

NOVEMBER 2024						MWSA MONTHLY EVENTS CALENDAR					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<b>Games/Services/Support Groups pay \$3M/\$5 NM</b>											
<ul style="list-style-type: none"> <li><b>Mahjong:</b> Mondays, 2:00- 4:15 PM</li> <li><b>Hearing Test:</b> 2nd Mon, 9:30 AM- 2:30 PM</li> <li><b>Book Club:</b> 2nd Tues, 11:00 AM- 12:30 PM</li> <li><b>Bridge:</b> Tuesdays, 12:00- 2:00 PM</li> <li><b>Alzheimer's Support:</b> 3rd Tues, 10:00 AM-12 PM</li> </ul>				<ul style="list-style-type: none"> <li><b>Caregivers Support:</b> 1st Tues, 10:00 AM- 12 PM</li> <li><b>Celiac Support:</b> 4th Tues, 10:00- 11:30 AM</li> <li><b>Cancer Support:</b> 3<sup>rd</sup> Wed, 10:00- 11:30 AM</li> <li><b>Free Pet Therapy Wednesdays,</b> 11 AM</li> <li><b>Chess:</b> Wednesdays, 1:30- 3:30 PM.</li> </ul>				<ul style="list-style-type: none"> <li><b>Canasta:</b> Thursdays, 12:30- 2:30 PM.</li> <li><b>Cribbage:</b> Thursdays, 12:00- 2:15 PM</li> <li><b>Open Art Studio:</b> Fridays, 1:00- 4:00 PM</li> <li><b>Grief Support:</b> 1st &amp; 3rd Friday, 10 AM- 1:00 PM</li> </ul>			
<b>Save these Dates: Saturday, Nov 9<sup>th</sup>, 5-8 pm FESTIVAL IN THE WOODS!</b> Monday, Nov 11 <sup>th</sup> , MWSA is closed (Remembrance Day Holiday)								<b>1</b> Grief Support 10:00 AM- 1:00 PM (\$3M/\$5 NM)/ #224		<b>2</b> No Classes Private Rental	
<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>	
Hearing Test Clinic 9:30 am- 2:30 pm/ #224 Pres: Medi Padi Foot Care, 11:30- 12:30 PM/ #225 \$3 M/ \$5 NM		Tai Chi 10 Form Class 6 Weeks (Nov 5, 12, 19, 26, Dec 3 & 10), 1- 2 PM/ #229 \$60 M/ \$72 NM						Free Demo: Ballroom Dancing Class 10:30- 11:30 AM/ #229		Fundraising Event! Festival in the Woods 5-8 pm \$40 M/\$50 NM	
<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>	
REMEMBRANCE DAY MWSA CLOSED				Learn 2 Paint with Coffee, 12- 2 PM \$35M/ \$45 NM #225 EPL Literacy Van, 10- 11AM		Free Presentation! Fall Prevention, 10:30- 11:30 am #227,		Grief Support #224 10 AM- 1 PM (\$3M/\$5 NM) Outing: Visit to the Sikh Gurdwara, 1- 3 pm/ Free		Medi Padi Foot Clinic 9:30 AM- 12:30 PM #224	
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>	
Free AHS Presentation: PLAN AHEAD 9:30- 11:30 AM #231		New Members Connection 2:00 PM/ #Cafe Fundraiser! PC GUY, 10 am- 3pm				EMCN Outreach Services, 10 am- 2 pm /#224 Free Outing: River Cree Casino, 11 a.m.- 3:30 pm/\$10M/\$15NM					
<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
Monthly Birthday Party 1:30 pm/ Cafe		AHS Presentation: Give Life Alberta 1:00- 2:30 PM #225				Foot Care Clinic \$\$ 10:00- 3:00 pm/ #224		LIVER & ONIONS DAY EPL e-Learning Resource, 10:00- 12:00 pm		Medi Padi Foot Clinic 9:30 AM- 12:30 PM #224	

**Event Details (Registration required for all activities)**

**Monday Nov 4, 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 Nov 4, 11:30 AM-12:30 PM. Presentation: Medi Pedi foot Care.** The presentation will focus on foot care for everyone and specialized care for diabetics and seniors. Topics covered include: info about the foot care industry and what to look for in a pedicurist, skin and nail diseases, when to see a physician, and how we will let you know of something that is out of our scope of practice. **Cost: \$3 M/\$5 NM. /Room 225.**

**Tuesdays, Nov 5, 12, 19, 26, Dec 3 & 10, 1:00- 2:00 PM. New! 6 Weeks Tai Chi 10 Form** class with **Ken Chui** is composed of 10 movements all of which are used in in 24 Form. Yang 10 form is often referred to as Yang 8 form. Both are the same, but Yang 8 does not count commencing and closing form. Forms include Commencing Form, Repulse the Monkey, Brush Knee, Left and Right, Part the wild horse's mane, Left and Right, Cloud Hands, Golden Cockerel stands on one leg, Left and Right, Kick out Right, kick out Left, Grasping the Peacock's Tail, Right and Left, Embrace the Tiger, Closing Form. **Cost: \$ 60 M/\$ 72 NM. /Room 229.** Register by Nov 1<sup>st</sup>/ Pay at the Front desk. (**Nov 5, 12, 19, 26, Dec 3 & 10**)

**Friday Nov 8, 10:30-11:30 AM. Free Demo: Learn the basics of Ballroom Dancing** and get comfortable on the dance floor in a fun and relaxed environment. Dances such as the Waltz, Foxtrot, Cha Cha, and Jive will be covered. No experience or partner required. Please bring clean, non-marking shoes. We're looking to introducing this class in Winter 2025.

**Saturday Nov 9, 5:00-8:00 PM. Festival in the Woods!** Join us for a fun night of inspiration and delight with your friends and family. Get ready for the holiday season enjoying wine tastings, tasty hot and cold appetizers, delectable desserts, live music, festive greenery décor demo, cash bar, craft store, door prizes and more! This is a fundraising event organized by MWSA's Fund Development Committee. **Cost: \$40 Members/\$50 Non-Members. Please register by November 5, 2024.**

**Wednesday, Nov 13, 12:00- 2:00 PM. Learn to Paint with Instant Coffee.** 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 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). Register by Nov 8<sup>th</sup>.**

**Thursday, Nov 14, 10:30- 11:30 AM Free Presentation! Presentation: AHS Health Promotion Team. How Older Adults Can Prevent Falls:** Could a fall change your lifestyle? Don't Let a Fall Bring You Down is a presentation that will help you live the way you choose while enjoying a healthy, independent life. By attending, you will: understand the toll falls take on seniors; learn to reduce your risk of falling and being injured; hear about the NOT Falling for You program and how it can improve your strength and balance, and find out how to maintain your independence for years to come. **Room: 227/ 228.**

**Friday, Nov 15, 12:30- 3:00 PM Free Outing! Visit to the Mill Woods Sikh Gurdwara.** Let's celebrate the diverse cultures of peoples living in Mill Woods. Join Shalini, MWSA Program Coordinator, in celebrating the birth of the first Sikh guru, Guru Nanakm, one of the most celebrated and important Sikh gurus and the founder of Sikhism. Guru Nanak is highly revered by the Sikh community. This is one of the most sacred festivals in Sikhism. Shalini will guide you through the trip, and participants will have a meal together (langar: the free community kitchen and meal prepared by volunteers, typically served in the gurdwara after services). Please bring your own scarf to cover your head. **Meet at 12:30 pm: 2606 Mill Woods Rd E, Edmonton, AB T6L 5Y3.** Please register.

**Saturday, Nov 16 & 30, 9:30 AM- 12:30 PM** **Medi Pedi Foot Care Clinic** offers Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure cost: \$99.99. Please book your appointment at the front desk. **Room 224.**

**Monday Nov 18, 9:30 -11:30 AM** **Free Presentation! Plan Ahead Education Session Promotion: Supporting Albertans in Planning Ahead.** The session delves into the essentials of advance care planning, and financial and estate planning. This plan ahead education session will cover: the five steps of advance care planning, the importance of having and facilitating advance care planning discussions, the legal documents involved in planning ahead (personal directive, will, enduring power of attorney), and the resources and services available for Albertans. Handouts will be provided. **Presented by:** Ellen Mi, Project Coordinator, ECHO & ACP, Palliative Institute, Covenant Health. **Cost: Free for All. /#231**

**Tuesday, Nov 19, 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.**

**Thursday, Nov 21, 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, Nov 21, 10:00 AM- 2:00 PM** **Outreach Services with EMCN, every 3<sup>rd</sup> 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.**

**Monday Nov 25, 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.**

**Tuesday, Nov 26, 1:00- 2:30 PM.** **Free AHS Presentation. Give Life Alberta: What You Need to Know about Organ and Tissue Donation.** Over 90% of Albertans support organ and tissue donation, but few know how to act on their good intentions. Give Life Alberta's Senior Communications Advisor Su-Ling Goh (formerly of Global News) will clear up misconceptions and share what you and your family need to know if you're interested in leaving a life-saving gift. A cornea recipient will also share her incredible story of hope. **Room: 225.**

**Thursday, Nov 28, 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**

**Friday, Nov 29, 10:00 am- 12:00 pm.** **EPL e-learning Resource (Drop-in program).** *You're One Click Away: Exploring Classes and Workshops 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 the wealth of free in-person and online classes available.* **Cost: Free/Lobby.** No registration required.