









WINTER 2020 PROGRAM GUIDE

January-April 2020

2ND FLOOR, 2610 HEWES WAY EDMONTON, AB T6L 0A9

780-496-2997 WWW.MWSAC.CA Placing seniors at the centre

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WELCOME TO THE MILL WOODS SENIORS ASSOCIATION

V@ÁT āļÁY [[å•ÁÙ^}ā[l•ÁŒ•[&ãææā]}ÁÇT Y ÙŒÐÁN}@æ)&^•ÁœÁ\$;å^]^}å^}&^Á;¼~Án^}ā[l•ÁÇÍÁ^æð•Áæ)åÁ;ç^¦DÐÁs^Á;¦[çããā]*ÁæÁ!æ)*^Á;Á;[*læ;•Áæ)åÁ^\;çã&^•ÁgÁ;^^oóó@ãÁ^&l^æā]}æAÁæ)åÁ[&ãæ4Á,^^å•ÈÁ

Location

V@ÁT āļÁY [[å•ÁÙ^}ā[¦•ÁŒ•[&ãææā]}Áã•Á[&ææ^åÁææÁÀG€FÉÄGÎF€ÁP^, ^•ÁYæêÉÄ[}Ác@Á•^&[}åÁ-[[¦Á[-Ác@ÁT āļÁY [[å•Á Òå{ [}q[}ÁÚˇà|ã&ÁŠā⦿ðÉÄÖå{ [}q[}Á/¦æ)•ãóÁsˇ•Á[ˇc∿•ÂÉÄÆTÍÉÄGHÉÁæ)åÁæþÁá*•^•ÁJÁœ[ˇ*@ÂGÉÀJÍÉÁJÏÉÁH €ÉÁHÎFÉÁæ)åÁ HÎGÁ¸āļÁæà^Á[ˇÁ[Á@ÁTYÙOŒÁY^Áæb∳[Á;@^|&@æāÁæ&&*••ãa|^ÉÁ

Office Hours from September to December

T[}åæÊÁY^å}^•åæÊÁXIæãæĤÁNKHEÁOETËHKHEÁÚTÁ V~^•åæÂæjåÁV@¦•忀•ÂKHEÁOETËHEEÁÚTÁ Ùæc¦åæBÁSHEEÁOETËEHEEÁÚTÁ

CONTACT INFORMATION

General Inquiries/Front DeskÁ Ú@}^kkíì€⊞JÎEGJJÏ

• Executive Director: Celeste Nicholson

Ò{æailkÁnåO{ . •æ&bBæ@ÁÚ@}}^kÁiÌ€ËJÎËGJHHÁ

• Volunteer & Membership Coordinator

Ò{æall/as[|ˇ} c^^¦ È\$[[¦åā]æas[¦O{. •æ\$Beæak@ÓÚ@}}^kAÍÌ€ÉÉ€ÌËJHÍJÁ

Home Supports Coordinator

Ò{æajkÁ@;{^È`]][¦cO{;•æ&B&æ|Ú@;}^kÁiÌÏÉJIËÌÌÌÁ

Program CoordinatorÁ

Ò{æallká,¦[*¦æ{ ÈB{[¦åā]æa[¦O{ . •æ&Beæ@ÁÚ@{}}^káiÌ€ËJÎËGJJÏ

• Catering Inquiries/Kitchen

Ò{æ\$#A\$@~O{, •æ\$Bæ\$A\$Ú@}^KÁÌ€ËIIÉ JGÁ Á

Manager of Learning, Wellness & OutreachÁ

Ò{æajká, ˙d^æ&@O{¸•æ&B&æÁÓÓQ}}^kÁnÌ€ËJĴËGJJÏÁ

Á Á Á Á

CODE OF CONDUCT

- FÈ CE[Á]^!•[}•Á¸ā[Áà^Á]![ơ\&cāç^Á[-Ác@\Á•æ^ĉ ĒÁ¸^||à^ā]*Áæ)åÁ*[[å¸ā[Á]-Ác@\Á(^{ à^!•ĒÁçã•āā[!•ĒÁ•cæ-Áæ)åÁc@\Á æ•[&ãæā[}Áæ-ÁæÁ; @]|^ÈÁ
- HÈ CE|Á,^\;•[}•Á, ā|Ás[}å 80Ás@{•^|ç^•Ás, ÁsdÁ^•]^8c~|Á, æ}}^\;Á, @}Áså^ædā,*Á, ãc@Á cæ-£Ã, ^{ à^;•Ásd}åÁçã ãt; |•ÉÁ
- $\begin{array}{ll} \dot{E} & \dot{E} &$
- ÎÈ Ø[¦Á;[}Ë; ^{ à^|• Áæ) åĐ;|Áçã ãú;|• ÉÁçā;|ææā;}Á; Áæ) ^Á; Áœ Áæà;[ç^Á• @æ)|Á^• `|oÁō; Ác@ Á* •]^}•ā;}Á; Áæ&&^•• Áú; ÁTYÙŒÁ -æ&ājāūā^• ÉÄ;|[*|æ(• Áæ) åÁ*¦o@|Áæå;{ãuæ) &^Áu; Ác@ ÁTYÙŒÁ;|^{ãr^• ÈÁ
- ÏÈ QÁc@Á&æ•^Á[-Áæ;^Áçā[|ææā[}Á[-Áæ;4 •Á|ĒÁ|Áæ;åÄÎĒÁå^]^}åā;*Á[}Ác@Á•^¦ā[*•Á;æč;|^Á;Ac@Á[-△^}&^Éæ‡[ÁææÁc@Á åã*&¦^aī[}Á;Ác@ÁÒ¢^&čaā;^ÁÖā^&c[¦Áæ;å‡D¦ÁÓ[æååÁ;ÁÖā^&c[¦•ÊÁæÁ^][¦cÁ;Ác@Á;-△}&^Á;æåÁa^Á;æå^Á;Áæ*ó@¦äæð*•Á ^¢¢^!}æÁ[ÁTYÙOŒÁÁ

PHOTOGRAPHY NOTICE

Ú|^æ•^Á;[ơ Ác@æÁ+|[{ Ácã, ^Át, Ácã, ^Ét, @, d; * læ; @ Áæ; å Áçã; [Áæ; ^Áæ; ^ Áæ; Ácæ; ÁÖ^} d^ÉT Y ÙŒÁcæ-Áæ; å Áç[|ˇ} ơ^!•Á; āļÁ
à^Á&æ; č lã; * Áæ&cã;ãæ•Áæ; åÁ;] ^&æ; f Y ÙŒÉY ^Á; æ Á •^Áæ; Æ; æ*^•Áş; Ás![&@ !^•Ét, ^, •|^cơ!•Ét, ^, •|^cơ!•Ét, `|Á
¸ ^à•ãºÁæ; åÁ; c@!Áæ; ^æ; Át; Áœ|] Á;![{ [ơ Ác@Á; | * læ; •Áæ; åÁ^!çã& •Áæ; Y ÙŒÉQÁ[ˇÁæ; ^Á; &[{ -{ læ; }/^Á; ãc@Ææ; ¾ Á
^[ˇ/Á; @ đ Áæ; ^}Êt, |^æ•^Á; Ø] Áæ; æå^Á; /ÁróÁæ, Ø; @ đ */æ; @ /Á}[¸Èt

MEMBERSHIPÁ

Ó^}^ão Á Áà^&[{ã,*ÁæÁTYÙOEÁ, ^{à^¦ÁS,&[*å^kÁÁ

- $[X(c\bar{a})^*A_1|\tilde{a}c\tilde{a}^* \wedge \bullet A_2 A_3 A_3 A_3]$

- [Reduced Fees [} A | [* | æ E |
- [DiscountsÁn } Ása) } ĕadÁ, ær•^•Ág ÁÔãc Ág ÁÔå{ [} d[} ÁÜ^&¦^ææa[} ÁÔ^} d^•Á
- [MembershipsÁsd^ÁÅH€Á,^¦Á^æÈÁ
- [Úæê{^}œÁà^Á;æå^ÁşAÁ;hoù-[}Á带ā;*Á;~38^ÁQ;`¦•Áà^Ásæ•@Ê£s@~``^Ê£s¦^åãÁ;hå^àãdÉÁÁ

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ASSOCIATE MEMBERSHIPÁ

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Á

NON-SENIORS

Þ[} = ^} ā[| • Áæ ^ Á¸ ^ | &[{ ^ Áq Á¸ æ 6æ &⏠án Y Ù OÆ Å¸ | [* | æ { ā, * Áææ Á¸ [} E; ^{ à ^ | Álææ ^ • ÉÉà ˇ 6 Ÿ lā lāc Á¸ ā| Áa ^ Á āç ^ } Á q Á¸ ^ { à ^ | • Á¸ @ Áæ ^ Ã, Í ÉÁ Á

REGISTRATIONÁ

 $\'(\hat{A}) \circ \hat{A} = \mathring{A} \circ \hat{A$

• ONLINE REGISTRATION DISCOUNT FOR MWSA MEMBERS ONLY! Save \$5 OFF each class over \$72. Please register early! Head to www.myactivecenter.com.

CLASS CANCELLATIONS AND REFUNDSÁ

LIABILITY AND DISCLAIMERSÁ

Á

RECIPROCAL PROGRAM REGISTRATION

 $T ^{ \dot{a}^{+} @ j \dot{a}_{i} \dot{a}_{i} ^{+} \dot$

What you need to know about reciprocal program registration:

Ü^&ā]¦[&æ‡Á^*ārdææā[}Áæā]]|ā^•Áq[Áāj•d`&æā[}æ‡Ás[`¦•^•Áq[}|^ÈÁP[¸^ç^¦ÉÁn[{^Ásk^}d^•Á¸ā|Áæ&&k^]œÁ^&ā]¦[&æ‡Á ¦^*ārdææā[}Áq[¦Án[&ãæ‡Á*ç^}o•ÉÁn[}Eäj•d`&æā[}æ‡Á]¦[*læ{{āj*Áæ}åÁs|`à•EÁÔ@~&\Á¸ão@Ás@~Ásk^}d^Án[`Á¸æjoÁq[Á^*ãrc^¦Á ¸ão@ÉÁ

Ÿ[ˇÁ; ˇ•ơÁ @]¸ÁæÁşæþãàÁ; ^{à^¦•@]jÁsæbåÁ¦[{Á;}^Á;~Ás@Ájæbäðā]ææð;*Ás^}d^•ÁsjÁ;¦å^¦ÁqíÁ^*ã;ơ¹ÞÄ Úæbæðða]ææð;*Ás^}d^•Á@æç,^Ásiã-^¦^}ơÁ^*ã;dææði;}Áj;¦&^厦^•ÊÁ[Ás[}ææðsók@Ás^}d^ÁqíÁð;åÁ;ˇóÁ;@æóÁ[ˇÁ;^^åÁqíÁ \}[¸ÁqíÁ^*ã;ơ¹È

Participating Seniors Centres

CENTRAL LIONS SENIORS CENTRE IS NOT PARTICIPATING IN THIS AGREEMENT

<u>Òå{ [} ({} ÁÛ^} ã(!•ÁÔ^} d^Á HŸÊÁFFFFÁRæ•]^!ÁDĒ;^ÊÂÎ €ËH CÊÎÎ GÍ ÁÁ</u>

R_\(\tilde{a}\) \(\tilde{a}\) \(\tilde{a}\

Á

HOLIDAYS – CENTRE CLOSEDÁ

TYÙŒĄ ã|Áà^Á&|[•^åÁį}Áo@Á[|[¸ā]*Á@|ãāæê•KÁ

<u>Þ[¦o@ÁY^•oÁÒå{ [}q[}ÁÛ^}ā[¦•ÁÛ[&æð°ć</u>Á FGJÎHËFO€ÁÜdĚÁÑ]€ÉEÍFÉFJGÍÁ

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<u>Ùæt^ÁÙ^} ã| ¦•ÁŒ•[&ãææã]}</u>Á

FÍÁÙãÁY ã•đ}ÁÔ@¦&@NÁÙˇæḥÊÄÌ€Ë CHÉÍF€Á¢dÀH€FÁ

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JHÍ€ĒİGÁÛœĒÁÍÌ€ĒÏÌÌĒJÌÍÁ

Á

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F€ÏFJÁOE;^ÉÄÌÏËJÌÏËHG€€Á

Á

Ùdæ@&[}æÁÚ|æ&^ÁÍÍÉÁÔ^}d^Á

FEÌ HFÁN \tilde{a}_{c}^{\wedge} | • \tilde{a}_{c}° Á Oc_{c}^{\wedge} ÉÄ | • EË HHÉ | • EÏ Á

Á

<u>Y^•¢^}åÂÛ^}ã[¦•ÁŒRœïçãc ÁÔ^}d^Á</u> JÎGJËTÎÂÛd^^ŒÂÎÈEËÌHËT⊖€JÁ

PROGRAMS

 $\begin{array}{l} \text{CDE} \stackrel{.}{A} \wedge \stackrel{.}{A} \wedge \text{OA}_{|} | \mathring{a} \wedge | \overset{.}{\text{EA}} \wedge \text{COE}_{|} \mathring{a} \wedge \mathring{A}_{|} & \text{CAE}_{|} \wedge \mathring{A}_{|} & \text{CAE}_{|} &$

FITNESS AND DANCE

AEROBICS/STRENGTH

V @ Ás|æ• Áa Áann ng Át Át [å^¦æc^ Áāt}^• Ás|æ• ÉBÔ|æ• Át ¦{æc∳ [ˇ|å Áa^* ā Á ā ō @ Á Ē Á; ē ˇ c• Át -Á, æ { Á] LÁO € Á; ē ¸ c• Át ¸ Á 頁]æscó Sæd å ā Á;æå^Á;Ág^¦^Áā[] |^Ás@ ¦^[*|æ] @ N• Áy [Á, lā ¦Áa æ) & Á; lÁ cº] Á þ] ^ læ ⟩ & Á^´ ǎ ā å DLÁO € Á; ē ˇ c• Á; -Á d^} * c@ Á ^¢^¦&ã ^• Á • ā * Á;^^Á, ^ã @ Ð |æ cãs Áa æ) å Ba^} å ^ lÁa æ|LÁ Á; ā ˇ c• Á; -Ás [^ A ¢ / * &ã ^ • Áæ) å Ár} å ā æ* Ð |æ cãs Áa æ) å Ba^} å ^ lÁa æ|LÁ Á; ā ˇ c• Á; -Ás [^ A ¢ / * &ã / • Áæ) å Ár} å ā æ* Ð |æ cās Áa æ) å Ba^} å ^ lÁa æ|LÁ Á; ā ˇ c• Á; -Ás | * A ¢ / * &ã / • Áæ) å Ær} å ā æ* Ð |æ cās Áa æ) å Ba^} å ^ lÁa æ|LÁ Á; ā ˇ c• Á; -Ás | * A ¢ / • Áæ / • Ææ) å Ær} å ā æ* Ø æ Ð |æ cās Áa æ) å Ba ^ } å Å ba æ* Ø æ Ææ / • Æ

Instructor: Ôæ@¦ā,^ÁŠæç^¦åā,^Á Times: T[}åæ̂•Éð⊌kfÍË÷€kfÍÁOETÁ

12 Week Sessions: Ræ) Æ⊤HË܇ ¦Â ŒŒŒÁÇP[ÁÔ|敌�^àÆï DÁ Cost for 12 Weeks:Á\$84 T ^{ à^¦•\\$\$108ÆP[} Ё ^{ à^¦•Á

Drop-in Fee: ÅF€B&æ•

BARRE (EVENING PROGRAM)

Óæl¦^Á&læe•^•Áæ[{àḡ^Áàl^ææ@ᅽæþā]{^}ơÁæ;åÁ*^}ơ^Á;[ç^{^}ơ Áà^¦āç^åÁ+[{Áàæ|^dÉÚæpæ^•Áæ;åÁ[*ææðóæl¦^Á&[}åããa[}ḡ*Á @|]•Á&l^ææ^Á[}*Êþ^æòÁ;ˇ•&l^•ÊÁ;}^åÁœã @ÊÁd[}*^!Áæàå[{ḡæþ°Éæò;åÁā,&l^æ-^åÁþ/¢ãàããc Éæò Á¸^|Áæ Áā;]![ç^åÁ,[•č¦^ÉA Þ[Á,!^çã;ˇ•Áàæò;&^Ár¢]^!ã}&^ÆaÁ,^&^••æ-ÈÁÚ|^æ-^Áà!ã*Á[ˇlÁ;¸}Á[*æÁ;æÆMaximum 12 participants. Seniors and non-seniors are welcome.

Instructor: Ö^à[¦æ@ÁÜæçàæ Á Times: V@ ¦•åæ É ÉË ÁÚT Á

12 Week Sessions: Ræ) ÁFÎ ËŒ ¦ÁŒÆŒ€Á

Cost for 12 Weeks: Á\$72 T ^{ à^|• ₺\$96 Á₽[} ☐ ^{ à^|• Á

Drop-in Fee: ÅF€B&|æ•Á

BODY WEIGHT TRAINING

V@ā Áā ÁæÁslæ•Á; ¦Áæ3cāç^Án^}ā; I•ÈÄÖã 8[ç^¦Áŏ•ÓÁQ¸Ás@æH^}*ā;*Ánd^}*c@Ádæājā;*Ásæ)Áà^Áà^Á;}|^Á•ā;*Á[ˇ¦Áa[å^Á,^å*@ÈÁ
V@ā Áslæ•Á;ā|Á*^ÓÁ[ˇ¦Á@ædóÁ;ˇ{]ā;*Éà*ājāÁnd^}*c@Áse;åÁ^^]Á[¸Á,[çā;*ÈV@Áslæ•Á,ā|Ás[}•ã;óÁ,-Ásæåāā;Éàd^}*c@Á
dæājā;*ÉAV¢āāāāčÉÁ,[àāāčÁsæ)åÁs[¦^ÁæHÁ[||^åÁs[d^ÁséÁ*}ĚÁs]***cæÁÃ,€Á;ā;*c*•ÈÁÓ*āåā;*Ánd^}*c@Áse;Å^ÁsæÁ^ÁsæÁ*ÀÉÁ

Instructor: Slãch ÁX[*Á

Times:ÁØ ããæ • ÉÆFGKHEËFKHEÁÚT Á

12 Week Sessions: Ræ) ÁFÏ ËŬĮ ¦ÁHÉÃŒŒÁ

Drop-in Fee: ÅF€B&|æ•Á

CHAIR YOGA-CANCELLED

Ò¢]^¦ā^}&^Áæ|Á[-Ác@^Áà^}^æ•Á[-Á^[*æÁÇ]&\^æ•^Á|^¢āàājāĉĒàà ājåÁ(*•&|^Á•d^}*cœÉā]&\^æ•^Á^}^;*^Á|^ç^|•Áæ)åÁā[]¦[ç^Á
&ā&*|æaā]}DÁ;[{ÁæÁ*^ææ^åÁ;[•ãaā]}ĒV@•Á&Jæ••ÁsÁ;^!~&&Á;¦Á;æċā&]æ)••Á[[\ā;*Á[¦ÁæÁ*^}d[å*&aā]}Áū[Á[á*æÉæ)åÁœ]•^Á
¸ãœÁ([àāāĉÁ[¦ÁæÁ*]³äāā]}•ĒVŒ]Á°,*^•Áæ*^Á]^¦-[¦{^åÁ;[{ÁæÁ*&æaāĒÞÞ[Á(ææÁ,[!\ÁæÁ*^**ā]^àÈVC]]Á|^ç^|•Áæ*^Á
¸^|&[{^ĎÞP[Á;|^çā[*•Á[*æÁ*¢]^¦ā}}&^Á*āĀ)&^ÉāA

Instructor: ÁÓæà ÁÖ^} ^\æÁ

• 12 Weeks: Ræ) ÁFÍ ËŒ ¦ÁFÊŒŒÁ

• Times: Y ^å} ^• åæê• ÉÆKÍ ËHKÍ ÁÚT Á

New Reduced Fee! Cost for 12 Weeks: Á\$72 T^{ à^!• /\$96 Þ[} ☐ ^{ à^!• Drop-in Fee: ÅF⊕ 2 æ•

CHAIR ZUMBA

Instructor: Ôæc@¦ā,^Æsæç^¦åā,^Á Times:Á/`^•åæê•ÆFEÆÚÚTÁ

12 Week Sessions: Ræ) ÁFI ËT æ\ÁHFÉÆŒŒÁ

Cost for 12 Weeks: \$84 T ^{ à^|• ₽\$108 Þ[} ☐ ^{ à^|• ÁÁ

Drop-in Fee: ÁÅF€B&æ•Á

CORE STRENGTH-BALANCE-STRETCH

Instructor: Ôæc@¦ā,^ÁŠæç,^¦åā,^Á
Times:Á⁄ ^å} ^•åæê•ÉЫÆÍ Ё∺€ÆÍ ÁŒ Á
12 Week Sessions: Ræ) ÆÍ ÉŒ ¦ÆÉØ€©€Á

Cost for 12 Weeks: \$84 T ^{ à^|• £\$108 Þ[} Ë ^{ à^|• £Drop-in Fee: ÁÅF€E&a••Á

Á

CIRCUIT TRAINING

Instructor: Siã c\} ÁX[* c\A Times:Á/~ ^• åæ • ÉAFÉCÁÚT Á

12 Week Sessions: Ræ) ÁFI ÉT æ;ÁHFÉĞŒŒÁ

Cost for 12 Weeks: \$84 T ^{ à^!• £\$\$108 Þ[} Ё ^{ à^!• £Drop-in Fee: ÂĤF€E&|æ• Á

ESSENTRICS-"AGING BACKWARDS"-FULL

GENTLE YOGA-CANCELLED

Q];[ç^Á[ˇ¦Á|^¢ãa ājāc ĒÁd^}*c@Áæ) åÁ, ^||Ēa^ā]*Áœ[ˇ*@Áœã Áæ) &ā^} œÁ; } œÁ; } æÁ; Ààæ æðÁ*^} d^Á[*æÁ,[•^•Áæ) åÁ
à!^ææ@3,*Ár&@;ã ઁ^•ÈÁv@ā Áæ|æ•Áæ Á* ãææà|^Á[¦Áæ|Áãò,^••Árç^|•ÈÁU[{ ^Á; ææÁ, [¦\Áæ,Á^ˇˇāl^åÈÁU|^æ•^Áæ¦ā]*Á[ˇ¦Á;ై}Á[*æÁ
{ ædÉÁ

Instructor: ÁÓælà ÁÖ^} ^\æÁ

Times: Y ^å} ^• åæ̂ • ÊÆKKEËGKEÁÚT Á

Dates: Ræ) ÁFÍ ËŒI ¦ÁFÉÆŒŒÁ

New Reduced Fee! Cost for 12 Classes:/\$72 T ^{ à^!• /\$96 Þ[} 苗 ^{ à^!• Á

Drop-in Fee: ÄF⊕3∤æ•

KEEP FIT--ACTIVE

\$\^\] \(\hat{\text{\attack}}\) \(\hat{\text{\a

Times: Fridays, (NEW TIME!) 2:15-3:30 PMÁÓRæ) ÁFÏ ÉŒ ¦Á-ÉŒŒÁ

Cost for 12 Classes:/\$90 T ^{ à^|• /\$120 Þ[} 苗 ^{ à^|• /Á Cost for 24 Classes :/\$170 T ^{ à^|• /\$200 Þ[} 苗 ^{ à^|• Á

Cost for 36 Classes : Á\$230 T ^{ à^\• /\$190 Þ[} ☐ ^{ à^\• #Drop-in Fee: ÂF⊕3|æ• Á

Note: You must register in person, if you are planning on taking more than one Keep Fit Active Class for the multi-class discount.

LINE DANCING—BEGINNERS (NEW TIME!)

V@ā Áåæ) &^Á&|æ• Áā Á[¦Áà^*ā] ^|• ÈÃŒÆā Á[¸Áā[¸Æā[] æ&dÊx¦^ææÁr¢^¦&ã ^Êæò) åÁ;}Á[¦Áæ||Áæt^• ÈĀT[• ơÁ, Æá@ Á; ˇ• ã&Ás@æó, ā|Æà^Á•^åÁ ã Á&[ˇ] d^ ÈĀÞ[Á¸¦^çā[ˇ• Áåæò) &^Ár¢]^¦ā}} &^Árˇ ã^å ÊĎŏ• ơÁæÁˇ} Áæææã å^ ÈÁZ[[ç, ^æó,Á¸ão@ÁæÁrææ@¦Á¸lÁā[āæó,Ác]^Ár[|^Áç¸ão@Ás[Á *¦ā]• ÞÁ;|^∞¦|^å ÈÃŒÁ&|^æò,Á;æálÁ; Æí}}^!•Á¸ā|Áæф•[Áà^Áæð]¦[]¦ãææ^ÈÁ

Instructor:Álæ& Á æc\!•Á

Times: Y ^å} ^• åæ̂ • ∰:15-10:15 AM
12 Week Sessions: Ræ} Æſ Ü⊞ ¦ÆÆŒŒ€Á

Drop-in Fee: ÁÅF€B&æ•Á

LINE DANCING—BEGINNER PLUS! -CANCELLED

Instructor:Á/læ& Á⁄æ/c¹•Á Times: Ølæiæ••ÆŒHÁÚT Á

12 Week Sessions: Ræ) ÁFÏ ËŒ ¦ÁFÏ ĒŒ€ŒÁÇ ¡ÁÔ|æ•ĒÆæ) ÁFFĒŒ ¦ÁF€DÁ

New Reduced Fee! Cost for 12 Week Class: \$72 T^{ a^!• /\$96 Þ[} 苗^{ a^!•Á

Drop-in Fee: ÄF⊕&æ•Á

LIVING FIT

Instructor:ÁŒ;}^ÁÚæ;æ-&@∖Á Times:V@¦•åæî•ЁÄHË ÁÚTÁ

12 Week Sessions: Ræ) ÁFÎ Ë܇ ¦ÁŒÆŒ€Á

Cost for 12 Week Class: \$84 T ^{ à^|• /\$108 Þ[} ☐ ^{ à^|• ÁÁ

Drop-in Fee: ÄF⊕34æ•Á

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MIXED LINE DANCE (NEW SATURDAY PROGRAM!)-CANCELLED

Instructor:ÁT & @ ||^ÁT & @ ||Á Times: Ùæ 'åæ • É | K+EË = K+EÁOE Á

12 Week Sessions: Ræ) ÆÌ ËŒ; ¼ÆFÆŒŒÆÁÇ [ÁÔ|æ•ĔŒ; ¼ DÁ
Cost for 12 Week Class: \$84 T ^{ à^;• /\$108 Þ[} Ë ^{ à^;• Æ

Drop-in Fee: ÄF⊕B|æ•Á

SIT AND BE FIT

Instructor: ÁÔææ@ | ā ^ÁŠæç^ | åā ^ÁQT [} åæê • ÉV ^å } ^• åæ DÉA æææþæðóæ) å[|æÁQZ aåæê • DÁ

12-Week Sessions. 75 minutesÁ

Mondays, 10:30-11:45 AM:ÁRæ) ÁFHÉŒ! ¦Â ÉŒŒ€Á₽[ÁÔ|æ•ËØ^àÁFÏ DÁ

Wednesdays, 10:30-11:45 AM: Ræ) ÁFÍ ÉÐE ¦ÁFÉЀG€Á

Fridays, 10:30-11:45 AM (NEW TIME!): Ræ) ÁFÏ ÉŒ! ÁÆÆŒŒÁ

Cost for 12 Classes (1 day/week):為72年~{ à^|• /\$84 ▷[} 臣 ^{ à^|• ÁÁ

- Cost for 36 Classes (3 days/week) \$180 T ^{ à^¦•/\$216Æ[} ☐ ^{ à^|•Á
- Drop-in Fee:ÁN ⊞ æ•Á

Á

STRETCH & RELEASE (SATURDAY PROGRAM)

Instructor:ÁÔæc@¦ā,^ÁŠæç,^å¦ā,^Á Times:Ùæč¦åæ∂•ÆK=KÍËFKÍÁŒFÁ

10 Week Sessions: Ræ) ÁFÌ É܇ ¦ÁFFÉÆŒ€ŒÁÇÞ[ÁÔ|æ•ÉÆŬ‡ ¦Á DÁ
Cost for 12 Week Class: \$72 T ^{ à^;•/\$96 Þ[} Ë ^{ à^;•/\$

Drop-in Fee: ÅF€B\æ•Á

STRETCH & TONE YOGA

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Instructor: ÁÓæà ÁÖ^} ^\æÁ

• 12 Weeks: Ræ) ÁFI ËT æ¦ÁHFÉÆŒŒÆÁ

• Times: V~^•åæê•ÊÆF€ÆÍËFFÆÍÆØEFÁ

• New Reduced Fee! Cost for 12 Weeks:/\$72 T ^{ à^|• /\$96 Þ[} 苗 ^{ à^|• Á

Drop-in Fee: ÄF€34æ•

STRONG & STABLE

\text{\figsign a figsion of the figs

Instructor: ÁpææðæðÓæð å[læÁ

Times: Tuesdays, 9-10 AMÁJan 21-Apr 7, 2020 (New dates)

Drop-in Fee:Âl Baæ•

TABATA (EVENING PROGRAM)

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Instructor: Ö^à[|æ@Üæçàæ Á
Times:Á/@ |•åæ•ÉÄ kfÍ È kfÍ ÁÚT Á

12 Week Sessions: Ræ) ÁFÎ ËŒJ ¦ÁŒÆŒ€Á

Cost for 12 Weeks: Á\$72 T ^{ à^¦• \$\$96 Æ [} ☐ ^{ à^¦• £Drop-in Fee: ÂF€E\$ |æ• Á

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TAI CHI -CANCELLED

VasárÔ @áfai ÁndÁ[¦{ Áṭ -Áṭ ad cánd Ánd cÁn @and Ása; Áāṭ]¦[ç^Áṭ}^q Á@ ad c@Én^}•^Áṭ -Áà ad ad & ÉÉna; å Áṭ ç^¦ad|Á¸ ^||Éa^ā; * ÞÁQÁa Ánd Ása; å Á *¦as&^~|Á^¢^¦&ã^^Ánc@and^[|\•Á¸ãnc@Ánc@ Áà[å^Ét] ā¸å Ánd; å Án[ˇ|EĂVasárÔ @áfajç[|ç^•Ánd+^¦ā^•Áṭ -Áṭ -[ç^{^}o^Á]^¦-¦¦{ ^å Áāj Ánd-Ái]¸ÉÁ -{&`•^å Áṭ ad;}^\Ánd&&[{] ad; à å áhá Ása^Ís^^] Ás¦^anc@] * ÈÁOEIÁ; ç^|•Ánd-Á; ^|8[{^Eh>[Á;\^çā; * Á/asárÔ @áfa ¢]^|a]} & Á; ^& • éa Ánd-Ái; ad; } * ÁUc |^Á/asárÔ @áfa ¢] ^|a]} & Ánd-Ái; å ánd-Ái; ad; } EÁV@; Á &|æ••Áa Ánd-Ái; ad; } * +ÁUc |^Á/asárÔ @áfá; ānc@Ánd-Ái; Ás^coc¦Áa ad ad; & Ánd-Ài; ahá; ahá; ánd-Ái; [aā; } EÁÁ

Instructor: ÁS^} ÁÔ@ãÁ

New Time! Times: Y ^å} ^• åæ̂• É⁄4 0:45-11:45 AM

12 Week Sessions: Ræ) ÁFÍ ËŒJ ¦ÁFĒÆŒ€Á

New Reduced Fee! Cost for 12 Week Class: \$72 T ^{ à^;•/\$96 Þ[} Ë ^{ à^;•Æ

Drop-in Fee: ÄF€B\æ••

YOGA FOR STRENGTH

Instructor:ÁOE} } ^ÁÚæþæ &@ \ Á

• Times:ÁØlãåæê•ÉÁHFÍË HFÍÁÚTÁÁ

• 12 Week Sessions: Ræ) ÁFÏ ËÜI; ¦ÁHÊŒŒ€

New Reduced Fee! Cost for 12 Week Class: \$72 T ^{ à^!•/\$96 Þ[} ☐ ^{ à^!•Á

Drop-in Fee: ÁÅF€B&æ•Á

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ZUMBA GOLD FITNESS FOR SENIORS -CANCELLED

Z`{ àæÁÕ[|åÁV[}ā,*ÁÙ^}ā[!•ÁS|æ•ÁæÁaææ;&^åÁS[{ àā;ææā]}Á;-ÁŠææā]Áā;•]ā^åÁ(`*•æÁq Áåæ;&^ÁæÁæ;Áæ)åÁa;æ&^Áæ;åÁa;ææAÁa;ææÄ à[å^Á,[¦\[`ơÁ•ā;*Áā;@Á,^ã;@•Á,ãæÆÁ&@æāÁ;æ}å|^Á;}å|^Áa[}*•Áā;&)`å^åÁæ;åÁā;ā@æÁ;ãæ@æÁ;ãæÆÁ*[[åÁ;[¦æā;}Á;-Ád^œ&æÆ

Instructor: Ápæææææóóæ) å[|æÁ

Times:ÁØlãåæê•ÉÁJËF€ÁØET

• 12 Week Sessions: Ræ) ÁFÏ ËÜަÁHĒĞG€G€

Cost for 12 Week Class: \$84 T ^{ à^|•/\$108 Þ[} 苗 ^{ à^|•Á

Drop-in Fee: ÁÅF€B&æ•Á

STEP FORWARD

Supervised Transitional Exercise Program

What is STEP Forward?

It is an eight (8) week functional, physical conditioning exercise program.

Who can benefit?

Adults at least 18 years of age, seeking to:

- reintegrate into community-based physical activity following medical or rehabilitation intervention;
- prevent injury or improve physical function;
- decrease the likelihood of admission to a medical facility due to physical health conditions;
- better manage physical status while living with a chronic health diagnosis

How to access the exercise program:

- You may self-refer by calling the STEP Forward Intake Line listed below.
- You may be referred by a Physician, Caseworker, or Allied Health professional.

For more information or to self-refer, please call the STEP Forward Intake Line: 780-735-3483

Program sessions are held in Edmonton and Sherwood Park

Edmonton:

Central Lions Senior Centre
Jamie Platz YMCA
Mill Woods Senior Centre
North Edmonton Senior Centre
William Lutsky YMCA

Sherwood Park:

Glen Allan Recreation Centre





SPORTS

• Free Demo Day: Monday Jan 6, 2019 from 2:15-4:15 PM. Come try a free game or two! Please RSVP.

FLOOR CURLING LEAGUE (MWSA MEMBERS ONLY)

Ô[•dx\$2 M/\$4 NMÁQÚ*}&@#Ôæ#å•ÁQE;æ#jææ}|^DÁ

Times:Á/~^•åæê•ÁFGËGÁÚT ÁBÁØl ãåæê•ÆFGËGÁÚT ÁÁ

Date: ÁRæ) Á ÉDĮ ¦ÁQ ÉÓCEOEÁŅ [ÁV] [¦ÁÔ` ¦ jā * ÉT æ ÁOCEÉÁQ ; ÍÁT DÁ

Cost for the Fall Season (2 Days/Week): \$50 T ^{ à^;• ∰

Cost for 1 Day/Week: \$25 T ^{ à^|• Á

Cost for Spares for the day: \$2A ^{ \alpha \dagger \hat{A} \land \land \dagger \hat{A}

FUN CURLING (DROP-IN)

②[[¦Á&`;|ā,*Áã Áç^;^Átā āæÁtā Ác@ Átæ ^Át-Áæ Ás`;|ā,*.c@ Átæā Átā Ã-\^} & Átā Ác@æÁc@ ¦^Áā Á;[Át¸ ^^]ā,*Ét [[å^}Á&`;|ā,*Á [[&\•Áæ ^Áj`•@ åÁ¸ão@ Ácæ Atā] - 莊文明Á^ç^|•Át Ás`;|^!•Áæ ^Á¸^|&[^ Átā] Ác@ Átæ Ác@ Átæ Ácæ Áā, ÁæÁ`; Êð,[] Êð,[] / Cãããç^Ár}çã[]{ ^}cĂ Minimum of 8 curlers are needed to run this program; maximum 32 participants at one time.

V~ ^• åæê • ÊÄCHFÍ Ë! HKHEÁÚT ÉÁRæ) Á ËÜŞ ¦ÁGÌ ÊÄC€CŒÁÇÞ [Á& '|¾ * ÊÁCŞ ¦Á D
Ö|[] ËŊÁÚ|[* |æ{ Á

Ô[• d∕\$2 Member/\$5 Non-member

PICKLEBALL (DROP-IN)

• U}*[ā/*/Ö|[]ËQÁÚ|[*|æ/Á

Winter Dates: Ra) ÁGÜÜ LÁHE ÁGEGEÁ

T[}åæê•ÊÁJËF€KH€ÁŒTÁÇÞ[ÁÚæ¾|^àæþËØ^àÁFÏ DÁ

Y^å}^•åæ•ÉÄGH€€Ë H€€ÁÚTÁ

V@¦•åæê•ÊÁTGKHEËCKHEÁÚTÁÞ[ÁÚB&|^àæ|ÊÁTæÁGÎDÁ

New Time! Ø ããæ • Ê K Í ÁŒ ËF€Æ Í ÁŒ ÁMNo Pickleball-Mar 20; April 10, 17))

Ô[• d∕\$2 M/\$5 NM (Punch Cards Available)

PICKLEBALL—BEGINNERS (DROP-IN)

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U}*[āj*ÁÖ¦[]ĒQAÚ¦[*¦æ[ÁÁ

Winter Dates: Ræ) ÁŒŒ ¦ÁHŒÃŒŒ

- T[}åæê•ÊÁF€KÍŒFËFGÆFÍÁÚT ÇÞ[ÁÚæK\|^àæ|ËØ^àÆFÏD
- V@¦•åæ•ÆGKÍË! KFÍÁÚT (New Time!) Ô[•d⁄\$2 M/\$5 NM

PICKLEBALL—EVENING PROGRAM

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- Tuesdays, 6-8 PMK/Ræ) ÆTI ËT æ ÆFÆG€G€Á
- Thursdays, 6-8 PM: Ræ) ÁFÎ ËŒ; ¦ÁŒÆŒ€Á
- Ô[d**⁄\$2 M/\$5 NM**Á

Á

Please note: Úæ\ |^àæ|Á; æêÁa^Á*àb'8cÁ; Á8æ) &^||ææi; } Áå*^Á; ÁÛ] ^8ææ; ÁÖç^} æ ÈÁ
Ú|^æ•^Á•^^ÁT [} c@; ÁÔæ; å å å Á; Á, ^à•æ; Á; ¦Áææ; • cÁ;] åææ; • ÈÁ

POOL/BILLIARDS

Y^Á@anç^ÁGÁncaà|^•ÈÁO∏LÁn~~ĭa]{^}oÁna Án, l[çãna ^ à ÈÁR~•oÁn, lā, *Ár[ĭ¦Á, lan}å•ÁÁ

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- Monday-Friday, 9 AM- 4 PM QÚ[[|ÁÜ[[{ ÁÔ|[^ åÉØ^ à Æï DÁ
- Tuesday & Thursdays open until 8 PM Ç] ÁdÁQE I ÁCEÁGEGEDÁ
- Saturdays, 9:30 AM-12:30 PM
 Dates:ÁJ}* [ā * Á
- Drop-in Fee per Table for 2 Hours: \$4 T ^{ à^|• ₽\$10 Þ[} ᡛ ^{ à^|• Á

Á

MWSA POOL LEAGUE

Times: Y ^å} ^• åæê • ÊFŒŒÁÚT Á Dates: Ræ) ˌ; ¦ÁGJÉŒ€€Á

• Fee for Winter 2020 Session: \$20 T Y ÙŒÁ ^{ à^¦•₺\$30 Þ[} Ё ^{ à^¦•Á

Please fill out a Registration Form at the Front Desk.

THE ARTS

DROP-IN ART STUDIO

 $V@a \acute{a}a \acute{a}b \acute{a}b \acute{a}i[] Ea \acute{A};[* | ae \acute{A}; ac@A, [\acute{A}; ae \acute{A};

Times: ÁT [} åæê • ÉÁJ KHEËFOKHEÁÚT KÁRæ) Á EÖE! ¦ ÁGI ÉFGEGEÉÁP [ÁÚ^•• 4] } ÉFØ^ à ÁFI DÁ

Times:ÁÚæč¦åæ ÉÁNKHEÁOET ÉFCKHEÁÚT KÁRæ) ÁFÌ ÉOE;¦Á ÉÁG€G€Á

Cost: \$2 T^{ à^|•氏\$4 Þ[} 苗 ^{ à^|•Á

JAM SESSIONS (DROP-IN)

KNITTING/CROCHETING

V~^•åæ••ÊÁJËFFÁŒFÁŒJ}*[ā]*ÁÖ|[]Ëā;ÁÚ|[*¦æ{ DÁ

OIL PAINTING

Instructor: R[^&\ÁO[^^\A

Times:ÁT[}åæê•ÉÁF€ÁOET ËFGÁÚT Á

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OPEN PIANO

Y^Á@enç^ÁnaÁ,ãna)[Áng Án,ˇ¦Án[àà^Án@enaÁna Ánaçænajænà|^Ánaˇ¦āj*Án,ˇ¦ÁQQˇ¦•Án, -Án]^¦ænaj}ÈÁÚ|^æn•^Án&@ &\ÁnacÁn@ Án2l[}oÁÖ^•\Ána^-{¦^Á.•āj*È .

QUILTING (DROP-IN)

 $V@\hat{A}_{a}^{1}[] E_{a}^{1}\hat{A}_{a}^{1}[* + e_{a}^{1}\hat{A}_{a}^{1}A_{a}^{1}] | ^{A}_{a} @_{A}^{1}[c^{A}_{a}^{1}\hat{A}_{a}^{1}] | ^{A}_{a} | ^{$

T[}åæê•ÊÁJÁOET ËFGÁÞUUÞÁQÞ[ÁÔ|æ•ÊÁØ^àÁFÏ DÁ

U}*[¾*ÁÖ|[]ÄÄÁÚ|[*læ{/No drop-in fee for members/\$2 Non-MembersÄÔ[{]|^c^åÁ]|[b^&o Áæ^Á*[|åÁæÁ çæÁ çæ¼**ÁTYÙŒÁç^}o Áæ ÁæÁ*}ålææ^\Á{!ÁæÁ*

SEWING & CRAFTING (DROP-IN)

 $V@s \acute{A}_{a}^{l}[] E_{a}^{l}\acute{A}_{a}^{l}[* | a + \acute{A}_{a}^{l}\acute{A}_{a}^{l}] \stackrel{!}{\wedge}\acute{A}_{a} @ \acute{A}_{a}^{l}[\varsigma^{\wedge}\acute{A}_{a}^{l} a + \acute{A}_{a}^{l} a^{l} a^{l}] = E^{l}\acute{A}_{a}^{l}[| E_{a}^{l}\acute{A}_{a}^{l}| | E_{a}^{l}\acute{A}_{a$

Y^å}^•åæêÉÆF€KÆ€ÁØETËFK€€ÁÚTÁ

U} * [ā * ÁÖ¦ [] Ēā ÁÚ¦ [* ˈæ ÐÔ [• dÁ\$2 M/\$4 NMÁ

GAMES

Y ^Á@æç^Áæðçæðð c Á Áå¦[] 崑 Áæ ^•ÁæÁ Y ÙŒÁŒ[} * Á ãœÁ &@ å '|^åÁ&æåÁ æ ^•ÉÁ ^Á@æç^Ápuzzles, chess, Scrabble, a Carom Board, and other board gamesÁœæÁ ^{ à^|•Á&æ)Á } Þ ^ÁæÁ [Á&[•ÓÁ] Á * Þ *ÁæÁ ā ¾ *ÁæÁ æĚÁ

CANASTA (DROP-IN)

Ôæ) æ• œæਓa ÁæÁsæåÅťæ (^Áႏ[{ Ás@ÁÜ`{{^Áæ; āîÊKQÁa Á; [•ơŚ&[{{[}|^Á;|æ^^åÁ¸ās@Á; ˇ¦Á;|æ^^¦•ÊÁa¸Ás¸ [Á;æò,^\;•@3]•Á¸ās@Á c¸ [Árœa) åæååÁs^&\•Á; Ásæåå•ÈÁÚ|æ^¦•Ásææ^{] cÁq Á; æà^Á; ^|å•Á; Ár^ç^}Ásæåå•Á; Ás@Áæ; ^Áæ)\Áæ) åÁs6; Á; ˇœÁs^Á;|æêā; *ÁæþÁ &æåå•Áa¸Ás@āÁœa) åÈÁ

• V~^•åæ••ÆBÁV@¦•åæ••ÆFCKHEÏEH€€ÁÚT

CANASTA- HAND & FOOT (DROP-IN)

Hand and Foot/far ÁæÁş^\+• 4}} /k - 4Ôæ) æ• ææÁş Á, @B&@A æ&@A|æê^\ Æa Áa^æþÁş [Á^o• /k - Æææå • ÉA}[, } Áæ• Áæ• Áæ• Áæ• åÆæ) å Áæ• Áæ
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 Á

CRIBBAGE (DROP-IN)

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New Addition! Mondays, 12:15-2:15 PM

V@¦•åæ•£ÄFCHFÍEGHFÍÁÚT

• Ô[•d⁄\$2 M/\$4 NM

DOMINOES (DROP-IN)

V~^•åæ••ÊÆF€ËFGÆP[[}**ž**U}*[ã,*ÄÖ|[]ËÄ,ÆÚ|[*¦æ;Á

LEARNING ACTIVITIES

BOOK CLUB (PARTNERSHIP WITH CENTER FOR FAMILY LITERACY)

Instructor: ÁÔ^} c^\Á[\ÁØæ ar ar ÁŠæ^\æ& ÁØæ&ājaæe [\• Á

Times:ÁT [} åæê•ÊÆËHÁÚT Á

10 Week Class:ÁRæ) ÁFHÉT æÁH€ÉЀŒÁÇÞ[ÁRþæ•ÉÐ^àÁFÏ ÞÁÐÐ;¦Á ÁÆÁK} ÁÆÆK} ÁÆÐÉЀŒÁÇÞ[ÁRþæ•ÉÐÐ; ÁRHÉÐT æÁFÌ ÞÁ
Cost:ÁNo cost, but please register through the Centre for Family Literacy by calling 780-421-7323

COMPUTERS FOR BEGINNERS

V@ā Áà^*ā;}^¦•Á&|æ•Á¸ā|Á&[ç^¦Áàæ ã&Á&[{]`¢^¦Á[]^¦ææā;}•KÁPæå叿^ÉAYājå[¸•ÁF€ÁUÙÉAQ¢^¦}^ÓA&[}}^&æā;ãÉÓ¦[¸•^¦•Á æ)åÁÙ^æ&@ÁÒ}*ā;^•ÉÉU}|ā;^ÁÙ^&`¦ãc Áæ)åÁÙæ^c ÉÉÙT VÚÁæ)åÁQT ŒÚÁÒ{ æāÉAV@ÁÆ;ÁÜ^•¢{ Áā; &|*Áæ}ÅÄ;*ÁœÁÔ|[`åÉÖæææÁ {æ)āj`|ææā;}ÉÉU}|ā;^ÁTÙÁU~ã&ÁÙ`ãcÁæ)åÁ;cæ¦Á¦^^ÁA^•[`¦&^•ÉÆæ)åÁT[àāp^ÁÖ^çã&^•ÉÉSæ]d[]Á;¦[çãa^åÁ;¦Áà¦ā;*Á*[`¦Á;]}ÉÁ Please state on registration form if you need to borrow a computer.

Instructor:ÁÕ¦æ@æ(ÁÕ[å|â*) Á
Times:ÁSaturdays, F€ÏFGÁÞ[[} Á
6 Week Class:ÁØ^àÆÏF ækÁ ÉØ€€€€Á

Cost for 6-Week Class: 4\$30 T ^{ à^|• \$404 [} 首 ^{ à^|• A

LEARNING ENGLISH FOR DAILY LIFE K+k 57HCB: CF < 95 @kM7CAAI B+H9G

V@#Á]¦[*|æ(Á@#Á-[¦Á}^, &[{^|•Áq[ÁÔæ)æåæÁq[Á]|æ&cæ&^ÁÒ}*|æ*@Á|æ)**æ*^Ác@[`*@Á*¦[`]Á&[}ç^\!•ææaī}•ÉÁ^}@æ)&&]*Á ç[&æà*|æ¦^Áæ)åÁÒ}*|æ*@Á|æ)**æ*^Áà^Á^}*æ*j*ÁðjÁåã-~\^}oÁæ&qãææ*\åÁ\^æ}j*Áæ&cãçãæð•Ájā^Á[|^]|æêj*Áæ)åÁ*¦[`]Á¸[¦\ÈÁ V@Á*[æk/[æk/[æk/ææ*Æk/[Æk*ā]åÁ&[}}^&cā]}•Á;āc@Á,^[]|^ÁsjÁc@Á&[{{`}}ãcÊÁ;@A^^{{}}([çā]*Ác@Áæ)**æ*^á±~Ásæ*¦å*¦ÉÁ

Instructor:ÁŒPÔÆæ&æææ[¦Á Times:Á/@¦•åæêÆÆËÆŬTÁ

Dates: Ra) ÁJ EOI; ¦ÁHEÉÆGEGEÁÞ Í ÁSIAÐ ÉÉRA) ÁGHÉÁØ^ à ÁGÍ ÉÁT æÁGÍ ÉÁGI; ¦ÁGHÐÁ

Cost: No Cost. Please register by calling 5 V]XUUh5 W]cb Zcf < YUh m7 ca a i b]h]Yg. 780-235-2176

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Time: Ølãåæ • ÉÁF€KHEËFFKHEÁOET Á • Dates:ÁRæ) ÁF€EÐ; ¦ÁGI ÉÁG€G€Á

• Cost: Þ[Æ • d∰

MEDITATION (DROP-IN)

Time: T U Þ Ö ŒŸ Ù Æ9:00-9:45 AM

Cost:ÁÞ [Á ¢d æÁ8 • cÁ | lÁ ^ { à ^ | • LÁ GÁÞ T

SPANISH—INTERMEDIATE V (EVENING PROGRAM)

Prerequisite: $T \cdot \bullet c = c \cdot \triangle (x) \cdot$

^`` Ô|æ•^•Áæ\^Á[&`•^åÁa]Á&[{{`}}a8ææa[}Áa]Á&[}e^¢cdŽQDÁc@aÁ\^ç^|Á'[`Á¸ā|Á\^çā\¸Á'[`¦Á]¦^çā[`•Á}[,|^å*^Á¸āo@Áa;e\æ&cāç^Á æ&cāçādā*•ÉÁ^[`Á,ā|Á|^æ&}Á@¸Ác[Áaå^}cā÷Á[àb^&o•ÉÁ^¢]¦^••Á}^^åÉÁà`^ÉÁ^¢]¦^••Á|ã^Áæ)åÁåā*|ã^ÉÁ@æàãæ•Áæ)åÁå^•&⊌āà^Á]^¦•[}æ¢ãcÁæ)åÁ,|æ&◊•EÁ

Instructor:ÁÜæ ˇ^|ÁŒçậ^• ÉÁÓÈÒåÈÁT ÈÁŒÁ Times: V@¦•åæ Ê Ѥ€Ё ѤѤÁÚT Á 12 Week Session: Ræ ÁrÎ ÉŒ¦ÁÆÆŒ€€Á

Cost for 12 Week Class: \$150 T^{ à^\-/\$180 Þ[} ☐ ^{ à^\-Á

No Drop-ins, please

SENIORS CONNECT

Our Friendly Community Outreach Program

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Outreach Services

Information and ReferralsÁÁ}ÁS[{ { `} ãc Á^\caracterista Á A}Acaterista Á Acaterista Aca

Transportation (AECLET) | (38 coeata) } A[| Act
Assistance with Housing A * Áæ | [\ a * Áæ] [a d ^ } o Éæ * I • Á • Æ * Áæ * áæ * A & & ÉÆ

Translation Services A Á | ca | ^ Áa * a * a * ^• Á

Meals on Wheels Á ÁT āļÁ⁄ [[å•ÁÛ^}ā[l•ÁÛē•[&ãææā[}Áæ ÁsæÁ,æd;^\Á[l*æ)ãææā[}ÈÁT^æ;Aí}Á⁄ @^^|•Áæ^{ •Á&æ)Ás^Á [¦å^!^åÁæ)åÁjā&\^åÁ]ÁææÁœÆÁÔ^}d^ÈÁ

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HEALTH TO HAPPINESS

- V~^•åæÊ¥v ^å} ^•åæÊ¥v@¦•åæÊÆØtãåæêÁJK€€ËJKLÍÁØET
- U}*[ā]*ÁÖ![]ËB,ÁÚ![*!æ(ÁÇU*d^æ&@D
 No Cost

SUPPORT GROUPS/OUTREACH

Uˇ¦ÁT[æþÁææÁTYÙOÆÁn Át[Áj¦[çãa^Áj¦[*læ{•Áæ}åÁn^¦çã&^•Át[¦Án^}āt[+ÊÁn•]^&ãæþ|^Á厦ā;*Áæā,^•Át;-Á,^^åÈÁTYÙOÆÁn ÁæÁ,æ{{Áæ}åÅ 、^|&[{ā;*Áj|æ&^Át¦Án^}āt]•Át[Ás]}}^&cÁ;ās@Á;c@¦Án^}āt]•ÈÁ

GRIEF SUPPORT

QÁ [`Á@œc^Ár¢]^\å@} &^åÁ[•••Á\$,Á[' ••Á\$,Á[' \Á@éAš,Á]' à A@éAš,Á] \Á@éAš,Á]
GRIEF SUPPORT COUNSELLING (DROP-IN)

V@ā/Āā/ÁœÁå¦[]ËājAj¦[*¦æ{Á[¦Áājåãçãa*æ†Áj@[Á^~*ã^Á[{^Á*]][¦dŽÁÞ[Áj¦^Ë^*ã~dæáāj}Á^~*ã^åÈÁ

Times:ÁY ^å} ^• åæ̂ • ÉÆŒËHÁÚT Á

- Ongoing Program
- No cost

CONVERSATION CIRCLE

V@arÁarÁasaÁ,¦[*¦aqéÁ[¦Ár^}ā[¦eÁq[^{à^{eAg}aÁ,[]}Ë;^{à^{eAg}aÁ,[]}Ë;^{ `Ag}a^{eAg}aÁ,[]*Ë;^{\alpha}a,^{\alpha • [8aad/sa[|acaaa]} ÊÁce) å Ás4 ^acc^Á^||[• @a Ás4 ÁccÁ/a³) å | ÊÁce) å Á ^|84 { ā * Á } çā [} { ^ } cÈÁ

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- U}*[ā]*ÁÚ¦[*¦æ(ÁQU*d^æ&@D Þ[ÁÔ[•c

CULTURAL GROUP

OZÁ-`]][¦oÁ:¦[`]Á;¦Á;{ â ¦æ}oÁ-^}ā;¦•ÞÁT-^{à^¦•Á; ^^oÁ;Á;[çãå^Á:`]][¦oÁ;Á^æ&@Á;c@;bÉåãe&`••Á&`;!^}oÁsc-æāi•Ásè;åÁse•`^•Á c@eorÁse-^8c/Ás@ ãiÁãç^•ÈÁÔ[{{ ``}ãc ÁÜ^•[`¦8^Á;^|•[}•Áse}^Ás|[`*@ÁsiÁ[Á;[çãa^Ási-[¦{æcā[}Á;}Á;[*¦æ(•Á;√Ási-c^¦^•cÁt]Á ã { ã ¦æ} oÁ•^}ã ¦• ÈÁ

- Y ^å} ^•åæ• É42-3 PM (NEW! EXTENDED TIME!)
- U}*[ā/*ÁÚ|[*|æ/ÁŒÚ*d^æ&@D Þ[ÆÔ[• œÁ

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MILL WOODS SENIORS HOME SUPPORTS PROGRAM: REFERRAL SERVICE

What is it?Á

•^\cas^Á;|cas^Á;|cas^!•ÉA`&@Ás•Á;|;Á^{|casEA`asàÁ@||ÉA a;|Áq;|^Á^|aás•ÉQ`•^\^^]ā;*Ásè;åÁ;c@\Á^;&@Á^\cas6*EA

How does it work? A

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Need more info or would like a referral? Please call 587-594-7884

MONTHLY PRESENTATIONS

TāļÁY [[å•ÁÙ^}āt+ÁŒ•[&āæaā}}Áj~^\+ÁæÁçæbā°c Áj~Á^å &æaā} aæÁ•^••ā} - Ac@[**@*cÁc@A^^æAj} AæÁçæbā°c Áj~Ád] a&•Á ãj&|`åãj*kÁ@ æqko@ÁænjåÁ,^||}^••EÁæetāj*Á,^||ÊÆ&`¦¦^}oÁæ-æaã•EÁaæ^cÊÁæjaa)&ãædyÁ,|æaj}āj*ÁænjåÁ*^}^!ædyÁsor¦^•oEÁ

Please see our monthly calendar for more details. Cost: \$2 { ^{ à^|• 434,[} \ \\ \\ a^| \ \| a^| \ \\ a^| \ \| a^| \ \\ a^| \ \| a^| \ a^| \ \| a^| \ \| a^| \ \| a^| \ \| a^| \ a^| \ a^| \ \| a^| \ a^|

NUTRITION PROGRAMA

TYÙOEÁà^|a^ç^•ÁajÁ;|[çãaā;*Á^}ā[;•Á,ão@Áo@Á,^&^•æôÁt[[|•Áæ)åÁ^•[*¦&^•Át[Áaç^ÁæÁœd;]^Áæ)åÁ@æd;o@Áã^•c°|^ÊÁaj&|*Á ^æaāj*Á@ æ¢c@a\beY^Áseb^Ásebjæê•Ása^ç^|[]āj*Áj^jÁj;[*¦æ{•ÁqíÁ; ^^cÁs@ Áj^^å•Áqí*¦Ása^{[*¦æ}}@abbeAÁ

ÖænārÁQioÁsa) åÁ@ ædc@ Á; ^æd•ÁsæÁ; ˈkÁznd Floor CaféÁQU]^}ÁT[}åæê ËØläñæê ÉÁJÁQET ËFKH€ÁÚT DÁ \ddot{O}_{a} } $^{\dot{A}}$ [$8\tilde{a}_{a}$ $^{\dot{A}}$ $^{\dot{A}}$ [$^{\dot{A}}$ \hat{O}[[\hat{a} * \hat{A}\hat{O}^{(1)}] \wedge \hat{A}\hat{Q}] \wedge \hat{A}\hat{Q} \wedge \hat{Q} \wedge \hat$

SPECIAL EVENTSÁ

Q Ázeååããã} Á (Á (` ¦Á'^* | zeþÁ) ; [* | zeþ { 3/4 ÉÁT Y Ù O EÁ Ù cze-Ázeþ å Á Ù] ^ & ã zeþÁ Ò c, ^ } o Á Ô ({ ã z c ^ Á (| xeþ á ^ Á +) ^ & ã z b Á +) ^ & Z b Á +) ^ c@[`*@`o^c@^A^æ=E48|&|`åā|*Áåā|}^!•E4U]^}AP[`•^E4&`|c`!æ#A&^|^à|æ#ā|}•Á\$E*E4O@@aq æ=E4O@d\^•^Ab^;Á\$P^æ=E4U]^}&#\$ ÖæÊÉÖã æHaTÉSæ) åÁi [¦^ÁHÚ|^æ•^Ár^^Ái [}œ@`ÁÙ]^&&aeHÁÒc^}œ ÁÔæ!^}åæHÁI;¦Ái [¦^Ása^ææ!•È

MONTHLY BIRTHDAY PARTIES

Òæ&@Áæ)åÁ^ç^¦^ÁåæêÁæíÁæÁ&^|^à¦ææaj}ÂÁÓˇơÁ, ^Ájã.^ÁtjÁœæjA\ÁœææÁî[ˇ¦ÁàãaœàæêÁæíÁ^¢dæÁ•]^&æædÈARjājÁÿ°¦Áj¸'¦Áj [}c@)Á à đi co gà zê Ái zet c°ÁI; lÁSI ~^^ÉÁS đi co gà zê ÁS zet ^ÉÁ [8 ãz et ã zez fi] Áset à ÁS [[lÁi lã ^•ÉÁÁ

Date: ÁŠæ cÁØ ãàæ Á Ás@ ÁT [} cœÃGCCÏ KHCÁÚT ÁÇ |^æ ^Á&@ &\ Á [} cœ? ÁÛ] ^&ãæ ÁÔç^} c• ÁÔæ}^} åæ DÁ

Cost: ÁØ1^^Á; ¦Á; ^{ à^¦•Á ão@Ásãc@àæê•ĐÅGÁ; ¦Á;[}Ëaãc@àæêÁ; ^{ à^¦•Ð;[}Ë; ^{ à^¦•Á

Monthly Birthday Cake is generously sponsored by:



ÇT ă|Á' [[å•Á/[¸}ÁÔ^}d^DÁ
North Central

OUTINGSÁ

TYÙŒÁ; | * æ)ã^•Á\^* | æÁ, * œ¸ * •Áq,Á, | æ&^•Áq,Á, | æ&^•Áq,Á, | 0 &ãæþÁq, c^| ^ •Óæq, åÁ^• œã; æþÁg,Ás@,Ásã;Á,ÁÒå{ [} q;}Áæq,åÁ*; | [* }åã, * Áæb^æÆÁ Ù[{ ^Á|æ•cÁdā|•Á@æc^Áā|&|*å^åkÁV@ÁÖ^c[}ãæ;ÀŐæ;å^}•ÉÄK*¦æ••ã&ÁZ|¦^•dÉW@ÁW,¦æā;ãæ;ÁÖ*|c`¦æ;ÁP^¦ãæ;*^ÁÔ^}d^ÉW@Á CΈ^{cæfŠ^*ã|æc*|^ÊV@ÁÜ[^adÁŒà^{cæÁT *•^*{ ÊÉæ} åÁÚ^æ\$^~ |ÁXæ|^^ÂÓ[•oÁ Á* cã *•Ásæðð•ÈÚ|^æ•^Á^^Á; [} c@^ÂÚ]^&&ædÁ Òc^} œ ÁÔæ\^} åæ\Á; ¦Á; [¦^Áå^œæ\ê

VOLUNTEERSÁ

OĒÁæÁ\[}Ë;|-ãpÁ|:*æ}ãæã|}ÊÉc||`}c^\!•Áæ¢^Á·••^}cædÁq£Ác@ÁT]^!ææã|}Á;Ác@ÁTā|ÁY|[å•ÁÛ^}ā!:•ÁOĒ•[&ãææã]}ÈÝY^Áæ¢^Á æd. æð. •Á[[\ā,*Áf;Ác[|`}&^\-Áf;Ái',[*;æd. •É*]^&&ædÁ^c^}. •É*]^&&ædÁ^c^}. •É*@]`&ædÁ*@}Ê*æð. åÁO£å{ ā,ācdæðā}È*QÁ^[`Áæd^Á ã c'.\^• c^å Ás Ác[|ˇ} c^^¦ā * ÉÁ |^æ• ^Ás [} cæ&cÁ • Ásœá ì €ÉÌ JÎ ÉÉJJÏ Á; ¦Ác ã ã đÁ • Ás Á, ^¦•[} Át ÁÁIÁ ˇ cÁsa) Ása [] læ&æá] } Á; ¦{ ÉÁ

FUNDRAISINGA

OE ÁœÁÁ,[}Ë;|-ãœÁ,|*æ)ãææã|}ÊÁ, ^Áæ&&\] œÁæ @Áå[}ææã|}•Á,|Á*ãæ Ëð, Ëð, åÁ;[{ Áœ Á&[{ { `}}ãc Á¢ Á@|]Á`]][¦œÁ; ¦Á;|[*¦æ€ •Á aa) åÁn^¦çã&^• ÞÁQÁ[´Ásè^Ásje c'¦^• co åÁsjÁn`]][¦cāj*Ásœ)ÁTāļÁY[[å•ÁÛn}āj!•ÁQē•[&ãæaāj}ĒÁ;¦Á,[`|åÁða^Á;[¦^Ásj-f;{æaāj}Ásæ)[`cÁ ~`}åÁå^ç^|[]{ ^}oÁj]][¦č}ãã?•ÉÁ|^æ•^Á&[}œ&oÁ•ÁæaÁÌ€ËJÎËGJHHÉÁ/æ¢Á^&^∄•Áæ∂Áà^Æ•`^åÉÁ

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Rates are:

- \$25 Business Card (4" x 2½")
- \$40 ¼ Page (4" x 5¼")
- \$80 ½ page (8" x 5 ¼" or 4" x 10 ½ ")
- \$160 Full page (8"x 10½")

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• \$50/month

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