

FEBRUARY 2025 MWSA MONTHLY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> • Mahjong: Mon & Wed, 2:00- 4:15 PM • Hearing Test: 2nd Mon, 9:30 AM- 2:30 PM • Book Club: 2nd Tues, 11:00 AM-12:30 PM FULL • Travel club: 2nd Fridays, 10:00 AM- 12:00 PM • Alzheimer's Support: 3rd Tues, 10:00 am-12 pm 		<ul style="list-style-type: none"> • Caregivers Support: 1st Tues, 10:00 AM- 12 PM • Celiac Support: 4th Tues, 10:00- 11:30 AM • Cancer Support: 3rd Wed, 10:00- 11:30 AM • Free Pet Therapy Wednesdays, 11 am • Chess: Wednesdays, 1:30- 3:30 PM. 		<ul style="list-style-type: none"> • Canasta: Thursdays, 12:30- 2:30 PM. • Cribbage: Thursdays, 12:00- 2:15 PM • Open Art Studio: Fridays, 1:00- 4:00 PM • Grief Support: 1st & 3rd Fri, 10 AM- 1:00 PM. • EUCHRE Game: Mondays, 2:00- 4:00 PM. 	
Games/Services/Support Groups: \$3M/\$5 NM Upcoming Event! MWSA Pickleball Tournament, Thursday, April 10, 2025. Registration deadline: Friday, March 21st at 4 pm					1
3	4 Free! Pres: Medi Pedi Footcare, 12:30- 2 Pm/225	5	6 MEDI PEDI FOOT CARE 9:30 AM- 7:30 PM/ 224	7 Grief Support #224/ Shamim 10 AM- 1 PM (\$3M/\$5 NM)	8
10 Free! PalliLearn Series 10:00-11:30 AM/ 231.	11 Pres: Seniors 4 Climate Action! 12:30- 2:30 PM/225 Outing: Chinatown Lunch/Mini Tour 11:00 am- 3:00 pm \$	12 EPL2GO, 10- 11 Am, Lobby Love Yourself Beauty Event 1:45- 3:45 PM/225 (\$3 M/\$5 NM)	13 Grief Support Circle 1:45- 3:45 PM (\$3 M/ \$5 NM)/227	14	15
17 FAMILY DAY MWSA CLOSED	18 New Members Connection 2:00 PM/Café MEDI PEDI FOOT CARE 9:30 AM- 3:30 PM/ 224	19 Downsizing/ Rightsizing Seminar, 10 am- 12 pm 225/ PM (\$3 M/ \$5 NM)	20 EMCN Outreach Services, 10 am- 2 pm/224 Free	21 River Cree Casino, 11 AM- 3:30 PM/ \$10M/\$15NM Grief Support #224 10 AM- 1 PM (\$3M/\$5 NM)	22 Seniors Got Talent 4:30- 8:30 PM/ \$20M/ \$30 NM
24 Monthly Birthday Party 1:30 Pm/Café	25	26	27 DIABETIC FOOT CARE 2:00- 7:00 PM/ 224	28 EPL E-Learning, 10 Am- 12 Pm/ Lobby Ears 2 You: Hearing Clinic 9:30 AM- 2:30 PM/ (\$3M/\$5 NM)	

Event Details (Registration required for all activities)

Thursday, Feb 6, 9:30 AM- 7:30 PM & Tuesday, Feb 18, 9:30 AM- 3:30 PM Medi Pedi Foot Care Clinic offers Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure costs: \$99.99. A portion of the service fee is donated back to MWSA. Please book your appointment at the front desk. [Room 224.](#)

Monday, Feb 10, 10:00-11:30 AM Pallilearn Series Covenant Health (8 Sessions). Learn about your role in a compassionate community. Compassionate communities are network of support around people experiencing serious illness, and death and grief. Gain information and ideas about how to nurture compassionate communities near you. This is a free basic level course for all members of the community. [Cost: Free! Room 231.](#)

Tuesday, Feb 11, 12:30 - 2:30 PM Presentation on Climate Change: Would you like to find out more about climate change? Do you have concerns or questions that you would like to discuss? We are a group of concerned seniors who want to take action in our community to find out more about our city's (and province and country) climate plans. In conjunction with Seniors for Climate Action Now based in Ontario, our goal is to build a Canada-wide community of seniors to create a better future for our children and grandchildren. We respect that our federal government's current focus is on affordability for our citizens, but we also want to make more people aware that the government also needs to act faster to phase out the use of fossil fuels to transition to renewable energies like wind and solar. We are collaborating with other local climate groups such as Climate Justice Edmonton, Youth for Climate Edmonton and Indigenous Climate Action to make a wider impact in the community. [Cost: \\$3 M/\\$5 NM. /Room 225.](#)

Tuesday, Feb 11, 11:00 - 3:00 PM Outing: Chinatown Lunch & Mini-tour In celebration of the Lunar New Year, join MWSA's Karen Lee in visiting Edmonton's Chinatown via the new Edmonton Transit Valley Line! We'll leave MWSA at 11:00 am, have a group lunch at a local restaurant, and a mini tour of Chinatown, and head back to MWSA by about 3:00 p.m. [Cost: More details to come. Please register your name and contact information, along with dietary restrictions, if you are interested. As there is some walking involved, this event will be re-scheduled if the weather or sidewalk conditions are not safe. Cost: TBA. More details to come!](#)

Wednesday, Feb 12, 1:45- 3:45 PM Love Yourself Beauty Event. Presented by Shoppers Drug Mart- Mill Woods. Just in time for Valentine's Day, cosmetic reps from the beauty boutique will be discussing valuable tips on makeup and skin care needs for seniors. This is a hands-on workshop, where participants can practice trying out new makeup products and techniques. Product samples and coupons will also be included. [Cost: \\$3 M/\\$5 NM. /Room 225.](#)

Thursday, Feb 13, 1:45- 3:45 pm GRIEF SUPPORT CIRCLE. Everyone must learn to navigate the deep waters of grief, but we do not have to do it alone. This support group is for anyone who is experiencing grief. This is a safe and confidential space for sharing experiences of grief, while respecting other's questions, feelings, viewpoints or spirituality. Find support through: Reflective exercises, education about grief and loss, peer sharing and support, creative exercises, mindfulness and self-compassion-based exercises, conversation and connection. [Cost: \\$3 M/\\$5 NM./Room 227.](#)

Tuesday, Feb 18, 2:00 pm New Members Connection Event. Join us for coffee and cookies! This event is designed especially for you – our newest members – to connect, socialize, and learn about MWSA. Thank you for choosing to be a part of Mill Woods Seniors Association. Warm regards, Deb Cautley, Executive Director. **Free (by invitation only).** [Room: Café.](#)

Wednesday, Feb 19, 10 am- 12:00 pm Downsizing/ Rightsizing Seminar. Presented by Shawna Lindberg. This seminar is designed to walk participants through the key considerations involved in downsizing or rightsizing, helping you feel more confident and prepared for this important life transition. We cover everything from planning the move to navigating emotional and practical decisions along the way. To add even more value, we partner with local experts like Sort and Simple, professional organizers who specialize in assisting with the process, as well as community organizations like Find Edmonton, who offer free additional resources. [Cost: \\$3 M/\\$5 NM. /Room 225.](#)

Thursday, Feb 20, 10:00 AM- 2:00 PM. Free! Outreach Services with EMCN, every 3rd Thursday of the month. Services offered include immigration-related issues, Apply for PR Card, Apply for Citizenship, Request an Expiration of PR Card Renewal, Apply for Lost of PR, apply. for lost Landing paper, financial issues, Apply for Canadian Pension Plan (CPP), Apply for Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares, and housing. [Room: 224.](#)

Friday, Feb 21, 11:00 AM- 3:30 PM. Outing: River Cree Casino Enjoy a day at the River Cree Casino, which includes coach bus transportation, casino voucher & lunch. The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm. If participants decide to drive themselves, please mention that on the list. Their names will be shared with Casino staff to receive their lunch/casino vouchers at the Casino entrance. Max: 24 on the bus. [Cost: \\$10 M/\\$15 NM.](#) Due to the popularity of this outing, no refunds or credits will be issued for cancellations due to any medical/non-medical reasons.

Saturday, Feb 22, 4:30- 8:30 PM. SENIORS GOT TALENT. Seniors Got Talent is a social event that will showcase seniors with talent. All talent acts are welcome to perform, including acrobats, dance, comedy, music, magic, skits, and more! To give some incentives for performers, cash prizes will be awarded for the best acts of the night. While we will have guest judges and an audience choice category, this is not a serious competition but an event to celebrate the talents of seniors. It will be a full night of live entertainment from local acts, along with a pizza dinner, 50/50 raffle, cash bar, and more. [Cost for audience: \\$20 MWSA Members/\\$30 Non-members \(includes pizza dinner and ice cream\).](#) [Talent Acts are accepted until February 12, 2025, and they need to pay a \\$10 registration fee per person to secure a spot.](#) Performers will need to be at least 55 years old to participate. Register in person, over the phone (780-496-2997) or online.

Monday, Feb 24, 1:30 pm Monthly Birthday Party If it is your birthday month, join us for some cake and coffee. The cake is sponsored by Churchill Manor. [Cost: Free for MWSA members celebrating their birthday month/\\$5 guests/non-members/Café.](#)

Thursday, Feb 27, 2:00- 7:00 PM Diabetic Foot Care Clinic with Kimberly Simmonds LPN, Treatment: Nail Trimming, Foot Hydration, corn & Callus reductions, Foot massage, Assistance with ingrown toenails & nail fungus. A percentage of sales will be donated back to MWSA. [Cost: \\$65 Initial consultation/ \\$45 Follow up.](#) [Please book your appointment at the Front desk # 224.](#)

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

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