



Registration Begins March 17th, 2025

PROGRAM & ACTIVITY GUIDE

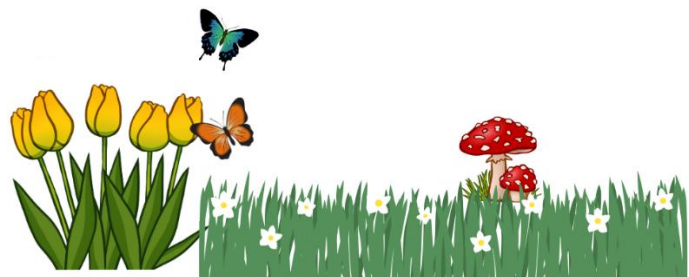
Program Starts April 14th- May 31st
(7 weeks)

MILL WOODS SENIORS CENTRE

All Drop in activities on-going.

2610 HEWES WAY NW, 2ND FLOOR,
EDMONTON, AB T6L 0A9
780-496-2997
WWW.MWSAC.CA

PLACING SENIORS AT THE CENTRE



- ✓ Please bring clean pair of shoes to avoid getting dirt in the rooms.
- ✓ Only non-slippery shoes are recommended for all fitness activities to avoid falls.
 - ✓ No outdoor shoes allowed inside the rooms/ Gym.

TREATY 6 ACKNOWLEDGEMENT

“MWSA acknowledges that the land on which our facility rests is Treaty 6 Territory, a traditional meeting ground for many Indigenous Peoples, including Plains and Wood Cree, Assiniboine, Saulteaux, Niitsitapi (Blackfoot), Métis, Nakota Sioux, and Chipewyan. Their spiritual and practical relationships with the land continue to create a rich heritage for our community. We are deeply honoured to share this land.”



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Mill Woods Seniors Association

2nd Floor, 2610 Hewes Way NW
Edmonton, Alberta, T6L 0A9
PHONE: 780-496-2997

Website: www.mwsac.ca

Follow us on social media!

Subscribe to our [YouTube Channel!](#)

Facebook: www.facebook.com/millwoodsseniorsassociation

Hours of Operation (Spring Session):

Monday to Friday: 8:30 am to 4:30 pm

Thursdays: 8:30 am- 8:30 pm

Saturdays: 9:00 am- 1:00 pm

MWSA Closures

- **Good Friday:** Friday, April 18th, 2025
- **Easter Monday:** Mon, April 21st, 2025
- **Victoria Day:** Monday, May 19th, 2025

Important Days:

- **Mother’s Day:** Sat, May 10th (No Gym activities)
- **Rummage Sale:** Sat, Apr 26th (No Gym activities) and Sunday, April 27th

ABOUT US**Mill Woods Seniors Association****Vision Statement**

The vision of MWSA is to continue to be a welcoming Centre that meets the recreational, educational and social needs of seniors in our community.

Mission Statement

The mission of MWSA is to enrich the lives of seniors in Mill Woods and surrounding communities by providing a diverse range of programs and services that are tailored to meet their recreational, social, health, physical, intellectual and emotional needs while fostering an inclusive environment that celebrates diversity.

Values and Value Statements

- **Respect:** We listen to each other and treat each other with fairness and dignity.
- **Inclusion:** We celebrate our differences and create an environment of acceptance for all.
- **Innovation:** We build successful ideas and new approaches.
- **Collaboration:** We work together with others to achieve shared goals.
- **Accountability:** We respond to the needs of our members and take responsibility for our actions.
- **Sustainability:** We address current needs while considering future impacts.

Staff Directory

Position	Name	Email	Contact
General Inquiries	Front Desk Volunteers	n/a	780-496-2997
Executive Director	Deb Cautley	dcautley@mwsac.ca	780-496-2933
Bookkeeper/Office Admin	Michele Vriens	mvriens@mwsac.ca	780-508-9260
Membership/Volunteer	Brandy Devine	bdevine@mwsac.ca	780-508-9359
Café Chef	Daniel Diaz Mora	chef@mwsac.ca	780-508-9251
Assistant Chef	Mica	n/a	780-508-9251
Café Pre-orders	Volunteers/ Staff	n/a	780-944-5926
Communications	Karen Lee	klee@mwsac.ca	780-717-3038
Program Coordinator	Shalini Waryah	swaryah@mwsac.ca	780-508-9252
Evening/ Saturday Staff	Brandon Kowalchuk	n/a	780-496-2997

MWSA MEMBERSHIP INFORMATION

Annual Memberships

- 55+ Membership: \$36 per person
- 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 2nd Floor Cafe
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

Associate Memberships

- 45+ Membership: \$36 per person.
- 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 2nd 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 the 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 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" (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 the 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 participate 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 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 key fob.
- Eligible to attend instructor-led classes and use the café (meals/coffee).

Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at the Token Fee \$5.00	780-496-7369
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	780-488-4241
North Edmonton Seniors	Still Honoring *(exception - Fitness Centre)	780-496-6969
Northwest Edmonton Seniors	Still Honoring	780-451-1925
Sage Seniors Association	Still Honoring	780-423-5510
Southeast Edmonton Seniors	Still Honoring	780-468-1985 Ext.228
Southwest Edmonton Seniors	TBD	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 06, 2024.		

Instructor-Led Programs (Registration Required)

ACRYLICS 4 ALL LEVELS: Room 231/ Max 12 “Black gesso & Multicolour Canvas”

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, 1:30- 3:30 PM. **Apr 15, 22, 29, May 6, 13, 20 & 27**
- 7 weeks cost: **\$ 112 M/ \$ 140 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.

- Instructor: **Deb Proc**
-  Wednesdays, 10:45-11:45 AM **Apr 16, 23, 30, May 7, 14, 21 & 28.**
- 7 weeks cost: **\$70 M/ \$91 NM** Drop-ins: **\$13 M/ \$16 NM**


CARD MAKING CLASS: Room 225/ Min 5, Max 8

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 precut for you. Please bring your supplies. Please ask for your supply list at the front desk.

- Instructor: **Marcelle Jamieson** (Card Makers Club)
-  3rd Thursdays, 12:15- 3:15 PM. **May 15, June 19, July 17 & Aug 21.**
- 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, 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 previous experience is required.

- Instructor: **Neeru Prashar**
-  Friday, 1:00- 2:00 PM
- 6 weeks cost: **\$60 M/ \$78 NM**

No class on Apr 18.

Apr 25, May 2, 9, 16, 23, 30

Drop-ins: \$13 M/ \$16 NM

CIRCUIT TRAINING: Room 229 / 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.
- 7 weeks cost: **\$70 M/ \$91 NM**

Apr 15, 22, 29, May 6, 13, 20 & 27

Drop-ins: \$13 M/ \$16 NM

CORE, STRENGTH, AND STRETCH: Room Gym/ Max 18

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
- 7 weeks cost: **\$70 M/ \$91 NM**

Apr 17, 24, May 1, 8, 15, 22 & 29.

Drop-ins: \$13 M/ \$16 NM

DEVELOP YOUR PICKLEBALL SKILLS: Room: Gym/ Max 8

FULL NOW

This course is for anyone who has **Pre-requisite - Learn to Play Pickleball**. Come to learn how to advance your game, an increased focus on tactics, technique, rule knowledge and have some fun. This will enhance your confidence & skills or experience and would want to learn in an easy (not competitive) environment. No equipment purchase required. Paddles and balls provided. All you need is a pair of non-marking indoor running shoes.

- Instructor: Ralph Wentland
- 📅 Mondays, 1:00- 2:00 pm
- 6 Weeks Cost: **\$ 40 M/ \$60 NM**

No class on Apr 21 & May 19
Apr 14, 28, May 5, 12, 26 & Jun 2.

No Drop Ins



DIGITAL LITERACY: Room 225/Min 5 & Max 30

Do you want to feel more comfortable using technology? This beginner-friendly course will teach you the basics of computers, internet navigation, and email. You will also learn how to use your smartphone for calls, messages, and apps to stay connected with family and friends. Step-by-step guidance and patience guaranteed!

- Instructor: **Manuel Parra**
- 📅 Wednesdays, 12:30 AM- 2:00 PM
- 7 Weeks Cost: **\$70 M/ \$91 NM**

Apr 16, 23, 30, May 7, 14, 21 & 28.

Drop In: **\$13 M/ \$16 NM**



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

This 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.

- Instructor: **Meaghan**
- 📅 Fridays, 1:15- 2:00 pm
- 6 Weeks Cost: **\$78 M/ \$96 NM**

Apr 25, May 2, 9, 16, 23 & 30

Drop In: **\$16 M/ \$20 NM**

FOUNDATIONAL YOGA: Room 229/ Max 12

A class specifically designed for those who experience pain, limited mobility, living with a disease or illness and who may describe themselves as a little broken. Focus will be on creating flexibility, enhancing mobility, finding balance & building strength. Past students include those working with MS, Parkinson's Disease, Stroke, Cancer, Arthritis, Hip Replacement, and mental health challenges. This class is suitable for all levels & experiences. **Chair Only.**

- Instructor: **Michelle Dionne**
-  Mondays, 10:30- 11:30 AM
- **5 Week costs: \$50 M/\$65 NM.**

No class on Apr 21 & May 19


Apr 14, 28, May 5, 12 & 26

Drop-ins: \$13 M/ \$16 NM



FRENCH CONVERSATIONAL: Room 225 / Min 5 & Max 30.

French conversation is the basis of the course being offered. The conversations: when you meet French person(s), asking directions to a location in French, when ordering French meals in a restaurant, accessing help to communicate with telephone support using French, and other French travelling assistance as required. Other French topics and French conversations as desired by students. Bring a notebook and pen.

- Instructor: **Paul Pomerleau**
-  Tuesdays, 1:30- 3:30 pm
- **7 Weeks Cost: \$70 M/ \$ 91 NM.**

Apr 22, 29, May 6, 13, 20, 27 & Jun 3.

Drop In: \$13 M/ \$16 NM



INTRO TO BADMINTON: Room: Gym/ Max 10

This course is for anyone who has an interest in learning badminton but lacks confidence in their skills or experience and would want to learn in an easy (not competitive) environment. This beginner class is for those who have not played since high school or are not confident with their level of play. **A few racquets are available to be borrowed from MWSA, but we recommended bringing your own. Bring indoor shoes with clean flat soles (no heels), and comfortable gym clothing (shorts/ track pants).**

- Instructor: **Doug Miller**
-  Thursdays, 1:45- 3:45 pm
- **6 Weeks Cost: \$ 60 M/ \$ 78 NM.**

No class on May 22.


Apr 17, 24, May 1, 8, 15, & 29

No Drop In




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**
-  **Wednesdays**, 12:00-1:00 PM **Apr 16, 23, 30, May 7, 14, 21 & 28.**
- 7 weeks cost: **\$70 M/ \$91 NM** Drop-ins: **\$13 M/ \$16 NM**



LEARN TO PLAY PICKLEBALL: Room Gym/ Max 11 (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.

- Instructor: **Ralph Cole/ Sandra MacDonald** **No class on May 22**
-  **Thursdays**, 4:00-6:00 PM. **Apr 17, 24, May 1, 8, 15 & 29**
- 6 Weeks: **\$60 M/ \$78 NM** **No Drop Ins**

LINE DANCING: Room Gym/ Max 40. 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. Dance for those who want to improve their line dance skills. No previous dance experience required, just a fun attitude. Footwear with leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.

- Instructor: **Tracy Walters**
-  **LEVEL I:** Wed, 1:15- 2:15 PM. **Apr 16, 23, 30, May 7, 14, 21 & 28.**
-  **LEVEL II:** Wed, 3:00- 4:00 PM. **Apr 16, 23, 30, May 7, 14, 21 & 28.**
- 7 weeks cost: **\$ 70 M/ \$ 91 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**
-  **Thursdays**, 10:00-11:00 AM Apr 17, 24, May 1, 8, 15, 22 & 29.
- 7 weeks cost: **\$70 M/ \$91 NM**, Drop-ins: **\$13 M/ \$16 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** No class on Apr 21 & May 19
-  Mondays, 11:45-12:45 PM April 14, 28, May 5, 12 & 26
- **5 weeks:** \$ 50 M/ \$ 65 NM. Drop-ins: **\$13 M/ \$16 NM**

SPANISH CONVERSATIONAL: Room 225/Min 5/Max 30


Would you like to practice Spanish in a relaxed and friendly environment? In this course, you will improve your speaking skills through everyday conversations, learn useful vocabulary, and practice pronunciation and reading techniques to gain confidence. No pressure, just fun and engaging discussions! Bring a notebook and pen.


- Instructor: **Manuel Parra** No class on Apr 18
-  Wednesdays, 10:30 AM- 12:00 PM Apr 16, 23, 30, May 7, 14, 21 & 28
- 7 Weeks Cost: **\$70 M/ \$91 NM** Drop In: **\$13 M/ \$16 NM**



STRETCH & TONE YOGA: Room Gym/ **Max 24, 229/ Max 12.**


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: Michelle Dionne**
-  Tuesdays, 10:45- 11:45 AM **Apr 15, 22, 29, May 6, 13, 20 & 27**
- 7 Weeks Cost: **\$70 M/ \$91 NM.** Drop-ins: **\$13 M/ \$16 NM**

- **Instructor: Paige Elniski**
-  Saturdays, 10:00- 11:00 AM **Apr 19, May 3, 10, 17, 24 & 31 (No class on Apr 26)**
- **6 weeks cost: \$60 M/ \$78 NM** Drop-ins: **\$13 M/ \$16 NM.**

TABATA: Room Gym/ **Max 24**


Tabata is an interval exercise class for active participants. Participants work for 20 seconds and rest for 10. This pattern is repeated for 8 rounds (4-minute cycles) and then the exercise changes and a new 4-minute cycle begins. Tabata benefits an individual's overall fitness, improves 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.**

- **Instructor: Esther Sipos** **No class on Apr 21 & May 19**
-  Mondays, 10:30-11:30 AM **April 14, 28, May 5, 12 & 26**
- **5 Week costs: \$50 M/\$65 NM** Drop-ins: **\$13 M/ \$16 NM**

- **Instructor: Deb Ravbar (TABATA)**
-  Thursdays, 11:15- 12:15 PM **April 17, 24, May 1, 8, 15, 22 & 29**
- **7 weeks Cost: \$70M/\$91M** Drop-ins: **\$13 M/ \$16 NM.**

TAI CHI 10 FORMS: Room 229/Max 14

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.

- Instructor: **Ken Chui**
-  Tuesdays, 1:00- 2:00 PM Apr 15, 22, 29, May 6, 13, 20 & 27.
- **7 weeks cost:** \$ 70 M/ \$ 91 NM, Drop-ins: **\$13 M/ \$16 NM**


WATERCOLOURS 4 ALL LEVELS: Room 231/This is a fragrance-free class.

This course is designed for all levels. The easy-to-follow handouts make it fun and fast to get the sketches done. This is a two-hour weekly class that will cover everything from still life to landscape and everything in between. Participants are responsible for cleaning the space they are using during the class. Please ask for an updated supply list at the time of registration for class.

- Instructor: **Willie Wong**
-  Thursdays, 9:30-11:30 AM April 17, 24, May 1, 8, 15, 22 & 29.
- **7 Weeks Cost:** \$ 112 M/ \$ 140 NM. Drop-ins: **\$20 M/ \$24 NM**

YOGA 4 WELLBEING: Room 229, Min. 12/ Mat Only.

In this class, we use a variety of yoga techniques to improve the tone of muscles and the functioning of the organs. All the movements are done slowly, and postures are held as per the capacity to bring harmony to different layers of the being. Breathing and sound-based techniques are used to improve lung capacity and calm down the mind for the practice of meditation.


- Instructor: **Neeru Prashar** No class on Apr 21 & May 19
-  Mondays, 12:30- 1:30 PM April 14, 28, May 5, 12 & 26.
- **5 weeks Cost:** \$ 50/ M, \$ 65/ NM. Drop-ins: **\$13 M/ \$16 NM**

45 Min. ZUMBA GOLD: Room 229, Max. 12.

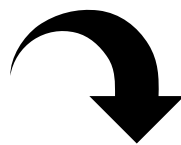
You'll get to try chair/ standing positions and decide which style you like better! :)

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.



- Instructor: **Tammy Clark**
-  Thursdays, 3:00- 3:45 PM April 17, 24, May 1, 8, 15, 22 & 29
- **7 weeks Cost:** \$ 70/ M, \$ 91/ NM. Drop-ins: **\$13 M/ \$16 NM**

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- **Mat Pilates class** will be back in June 2025.
 - **Ukulele Classes** will be scheduled if we're able to find an Instructor by Fall, 2025.
 - **Strong body Healthy Core Monday** will be back in Summer, 2025
 - **Upcoming Summer class:** Stability/ Strength/ Endurance with Rose
-



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 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- 4:15 PM.
- Fridays, 2:15- 4:15 PM.
- Saturdays, 11 AM- 1 PM (Subject to change: Updates in the monthly calendar)
- **Cost: \$3 M/ \$5 NM** **(Punch Cards Available)**

BOOK CLUB: Room 227/ 228 FULL

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

- **Program Lead:** Joanne Christie
- **Times:** 2nd Tues. of every month, 11:00 AM- 12:00 PM.
- **Cost: \$3 M/ \$5 NM** **(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 M/ \$5 NM.** **(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:** 1st Tuesdays, 10:00 AM-12:00 PM / **Caregiver Circle**
- **Times:** 3rd Tuesdays, 10:00 AM-12:00 PM / **Alzheimer's Support** (Except Jul & Dec)
- **Cost: \$3 M/ \$5 NM** **(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. Everyone gets a chance to speak and move dialogue along.

- **Program Lead:** Don Briggs **Times:** 4th Tues. of every month, 10:00-11:30 AM
- **Cost:** \$3 M/\$5 NM **(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 M/\$5 NM **(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 M/ \$5 NM **(Punch Cards Available)**

EUCHRE GAME: Room 225

Euchre is a trick taking **game** with a trump, played by four players in teams of two. The basic play is similar to Whist. Played with a deck of cards that only includes aces, kings, queens, jacks, 10s and nines of each suit. There are five rounds, or "tricks," in each game. Each player will place one card down on the table on their turn, and a player takes a trick when the card they placed is the highest out of any other card. Come try a new card game, with an experienced player. Cards will be provided at the Front desk.

- **Program Lead:** Reg Wood **Times:** Mondays, 2:00- 4:00 PM.
- **Cost:** \$3 M/\$5 NM **(Punch Cards Available)**

FLOOR CURLING LEAGUE DROP IN: Room Gym/ Max 32.

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**
- Tuesdays 12:00- 2:00 PM; **April 15, 22, 29, May 6, 13, 20, 27.** (Subject to change)
- Cost: \$3 M/\$5 NM **(Punch Cards Available)**

FUN FLOOR CURLING: Room Gym/ Min 8 & Max 32

Floor curling is like 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.

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

GRIEF SUPPORT CIRCLE: Room 225

Release anxiety, release negative emotions, reduce physical pain, reduce anxious behaviour, increase self-esteem, and calm your racing thoughts.

- **Program lead:** Michelle Dionne **2nd Thursday only, 1:45- 3:45 PM.**
- **Cost: \$3 M/\$5 NM** **(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. **Wed. and Fridays: 9:00 AM-12:00 PM.**
- Cost: **\$3 M /\$5 NM** **(Punch Cards Available)**

MAHJONG: Room 227

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/ Debie **Mondays & Wednesdays: 2:00-4:15 PM**
- Cost: \$3 M /\$5 NM **(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 the 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 M/\$5 NM **(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)**
- **Thursdays Evenings, 6:15-8:15 PM (All Levels)**
- **Fridays, 8:30- 11:00 AM (Beginners)**
- **Saturdays, 9:00 - 11:00 AM (All Levels)**
- **Cost: \$3 M/ \$5 NM (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 M, \$5 NM (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 make beautiful, handcrafted greeting cards for sale at MWSA, and at craft markets. Some supplies will be provided, but feel free to bring your own.

- **Program Lead:** Shirley Manchak & Marcelle Jamieson.
- **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, 12:30 PM- 3:30 PM. **Cost:** Free (MWSA members Only).

Travel Club: Room 225

The concept of starting this club is to gather/ invite a community of travelers, explorers & creators to share their previous/ upcoming ideas, experiences and personal exploration of the world. We're looking for a **volunteer lead** who could lead the group (Bring presenters on related/ informative topics/ take group local bus/ LRT tours). Please contact the Program Coordinator.

- **Program Lead:** TBD
- **Times:** 2ND Fridays, 10:00 AM- 12:00 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

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. **To Register: 780-735-3483.**

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

ACTION 4 HEALTHY COMMUNITIES: A4HC (YEAR 2025) CONTACT: ABIDA TAHIR: 780-235-2176.

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

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

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.

ROTARY CLUB OF EDMONTON

1st & 3rd THURSDAYS, 6:00- 8:00 PM

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

CULTURE GROUP

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

This group is sponsored by **(Sponsored by Garvi Gujrat Association)** for meetings once a week to schedule cultural activities, events, informative sessions & activities to avoid isolation in the community. **Dates: May 2, 9, 16, 30, Jun 6, 13, 20, 27, Jul 4, 11, 18, 25, Aug 1, 8, 15, 22 & 29**

SAHELIAN: Punjabi Grandmothers Group

To Register: Instagram: @sahelianyeg or Email: sahelianyeg@gmail.com

Sahelian is a Punjabi senior women's group that focuses on socialization and connection through artistic, social, physical and educational activities. **Upcoming dates: Apr 19, May 17 & Jun 21.**

EPL E- LEARNING

Last Friday of the Month, 11:00 am- Noon

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, Vocabulary Club: English conversational.

Additional information about the Mill Woods Seniors Association

FUNDRAISING

Contact: 780-496-2997

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 MWSA or would like more info. about fund development opportunities. Tax receipts can be issued.

HEARING CLINIC

One-on-one session for hearing screenings and counselling on hearing loss treatment, guidance on AADL eligibility, and how to apply for AADL/Blue Cross benefits.

MONTHLY BIRTHDAY PARTY

SPONSORED BY CHURCHILL MANOR

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.

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 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

Contact: 780-496-2997

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, administration. If you are interested in volunteering, please fill out an application form.

Hearing tests not only examine your hearing sensitivity but can determine whether you have an underlying medical issue and will lead to being referred to a physician if necessary.

HEARING TEST


AT MILLWOODS SENIOR ASSOCIATION
2610 Hewes Way NW, 2nd Floor,

Every 2nd MONDAY, 9:30 am – 2:00 pm

Call: 780-496-2997 or visit Front Desk to Book your spot



5544 CALGARY TRAIL
(780) 5544-338



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



MONTHLY BIRTHDAY PARTY



JOIN US THE LAST MONDAY OF THE MONTH AT 1:30 P.M



LET'S CELEBRATE YOU!

CAKE & COFFEE!

FREE FOR MWSA CELEBRATING THE BIRTHDAY MONTH
\$5 FOR GUESTS/ NON-MEMBERS



Your Piggies Diabetic Foot Care

Last Thursday of each Month, 2:00- 7:00 PM
Kimberly Simmonds LPN

Cost: \$65 Initial Consultation/ \$45/ Follow Up Includes

- Nail trimming, Foot Hydration.
- Corn & Callus Reductions. Foot Massage.
- Assistance with Ingrown Toe nails & nail Fungus.

Accepts cash, check and e transfers to yourpiggies@outlook.com
Book your appointment at the
Front Desk: 780-496-2997 or Visit
Mill Woods Seniors Association
2nd Floor, 2610 Hewes Way
Edmonton, AB T6L 0A9.

Grief Support Circle With Michelle Dionne

**2ND THURSDAY OF THE MONTH,
1:45- 3:45 PM**

**REGISTER AT THE FRONT DESK:
780-496-2997**

FOUNDER + CEO
CERTIFIED YOGA + MEDITATION INSTRUCTOR
GRIEF RECOVERY METHOD SPECIALIST
MENTAL HEALTH + SELF CARE ADVOCATE

- It offers a safe space to remember loved ones who have passed, and any other loss as some losses are not due to death.
- It provides an opportunity to recognize sadness, disappointment, loneliness or fear.
- It provides a refuge of sorts, and an awareness that you are not alone in your grief. Others are hurting too.
- It is about making room for the sadness and hurt that is already there. Naming it. Honouring it.

Mill Woods Senior Centre Special Pricing

**Book Your appointment
@ 780-496-2997**



MEDI PEDI EDMONTON

SERVICES AT CENTER

- Diabetic Pedicure \$64.99
- Senior Pedicure \$64.99
- Regular Pedicure \$59.99
- Nail Cutting Only \$49.99
- Manicure \$44.99
- Ion Foot Detox \$39.99

*Mobile Appointments Available

CONTACT US

587-983-2774
www.medipediedmonton.com
appointments@medipediedmonton.com
*mobile appointments available at regular prices





Newcomer Centre Outreach Services


- Apply for PR Card
- Apply for Citizenship
- Request an Expiration of PR Card Renewal
- Apply for Lost of PR
- Apply for lost Landing paper
- Apply for Canadian Pension Plan (CPP)
- Apply for Old Age Security (OAS)
- Alberta Seniors Benefit (ASB)
- Senior Transit Fares (Bus Pass/Arc Card)
- Housing
- Low income support
- food bank
- Apply for Canada Pension Plan disability benefits (CPPDP)
- Apply for Employment Insurance (EI)
- Apply for Canadian Dental care plan
- Apply for AISH Application

On Those Dates in March and April


- March 20th: 9 am to 3 pm
- March 26th: 9 am to 3 pm
- April 2nd: 9 am to 3 pm
- April 9th: 9 am to 3 pm
- April 17th: 9 am to 3 pm
- April 23rd: 9 am to 3 pm
- April 30th: 9 am to 3 pm



EDMONTON SENIORS COORDINATING COUNCIL



Mill Woods Seniors Association



NEWCOMER CENTRE Thrive Here



ears to you

Mobile Hearing Clinic

March 25th
June 24th
September 23rd
December 23rd
9:30 AM-2:30 PM

Book your slot @ 780-496-2997
\$3 Members/ \$5 Non-Members

Mill Woods Senior Centre
2nd Floor, 2610 Hewes way NW
T6L 0A9, Edmonton

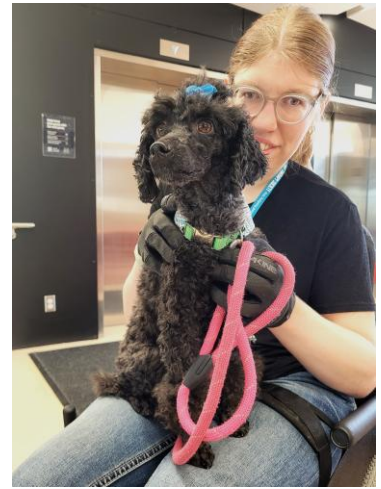


Our mobile hearing clinic will come right to your front door!
 Locally owned and operated with over 25 years experience in the industry!



We are local EVERYWHERE

HIGHLIGHTS OF 2025



- Lunch & Learn from Nurse Next door
- New Member's connection in January 2025.
- Everyone's favorite "TinkerBell" from Pet Therapy Society.
- Jammers in the Lobby spreading Joy!
- Shoppers Drug Mart" Love Yourself" Beauty Event!
- **Thank You Legacy Heating & Plumbing, Servus Credit Union!**



Pickleball is sponsored by Legacy Heating & Cooling Thank You!



Program Guide is sponsored by SERVUS CREDIT UNION



Mill Woods Seniors Association Facility Rental



updated 06-28-2023

PRE-ORDERS: 780-944-5926

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

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

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.mwsacca/cafe

LUNCH (11:00 AM-2:00 PM)

BLT SANDWICH \$9.00 with hash browns	CHICKEN & CHEESE WRAP \$11.00 lettuce, grilled onions, and bell peppers, tomatoes, cheese, 2oz chicken, Chipotle mayo in a tortilla wrap
GRILLED CHEESE SANDWICH \$8.00 with hash browns	VEGGIE SANDWICH \$9.00 Tomato, cucumber, lettuce, carrot, and cheese. With hash browns.
SOUP OF THE DAY & TOAST \$6.00	SIDE SALAD \$2.50 REGULAR SALAD \$5.00

BEVERAGES

TEA/COFFEE, DINE-IN \$2.00 with 1 free refill. Dine-in only.	BOTTLED WATER, 500ML \$1.50
TEA/COFFEE, TAKE-OUT \$2.50	BOTTLED JUICE \$2.50
CANNED POP \$2.00	

FRESH, HOMEMADE CINNAMON BUNS AVAILABLE ON THURSDAYS
\$5.00 each or \$19.00 for 4

*Prices include GST. Menu items in green are vegetarian.

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



MWSA Facility Rentals available for special events, functions, workshops, meetings, conference, or corporate retreat, and more!

Call us for more information.

Location: 2nd Floor, 2610 Hewes Way NW, Edmonton, AB, T6L 0A9.

MWSA Rental Hours:

- **Monday-Friday:** 8:30 am-4:30 pm
- **Thursday:** 8:30 am- 8:30 pm
- **Saturday:** 9:00 am- 1:00 pm

(MWSA is on Sundays & Stat holidays)

Call: **780-496-2997** or email: swaryah@mwsac.ca

Services: Tables & Chairs are included (Chair/ table covers, stage 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,

Suggestions & Feedback are Welcome!

- 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. (Transportation sponsors, bookings etc.).
- Any new programs/ activities in the New Year 2025.

Shalini Waryah: swaryah@mwsac.ca



Our Parents' Home

RETIREMENT LIVING

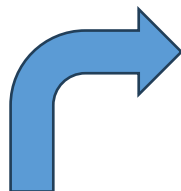
Care, Community & Comfort – Discover Our Parents' Home Retirement Living

Independent Living | Supportive Living | Short Term Stays

**Interested in Retirement Living?
Book a tour 780-732-0412**

10112 119 Street NW, Edmonton
cogirseniorliving.ca/ourparentshome

by **COGIR**



Watch for this event

in the April Monthly Calendar

DECORATIVE WOOD GNOME WORKSHOP

SET OF 3 DECORATIVE WOOD GNOMES

Tallest 15in, middle 13in, small 11in)
Paint Colour And Embellishment Choices to Add Your Own Personal Touch!!!

When: Tuesday, Apr. 1st
1:00- 4:00 PM

\$50 per person (Members & Non Members)
Cost Includes all supplies & instructions

Pay & Register:
Phone: 780-496-2997
or In Person

Where: 2610 Hewes Way NW
2nd Floor, T6L 0A9, Edmonton





Looking for participants for the research study:

A game-based screening to detect Mild Cognitive Impairment in older adults

- This study is seeking participants **aged 65 and above** with normal cognitive skills and those with Mild Cognitive Impairment (MCI).
- Participants will be invited to engage in a test play of **an enjoyable computer game** and complete cognitive assessments.
- We want to see if the game can provide valuable information of the older adults' cognitive status.
- If you are interested you will have a single session (around 90 min) , which can be conducted at a community facility, your home, or the University of Alberta (Corbett Hall), depending on your preference.



Interested in participating or need more information?

Please contact Farnaz Koubasi, Ph.D. candidate in Rehabilitation Sciences, at (koubasi@ualberta.ca) or Or Dr. Adriana Ríos Rincon at (aros@ualberta.ca) (8 25)4 36-02 95

**Register with MWSA Program Coordinator
780-496-2997/ swaryah@mwsac.ca**