

**SEPTEMBER 2023 MWSA Monthly Events Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>TREAT YOURSELF TO A FRESH HOMEMADE CINNAMON BUN ON THURSDAYS!</b>				1 <b>(GRIEF SUPPORT CANCELLED)</b>
4 <b>MWSA CLOSED LABOUR DAY</b>	5 RUMMAGE SALE DONATIONS ACCEPTED!	6 MacLab Development: MWTC 10 AM-2 PM  MEDI PEDI DIABETIC FOOT CARE \$ 9:30 AM-4:30 PM	7 <b>EVENING PICKLEBALL &amp; TABLE TENNIS 4-8 PM \$</b>	8
11	12	13	14 <b>EVENING PICKLEBALL &amp; TABLE TENNIS 4-8 PM \$</b>  <b>FUN BINGO 5:00-7:00 PM \$</b>	15
18 <b>HEARING TEST CLINIC 9:30 A.M.-2:30 P.M. \$</b>  <b>FALL PROGRAMS BEGIN</b>	19	20 MEDI PEDI DIABETIC FOOT CARE \$ 9:30 AM- 4:30 PM	21 <b>OUTING: RIVER CREE CASINO \$ 11:00 A.M.- 3:30 PM</b>	22 <b>PRESENTATION: PERSONAL SAFETY 10 AM-11 AM \$</b>
25 <b>MONTHLY BIRTHDAY PARTY 1:30 PM</b>	26	27	28 STAY SURE HOME CARE FOOT CLINIC 10 AM-2 PM \$  <b>Mix &amp; Mingle: 5:00-7:00pm \$</b>	29 <b>LIVER &amp; ONIONS DAY</b>

**Featured Event! Fall Rummage Sale, Saturday September 23, 10 AM- 4 PM &  
Sunday September 24, 10 AM- 3 PM (HALF PRICE DAY!).**  
**The 2<sup>nd</sup> Floor Café will be open!**

**EVENT DESCRIPTIONS: (Pre- Registrations, including all payments are required.)**

**Every Friday: 10 AM- 1 PM Grief & Bereavement Support with certified practitioner Shamim Amiri.** Release Anxiety, Release Negative emotions, Reduce Physical Pain, Reduce Anxious behaviors, Increase Self Esteem, calm your aging thoughts. **Please book your one-on-one appointment. Cost: \$3 M/\$5 NM.**

**Wednesday Sept 6, 10 AM-2 PM MacLab Development Drop-in Engagement Session.** MacLab Development is the new owner of Mill Woods Town Centre. They want to hear your ideas on creating an active, and attractive space that meets the needs of the community. Let your voice be heard. Refreshments provided. Please RSVP.

**Thursday Sept 7 & 14, 4-8 PM Evening Pickleball (Gym) & Table Tennis (RM 229) Cost: \$3 M/\$5 NM.**

**Thursday, Sept 14, 5-7 PM Fun Bingo.** Join us for a night of fun bingo, and some light refreshments. **Cost: \$10 M/\$15 NM. Includes light refreshments. Please register by Sept 11, 2023.**

**Wednesday Sept 6 & 20, 9:30 AM- 4:30 PM Diabetic Foot Care w/Shawna MacNeil** of Medi Pedi Edmonton. List of services offered to the clients: Diabetic Pedicure, Geriatric Pedicure, Manicure, Nail Fungus Treatment, Ingrown Nail Treatment, Ion Foot Detox Treatment & Toenail Reconstruction **Book your 1.5 hr. appointment at the Front Desk. Cash, Debit & Credit accepted. Pay the nurse directly.**

**Monday Sept 18, 9:30 AM-2:30 PM. Hearing Aids Testing** One-on-one session with Kate Powell for Hearing Screening, 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 how to clean and maintain hearing aids. **Cost: \$3 M/\$5 NM**

**Thursday Sept 21, 11:00 AM- 3:30 PM. Outing: River Cree Casino** Enjoy a day at the River Cree Casino, which includes coach bus transportation, casino voucher & lunch. Register early, as this trip is always popular! **Cost: \$10M/ \$15 NM. The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm. Max: 24.**

**Friday Sept 22, 11:00 AM-12:00 PM. Presentation: Personal Safety.** Presented by City of Edmonton Community Services. The presentation begins with information on the conditions which impact our perceptions of safety, as these can be unique for each one of us. Situational awareness and ways to be more prepared are highlighted to help people understand how they can avoid situations that may impact their safety while traveling through the city, whether that be on foot, bike, vehicle, or public transit. Strategies and tangible actions are if address common safety concerns. Resource information on who to call in various circumstances is provided. **Cost: \$3M/ \$5 NM**

**Monday Sept 25 at 1:30 PM. Monthly Birthday Party (Last Monday of Month).** Celebrate your birthday month with MWSA. Come for some cake and coffee. **Cost: Free for MWSA Members celebrating their birthday month/\$5 Non-members and guests.** Please pre-register.

**Thursday Sep 28, 10 AM- 2 PM Foot Care Clinic with Stay Sure Home Care Inc.** Foot & nail care services are provided by professional and caring nurses who have received their basic and advanced certifications in foot care. Regular foot care significantly improves comfort, mobility, and the general health of your feet. **Please Pay the service provider directly.**

September 2023 **Mill Woods Seniors Association**

**2<sup>nd</sup> FLOOR, 2610 HEWES WAY NW**

**780-496-2997 [WWW.MWSAC.CA](http://WWW.MWSAC.CA)**

**Thursday Sept 28 at 5:00-7:00 PM. Mix & Mingle:** Featuring Boozy Root Beer Floats! Mix & Mingle is fun way to meet some new people in a friendly, casual environment. Cost includes one drink (alcoholic or non-alcoholic) and a snack plate. Additional drinks are available for purchase. **Cost: \$20 M/\$30 NM Please pre-register by Sept 25.**