

AUGUST 2024 MWSA MONTHLY EVENTS CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <ul style="list-style-type: none"> Mahjong Game: Mondays, 1:00- 4:15 pm. Bridge Game: Tuesdays, 12- 2 pm. Chess Game: Wednesdays, 1:30- 3:30 pm. | <ul style="list-style-type: none"> Canasta Game: Thursdays, 12:30- 2:30 pm. Cribbage Game: Thursdays, 12:00- 2:15 pm. Open Art Studio: Fridays, 1:00- 4:00 pm. | <p>1</p> <p>Learn to Crochet in 4 weeks 9- 11 am/ \$ 48 Mem, \$60 NM (Aug 1, 8, 15 & 22) #229</p> | <p>2</p> | |
| <p>5</p> <p>CIVIC HOLIDAY MWSA CLOSED</p> | <p>6</p> <p>4-week Spiritual Empowerment 1:00- 3:00 PM/ \$ 88M/ \$98 NM (Aug 6, 13, 20 & 27) #227/ 228</p> | <p>7</p> <p>Paint to Learn with Coffee 10 am- 1 pm \$35 M/\$45 NM/ #225</p> | <p>8</p> | <p>9</p> <p>Grief Support #224 11 a.m.- 1 pm (\$3M/\$5 NM)</p> |
| <p>12</p> <p>5-week YOGA 4 OSTEOPOROSIS & OSTEOARTHRITIS, 1:30- 2:30 PM Aug 12, 19, 26, Sep 9 & 16. \$65 M/ \$80 NM #227/228</p> <p>Hearing Test Clinic 9:30 am- 2:30 pm (\$3M/\$5 NM)</p> | <p>13</p> | <p>14</p> | <p>15</p> <p>EMCN Outreach Services, 10 am- 2 pm/ #224 Free</p> <p>Outing: River Cree Casino, 11 a.m.- 3:30 pm (\$10M/\$15NM)</p> | <p>16</p> <p>Grief Support #224 11 a.m.- 1 pm (\$3M/\$5 NM)</p> |
| <p>19</p> | <p>20</p> <p>FUN CURLING CANCELLED</p> <p>MWSA Volunteer Appreciation Event, 5:15-8:30 PM (Invite only)</p> | <p>21</p> | <p>22</p> | <p>23</p> <p>LIVER & ONIONS DAY Grief Support, 11 a.m.- 1 pm (\$3M/\$5 NM), #224 EPL e-Learning Resource, 10:00- 12:00 pm</p> |
| <p>26</p> <p>5 Week Chair Yoga for Mental Wellbeing, 9:30-10:30 AM Aug 26-Sept 30 \$50 M/\$65 NM #231 Monthly Birthday Party 1:30 pm/Café</p> | <p>27</p> <p>Celiac Support Group #227 10- 11:30 am/ \$3 M/\$5 NM NEW MEMBERS CONNECTION 2:00 PM</p> | <p>28</p> | <p>29</p> <p>Foot Care Clinic \$\$ 10:00 a.m.- 3:00 pm/ #224</p> | <p>30</p> |

Event Details (Registration required for all activities)

Monday Aug 12, 9:30 am-2:30 pm. Hearing Test Clinic. One-on-one session with Kate Powell for hearing screening, 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. /Room 224.**

Monday, Aug 1, 8, 15 & 22. 9:00- 11:00 am. Learn 2 Crochet in 4 weeks! Taught by one of our Crochet Members. Get your hook-on in this comprehensive 4-part intro class and make yourself a handmade project as you learn! Basics covered include chaining, single crochet, double crochet, pattern reading, crocheting flat, and finishing techniques. Participants will crochet 4 projects (Washcloth, hat, coasters, and toy or Christmas ornament). **No previous experience is required, and all supplies are included. Cost: \$48 Members/\$60 Non-Members /Room 229.**

Tuesday, Aug 6, 13, 20, 27; 1:00- 3:00 pm, 4-week Workshop. Spiritual Empowerment with Byron Crowell, certified Reiki Master and have been practicing and teaching Usui/Tibetan Reiki for approximately 24 years, both here in Canada, and in the Netherlands. Embrace an adventure of self-discovery, as you learn to elevate your vibrations through meditative exercises. Protect yourself from the negativity of the world around us. Sharpen your intuition, and learn to look intuitively into photos, and the spirit world, and eventually even learn to see portions of your past lives. Designed for everyone. **Cost: \$88 M/ \$98 NM. (Drop In: \$24 M/\$28 NM). Min: 5 registrations. Room: 227/228. Register by Aug 1st.**

Wednesday, August 07, 10:00 am- 1:00 pm Learn to Paint with Instant Coffee with Linda Finstad. Famous coffee artist Linda Finstad will teach you to turn instant coffee into fabulous paint and art. She will guide step by step to complete two (maybe more) beginner coffee art projects. No previous experience needed. Suitable for the whole family. Painting with coffee is the perfect way to get started as an artist. **Cost: \$35 M/\$45 NM/ Room: 225. (Cost includes all Supplies needed; just bring yourself!). Register by Aug 2nd.**

Mondays, August 12, 19, 26, Sep 9 & 16; 1:30- 2:30 pm YOGA 4 OSTEOPOROSIS & OSTEOARTHRITIS. This gentle senior class teaches how to practice yoga while protecting the spine and improving joint mobility over time. We focus on strengthening muscles that support the skeleton without causing harm to our bones. Please bring your own yoga mat, as MWSA has limited ones available. **Room: 227/ 228/ Min. 5/ Max 10. Cost: \$65 M/ \$80 NM. Drop-in fee: \$ 16/ mem, \$ 20/ non- mem.** (No class Sep 2) **Instructor: Neeru Prashar.**

Thursday, Aug 15, 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. **The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm.** If participants decide to drive themselves, please mention that on the list. Their names will be shared with Casino staff to receive their lunch/casino vouchers at the Casino entrance. **Max: 24 on the bus. Cost: \$10 M/ \$15 NM.** Due to the popularity of this outing, no refunds or credits will be issued for cancellations due to medical/non-medical reasons.

Thursday, Aug 15, 10:00 am- 2:00 pm Outreach Services with EMCN, every 3rd Thursday of the month. Services offered include immigration-related issues, Apply for PR Card, Apply for Citizenship, Request an Expiration of PR Card Renewal, Apply for Lost of PR, apply. for lost Landing paper, financial issues, Apply for Canadian Pension Plan (CPP), Apply for Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares, and housing. **Free, Drop in. Room: 224.**

Tuesday Aug 20, 5:15- 8:30 PM Volunteer Appreciation event. Invite only. Details will be sent to MWSA volunteers.

Tuesday, Aug 27, 2:00 pm New Members Connection. Executive Director, Deb Cautley, invites new members to join for coffee and cookies! This event is designed especially for our newest members to connect, socialize, and learn about MWSA. Thank you for choosing to be a part of Mill Woods Seniors Association. **Free. Room: Café. Register by Aug 16.**

Monday Aug 26, Sep 9, 16, 23 & 30, 9:30- 10:30 AM. 5 WEEK Chair Yoga Series for Mental Wellbeing with Sonya Sehgal, M.Ed. Registered Psychologist (AB) & Registered Yoga Teacher (RYT-200). Yoga can bring many positive impacts to your mental wellbeing such as enhancing your thinking, boosting your mood and reducing stress. In 5 weeks, learn how to relax your mind, cultivate positive emotions, and improve concentration and attention. This is a gentle and mindful class that encourages a sense of calmness, and promotes wellness. No prior yoga experience is necessary. **Cost for 5 Weeks: \$50 M/ \$65 NM. (Drop in \$13 M/ \$16 NM) /#231.**

Monday Aug 26, 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.** **Cost: Free for MWSA members celebrating their birthday month/\$5 guests/non-members/Café.**

Friday, Aug 30, 10:00 am- 12:00 pm. EPL e-learning Resource (Drop-in program). Interested in learning more about what you can do with the Cricut and heat press? Join us between 10 am and 12 pm to learn the basics of creating designs and what kind of projects you can create! **Cost: Free/Lobby.** No registration required.

Thursday, Aug 29, 10:00 am-3:00 pm Diabetic Foot Care Clinic with Kimberly Simmonds LPN, Treatments: Nail Trimming, Foot Hydration, Corn & Callus reductions, Foot Massage, Assistance with Ingrown toenails & nail fungus. **Cost: \$65 Initial Consultation/ \$45 Follow up. Please book your appointment at the Front Desk. Room: 224**