

MWSA September & October 2026 Events

DATE & TIMES	ACTIVITY	DESCRIPTION	Cost/Room
Friday, Aug 28 th - Summer Program Ends/Monday, Aug 10 th Fall Program Registration Begins			
1st Tues, Sept 1st 10:00 Am- 12:00 Pm	Caregivers Support Group	Peer Support For Caregivers To Share Information, Resources & Support.	Free!//227
Thurs, Sept 3rd 9:30 Am- 3:00 Pm	Medi-Pedi Foot Care Clinic	A Footcare Clinic At MWSA, With A Percentage Of Sales Donated Back To MWSA. Please Pay Service Provider Directly But Make Your Appointment With MWSA. Call 780-496-2997.	Cost: Manicure: \$44.99. Pedicure: \$78.99. Mobile Pedicure: \$99.99
Sat, Sept 5, 12, and 19 11:30 Am- 12:30 Pm No Experience Needed — Just A Quiet Space, A Mat, And A Blanket	3-Week Gentle Mindful Movement & Yoga Nidra Series: A Pathway To Deep Rest	Slow Down, Soften, And Come Home To Your Body. Blends Gentle Movement With Guided Yoga Nidra — The Practice Of Conscious Deep Rest — To Help Release Physical Tension And Calm An Overactive Nervous System. You'll Move From <i>Grounding</i> (Arriving In The Body), To <i>Softening</i> (Releasing What You Hold), To <i>Stillness</i> (Resting In Spaciousness). By The End, You'll Have Experienced A Practice To Draw On Anytime You Need To Truly Rest. <i>*Comes With Recording For Daily Practice For Participants</i>	Cost Of Series: \$30 M/\$40 Nm Instructor: Sonya Sehgal, M.Ed. Registered Psychologist (Ab & Nwt), Registered Yoga Teacher (Ryt-500)
Monday September 7th Labour Day Holiday- MWSA Closed			
Tuesday September 8th Fall Programs Starting Today... Experience A New Class			
Saturday, Sept 12 th 2:00- 4:00 Pm	Free Info Session: Alberta Referendum 2026	This October, Albertans Are Being Asked 10 Questions. Each Question Can Change The Way Alberta Acts Within Canada And All Of Them Are Tricky. Learn The Facts Of Separatism, Immigration & Constitution Changes. This Is A Non-Political & Non- Partisan Info Session.	Presenters: TBD Cost: Free/ Gym Register At F. Desk
3 rd Tues, Sept. 15 th 2:00 pm	New Members Connection	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. Warm Regards, Deb Cautley, Executive Director.	Free (By Invite Only)/ Café
3 rd Tues, Sept. 15 th 10:00 am-12:00 pm	Alzheimers' Support Group	Peer Support for caregivers to share information, resources, and support.	Free!// 227

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Wed, Sept 16 th 11 Am- 3:30 Pm	Outing: River Cree Casino	The bus leaves MWSA at 11:00 am and departs River Cree at 3:30 pm. If participants decide to drive themselves, please include the details upon registration, to be shared with casino staff to receive their lunch/casino vouchers at the casino entrance. Due to popularity, no refunds or credits will be issued for cancellations for any medical/non-medical reasons.	Cost: Non-Refundable \$10M/\$15 NM. Includes: Transportation, Casino Voucher & Lunch. Max: 20 on the Bus.
Thurs, Sept 17 th 9:30 - 3:30 Pm	Medi- Pedi Foot Care Clinic	A Footcare Clinic At MWSA, With A Percentage Of Sales Donated Back To MWSA. Please Pay Service Provider Directly But Make Your Appointment With MWSA. Call 780-496-2997.	Cost: Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure: \$99.99
Saturday, September 26th 10 Am- 4 Pm Fall Rummage Sale 2026			
Sunday, September 27th 10 Am- 3 Pm Fall Rummage Sale 2026 Today only- Everything 50% off! Plus, fill a bag for \$5 from 2-3 pm.			
4 th Wed, Sep 23 rd 10:00 Am- 2:00 Pm	Walk-In Outreach Services	Services Covered: Pr Application, Citizenship Request An Expiration Of Pr Card Renewal, Lost Landing Paper, Canadian Pension Plan (Cpp), Old Age Security (Oas), Alberta Seniors Benefit (Asb), Senior Transit Fares (Bus Pass/Arc Card), Housing, Low-Income Support, Canada Pension Plan Disability Benefits (Cppdp), Employment Insurance (Ei), Canadian Dental Care Plan, Aish.	Free Drop-In Program/ 224
Last Mon, Sept 28 th 1:30 Pm	Monthly Birthday Party	If It Is Your Birthday Month, Join us for some Cake and Coffee. The Cake Is Sponsored by Churchill Manor.	Café/ Cost: Free: MWSA Members Celebrating Their Birthday Month/ \$5 Guests/Nm
TUESDAY, SEPT 29 11:30 AM-3:00 PM	Outing: Truth & Reconciliation Event at O-day'min Park (Downtown)	Through ceremony, community, reflection, and the creation of Orange Medicine Hearts, we will honour the children, Survivors, and all those impacted by Residential Schools while nurturing hope for future generations. Together, we'll open our hearts, remember with compassion, and continue walking the path of healing and reconciliation. Hosted by Aboriginal	Cost: \$10 M/\$15 NM for chartered bus. Event will be providing soup and Bannock.

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		Counselling Services of Alberta. Leave MWSA at about 11:30 am and returning around 3:00 pm. Please register by Sept 25.	
Wednesday, September 30th Truth & Reconciliation Day Holiday- MWSA Closed			
1 st Thurs, Oct 1 st 9:30 Am- 3:30 Pm	Medi-Pedi Foot Care Clinic	A Footcare Clinic At MWSA, With A Percentage Of Sales Donated Back To MWSA. Please Pay Service Provider Directly But Make Your Appointment With MWSA. Call 780-496-2997.	Cost: Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure Costs: \$99.99/ 224
Sat, Oct 3 rd 8:30 Am- 1:30 Pm Deadline To Register Sep 28.	MWSA Badminton Tournament 2026	MWSA Is Hosting A Badminton Tournament, With Registrations Open To MWSA Members, Reciprocal Members From Other Senior Centers And Non-Members 45+. Priority Will Be Given To MWSA And Reciprocal Members. The Fee Includes Badminton Games, Snacks And Prizes. Eligibility: 45+ Only. Registration Forms Are Available At Front Desk. Please Bring Your Own Racquet And Clean Shoes.	Non- Refundable! Cost: MWSA Members: \$15.00/ Reciprocal Members: \$20.00 Non-Members: \$25.00
Monday, October 12th Thanksgiving Holiday-MWSA Closed			
Tues, Oct 13 th 1 Pm- 3:00 Pm	Shoppers Drug Mart: Pres: Womens' Hair Loss & Vitamins	Representatives From Shoppers Drug Mart Mill Woods Location Will Show The Effective Scalp Massage Involves Specific Movements To Mobilize The Scalp Tissue. And Few Tips & Products To Help Hair Loss For 50+ And Vitamins That Help During Hair Loss. Samples Will Be Offered For Attendees Depending On The Quantity Available.	Cost: \$3 M/ \$5 Nm/ 225
Tuesday, Oct 13th - Saturday, Oct 17th No Gym Activities Are Scheduled (Due To Elections)			
Fri, Oct 16 th 11 Am- 3:30 Pm	Outing: River Cree Casino	The Bus Leaves MWSA At 11:00 Am & Departs River Cree At 3:30 Pm. If Participants Decide To Drive Themselves, Mention Them On The List. Names For Those Who're Driving Themselves Will Be Shared With Casino Staff To Receive Their Lunch/Casino	Cost: \$10 M/\$15 Nm. Includes: Transportation,

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		Vouchers At The Casino Entrance. Due To Popularity, No Refunds/ Credits Will Be Issued For Cancellations For Any Medical/Non-Med. Reasons.	Casino Voucher & Lunch. (Max: 20 On The Bus.)
Monday, Oct 19th Elections (No Gym Activities Are Scheduled)			
3 rd Tues, Oct 20 th 10:00 Am-12:00 Pm	Alzheimer's' Support Group	Peer Support For Caregivers To Share Information, Resources & Support.	Free!/ 227
3 rd Tues, Oct 20 th 2:00 Pm	New Members Connection	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. Warm Regards, Deb Cautley, Executive Director.	Free (By Invite Only)/Café
Saturday, October 24th Annual Craft Sale (No Gym Activities Are Scheduled)			
4 th Wed, Oct 28 th 10:00 Am-2:00 Pm	Walk-In Outreach Services	Services Covered: Pr Application, Citizenship Request An Expiration Of Pr Card Renewal, Lost Landing Paper, Canadian Pension Plan (Cpp), Old Age Security (Oas), Alberta Seniors Benefit (Asb), Senior Transit Fares (Bus Pass/Arc Card), Housing, Low-Income Support, Canada Pension Plan Disability Benefits (Cppdp), Employment Insurance (Ei), Canadian Dental Care Plan, Aish.	Free Drop-In Program/224
Last Thurs, Oct 29 th 1:00 - 7:00 Pm	Medi-Pedi Foot Care Clinic	A Footcare Clinic At MWSA, With A Percentage Of Sales Donated Back To MWSA. Please Pay Service Provider Directly But Make Your Appointment With MWSA. Call 780-496-2997.	Cost: Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure: \$99.99
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