



# HELLO AUTUMN



## PROGRAM & ACTIVITY Guide

Sep 23- Dec 13  
(12 weeks)

At MILL WOODS SENIORS CENTRE



Registration Begins September 9, 2024

**PROGRAMS START SEP 23RD - DEC 14TH.**

We're excited to announce that we are now open on Saturdays!

This means you have an extra day each week to enjoy our services and products. Explore new offerings, or simply take advantage of a more flexible schedule, our staff/ Volunteer will be here to assist you.

Come visit us this Saturday and make the most of your weekend!



2610 HEWES WAY NW, 2ND FLOOR,  
EDMONTON, AB T6L 0A9  
780-496-2997  
[WWW.MWSAC.CA](http://WWW.MWSAC.CA)

PLACING SENIORS AT THE CENTRE



FALL PROGRAM GUIDE IS SPONSORED BY  
SERVUS CREDIT UNION

**Note: Please avoid last-minute Program registrations.**



## TABLE OF CONTENTS

### General Information

About Us.....3

Membership Info.....4

Registrations & Payments.....5

Memorandum of Reciprocal.....6

### Programs & Activities

Class Descriptions & Schedule.....7- 13

Drop-In Activities Schedule.....14- 16

MWSA Clubs.....17

Collaborations/ Agreement Activities.....18

Services Provided at MWSA.....19

Additional Info..... 20- 25

**Mill Woods Seniors Association**  
 2<sup>nd</sup> Floor, 2610 Hewes Way NW  
 Edmonton, Alberta, T6L 0A9  
 PHONE: 780-496-2997

**Follow us on social media!**

Website: [www.mwsac.ca](http://www.mwsac.ca)

Subscribe to our [YouTube Channel!](#)

Facebook: [www.facebook.com/millwoodsseniorsassociation](https://www.facebook.com/millwoodsseniorsassociation)

Twitter: [www.twitter.com/MW\\_Seniors](https://www.twitter.com/MW_Seniors)

## Hours of Operation

Monday to Friday: 8:30 a.m. to 4:30 p.m.

Thursdays: 8:30 am- 8:30 pm

Saturdays: 9:00 am- 1:00 pm

Weekends and holidays: Closed

**TRUTH & RECONCILIATION DAY: Sep 30<sup>th</sup>, 2024**

**THANKSGIVING DAY: Oct 14<sup>th</sup>, 2024**

**REMEMBRANCE DAY: Nov 11<sup>th</sup>, 2024**

**RENTAL BOOKING: Nov 2<sup>nd</sup>, 2024**

**MWSA EVENT: Nov 9<sup>th</sup>, 2024**

Centre will be closed during Christmas Break:

**Monday, Dec 23<sup>rd</sup> - Thursday, Jan 2<sup>nd</sup>, 2025**

## ABOUT US

The Mill Woods Seniors Association (MWSA) enhances the independence of seniors (55 years old and over) by providing a range of programs and services to meet their recreational and social needs. Aging well is about enjoying new experiences and learning new things. At MWSA, seniors are encouraged to continue learning, adapting, and contributing to society. We hope to inspire our members to live a meaningful and passionate life, with our variety of programs and services. We offer volunteer opportunities to those who are looking to give back to their community.

### Mission and Vision Statement

Mill Woods Seniors Association (MWSA) enhances the quality of life of seniors in Mill Woods and surrounding communities. MWSA is a welcoming center that provides programs and services that meet seniors' recreational, educational, social, health, physical, intellectual, and emotional needs. If you have questions or concerns, please contact:

**Executive Director, Deb Cautley, at 780-496-2933 or [dcautley@mwsac.ca](mailto:dcautley@mwsac.ca)**

### Staff Directory

Position	Name	Email	Contact
General Inquiries	Front Desk Volunteers	N/A	780-496-2997
Executive Director	Deb Cautley	<a href="mailto:dcautley@mwsac.ca">dcautley@mwsac.ca</a>	780-496-2933
Bookkeeper/Office Admin	Michele Vriens	<a href="mailto:mvriens@mwsac.ca">mvriens@mwsac.ca</a>	780-508-9260
Membership/Volunteer	Brandy Devine	<a href="mailto:bdevine@mwsac.ca">bdevine@mwsac.ca</a>	780-508-9359
Café Chef	Daniel Diaz Mora	<a href="mailto:chef@mwsac.ca">chef@mwsac.ca</a>	780-508-9251
Assistant Chef	Mica	N/A	780-508-9251
Café Pre-orders	Volunteers/ Staff	N/A	780-944-5926
Communications	Karen Lee	<a href="mailto:klee@mwsac.ca">klee@mwsac.ca</a>	780-717-3038
Program Coordinator	Shalini Waryah	<a href="mailto:swaryah@mwsac.ca">swaryah@mwsac.ca</a>	780-508-9252
Special Events Coordinator	Volunteer	<a href="mailto:specialevents@mwsac.ca">specialevents@mwsac.ca</a>	N/A

## **MWSA 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 at 2<sup>nd</sup> Floor Cafe
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

### **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 and drop-in activities at membership rates and club enrollment.
- Membership Discount at 2<sup>nd</sup> Floor Cafe
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

### **Reciprocal Memberships: Those who have 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.
- Access to drop-in activities at non-member rates.
- Access to instructor-led programs at member rates.
- Fill out the membership form for our database info and receive a key fob when registering for classes/activities.
- Access to café.

### **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.

## HOW TO REGISTER

### 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](http://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.

### Telephone Payment

Front Desk volunteers can assist you with telephone registration (credit card payments only). (780-496-2997)

### "E- Transfer" Payment **NEW!**

Please send your payment to: [ed@mwsac.ca](mailto: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 a 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 partake 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.**

Feel free to drop in for classes, unless otherwise stated in this guide. Call 780-496-2997 to confirm if they are running that day.

## Memorandum of Understanding Reciprocal Program Registrations

Mill Woods Seniors Association is a participating center of the Edmonton Seniors Coordinating Council's Reciprocal Program Registration Agreement. Seniors can access a variety of courses from Edmonton's seniors' centers with one membership.

What you need to know about Reciprocal Program Registration:

- Reciprocal registration applies to **instructional courses only**. However, some centers will accept reciprocal registration for social events, non-instructional programming, and clubs. Check with the center you want to register with.
- You must show a valid membership card from one of the participating centers to register.
- Participating centers have different registration procedures, so contact the center to find out what you need to know to register.
- If you have a membership at the other center, you will still need to fill in the MWSA membership form at the Front desk at no extra cost You will receive a MWSA Membership Card along with Reciprocal Membership details and a barcode key tag that you use to scan in at the front desk to attend an instructional course. The bar code key tag has a hole in it so you can attach it to a key ring or to your car's key fob.
- Eligible to attend instructor-led classes and use café (meals/coffee).

Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at Token Fee \$5.00	780-970-8825
Edmonton Indigenous Seniors	Still Honoring	587-525-8970 Ext # 2
Edmonton Seniors Centre	Still Honoring	780-425-8625 Ext. 2003
Jewish Senior Citizens' Centre	Still Honoring	780-488-4841
North Edmonton Seniors	Still Honoring *(exception - Fitness Centre)	780-496-4915/ 4927
Northwest Edmonton Seniors	Still Honoring	780-451-1925
Sage Seniors Association	Still Honoring	780-701-9016
Southeast Edmonton Seniors	Still Honoring	780-468-1985 Ext.228
Southwest Edmonton Seniors	<b>TBD</b>	587-987-3200
Strathcona Place 55+ Centre	Still Honoring	780-433-5807
West End Seniors Activity	Participating at Token Fee \$5.00	780-483-1209
Updated Dec 20, 2023.		

## **Instructor-Led Programs (Registration Required)**

### **ACRYLICS FOR ALL LEVELS: Room 231/ Max 15.**

Acrylics are fast-drying paints that can be used straight from a tube, like oil paints, or can be thinned with water, like watercolors. They are extremely versatile and vibrant, offering the artist a wide range of textures, colors, and consistencies. This class is for all levels of experience. **This is a fragrance-free class. SUPPLY LIST.**

- Instructor: Willie Wong
- Tuesdays, 1:00- 3:00 PM. Sep 24, Oct 1, 8, 15, 22, 29, Nov 5, 12
- 8 Weeks cost: **\$128 M/ \$160 NM.** Drop-ins: **\$20 M/ \$24 NM**

### **AGE REVERSING ESSENTRICS® Room 229 / Min:8. Max 12.**

This is 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 and water.

- Instructor: Meaghan Hipkin
- Mondays, 12:30- 1:30 PM. Sep 23, Oct 7, 21, 28, Nov 4, 18, 25 Dec 2 & 9.
- 9 Weeks cost: **\$144 M/ \$180 NM.** Drop-ins: **\$20 M/ \$24 NM**

### **BALLET DANCE: 45 Minutes. Room 229/ Max NEW 12**

Gentle and graceful movement will be practiced during this Ballet class, suitable for all- no past dance experience required. Ballet slippers or slippers with grip recommended.

- Instructor: April Redl
- Thursdays, 1:45- 2:30 PM. Sep 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21 & 28.
- 10 weeks cost: **\$160 M/ \$200 NM.** Drop-ins: **\$20 M/ \$24 NM**

### **BARRE, STRENGTH & STRETCH: Room Gym/ Max 24.**

Barre classes combine breath, alignment and gentle movements derived from ballet, Pilates, and yoga. Barre conditioning helps create long lean muscles; toned thighs; stronger abdominals; increased flexibility; and improved posture. This course is 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. Sanitize the equipment after use.

- Instructor: Deb Proc
- Wednesdays, 10:45-11:45 AM. Sep 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27, Dec 4 & 11.
- 12 weeks cost: **\$120 M/ \$156 NM** Drop-ins: **\$13 M/ \$16 NM**

### **CARD MAKING WORKSHOP: Room 225/ Min 5, Max 8 NEW**

Learn to cut and fold cardstock in different ways to create unique and interesting cards. Assemble 4 cards (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. **Please ask for your supply list at the front desk.**

- Instructor: Marcelle Jamieson: (Card Makers Club)
- Thursdays, 12:15- 3:15 PM. Sep 12, Oct 10, Nov 14 & Dec 12
- 4 weeks cost: \$50 M/ \$60 NM Drop-ins: **\$15 M/ \$20 NM**

**CHAIR YOGA: Room Gym/ Max 22.**

Experience all the benefits of yoga (increase flexibility, build muscle strength, increase 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 mats. No previous experience is required.

- Instructor: Neeru Prashar
- Friday, 1:15- 2:15 PM Sep 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6 & 13.
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$13 M/ \$16 NM**

**CIRCUIT TRAINING: Room Gym / Max 22.**

This is a class for all levels of fitness, including those looking for a more active class. This is a fast-paced 60-minute class that keeps you on your toes. Circuit training format involves rotating through various stations that target your lower and upper body strength, core, and cardiovascular fitness using body weight and various equipment. Challenge yourself to keep going through the allotted time at each station. Discover how quickly your strength and endurance improve each week. Modifications for every fitness level will be provided.

- Instructor: Deb Ravbar
- Tuesdays, 10:45- 11:45 AM. Sep 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26, Dec 3 & 10.
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$13 M/ \$16 NM**

**CORE, STRENGTH, AND STRETCH: Room Gym/ Max 16.**

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

- Instructor: **Deb Proc**
- Thursdays, 12:30- 1:30 PM. Sep 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5 & 12.
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$13 M/ \$16 NM**

**DANCING THROUGH THE 60'S: 45 Minutes. Room 229/ Max 12** NEW

Everyone is welcome in this gentle dance class. Set to music from the 60's, movement patterns will be taught, and accommodation is offered as needed. Gentle stretching and weights will be offered during a start warm up. Footwear with a leather type sole (with no grips) or clean indoor running shoes are recommended.

- Instructor: April Redl
- Thursdays, 2:45- 3:30 PM. Sep 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21 & 28.
- 10 weeks cost: **\$160 M/ \$200 NM.** Drop-ins: **\$20 M/ \$24 NM**

**ESSETRICS® for Seniors - (45 minutes) Room 229 / Max 12.** NEW

This **5-week class** is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work (sitting). This class will be adapted for people with mobility devices (canes and walkers).

- Instructor: Meaghan
- Fridays, 1:15- 2:00 pm Sep 27, Oct 4, 11, 18 & 25.
- 5 Weeks Cost: **\$65 M/ \$80 NM.** Drop In: \$16 M/ \$20 NM



**ESL LEVEL I for BEGINNERS: Room 225 / Min 5/ Max 12.**

**NEW**

This 10-week class is for beginners who desire to speak English and those who have a very basic understanding of the language. You will learn to communicate at a basic level, understand and say letters and words of the English language and learn numbers. Worksheets, practice exercises and classroom/home activities will help you learn skills in communication, understanding and expression and help you be comfortable in company.

- Instructor: **Nesen Naidoo**
- Saturdays, 10:00 am- 12:00 pm **Oct 5, 12, 19, 26, Nov 2, 16, 23, 30 Dec 7 & 14.**
- 10 Weeks Cost: **\$100 M/ \$130 NM.** **No Drop In**

**FLOOR CURLING LEAGUE: Room Gym/ Max 32.**

**NEW**

The league is for floor curlers with some curling experience who want to play regularly on a team in a fun environment. If interested in joining the league, please pay before it gets full. **First come, first serve.**

- Program Lead: **Peter Kozak**
- 15 Weeks: Tuesdays 12:00- 2:00 PM; **Sep 10- Dec 10. (Dec 17, Curling Banquet)**
- Cost: \$45. Members Only. **No Drop-ins (Fun Curling is for drop-ins).**

**KEEP FIT ACTIVE: Room Gym/ Max 24.**

Keep Fit Active is for active older adults who are looking for a challenge that is fun and burns big calories. The class consists of a warm-up and a vigorous low-impact half hour of cardio. We also use weights to increase strength and a variety of movement patterns and exercises to improve posture and balance. Participants are required to do exercises and stretches on the floor to increase core strength and flexibility.

- Instructors: **Deb Proc (Wed) & Esther Sipos (Fri).**
- **Wednesdays**, 12:00-1:00 PM. **Sep 25, Oct 2,9,16,23,30, Nov 6, 13, 20, 27, Dec 4 & 11.**
- **Fridays**, 12:00- 1:00 PM. **Sep 27, Oct 4,11,18,25, Nov 1,8,15,22,29, Dec 6 & 13.**
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$13 M/ \$16 NM.**

**LEARN TO PLAY PICKLEBALL: Room Gym/ Max 10 (each session).**

You have probably heard about this game called pickleball and are curious to find out why it is becoming so popular. It is a great game with rules to make it a fun game for people of all ages and abilities and to get exercise that we all need. All you need is a pair of non-marking indoor running shoes. No equipment purchase required. Paddles and balls provided. Come to learn how to play, the rules and have some fun. **No Drop Ins.**

- **Instructor:** Session I & II: **Ralph Cole/** Session III: **Sandra Macdonald**
- **Session I:** Thursdays, 4:00-6:00 PM 5 Weeks: \$50 M/ \$65 NM **Sep 26, Oct 10, 17, 24 & 31.**
- **Session II:** Thursdays, 4:00-6:00 PM 6 Weeks: \$60 M/ \$78 NM **Nov 7, 14, 21, 28, Dec 5 & 12.**
- **Session III Saturdays: 9:00- 11:00 AM,** 8 Weeks: \$100 M/ \$130 NM **No Classes Nov 2 & 9.**  
**(Sep 28, Oct 5, 12, 19, 26, Nov 16, 23, 30.)**

**NEW**

**LINE DANCING: Room Gym/ Max 50. 231/ Max 20**

It is a low impact, great exercise, and fun for all ages. Most of the music that will be played is country. We will include dances for the BEGINNERS: Level I/ INTERMEDIATE: LEVEL II and some dances for those who want to improve their line dance skills. No previous dance experience required, just a fun attitude. Footwear with a leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.

- Instructor: **Tracy Walters**
- **LEVEL I:** Wednesdays, 1:15- 2:15 PM. Sep 25, Oct 2,9,16,23,30, Nov 6, 13, 20, 27, Dec 4 & 11.
- **LEVEL II:** Wednesdays, 3:00- 4:00 PM. Sep 25, Oct 2,9,16,23,30, Nov 6, 13, 20, 27, Dec 4 & 11.
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$13 M/ \$16 NM**

**MAT PILATES: Room 229 Max 12**

Mat Pilates relies on small, controlled movements that focus on the strengthening of your core muscles. Pilates is often beneficial for those suffering with neck and back pain. Can help to lengthen, strengthen, and balance your body while increasing your flexibility and concentration. Pilates 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 and balance.

- Instructor: **Rose Hickey.**
- **Mondays, 10:00- 11:00 AM** Sep 23, Oct 21, 28, Nov 4, 18, 25, Dec 2 & 9. **(No Class Oct 7)**
- **8 weeks cost:** \$80 M/ \$104 NM. Drop-ins: **\$13 M/ \$16 NM**

**NIA® CLASS: Room 229/ Max 12.**

Nia® is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for three intensity levels during each class, making Nia® suitable for all ages and fitness levels. Typically done barefoot, feel free to wear thin-soled indoor footwear. Comfortable clothing for easy moving & yoga mat for floor play & cool down suggested.

- Instructor: **Kirsten Bartel/ Monalisa Beatty**
- **Tuesdays, 10:00-11:00 AM** Sep 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26, Dec 3 & 10.
- **Thursdays, 10:00-11:00 AM** Sep 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5 & 12.
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$13 M/ \$16 NM**

**QIKUNG BREATHING EXERCISE: Room 229. Max 14**

**Wu Qin Xi - Five-Animal Plays 五禽戲** the earliest form of Medical Qigong in Chinese History. The exercise was attributed by the well-known Physician & Surgeon Hua Tuo Ab110-207, 2000 years ago. He is also known for his acupuncturist, herbalist and well understanding of human anatomy & organs. This Five-Animal Plays (Tiger, Deer, Bear, Monkey and Bird) is the exercise he teaches his students which helps in rehabs, recovery, and prevention, we also take it as a physical exercise. Based on the 12 meridians, he designed the actions of animals to improve the organs, muscle, tendons, bones, joints, balance and many more.

- Instructor: **Ken Chui**
- Tuesdays, 1:00- 2:00 PM Sep 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26, Dec 3 & 10.
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$13 M/ \$16 NM**

**RESTORATIVE YOGA: Room 229/ Max 15**

NEW

Restorative Yoga - During this class we will seek to de-stress the mind and relax the body. We use slow, gentle movement and a variety of myofascial techniques to release tension, align and reshape the body. There is a heavy focus on practicing the art and skill of relaxation. We use breathing techniques to stimulate the natural healing ability of our parasympathetic nervous system. This class is more about un-doing and learning how to down regulate the body to induce a sense of restoration and renewal.

- Instructor: Paige Elniski
- Saturdays, 10:45-11:45 AM **Sep 28, Oct 5, 12, 19, 26, Nov 16, 23, 30, Dec 7 & 14.**
- 10 weeks cost: **\$130 M/ \$156 NM,** Drop-ins: **\$16 M/ \$20 NM**

**SIT AND BE FIT: Room Gym/ Max 24.**

A gentle fitness class for participants with mobility and/or chronic issues. All exercises are performed from a chair. Learn different adaptive exercises with light weights and exercise bands to build strength, stamina, and flexibility.

- Instructor: **Esther Sipos** Mondays, 11:45-12:45 PM
- 9 weeks: **\$ 90 M, \$ 117 NM.** **Sep 23, Oct 7, 21, 28, Nov 4, 18, 25, Dec 2 & 9.**
- Instructor: **Rose Hickey** Fridays, 10:45-11:45 AM.
- **12 weeks: \$120 M/ \$156 NM,** **Sep 27, Oct 4,11,18,25, Nov 1,8,15,22,29, Dec 6 & 13.**
- Drop-ins: **\$13 M/ \$16 NM**

**SPANISH LEVEL I, Room 225/ Min 8/ Max 20**

This class is for participants who have never taken level I previously and are looking to learn, practice and improve their language skills.

- **Instructor:** Gaston Fuentealba.
- Wednesday, 10:00-11:30 AM. **Sep 25, Oct 2,9,16 & 23.**
- **5 Week Cost:** \$ 50 Members /\$ 65 Non-Members. **No Drop-in.**

**SPANISH LEVEL II, Room 225/ Min 8/ Max 20**

This class is for participants who have previously taken Spanish Level I & pre-qualified by the instructor to learn more, practice and improve their language skills.

- **Instructor:** Gaston Fuentealba.
- Wednesday, 10:00-11:30 AM. **Oct 30, Nov 6, 13, 20 & 27.**
- **5 Weeks Cost:** \$ 50 Members /\$ 65 Non-Members. **No Drop-in.**

**STRETCH & TONE YOGA: Room 229/ Max 15**

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. Taught by a certified yoga instructor. Please bring a yoga mat.

- Instructor: **Anne Palaschuk**
- **Tuesdays,** 11:15 AM- 12:15 PM **Sep 24, Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26, Dec 3 & 10.**
- 12 weeks cost: **\$156 M/ \$192 NM,** Drop-ins: **\$16 M/ \$20 NM**
- Instructor: **Paige Elniski**
- **Saturdays,** 9:30- 10:30 AM **Sep 28, Oct 5, 12, 19, 26, Nov 16, 23, 30, Dec 7 & 14.**
- 10 weeks cost: **\$130 M/ \$156 NM,** Drop-ins: **\$16 M/ \$20 NM**

**STRONG BODY, HEALTHY CORE: Gym/229**

This class is designed for anybody who wants to improve their overall health and fitness level by focusing on core exercises to train the muscles of pelvis, lower back, hips, and abdomen to work in harmony. This will lead to better balance, posture, and stability, whether on the playing field or in daily activities. During the class participants will use weights, elastic bands, bender balls, and their own body weight. The class is chair friendly.

- Instructor: Natalia Bandola
- Mondays, 1:00-2:00 PM. **Sep 23, Oct 7, 21, 28, Nov 4, 18, 25, Dec 2 & 9** **Max 22 #Gym.**
- 9 weeks Cost: \$ 90/ M, \$ 117/ NM **Drop-ins: \$13 M/ \$16 NM**

- Instructor: Rose Hickey
- Fridays, 12:00- 1:00 PM. **Sep 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6 & 13.** **Max 12 #229**
- 12 Weeks Mondays Cost: **\$120/ M, \$156/ NM** **Drop-ins: \$13 M/ \$16 NM**

**TABATA: Gym/ 229**

Tabata is an interval exercise class for the active participant. 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-minute cycle begins. 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, and core. . **Make sure to indicate your class choice on your registration form.**

- Instructors: **Esther Sipos Max 25 #Gym**
- Mondays, 10:30-11:30 AM **Sep 23, Oct 7, 21, 28, Nov 4, 18, 25, Dec 2 & 9**
- 9 weeks Cost: \$ 90/ Mem, \$ 117/ non-mem. **Drop-ins: \$13 M/ \$16 NM**

- Instructors: **Deb Ravbar Max 14 #229**
- Thursdays, 11:15- 12:15 PM. **Sep 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5 & 12**
- 12 weeks Cost: \$ 120/ mem, \$ 156/ non-mem. **Drop-ins: \$13 M/ \$16 NM.**

**UKULELE FOR BEGINNERS, 90 Minutes - Room 231/ Min. need 10**



The ukulele, usually with four nylon strings, is often associated with the music of Hawaii. However, this easy-to-learn instrument can power almost any type of music. MWSA introduces a 14-week course for anyone to learn this fun and instructive instrument. If you have a ukulele, or can borrow one for the course, you will learn all about the care and feeding of this wonderful little tune-maker. Smiles and songs are promised within no time at all. No previous musical experience necessary. No drop ins.

- Instructor: **Brian Dunsmore**
- Saturdays, 11:00- 12:30 PM. **Sep 28, Oct 5, 12, 19, 26, Nov 16, 23, 30, Dec 7 & 14.**
- 10 Week costs: **\$130/M/ \$156/ NM** **NO DROP INS**

**UKULELE: LEVEL II, 90 Minutes - Room 231/ Min. need 10**



Level II of the Introductory course for ukulele, takes the music and playing further along the musical journey. This easy to learn instrument can be played with almost any type of music to build on the knowledge gained from the introductory level course. Further chord shapes, strumming patterns and song styles bring a wider understanding of how music comes together. Greater understanding of the ukulele fretboard will bring the ability to play even more interesting variations on songs. As usual, smiles and songs are promised within no time at all.

- Instructor: **Brian Dunsmore**
- Thursdays, 6:30- 8:15 PM. **Sep 26, Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, 28, Dec 5 & 12.**
- 12 Week costs: **\$156 M/\$192 NM.** **NO DROP INS**



## **MWSA Drop-In Activities**

\*\*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. Checking in is mandatory. Please swipe your barcode key tag at the Front Desk.

### **BADMINTON: Room Gym**

Playing badminton is a fun way to stay active. We have two courts at MWSA. All equipment will be provided. Please wear clean running shoes.

- Mondays, 2:15-4:15 PM
- Wednesdays, 2:30- 4:30 PM.
- Fridays, 2:30- 4:30 PM
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

### **BOOK CLUB: Room 227/ 228,**

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

**CLASS FULL**

- **Program Lead:** Joanne Christie      **Times:** 2nd Tuesdays of every month, 11:00 AM- 12:00 PM.
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

### **BRIDGE: Room 225**

Play the game of bridge, a card game with four players, with teams of two. Players try to earn points by bidding and playing cards at the right time.

- **Program Lead:** Kunal Chander      **Times:** Tuesdays, 12:00- 2:00 PM.
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

### **CANASTA: 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.

- Thursdays, 12:30-2:30 PM
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

### **CANCER SUPPORT GROUP: Room 227/ 228**

Are you Cancer Survivor & open to share your experience, concerns, issues, ideas with the group of others with the same concerns or issues. Everyone gets a chance to speak and move dialogue along.

**NEW**

- **Program Lead:** Garry Haaf      **Times:** 3rd Wednesdays of every month, 10:00- 11:00 AM.
- **Cost: \$3 Members/\$5 Non-Members. (Punch Cards Available)**

**CAREGIVERS' CIRCLE & ALZHEIMER'S SUPPORT: Room 227/ 228**

Caregiving is a compassionate and challenging job. Come meet with other caregivers for conversation, idea sharing, and support. This program is for members to share their experiences to support each other. A representative from the Alzheimer's Society will join the caregiver support group.

- **Times:** 1<sup>st</sup> Tuesdays, 10:00 AM-12:00 PM **Caregiver Circle**
- **Times:** 3<sup>rd</sup> Tuesdays, 10:00 AM-12:00 PM **Alzheimer's Support Group**
- **Cost:** \$3 Members/ \$5 Non-Members **(Punch Cards Available)**

**CELIAC GROUP: Room 227**

Are you CELIAC or GLUTEN FREE with food concerns, issues, ideas. Join our group to discuss items and connect with others with the similar concerns. We will have guest speakers occasionally. Everyone gets a chance to speak and move dialogue along.

- **Program Lead:** Don Briggs **Times:** 4<sup>th</sup> Tuesdays of every month, 10:00- 11:30 AM.
- **Cost:** \$3 Members/\$5 Non-Members. **(Punch Cards Available)**

**CONVERSATIONAL CIRCLE: Room 225**

This is a discussion group where members get together to discuss current events, reduce social isolation, and create fellowship in a friendly, and welcoming environment. There's a different topic each week, as determined by the group. Everyone gets a chance to speak and move dialogue along.

- **Program Lead:** Doris Jagrup **Times:** Wednesdays, 2:15- 4:15 PM.
- **Cost:** \$3 Members/\$5 Non-Members. **(Punch Cards Available)**

**CRIBBAGE: 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.

- Thursdays, 12:00- 2:15 PM.
- **Cost:** \$3 Members/ \$5 Non-Members **(Punch Cards Available)**

**FUN FLOOR CURLING: Room Gym**

Floor curling is like the game of ice curling, but the main difference is that there is no sweeping. Curling rocks are pushed with wooden sticks. All levels of curlers are welcome to play the game in a fun, non-competitive environment.

**Min 8. Max 32.**

- **Times:** Tuesdays, 2:15-4:15 PM.
- **Cost:** \$3 Members/ \$5 Non-Members. **(Punch Cards Available)**

**GRIEF & BEREAVEMENT SUPPORT: Room 224**

Release anxiety, release negative emotions, reduce physical pain, reduce anxious behaviour, increase self-esteem, and calm your racing thoughts. Each consultation lasts one hour between 11- 2 PM. **Max 4 appointments: 45 Minutes each.**

- **Program Lead:** Shamim Amiri. **Fridays, 10:00- 1:00 PM**
- **Cost:** \$3 Members/\$5 Non-Members. **(Punch Cards Available)**

**JAM SESSIONS: 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.

- Program Lead: Dennis Tink. **Wednesdays and Fridays: 9:00 AM-12:00 PM.**
- Cost: **\$3** Members / **\$5** Non-Members (**Punch Cards Available**)

**MAHJONG: Room 229**

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. **Min 4 players.**

- Program Lead: Lorne Ma **Mondays: 2:00-4:15 PM**
- Cost: **\$3** Members / **\$5** Non-Members (**Punch Cards Available**)


**OPEN ART STUDIO: 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 a place where the artist works and creates. Please bring your own supplies and paint together.

- Program Lead: Louise Lavers **Fridays: 1:00- 4:00 PM**
- Cost: **\$3** Members, **\$5** Non-Members (**Punch Cards Available**)

**PICKLEBALL: Room Gym**

Two courts are available. Pickleball is a fun game played with a paddle on a court. It can be described as a cross between badminton, tennis, and table tennis. It is an opportunity to learn and practice this popular sport in a friendly, non-competitive environment. No instructor. **Players of all levels can be expected.** If you are new to the game, please play during “Pickleball for Beginners” time. Paddle and balls are provided, but players are welcome to bring their own. Please wear clean court shoes.

- **Mondays, 8:30- 10:15 AM (Advanced)**
- **Tuesdays, 8:30-10:30 AM (Beginners)**
- **Wednesdays, 8:30- 10:30 AM (All Levels)**
- **Thursdays, 8:30- 11:00 AM (Advanced) & 1:45- 3:45 PM (Advanced)**
- **Thursdays Evenings, 6:15-8:15 PM (All Levels),**
- **Fridays, 8:30- 10:30 AM (Beginners)**
- **Saturdays, 11:00 AM- 1:00 PM (All Levels)** 
- **Cost: \$3** Members/ **\$5** Non-Members (**Punch Cards Available**)

**TABLE TENNIS: Room 231**

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. Please bring a pair of clean shoes to the room.

- **Program Lead:** Agnes Mah. **Mondays and Wednesdays: 12:30-2:30 PM**
- **Cost: \$3** Members, **\$5** Non-Members (**Punch Cards Available**).



### **MWSA Clubs (Non-instructor led programs)**

- Please get your supplies pre-approved from the Program Coordinator for reimbursement.
- Any items made for donations on behalf of the center will be emailed to the staff with the quantity and other details to prepare the letter of donation.
- If participants are working on their own project, they will need to pay a \$3.00 drop-in fee at the front desk. (Card Making, Knitting, Sewing & Quilting Club.)
- Clubs will set up and taken down for themselves, back to the original setup.
- These activities are ongoing.

**\*Registration is mandatory. Please register at Front Desk or call: 780-496-2997**

#### **Card Makers Club: Room 225**

This is a fundraising club for MWSA. Card Makers makes beautiful, handcrafted greeting cards for sale at MWSA, and at craft markets. Some supplies will be provided, but feel free to bring your own. **Max: 12**

- **Program Lead:** Shirley Manchak
- **Times:** Thursday, 9:00 AM-12:00 PM. **Cost:** Free (MWSA members Only).

#### **Knitting Club: Room 225**

This is a fundraising club for MWSA, sold at MWSA, and at craft markets. 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. Donated yarn is available to make items for charities. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Muriel Anne
- **Times:** Mondays & Tuesdays, 9:00-11:00 AM. **Cost:** Free (MWSA members Only).

#### **Sewing & Crafting Club: Room 229**

This is a fundraising club for people who love making things. Learn new crafting techniques and have fun doing 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 including the Ronald McDonald House, Basically Babies, various shelters for the homeless or sold at MWSA. All levels of crafters are welcome. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Terry Ferguson
- **Times:** Wednesdays, 1:30 PM- 4:15 PM. **Cost:** Free (MWSA members Only).

#### **Quilting Club: Room 229**

This is a fundraising club for people who love to Quilt. Previous quilting experience & sewing with a machine are required. Learn new crafting techniques and have fun doing projects together. Use donated material or bring your own and enjoy the company of others. 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.

- **Program Lead:** Trudy Papsdorf
- **Times:** Wednesdays, 9:00 AM-12:00 PM. **Cost:** Free (MWSA members Only).

## MWSA Collaborations/ Agreement Activities

### STEP FORWARD PROGRAM BY ALBERTA HEALTH SERVICES

**Mondays, 2:45- 4:15, Oct 7- Dec 9 & Wednesdays, 2:45- 4:15 pm, Oct 2- Dec 11**

This is a program by Alberta Health Services. A beginner to intermediate level functional physical activity program suitable for people with chronic health condition(s) that limits their ability to move. **Register online on 780-735-3483.**

Website: [Edmonton Zone and Area - STEP Forward | Alberta Health Services](#)

**BOOSTING YOUR BRAIN HEALTH: AHS** **Thursdays, Sep 5- 26, 1- 3:30 pm.**

This 4-week program is for motivated adults to take action on improving brain health and maintaining an active mind. You will learn: – How our brains change from our lifestyle choices and health conditions – New ways to improve our brain health – How to set goals for day-to-day life that can benefit brain health How do I take part? • Participants need to register prior to attending. Participants are required to attend all 4 sessions; each session is 2.5 hours long • The AHS workshop is free. **Register: OT Services for Chronic Disease Management 780-342-8302.**

**ACTION 4 HEALTHY COMMUNITIES: A4HC**

**CONTACT: ABIDA TAHIR: 780-235-2176**

**MONDAYS (EXCEPT 2<sup>ND</sup> Monday), 9:30- 3:30 PM. (June- Dec)**

**AHC Outreach/Settlement Services:** Outreach services to newcomers. (PR, Refugees, Refugee Claimants, work/study permit holders) In the Edmonton area. Outreach services will address the settlement needs but are not limited to PR card renewal, Citizenship applications, AB income support, Christmas Bureau gifts, CPP & tax information during the income tax-filing season & other areas. These services and programming supports will be provided through Information & orientation for individuals/families (1 one-on-one session) and group activities based on community members'/clients' needs such as Health, Driving, AB income support, etc.

**LED Program: THURSDAYS, 1:00- 5:00 PM. (June- Dec)**

This program is designed to help newcomers to Canada overcome language barriers by developing language skills to communicate comfortably and confidently with others in their new homeland. The program offers opportunities to practice with peer support and English language skills to navigate daily life needs and build long-term connections in the community.

**Digital literacy program: FRIDAYS, 10:00 AM- 12:00 PM. (June- Dec)**

This program is designed to support newcomers to Canada to improve their digital communication skills through smartphone apps/social media and learn basic computer skills. This program aims to support the development of digital skills to help participants have adequate access to remote/virtual essential services.

**ROATARY CLUB OF EDMONTON: 1<sup>st</sup> & 3<sup>rd</sup> THURSDAYS, 6:00- 8:00 PM**

Rotary Club hosts their monthly meetings at MWSA, with catering from MWSA's 2<sup>nd</sup> Floor Café

**TRADITIONAL YOGA: THURSDAYS, 6:00- 7:15 PM (Sep 26- Dec 12) CONTACT: 587-712-0396**

**NEW**

Neeru Prashar: Certified Yoga Instructor. **Beginner to intermediate.** The class will focus on the holistic approach yoga and include breath coordinated movements, yoga Asana/poses, Pranayama/ breathing practices Yogic cleansing techniques, sound-based practices (nada) and relaxation and contemplative practices leading to meditation. Modifications in the yoga poses will be given as per the individual need and it is open for all ages above 14 years.

**Benefit:** Participants from varied and holistic practice of yoga that is not just limited to yoga poses. Individual assessment will be done and based on the individuals need different practices and lifestyle changes will be advised as well.

**CULTURE GROUP** **FRIDAYS, 1:00- 2:00 PM (2024- 2025)**

This group is sponsored by (**Sponsored by Garvi Gujrat Association**) for meeting once a week to schedule cultural activities, events, informative sessions & activities to avoid isolation in the community.

**CONTACT: Yogesh: 780-499-9912/ Bharat: 780-667-1202**

**EPL 2 GO LIFELONG LEARNERS** **2<sup>nd</sup> WEDNESDAY, 10:00- 11:00 AM**

**NEW**

Join **Edmonton Public Library** Staff to explore a variety of topics in interactive classes. Connect with community. Socialize with friends. And learn something new! Starting with Computer skills, adult story time, Digital Content, Memory Café, Get curious, Pop-up library, Techsploration, Volcabulary Club: English conversational.

## Services provided at Mill Woods Seniors Association

### FUNDRAISING

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, please contact us at 780-496-2933. Tax receipts can be issued.

**HEARING TEST CLINIC** One-on-one session with Kate Powell for hearing screenings 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 Cleaning and maintaining hearing aids. Discuss the importance of hearing tests to monitor your health. Book your spot at the front desk. **Cost: \$3 M/\$5 NM.** Pay MWSA.

### MONTHLY BIRTHDAY PARTY

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.**

### MONTHLY PRESENTATIONS & WORKSHOPS

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. **Please see the monthly calendar for more details.**

### OUTINGS

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! Cost of outings varies. Please see the monthly Special Events Calendar for more details.

### SPECIAL EVENTS

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! Please see the monthly Special Events Calendar and email newsletters for more details.

**The FOOT CARE SERVICES Basic Foot care \$40.00 (20 Min.):** Assess the feet for circulatory issues, wounds, infections etc. Trim/ file nails, callus/ corn care, Moisturizer, refer to physician or podiatrist as needed. **Pedicure \$55.00 (55 Min)** Full basic foot care, soaking of the feet, cleaning of cuticles, lower leg/ foot massage, Free nail care included. **Please book your spot at the front desk. Cost: \$ 40- \$55/ Room 224.**

### VOLUNTEERS

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.



## **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.

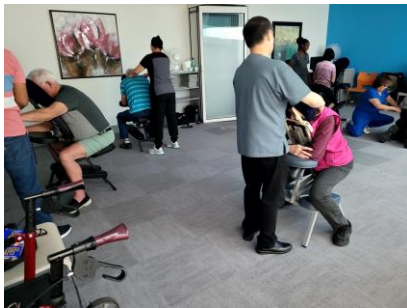
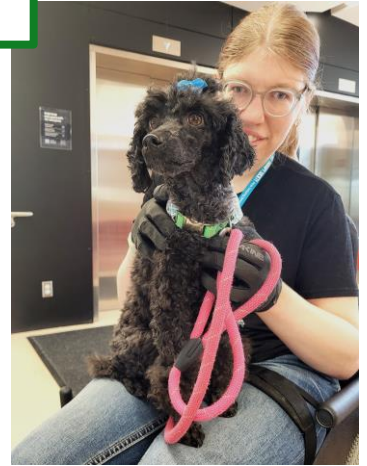
**For more information or to self-refer, please call the STEP Forward Intake Line: 780-735-3483**

## **Suggestions & Feedback are Welcome!**

- If we start opening on Saturday few hours in few weeks, what programs/ activities you would like to see during evenings/ Saturdays?
- Looking for Volunteers to lead outings or arrange small trips. I can help plan. (Bus arrangements, bookings etc.).
- Any new programs/ activities in the New Year 2024.
- Massage sessions will be soon coming back at the center.

Shalini Waryah: 780-508-9252, [swaryah@mwsac.ca](mailto:swaryah@mwsac.ca)

# HIGHLIGHTS OF 2024 SUMMER



- Walking Group with Rose Hickey
- Music Bingo Event.
- Our cute friend "Tinker Bell" from Pet Therapy Society.
- Beautiful ladies from Saree Draping Class in Summer.
- Wilma shopping with House of Jones.
- EFT Workshop (Emotional Therapy)
- Highlights from the Seniors Week. (Massage Day, Cooking Demo, Free Muffins)





updated 06-28-2023

PRE-ORDERS: 780-944-5926

**BREAKFAST (9:00-10:45 A.M.)**

<b>CLASSIC BREAKFAST</b> 2 eggs, choice of bacon, sausage (turkey or pork), OR ham + hash browns + white or brown toast	<b>\$10.00</b>	<b>BREAKFAST SANDWICH</b> 2 eggs, choice of bacon, sausage (turkey or pork) OR ham + cheese + English muffin	<b>\$8.00</b>
<b>LOADED OMELETTE</b> 3 eggs, ham, cheese, bell peppers, onions + white or brown toast + hash browns	<b>\$11.00</b>	<b>PANCAKE BREAKFAST</b> 2 pancakes, choice of bacon, sausage (turkey or pork) OR ham +Add 1 egg <b>(+\$2.00)</b> +Add hash browns <b>(+\$1.50)</b> +Add extra meat <b>(+\$2.00)</b>	<b>\$10.00</b>
<b>VEGGIE OMELETTE</b> 3 eggs, cheese, bell peppers, onions +white or brown toast + hash browns	<b>\$11.00</b>	<b>FRENCH TOAST</b> 2 slices of toast with choice of bacon, sausage (turkey or pork), OR ham	<b>\$10.00</b>
<b>ENGLISH MUFFIN</b>	<b>\$3.00</b>	<b>REGULAR TOAST</b> 2 slices of toast (choice of white, brown or gluten-free)	<b>\$3.00</b>
<b>MUFFIN</b>	<b>\$3.00</b>		
<b>COFFEE/TEA &amp; MUFFIN DEAL</b> Dine-in only	<b>\$4.75</b>		

**DAILY LUNCH SPECIALS (11:00 A.M. - 2:00 P.M.)**  
\$12.50 MWSA MEMBERS | \$15.00 NON-MEMBERS

The latest lunch special menu is available at [www.mwsac.ca/cafe](http://www.mwsac.ca/cafe)

<b>LUNCH (11:00 AM-2:00 PM)</b>	<b>BEVERAGES</b>
<b>BLT SANDWICH</b> with hash browns	<b>TEA/COFFEE, DINE-IN</b> with 1 free refill. Dine-in only.
<b>CHICKEN &amp; CHEESE WRAP</b> lettuce, grilled onions, and bell peppers, tomatoes, cheese, 2oz. chicken, Chipotle mayo in a tortilla wrap	<b>TEA/COFFEE, TAKE-OUT</b>
<b>GRILLED CHEESE SANDWICH</b> with hash browns	<b>BOTTLED WATER, 500ML</b>
<b>VEGGIE SANDWICH</b> Tomato, cucumber, lettuce, carrot, and cheese. With hash browns.	<b>BOTTLED JUICE</b>
<b>SOUP OF THE DAY &amp; TOAST</b>	<b>CANNED POP</b>
<b>SIDE SALAD</b>	<b>FRESH, HOMEMADE CINNAMON BUNS AVAILABLE ON THURSDAYS</b> \$5.00 each or \$19.00 for 4
<b>REGULAR SALAD</b>	<b>*Prices include GST. Menu items in green are vegetarian.</b>

**\*\*CAFE OPEN TO THE PUBLIC!\*\* 2ND FLOOR- 2610 HEWES WAY NW EDMONTON, AB MONDAY-FRIDAY, 9:00 A.M TO 2:30 P.M. DINE-IN | TAKE-OUT [WWW.MWSAC.CA/CAFE](http://WWW.MWSAC.CA/CAFE)**



# Mill Woods Seniors Association Facility Rental

We have rental space available for Special Events, functions, workshops, meetings, conference, or corporate retreat. If you have any requirement, please call us for more information.

**Location:** 2610 Hewes Way NW, 2<sup>nd</sup> Floor, Edmonton, AB, T6L 0A9.

**Between:** Mon- Fri: 8:30 am- 4:30 pm &  
Thursdays, 8:30 am- 8 pm &  
Saturdays, 9 am- 1 pm

(We are closed on Sundays & Stat holidays)

**Call:** 780-496-2997 or Email: [dcautley@mwsac.ca](mailto:dcautley@mwsac.ca)

Services: Tables & Chairs are included (Covers are available at extra cost)  
Stage Rental, Dishes, Cutlery & Water Goblet.  
(Items are provided at an extra cost)

## 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](mailto:klee@mwsac.ca)**.

## Learn the Ukulele! Good strummin' fun

Instructor: Brian Dunsmore

Mill Woods  
Seniors  
Association

The ukulele is associated with the music of Hawaii. However, this easy-to-learn instrument can power any type of music and does so in homes, gardens, and concert halls every day.



Ukulele community in Edmonton strumming right along | CBC News



Mill Woods Senior Centre's offering.....

- **Level 1 for beginners** 10-week course:  
Saturdays, 11:00 am- 12:30 pm, 90 Minute class  
Starting Sep 28- Dec 14 (No class on Nov 2nd & 9th)  
**Members: \$130/ Non- Members: \$156.**
- **Level 2 for further fun.** 12 Week course:  
Thursdays, 6:30- 8:15 pm, 90 Minutes class  
Starting Sep 26th- Dec 12th  
**Members: \$156/ Non- Members: \$192.**

Learn all about the care and feeding of this wonderful little tune-maker.

Smiles and songs are promised in no time at all.

Please register yourself at the Front Desk: 780-496-2997  
or Etransfer: [ed@mwsac.ca](mailto:ed@mwsac.ca)

We're here: 2610 Hewes Way NW, 2nd Floor, Edmonton, T6L0A9, AB



# COMPUTER LESSONS 4 SENIORS

**Book your one- on one appointment for 3rd Tuesday of the month  
with GLENN: 780-860-8924**

**MWSA Fundraiser!! % will be donated to MWSA**

## TAILORED TO YOUR PACE:

- Tailored to Your Pace: We understand that everyone learns at their own speed. No rush, no pressure! Our patient instructor will guide you step by step, ensuring you feel comfortable every step of the way.



## CUSTOMIZED HELP & SIMPLE LANGUAGE

- Forget cookie-cutter lessons. We'll create a lesson based on your interests and needs. Whether it's email, web browsing, photo sharing, or video calls with family, we've got you covered. Tech jargon can be intimidating. We promise to keep things simple and explain everything in plain English. No more feeling lost in a sea of acronyms!

## LEARN THE BASICS & STAY SAFE ONLINE:

- From turning on the computer to using a mouse and keyboard, we'll cover the essentials. You'll be confidently clicking, typing, and navigating in no time. Learn how to protect yourself from scams, phishing emails, and online threats. We'll teach you the dos and don'ts of internet security.



## ZOOM LIKE A PRO & PHOTOS AND FILES MADE EASY

- Video calls are the new hugs! We'll show you how to connect with family and friends using platforms like Zoom or Skype. Virtual coffee chats, here we come!
- Organize your digital memories, transfer photos from your phone to your computer, and create folders like a pro. Plus, we'll demystify cloud storage.

## MASTERING EMAIL, PATIENT, FRIENDLY INSTRUCTOR:

- Compose, reply, and attach files with confidence. Say goodbye to email anxiety!
- Our instructor is not just tech-savvy; he's also a great listener. We'll celebrate your victories and troubleshoot any hiccups together.



The PC Guy.ca  
Sherwood Park, Alberta

780-860-8924  
Glenn





**Fundraiser!**



# Massage Therapy

TREAT YOURSELF THIS SEASON

Book your Spot **780-496-2997**

**Location: 2610 HEWES WAY NW  
2nd FLOOR EDMONTON, T6L0A9, AB**

**60 Min.: \$110 members/ \$125 non members.**

**Book Now for: Wednesday, Oct 16, 9:30- 3:30 pm**

**Try a Free 10 Minute Demo on  
Sep 28, 9:30- Noon**

