursdays, 12:00- 2:15 PM.

Room 231

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


DOMINOES GAME

 Mondays, 1:00- 3:00 PM.

Café

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


EUCHRE GAME

 Mondays, 2:00- 4:00 PM

Room 225

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

FUN FLOOR CURLING Min 8 & Max

 Tuesdays, 2:15-4:15 PM

Room Gym

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

JAM SESSIONS

 **Wednesdays and Fridays:** 9:00 AM-12:00 PM

Room 231

Bring your own instrument and jam with other musicians. All music styles and levels are welcome. Come for fun, music, and friendship. You are welcome to sing. **Lead: Dennis Tink**

MAHJONG

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

Room
227**Leads:**

Paulette Yakimenko

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

225

Debbie Radke.

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


227

Debbie Ronden.

Mahjong, or mah-jongg, is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. There is a dedicated person to lead the group, explain the rules, and play with you.

For Friday: Please bring your American Mahjong tiles, if you have a set at home.

OPEN ART STUDIO**Lead: Louise Lavers**

 **Fridays:** 1:00- 4:00 PM


Room: 225


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


SPORTS \$3 M/\$5 NM Punch cards available

BADMINTON

Room Gym/ Lead: Tony Turner


 Mondays, 2:15- 4:15 PM.


 Wednesdays, 2:30- 4:15 PM

 Fridays, 2:15- 4:15 PM


PICKLEBALL ADVANCED


Room Gym/ Lead: Ralph Wentland.

 Mondays, 8:30- 10:15 AM


 Thursdays, 8:30- 11:00 AM

PICKLEBALL BEGINNERS

 Tuesdays, 8:30-10:30 AM

 Fridays, 8:30- 10:30 AM

PICKLEBALL INTERMEDIATE

 Wednesdays, 8:30- 10:30 AM



 Thursdays, 2:15- 4:15 PM

TABLE TENNIS

Room 231/Lead: Agnes Mah

 Mondays, 12:30- 2:30 PM

 Wednesdays, 12:30- 2:30 PM

TAKE A BREAK IN OUR 2ND FLOOR CAFE

COME FOR SOME COFFEE OR BITE TO EAT, STAY FOR THE CONVERSATIONS WITH NEW AND OLD FRIENDS.

HAVE YOU TRIED OUR HOMEMADE CINNAMON BUNS ON THURSDAYS YET OR OTHER DESSERTS? OR LIVER & ONIONS ON FRIDAY?

REGULAR CUSTOMERS COME FOR THE FOOD, BUT STAY FOR THE QUALITY SERVICE PROVIDED BY OUR WONDERFUL TEAM OF VOLUNTEERS.



Mill Woods Seniors Association
2nd Floor Cafe
 VISIT US UPSTAIRS!
 BREAKFAST LUNCH COFFEE
 OPEN TO THE PUBLIC!
 MONDAY-FRIDAY, 9:00 AM-2:30 PM
 2ND FLOOR, 2610 HEWES WAY NW WWW.MWSAC.CA/CAFE

MWSA ADDITIONAL INFORMATION

<p>FUNDRAISING</p>	<p>MONTHLY BIRTHDAY PARTY</p>	<p>MONTHLY ACTIVITIES</p>
<p>As a non-profit organization, we accept cash donations or gifts-in-kind from the community to help support our programs and services. If you are interested in supporting the Mill Woods Seniors Association or would like more information about fund development opportunities. Contact us at 780-496-2933. Tax receipts can be issued</p>	<p>The Mill Woods Seniors Association hosts monthly birthday party in the Café on the Last Monday of the month. Please see the monthly calendar for more details. Last Monday of each Month. Cost: Free for members celebrating their birthday month/ \$3 members as guests/5.00 non-members.</p>	<p>Mill Woods Seniors Association offers a variety of educational sessions throughout the year on a variety of topics including health and wellness, aging well, current affairs, safety, financial planning, and general interest</p>
<p>NEW MEMBERS CONNECTIONS</p>	<p>OUTINGS</p>	<p>FREE OUTREACH SERVICES</p>
<p>Join us for Coffee & Cookies! This event is designed especially for you- our newest members- to connect, socialize, and learn about MWSA. Thank You for choosing to be a part of MWSA. 3rd Tuesday of each Month. 2 PM in the Café. Register at the front desk.</p>	<p>MWSA organizes regular outings to places of special interest and festivals in the city of Edmonton and surrounding area. Some past trips have included: The Devonian Gardens, Jurassic Forest, The Ukrainian Cultural Heritage Centre, The Alberta Legislature, The Royal Alberta Museum, and Peaceful Valley!</p>	<p>Free Outreach services provided by EMCN (Edmonton Mennonite center of newcomers). Apply for PR, Citizenship, Renewals & lost documents, CPP, OAS, ASB, Low income supports, CPPDP, EI, AISH. Every Wednesday, 9 am- 2 pm/ Room: 224. Naveed Safi: 587-598-3837</p>
<p>SPECIAL EVENTS</p>	<p>VOLUNTEERS</p>	
<p>In addition to our regular programming, there are many special events throughout the year, including dinners, Open House, cultural celebrations (i.e., Christmas, Chinese New Year, Mother’s Day, Diwali), and more!</p>	<p>As a non-profit organization, volunteers are essential to the operation of the Mill Woods Seniors Association. We are always looking for volunteers for our programs, special events, front desk, kitchen, and administration. If you are interested in volunteering, please contact us at 780-496-2997 or visit us in person to fill out an application form. Contact: Brandy Devine (Volunteer Coordinator) 780-496-2997 or visit us in person to fill out an application form</p>	

STEP FORWARD SUMMER SCHEDULE

Call: 780-735-3483 to Register

DATES	TIMES
Tues, June 16 - Aug 18	12:15- 2:15 pm
Fri, June 12 th – Aug 21	12:15- 2:15 pm
Tues, June 16- Aug 18 th	2:15- 4:15 pm
Fri, June 12 – Aug 21	2:15- 4:15 pm

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**

SAVE THE DATES!		
Monday, May 11 th	Summer Registration Begins	No Phone Registrations today
Monday, May 18 th	Victoria Day Holiday	MWSA Closed
June 1 st - 5 th	Seniors Week (see monthly calendar for more details)	Free activities to celebrate seniors!
June 5 th	No GYM Activities scheduled	Due to Contractors' working
Thurs, May 28 th Sat, May 30 th	Last Thursday Evening until Fall Last Saturday open until Fall	
Mon, Jun 22- Fri, Jun 26	No GYM Activities scheduled	GYM MAINTENANCE
Wednesday, July 1 st	Canada Day Holiday	MWSA Closed
Mon, Aug 3 rd	Civic Holiday	MWSA Closed

*Did you know? MWSA rooms are available for rent, 7 days a week?
Call MWSA Front Desk for more details: 780-496-2997*

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

Diabetic, Senior & Regular Pedicures \$79.99

Add-On Manicure \$44.99

Mobile Pedicure \$99.99

587-983-2774

Athlete's Foot Treatment

Ingrown Toenail Treatment Non-Invasive

Nail Fungus Treatment Non-Invasive

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/Civida
- 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

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updated 5/2026

MWSA Facility Rentals

2nd Floor, 2610 Hewes Way
NW (above the public library)

Hourly Rental Rates:

- Gym \$135.00
- 224 \$15.00
- 225/229/231 \$60.00

Inquire about our rates for non-profit organizations.



Host your special occasion here in one of the spacious rooms in our beautiful, modern facility located in the heart of Mill Woods! Tables, chairs, and A/V system are included with all rentals. Catering options may be available.

For more info:
780-496-2997
www.mwsac.ca

