

MARCH 2025 EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> Mahjong: Mon & Wed, 2:00- 4:15 PM Book Club: 2nd Tues, 11:00 AM- 12:30 PM Travel club: 2nd Fridays, 10:00 AM- 12:00 PM Alzheimer's Support: 3rd Tues, 10:00 am-12pm 		<ul style="list-style-type: none"> Caregivers Support: 1st Tues, 10:00 AM- 12:00 PM Celiac Support: 4th Tues, 10:00- 11:30 AM Cancer Support: 3rd Wed, 10:00- 11:30 AM Free Pet Therapy Wednesdays, 11:00 am 		<ul style="list-style-type: none"> Canasta: Thursdays, 12:30- 2:30 PM. Cribbage: Thursdays, 12:00- 2:15 PM Open Art Studio: Fridays, 1:00- 4:00 PM EUCHRE Game: Mondays, 2:00- 4:00 PM. 	
> Games/Services/Support Groups: \$3M/\$5 NM. > No Pickleball in March, Thursdays at 1:45 pm > No Badminton on Sat, Feb 22 @ 11 am No Pickleball on March 13 at 6:15 pm					1 MWSA FREE TAX CLINIC 9 AM- 1 PM #227 Meditation 4 Beg Class 11:30 AM- 12:30 PM/ #231 \$3 M/\$5 NM
3	4	5 EPL2GO, 11am- 12 pm/ Lobby A4HC FREE TAX CLINIC 10:00 AM- 4:00 PM/ #225	6 Medi Pedi Foot Care 9:30 AM- 7:30 PM/ #224 CHAIR ZUMBA Free Demo 3:00-3:45 PM/#229	7 Grief Support #224 10 AM-1 PM (\$3M/\$5 NM)	8 MWSA FREE TAX CLINIC 9 AM- 1 PM #227
10 AHS PalliLearn Series 10:00- 11:30 AM/ #231 Mar 10, Apr 14 & May 12	11 The Wills & Estate Seminar , 10 AM- 12 PM/ 231 (\$3M/\$5 NM) Pres: YYC Home Care #225 1-3 PM (\$3M/\$5 NM)	12 A4HC FREE TAX CLINIC 10:00 AM- 4:00 PM/ #225 EPL2GO, 10 AM/ #227	13 Grief Support Circle #225 1:45- 3:45 pm \$3M/\$5 NM FREE TAX CLINIC 1:00- 7:00 PM/ 227 HOLI EVENT 5-8 PM (\$15 M/\$20 NM)	14 Travel Club #225 10 AM- 12 PM Free for MWSA members	15 MWSA FREE TAX CLINIC 9 AM- 1 PM #227
17	18 New Members Connection 2:00 PM/ Café Outing: Chinatown Lunch & Mini Tour 11:00am-3 pm	19 A4HC FREE TAX CLINIC 10:00 AM- 4:00 PM/ 225	20 EMCN Outreach Services , 10 am- 2 pm/#224 Free River Cree Casino , 11am- 3:30 pm/ \$10M/\$15NM	21 Last day to register for Pickleball Tournament	22 MWSA FREE TAX CLINIC 9 AM- 1 PM #227
24	25	26 Understanding Brain Health 10 am- 12 pm/ 225 \$3M/\$5 NM	27 FREE TAX CLINIC 1:00- 7:00 PM/ #227 Coffee with Counsellor Joanne Wright 1:00- 2:30 PM/ #225 Diabetic Foot Care 2:00- 7:00 PM/ #224	28 EPL E-Learning , 10 am HEARING HEALTH CLINIC 9:30 AM- 2:30 PM/ #224 Grief Support #224 10 AM-1 PM (\$3M/\$5 NM) Livers & Onions Day	29 ANNUAL GENERAL MEETING , 10 AM- 12 PM Medi Pedi Foot Care #Lobby/ 9 am- 1 pm MWSA FREE TAX CLINIC 9 AM- 1 PM #227
31 Monthly Birthday Party 1:30 pm/Café	Action 4 Healthy Communities: NEWCOMERS ONLY, Wed, March 5, 12, 19, April 2, 16 & 30 @ 10 am- 4 pm (Book Appointment @ 780-235-2176) E4C Alberta: FREE TAX CLINIC, Thurs, March 13, 27, April 10 & 24 @ 1:00- 7:00 pm (Walk in Only) MWSA: SENIORS TAX CLINIC, Sat, March 1, 8, 15, 22 & 29, @ 9 AM- 1 PM. (Book Appointment: 780-496-2997)				

Event Details (Registration required for all activities)

Saturday, Mar 1, 11:30 AM- 12:30 PM **Meditation 4 Beginners (One session)** conducted by a trained instructor. In this one-hour session you will learn Isha Kriya, a simple 12–18-minute practice, to help you to become meditative effortlessly. Designed by Sadhguru “A Yogi and Visionary”. Does not require previous experience with meditation and can be done sitting in a chair. **Cost: \$3 M/\$5 NM. /Room 231.**

Thursday, Mar 6, 3:00-3:45 PM **Chair Zumba Free Demo with Tammy Clark** This class is a dance fitness class with the same Latin rhythms and popular music you love in a Zumba class but with less intense moves. Participants can choose to be standing or sitting in a chair depending on your preference and balance ability but both choices are still a full body workout. All moves can be modified to be less or more intense depending on your fitness level. The music is so amazing, and the moves are easy to pick up. Just move your body and follow along! Some standing songs will include balance and toning elements, those choosing to sit during those songs will be encouraged to do a modified move. You’ll get to try both and decide which style you like better! :) **Max. 12 Cost: Free! Room 229.**

Thursday, Mar 6, 9:30 AM- 7:30 PM **Medi Pedi Foot Care Clinic** offers Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure costs: \$99.99. Please book your appointment at the front desk. **Room 224.**

Monday, Mar 10, 10:00- 11:30 AM **Pallilearn Series from Covenant Health. What Matters Most?** Knowing what matters most helps us live well now and in the future. Learn how to identify and share what matters most to you in your life and in your care, as well as how to find out and support what matters to the people close to you. This is a free basic level course for all members of the community. **Cost: Free! Room 231.**

Tuesday, Mar 11, 10:00- 12:00 PM **Wills and Estate seminar** (presented by **Royal Bank of Canada**) The Wills and Estate seminar will be presented by our accredited financial planners and trust advisor. They will share the importance of pre-planning for the unexpected. What to expect from meeting with a lawyer. What the difference is between a lawyer prepared document versus a self-written one (eg. holographic Will). Probate. Taxation. Tips and advice learned from other client scenarios. **Cost: \$3 M/\$5 NM. /Room 231.**

Tuesday, Mar 11, 1 - 3 PM. **YYC Home Care** will discuss the services they provide and how it works with client directed home care with AHS. Dementia care or how home care can help elders stay at home instead of having to move to long term care. Follows up with questions/ Answers. **Cost: \$3 M/ \$5 NM/ Room: 225.**

Wednesday, Mar 12, 10 – 11 AM. **EPL2GO Literacy Van/ Topic: Computer Skills Smartphone and Tablet Basics** Part 2. **Cost: Free! Room 227.**

Thursday, Mar 13, 1:45- 3:45 pm **GRIEF SUPPORT CIRCLE.** Everyone must learn to navigate the deep waters of grief, but we do not have to do it alone. This support group is for anyone who is experiencing grief. This is a safe and confidential space for sharing experiences of grief, while respecting other’s questions, feelings, viewpoints or spirituality. Find support through: Reflective exercises, education about grief and loss, peer sharing and support, creative exercises, mindfulness and self-compassion-based exercises, conversation and connection. **Cost: \$3 M/\$5 NM. /Room 225.**

Friday, Mar 14, 10:00- 12:00 pm **TRAVEL CLUB. 10- 11 AM.** Summerside value Drug Mart rep will be coming to talk about Travel Health and vaccinations.

NAGEL TOURS. 11- 12 PM. Visiting the group with their upcoming deals & follows up with Q & A. Draw at the end.

Mill Woods Seniors Association 2nd Floor, 2610 Hewes Way NW Edmonton, AB 780-496-2997 WWW.MWSAC.CA

Tuesday, Mar 18, 2:00 pm New Members Connection Event. Join us for coffee and cookies! 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 Mill Woods Seniors Association. Warm regards, Deb Cautley, Executive Director. **Free (by invitation only).** Room: Café.

Tuesday, March 18, 11:00 - 3:00 PM Outing: Chinatown Lunch & Mini-tour Join MWSA's Karen Lee in visiting Edmonton's Chinatown via the new Edmonton Transit Valley Line! We'll leave MWSA at 11:00 am, have a group lunch at a local restaurant, and have a mini tour of Chinatown, and head back to MWSA by about 3:00 p.m. **Cost: \$25 for MWSA members/ \$35 non-members, includes lunch and round-trip ETS bus fare. Please include any dietary restrictions.**

Thursday, Mar 20, 10:00 AM- 2:00 PM Free! 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. Room: 224.

Thursday, Mar 20, 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 any medical/non-medical reasons.**

Wednesday, Mar 26, 10:00 AM- 12:00 PM Qualicare Homecare Edmonton will be presenting the presentation on **Understanding Brain Health:** Brain health is essential for overall well-being, cognitive function, and quality of life. Raising awareness about brain health helps individuals take proactive steps to maintain mental sharpness, reduce the risk of cognitive decline, and enhance emotional resilience. **Cost: \$3 M/\$5 NM. /Room 225.**

Thursday, Mar 27, 1:00- 2:30 PM "Coffee with Your Councillor" Meet **Councillor Joanne Wright** for news and updates from City Council. **Cost: Free! Room 225.**

Thursday, Mar 27, 2:00- 7:00 PM Diabetic Foot Care with Kimberly Simmonds LPN, Treatment: 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 # 224.**

Friday, Mar 28, 9:30 AM- 2:00 PM EARS TO YOU is a mobile hearing aid clinic, will come to your door for a quick hearing test at a time that suits you. Get advice from registered practitioner and rediscover the sounds you've been missing. We conduct a series of specialized assessments to understand your unique hearing situation. Each appointment is for an hour. **Book yours at 780-496-2997. FUNDRAISER! Cost: \$3 M/\$5 NM. /Room 224.**

Friday, Mar 28, 10:00 AM- 12:00 PM EPL E-Learning Resource. You're One Click Away: Exploring English Language Learning Resources on the EPL website. Discover the incredible resources available at epl.ca! This session will focus on how to navigate the EPL website to discover ways to learn English and other Languages and will have information on upcoming classes and events for English Language Learners in our community. **Cost: Free! Room Lobby.**

Monday, Mar 31, 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.**

Free Tax Clinics at MWSA

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