



Registration Begins December 9th, 2024

PROGRAM & ACTIVITY GUIDE

Program Starts January 13th- April 5th
(12 weeks)

MILL WOODS SENIORS CENTRE

We're open for all Drop in activities on Jan 2nd, 2025

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



PLACING SENIORS AT THE CENTRE



WINTER PROGRAM GUIDE
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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, Salteaux, 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

Follow us on social media!

Website: www.mwsac.ca

Subscribe to our [YouTube Channel!](#)

Facebook: www.facebook.com/millwoodsseniorsassociation

Twitter: 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

Now! Saturdays: 9:00 am- 1:00 pm

Sundays and holidays: Closed

New Year's Day: Wed, Jan 1st, 2025

Family Day: Mon, Feb 17th, 2025

Annual General Meeting: March 29, 2025 (No Gym Activities)

We re-open on Friday, January 2nd, 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

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	brankowal@outlook.com	780-496-2997
Special Events Coordinator	Volunteer	specialevents@mwsac.ca	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 2nd 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 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 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)

AGE REVERSING ESSENTRICS® Room 229 / Min 6. 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.
- 10 Weeks cost: **\$130 M/ \$160 NM.**

No class on Feb 17 & Mar 24

Jan 13, 20, 27, Feb 3, 10, 24, Mar 3, 10, 17 & 31.

Drop-ins: **\$16 M/ \$20 NM**

NEW

BALLROOM DANCING: Room 229/ Min 6 & Max 12

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.

- Instructor: **Robyn Bell** (Elite Dance Studio)
- Fridays, 10:30- 11:30 AM.
- 7 weeks cost: **\$91 M/ \$112 NM.**

Feb 21, 28, Mar 7, 14, 21, 28, April 4.

Drop-ins: **\$16 M/ \$20 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.
- 12 weeks cost: **\$120 M/ \$156 NM**

Jan 15, 22, 29, Feb 5, 12, 19, 26, Mar 5, 12, 19, 26 & April 2.

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 pre-cut 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.
- 4 weeks cost: **\$50 M/ \$60 NM**

January 16, February 20, March 20 & April 17

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, 1:15- 2:15 PM
- 12 weeks cost: **\$120 M/ \$156 NM,**

Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 7, 14, 21, 28 & Apr 4.

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. Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25 & Apr 1.
- 12 weeks cost: **\$120 M/ \$156 NM,** 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. Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, 27, Apr 3.
- 12 weeks cost: **\$120 M/ \$156 NM,** Drop-ins: **\$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 Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 7, 14, 21, 28 & Apr 4.
- 12 Weeks Cost: **\$156 M/ \$192 NM.** Drop In: **\$16 M/ \$20 NM**

FLOOR CURLING LEAGUE: 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** **Banquet: April 8th.**
- 14 Weeks: Tuesdays 12:00- 2:00 PM; Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25, Apr 1.
- Cost: \$42. Members Only. **No Drop-ins (Fun Curling is for drop-ins).**

NEW

Group Grief Recovery Program (8 Weeks): Room 225. Min: 7, Max:15 CANCELLED

Your feelings are natural, the problem is that we have been socialized to believe that feelings are abnormal & unnatural. Whether your loss is from a death, a divorce, or separation, an end of a relationship, a loss of career, a loss of faith, trust, safety or health, it is the loss that affects you and grief is present. There are so many myths about grief like, "time heals all wounds". Time may make the pain soften, but the loss will always be there. It isn't easy to just let go and move on, especially when you haven't been given the tools needed to do so. Allow Michelle to navigate the waters of grief and receive the support and guidance needed to continue living your life in the best way possible.

- Instructor: **Michelle Dionne**
- Wednesdays, 10:00 AM- 12:00 PM Jan 8, 15, 22, 29, Feb 5, 12, 19 & 26.
- **8 Week costs: \$80 M/\$104 NM.** No Drop Ins

HULA HOOP 4 SENIORS: Room 229/ Max 14: CANCELLED

This class combines both functional training and low impact exercise; designed to improve strength/ stamina, while also improving dexterity/ fine motor skills and postural alignment. The class consists of higher reps with lower weights (hula hoops). This class is great for older adults as it works the whole body and can be completed from a seated or standing position. Hula hooping is good for the brain as it helps improve coordination by building neurological connections in the body, which is important in seniors as people tend to be less mobile as they age. This class will consist of a warmup, an exercise portion that focuses more on sets/ reps, a games portion and a cool down.

- Instructor: **Olivia Flows**
- Thursdays, 11:15 AM- 12:15 PM. Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, 27, Apr 3.
- 12 weeks Cost: **\$120 M/ \$156 NM.** Drop-in: **\$ 13 M, \$ 16 NM**

NEW

JAPANESE STYLE EMBROIDERY: Room 225/ Max 15: CANCELLED

Students bring their own sewing needles, 3 spools of colour threads, 1 meter fabric of their choice and a new pair of socks (adult size L). Total up to 2 medium size projects. (Optional additional supplies will be discussed in class). Students will learn cutting, measuring, and hand sewing skills. **(Tote Bag and Winter Sock Doll).**

- Instructor: **Molly Lim**
- Mondays, 11:30 AM- 1:30 PM. Feb 24, Mar 3, 10, 17, 24 & 31.
- 6 Weeks cost: **\$165 M/ \$175 NM.** No 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. Jan 15, 22,29, Feb 5, 12,19,26, Mar 5,12, 19, 26 & Apr 2.
- **Fridays**, 12:00- 1:00 PM. Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 7, 14, 21, 28 & Apr 4.
- 12 weeks cost: **\$120 M/ \$156 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**
- Thursdays, 4:00-6:00 PM. Jan 16, 23, 30, Feb 6, 13 & 20.
- 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. Jan 15, 22,29, Feb 5, 12,19,26, Mar 5,12, 19, 26 & Apr 2.
- **LEVEL II:** Wed, 3:00- 4:00 PM. Jan 15, 22,29, Feb 5, 12,19,26, Mar 5,12, 19, 26 & Apr 2
- 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. It 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.** No class on Feb 17.
- Mondays, 10:00- 11:00 AM Jan 13, 20, 27, Feb 3,10, 24, Mar 3,10,17, 24 & 31.
- 11 weeks cost: **\$110 M/ \$143 NM.** Drop-ins: **\$13 M/ \$16 NM**

NEW

MIXED MEDIA COLLAGE & ACRYLICS PAINTING: Room 225/ Max 15. CANCELLED

Explore the exciting world of mixed media and acrylic painting! Learn to combine various materials and techniques to create unique and expressive artworks. Discover the versatility of acrylic paints and the endless possibilities of collage. Unleash your creativity and experiment with different textures, colors, and styles in this relaxing and inspiring class. Please ask for your **SUPPLY LIST.**

- Instructor: Molly Lim
- Mondays, 11:30 AM- 1:30 PM. Jan 13, 20, 27, Feb 3 & 10.
- 5 Weeks cost: **\$135 M/ \$145 NM.** No Drop-ins

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 Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, 27, Apr 3.
- 12 weeks cost: **\$120 M/ \$156 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** Mondays, 11:45-12:45 PM No class on Feb 17.
- **11 weeks:** \$ 110 M, \$ 143 NM. Jan 13, 20, 27, Feb 3,10, 24, Mar 3,10,17,24 & 31.
- Instructor: **Rose Hickey** Fridays, 10:45-11:45 AM.
- **12 weeks:** \$120 M/ \$156 NM, Jan 17, 24, 31, Feb 7,14, 21, 28, Mar 7,14, 21, 28 & Apr 4.
- Drop-ins: **\$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: **Anne Palaschuk**

- Tuesdays, 10:45- 11:45 AM Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25 & April 1.
- **12 weeks cost:** \$120 M/ \$156 NM, Drop-ins: **\$13 M/ \$16 NM**

• Instructor: **Paige Elniski**

- Saturdays, 10:00- 11:00 AM Jan 18, 25, Feb 1, 8, 15, 22, Mar 1, 8, 15, 22, Apr 5.
- **11 weeks cost:** \$110 M/ \$143 NM, Drop-ins: **\$13 M/ \$16 NM.**

STRONG BODY, HEALTHY CORE: Room Gym/ Max 24, 229/ Max 12.

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**

No class on Feb 17.

- Mondays, 1:00-2:00 PM. Jan 13, 20, 27, Feb 3, 10, 24, Mar 3, 10, 17, 24 & 31.
- **11 weeks Cost:** \$ 110/ M, \$ 143/ NM Drop-ins: **\$13 M/ \$16 NM**

• Instructor: **Rose Hickey**

- Fridays, 12:00- 1:00 PM. Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 7, 14, 21, 28 & Apr 4.
- **12 Weeks Cost:** \$120/ M, \$156/ 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 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**

No class on Feb 17.

- Mondays, 10:30-11:30 AM Jan 13, 20, 27, Feb 3, 10, 24, Mar 3, 10, 17, 24 & 31.
- **11 weeks Cost:** \$ 110/ M, \$ 143/ NM Drop-ins: **\$13 M/ \$16 NM**

• Instructors: **Deb Ravbar**

- Thursdays, 11:15- 12:15 PM. Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, 27 & Apr 3.
- **12 weeks Cost:** \$ 120/ M, \$ 156/ M 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 Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25 & Apr 1.
- **12 weeks cost:** \$120 M/ \$156 NM, Drop-ins: **\$13 M/ \$16 NM**

NEW **THRIVING THROUGH 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. **Feel free to use Chair or mat.**

- Instructor: **Michelle Dionne** No Class on Mar 6.
- Thursdays, 12:30- 1:30 PM Jan 16, 23,30, Feb 6, 13,20,27, Mar 1, 20, 27 & Apr 3.
- **11 Week costs:** \$110 M/\$143 NM. Drop-ins: **\$13 M/ \$16 NM**

WATERCOLOURS 4 ALL LEVELS: Room 231/ Max 20.

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. **This is a fragrance-free class.**

- Instructor: **Willie Wong** Note: No class on Feb 6 & April 3.
- Thursdays, 9:30-11:30 AM Jan 16, 23, 30, Feb 13, 20, 27, Mar 6, 13, 20 & 27.
- **10 Weeks Cost:** \$ 160 M/ \$ 200 NM. No drop-ins.

YOGA 4 WELLBEING: Room 229, Min. 12

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 Feb 17.
- Mondays, 1:45- 2:45 PM Jan 13, 20, 27, Feb 3, 10, 24, Mar 3, 10, 17, 24 & 31.
- **11 weeks Cost:** \$ 110/ M, \$ 143/ NM. Drop-ins: **\$13 M/ \$16 NM**

Ukulele Classes will be scheduled if we're able to find an Instructor by Jan 8th, 2025. We'll keep you posted through the newsletters/ monthly calendars.

SPANISH language classes will be scheduled back in Spring. We're looking for an instructor.

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- 4:30 PM.
- Fridays, 2:30- 4:30 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,](#)

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)**

NEW

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.

- **Program Lead:** Garry Haaf **Times:** 3rd Wed of every month, 10:00- 11:00 AM.
- **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 Group** (**No session in 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
 - **Cost:** \$3 M/\$5 NM
- Times:** Wednesdays, 2:15- 4:15 PM.
(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)**

NEW

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
 - **Cost:** \$3 M/\$5 NM
- Times:** Mondays, 2:00- 4:00 PM.
(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 & BEREAVEMENT SUPPORT/ GROUP CIRCLE: Room 224

Release anxiety, release negative emotions, reduce physical pain, reduce anxious behaviour, increase self-esteem, and calm your racing thoughts. **Max 4: 45 Minutes each.**

- **Program Lead:** Shamim Amiri.
 - **Program lead:** Michelle
 - **Cost:** \$3 M/\$5 NM
- 2nd & 4th Fridays, 10:00- 1:00 PM (One on one only)**
1st Thursday only, 10:00- 1:00 PM (Group Circle)
(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.
 - **Cost:** \$3 M/\$5 NM
- Wed. and Fridays: 9:00 AM-12:00 PM.**
(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/ Debie
 - Cost: \$3 M /\$5 NM
- Mondays & Wednesdays: 2:00-4:15 PM**
(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
 - Cost: \$3 M/\$5 NM
- Fridays: 1:00- 4:00 PM**
(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.



LEGACY
HEATING & COOLING

**Pickleball is sponsored by
Legacy Heating & Cooling
Thank You!**






- **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, 1:45- 3:45 PM (Subject to change: Updates in the monthly calendar)**
- **Thursdays Evenings, 6:15-8:15 PM (All Levels)**
- **Fridays, 8:30- 10:30 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.**
 - **Cost: \$3 M, \$5 NM**
- Mondays and Wednesdays: 12:30-2:30 PM**
(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. **Max: 10.**

- **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- 4:00 PM. **Cost:** Free (MWSA members Only).

NEW

TRAVEL CLUB

The concept of starting this club is to gather a community of travelers, explorers & creators to share their previous/ upcoming ideas, experiences and personal exploration of the world. We'll have courtesy visits from Expedia Vacation Consultant.

- **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

Tuesdays, & Fridays

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 on 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.

MONDAYS, 9:00 AM- 4:00 PM.

THURSDAYS, 1:00- 8:00 PM. (Jan- Dec) & SATURDAYS, 9 AM- 1 PM.

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 #225**

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

CULTURE GROUP

FRIDAYS, 1:00- 2:00 PM

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.

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

SAHELIAN: SENIORS PUNJABI WOMEN'S GROUP

3rd Saturday of the Month: 11 AM- 1 PM/ #225

Sahelian is a Punjabi senior women's group that focuses on socialization and connection through artistic, social, physical and educational activities. **Jan 18, Feb 15, Mar 15, Apr 19, May 17 & Jun 21.**

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

EPL 2 GO LIFELONG LEARNERS

2nd WEDNESDAY, 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.

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 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.

Mill Woods Seniors Association Book your next appointment @ 780-496-2997
2nd Floor, 2610 Hewes Way NW, Edmonton, T6L 0A9



Diabetic, Senior & Regular Pedicures \$79.99

Add-On Manicure \$44.99

Mobile Pedicure \$99.99

587-983-2774

Nail Fungus Treatment Non-Invasive

Ingrown Toenail Treatment Non-Invasive

Athlete's Foot Treatment

www.medipedicmonton.com

Millwoods Seniors Center, Home, Hospital, or Residence

Mill Woods Seniors Association **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

Outreach Services


- 1 Apply for PR Card
- 2 Apply for Citizenship
- 3 Request an Expiration of PR Card Renewal
- 4 Apply for Lost of PR
- 5 Apply for lost Landing paper
- 6 Apply for Canadian Pension Plan (CPP)
- 7 Apply for Old Age Security (OAS)
- 8 Alberta Seniors Benefit (ASB)
- 9 Senior Transit Fares (Buss Card)
- 10 housing/Civida
- 11 Low income support
- 12 food bank
- 13 Apply for Canada Pension Plan disability benefits (CPPDP)
- 14 Apply for Employment Insurance (EI)
- 15 Apply for Canadian Dental care plan
- 16 Apply for AISH Application
- 17 Employment

Any other senior related issues

On the third Thursday of each month from 10 a.m. to 2 p.m.



Mill Woods Seniors Association



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.

Mobile Care available on request: Service area: Beaumont, Edmonton, Leduc, Sherwood Park, Spruce Grove, St. Albert, Stony Plain
780-231-0901 Yourpiggies@outlook.com



BE AIR AWARE

MWSA is a scent-reduced environment.

PLEASE HELP SUPPORT THE HEALTH OF THOSE AROUND YOU AND AVOID USING STRONGLY SCENTED PRODUCTS.

THANK YOU FOR YOUR COOPERATION!

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 (AHCI) 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

Primary Care and Chronic Disease Management, Edmonton Zone




Sahelian: Senior Punjabi Women's Group

Socialization, Games, Educational, Art activities & more!

SAHELIAN AT MWSA

3rd Saturday of the Month

January 18, 2025 February 15, 2025 March 15, 2025

April 19, 2025 May 17, 2025 June 21, 2025

ਕਦੋਂ ਅਤੇ ਕਿੱਥੇ
when and where?

RSVP: ♥
@sahelianyeg
sahelianyeg@gmail.com

Mill Woods Seniors Association
11 AM- 1 PM




Better hearing has never been so easy

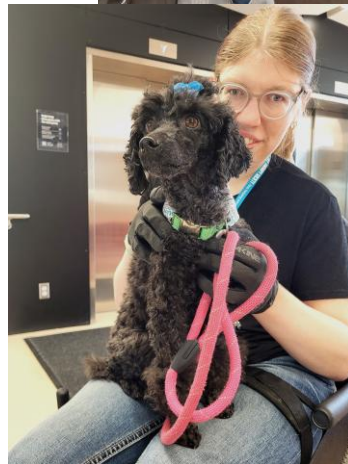
- ✓ FREE at-home hearing tests
- ✓ State-of-the art technology to fit your needs
- ✓ Professional at-home aftercare included
- ✓ Competitive pricing to fit your budget
- ✓ FREE accessory with purchase

Take the first step to better hearing. Call today to book a visit!

1-833-834-EARS
(3277)
earstoyou.ca
edmonton@earstoyou.ca



HIGHLIGHTS OF 2024



- Cute Teddy Bear made by Marcelle (MWSA Volunteer).
- Birthday picture of Prakash Mullick (MWSA member).
- Our cute friend "Tinker Bell" from Pet Therapy Society.
- "Wilma" our Greeter Volunteer.
- Drop In Fun Curling on Tuesdays.
- Walking Group in Summer, 2024
- Painting with Coffee Class.
- MWSA Table Tennis Group is happy to have an additional (donated)

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.mwsac.ca/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, zoz chicken, Chipotle mayo in a tortilla wrap	BEVERAGES
GRILLED CHEESE SANDWICH \$8.00 with hash browns	VEGGIE SANDWICH \$9.00 Tomato, cucumber, lettuce, carrot, and cheese. With hash browns.	TEA/COFFEE, DINE-IN with 1 free refill. Dine-in only, \$2.00
SOUP OF THE DAY & TOAST \$6.00	SIDE SALAD \$2.50	TEA/COFFEE, TAKE-OUT \$2.50
REGULAR SALAD \$5.00		BOTTLED WATER, 500ML \$1.50
		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



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, 2nd 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

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,

*email **Karen at klee@mwsac.ca**.*

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

Mill Woods Seniors Association

Grief Recovery Method Specialist
Certified by The Grief Recovery Institute

BLUE CHRISTMAS! GATHERING (Free Event!)

MONDAY, DECEMBER 23,
1:00- 3:00 PM
REGISTER AT THE FRONT DESK:
780-496-2997
PRESENTER: MICHELLE DIONNE
FOUNDER + CEO
CERTIFIED YOGA + MEDITATION INSTRUCTOR
GRIEF RECOVERY METHOD SPECIALIST
MENTAL HEALTH + SELF CARE ADVOCATE

A Blue Christmas offers support to anyone in our community who is grieving this holiday season. It provides an opportunity to acknowledge grief and loss during this normally festive time.

- 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.
- Blue Christmas is about making room for the sadness and hurt that is already there. Naming it. Honouring it.

Grief Recovery Method Specialist
Certified by The Grief Recovery Institute

8 Week- Group Grief Recovery Program

REGISTER AT 780-496-2997 BEFORE JAN 3RD, 2025

WEDNESDAYS, 10 AM- 12 PM
JAN 8, 15, 22, 29, FEB 5, 12, 19 & 26.
\$80 M/ \$ 104 NM

AT 2ND FLOOR, 2610 HEWES WAY NW, EDMONTON T6L 0A9

YOUR FEELINGS ARE NATURAL, THE PROBLEM IS THAT WE HAVE BEEN SOCIALIZED TO BELIEVE THAT FEELINGS ARE ABNORMAL.

- WHETHER YOUR LOSS IS FROM DEATH,
- A DIVORCE,
- OR SEPARATION,
- AN END OF A RELATIONSHIP,
- A LOSS OF CAREER,
- A LOSS OF FAITH, TRUST, SAFETY OR HEALTH,
- IT IS A LOSS THAT AFFECTS YOU AND GRIEF IS PRESENT.

ALLOW MICHELLE DIONNE 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.

PRESENTATION: "FRAUD – COULD YOU BE NEXT?"

DATE: THURSDAY, JANUARY 09, 2025 | 2:00-3:30 PM #GYM

COST: FREE TO ATTEND!

REGISTER IN PERSON OR OVER THE PHONE (780) 496-2997

The presentation provides an in-depth look and the current fraud trends, types of frauds, what are the red flags, and how to protect yourself including Cyber Security awareness.

Presented by James MacDonald, who is the Senior Manager, Corporate Security, *connectFirst & Servus Credit Union*, a retired 25-year member of the Edmonton Police Service. James retired as a Detective in the Economic Crimes Section in 2019 and is currently the Senior Manager of Corporate Security at Servus Credit Union. James has a BA specializing in Criminology from the University of Alberta, is a Certified Fraud Examiner with the Association of Certified Fraud Examiners, and a member of the International Association of Financial Crimes Investigators.


SPONSORED BY: **servus credit union** 2ND FLOOR, 2610 HEWES WAY NW EDMONTON, AB 780-496-2997 | WWW.MWSAC.CA

Mill Woods Seniors Association

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Ujala Healing

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Emotional Freedom Technique
Release Anxiety, Release Negative Emotions
Reduce Physical Pain,
Reduce Anxious Behavior
Increase Self Esteem Calming your racing thoughts
2nd & 4th Fridays
10 am- 12 pm
Call to book your spot: 780-496-2997
Cost : \$3 MWSA members/\$5 Non-Members.



Shamim Amiri
EFT Practitioner
Reiki Practitioner
Phone: 780-901-7597
Email: Shamim@ujalahealing.com

Palliative care education for everyone: Free!

PallLearn is a series of short courses delivered by Alberta health professionals that help people develop the knowledge and confidence to offer meaningful support to family, friends and community members. Attend any or all of the PallLearn courses coming up at the Mill Woods Seniors Association. Register at the front desk or by calling 780-496-2997.

- Your Role in a Compassionate Community – Monday, Feb. 10, 10-11:30 a.m.**
Compassionate Communities are networks of support around people experiencing serious illness, death and grief. Gain information and ideas about how to nurture Compassionate Communities near you.
- What Matters Most? – Monday, Mar. 10, 10-11:30 a.m.**
Knowing what matters most helps us live well now and in the future. Learn how to identify and share what matters 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.
- What is Palliative Care? – Monday, Apr. 14, 10-11:30 a.m.**
Palliative care is more than you think. Learn what palliative care is and why it's important in clear language that you can share with the people around you.
- How to Have Conversations about Dying and Grief – Monday, May 12, 10-11:30 a.m.**
Conversations about dying and grief are important but can be hard. This course provides practical tips on how to have caring and compassionate conversations on these topics with friends, family and neighbours.

PallLearn course material was developed for use in Alberta by the Covenant Health Palliative Institute in collaboration with Palliative Care South Australia.

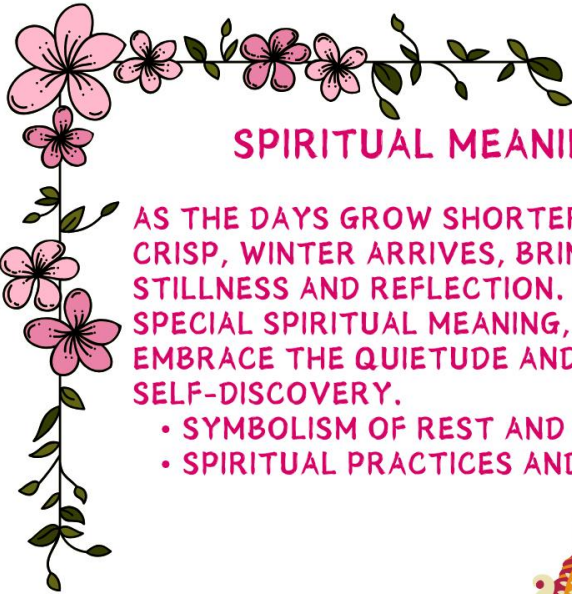
Covenant Health Palliative Institute

Mill Woods Seniors Association



FLAG OF INDIA
THE SAFFRON, WHITE, AND GREEN STRIPES OF THE FLAG OF INDIA REPRESENT DISTINCT VALUES OF THE COUNTRY. THEY ARE SAID TO STAND FOR, RESPECTIVELY, COURAGE AND SACRIFICE, PEACE AND TRUTH, AND FAITH AND CHIVALRY.

We will be exploring new cultures, foods, festivals & dances from different countries through the Program Guide to know more about each other. Feel free to share yours!



SPIRITUAL MEANING OF WINTER!

AS THE DAYS GROW SHORTER AND THE AIR TURNS CRISP, WINTER ARRIVES, BRINGING WITH IT A SENSE OF STILLNESS AND REFLECTION. THIS SEASON HOLDS A SPECIAL SPIRITUAL MEANING, INVITING US TO EMBRACE THE QUIETUDE AND DELVE INWARD FOR SELF-DISCOVERY.

- SYMBOLISM OF REST AND INNER WORK.
- SPIRITUAL PRACTICES AND RITUALS FOR WINTER.



THE LORD GANESHA IS DEPICTED IN THE FORM OF AN ELEPHANT. ALSO A SYMBOL OF AUTHORITY, ENDURANCE, STRENGTH & COURAGE, TO SYMBOLIZE THESE QUALITIES OF THE DIVINE AND WHEN WE WORSHIP LORD GANESHA, WE ARE ABLE TO IMBIBE ALL THESE QUALITIES INTO OUR CONSCIOUSNESS.



INDIA HAS 28 STATES & 8 UNION TERRITORIES.

Indian cultures have more than 36 festivals celebrated in different states & is known for its festivals, food, family structure, symbols, religious customs, architecture, and marriage system



INDIAN CUISINE CONSISTS OF A VARIETY OF REGIONAL AND TRADITIONAL CUISINES NATIVE TO THE INDIAN SUBCONTINENT. GIVEN THE DIVERSITY IN SOIL, CLIMATE, CULTURE, ETHNIC GROUPS, AND OCCUPATIONS, THESE CUISINES VARY SUBSTANTIALLY AND USE LOCALLY AVAILABLE SPICES, HERBS, VEGETABLES, AND FRUITS



THE NATIONAL FLOWER OF INDIA IS LOTUS, SYMBOLIZES SPIRITUALITY, FRUITFULNESS, WEALTH, KNOWLEDGE AND ILLUMINATION. THE MOST IMPORTANT THING ABOUT LOTUS IS THAT EVEN AFTER GROWING IN MURKY WATER IT IS UNTOUCHED BY ITS IMPURITY.

JANUARY 14

LOHRI. SIKH FESTIVAL, WORSHIP TO GOD IS PERFORMED TO SEEK HIS BLESSINGS FOR THE NEW YEAR. IT IS IN A WAY THE END OF WINTER AND THE BEGINNING OF SPRING WHICH MEANS THE AGRICULTURAL CYCLE FOR FARMERS. THE DATES ARE SET ACCORDING TO SOLAR CYCLES, UNLIKE OTHER HINDU FESTIVALS WHERE DATES ARE DECIDED BY LUNAR CYCLES.



MARCH

HOLI, THE FESTIVAL OF COLOURS, CELEBRATED WITH A LOT OF FERVOUR ACROSS THE COUNTRY. PEOPLE MAKE HUGE HOLIKA BONFIRES AND SING AND DANCE AROUND IT, GATHER IN OPEN AREAS AND APPLY DRY AND WET COLORS OF MULTIPLE HUES TO EACH OTHER, WITH SOME CARRYING WATER GUNS AND COLORED WATER-FILLED BALLOONS.



JANUARY 26

REPUBLIC DAY IS ONE OF THOSE FESTIVALS IN INDIA WHERE PATRIOTISM AMIDST THE CITIZENS IS AT ITS PEAK. FOR THIS WAS THE DAY WHEN THE CONSTITUTION OF INDIA CAME INTO EXISTENCE AND THE TRANSITION OF THE COUNTRY FROM A BRITISH DOMINION TO A REPUBLIC TOOK PLACE. THIS HAPPENED IN THE YEAR 1950, THREE YEARS AFTER INDIA GOT INDEPENDENCE. EVERY YEAR, THIS DAY IS CELEBRATED WITH GREAT PRIDE AND EXCITEMENT.



THE ELEPHANT IS A SACRED ANIMAL THAT REPRESENTS GOOD LUCK, PROSPERITY, AND STRENGTH & A SYMBOL OF POWER!



AUGUST 15

ONE OF THE MOST CRUCIAL AND CELEBRATED NATIONAL FESTIVALS, INDEPENDENCE DAY IS CELEBRATED TO FEEL THE SPIRIT OF INDIA'S FREEDOM. THE FLAG HOISTING CEREMONY IS ALSO HELD DURING THIS DAY, CARRIED OUT BY THE PRIME MINISTER OF INDIA AT RED FORT. THIS EVENT IS THEN FOLLOWED BY 21 GUNSHOTS THAT ARE FIRED AS A WAY TO GIVE SALUTATION.



APRIL

EID IS ONE OF THE MAJOR FESTIVALS OF INDIA FOR THE MUSLIM COMMUNITY. PEOPLE DRESS UP IN FINERIES, ATTEND A SPECIAL COMMUNITY PRAYER IN THE MORNING, VISIT FRIENDS, AND RELATIVES AND EXCHANGE SWEETS. CHILDREN ARE GIVEN IDI (MONEY OR GIFT) BY ELDERS.



NOVEMBER

ONE OF THE MOST IMPORTANT SIKH FESTIVALS OF INDIA, SPECIAL ASSEMBLIES ON THE LIVES AND TEACHINGS OF THE GURUS, AND LANGARS (COMMUNITY MEALS) ARE ORGANIZED IN THE GURUDWARAS. KARAH PRASAD IS DISTRIBUTED AMONG ALL, AND HYMN CHANTING PROCESSIONS ARE HELD IN THE CITY. PEOPLE LIGHT UP THEIR HOMES WITH LAMPS AND CANDLES AND BURST CRACKERS TO CELEBRATE GURPURAB.



IT WAS ON 18 NOVEMBER 1972 THAT THE BENGAL TIGER WAS DECLARED THE NATIONAL ANIMAL OF INDIA, SUCCEEDING THE LION. THIS PERIOD WAS ALSO MARKED BY THE INCEPTION OF PROJECT TIGER, A SIGNIFICANT CONSERVATION EFFORT, ON 1ST APRIL 1973. THE TIGER, REFERRED TO AS THE LORD OF THE JUNGLE, IS NOT MERELY A SYMBOL OF INDIA'S RICH AND DIVERSE WILDLIFE BUT ALSO AN EMBODIMENT OF STRENGTH, POWER, AND AGILITY—TRAITS THAT RESONATE WITH THE SPIRIT OF INDIA. IT'S NOT JUST AN ANIMAL BUT A CULTURAL ICON, PRESENT IN VARIOUS FORMS OF FOLKLORE, MYTHS, AND ARTS, REPRESENTING THE VERY ESSENCE OF THE INDIAN WILD.