

FEBRUARY 2026 MWSA MONTHLY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE AT MWSA Alzheimer's Support: 3rd Tues, 10 am-12pm/ Cafe /Caregivers' Support: 1st Tues, 10 am-12 pm/ Cafe / Pet Therapy Wed, 11 am/ Lobby / New Members Connection: 3 rd Tues, 2 PM. Café / Free Outreach: 4 th Wed. Monthly, 10 am #224		ACTIVITIES PAY \$3 M/ \$5 NM Dominoes: Mondays @ 1pm, Café EUCHRE Game: Mondays, 2:00- 4:00 PM #225 Canasta: Thursdays, 12:30- 2:30 PM. #Cafe Cribbage: Thursdays, 12:00- 2:15 PM. 231		ACTIVITIES PAY \$3 M/ \$5 NM 2nd Tues Book Club I, 11 am-12 pm / #227 FULL/3rd Thurs Book Club II, 11:15 am-12:45 pm/ #229 FULL/Open Art Studio: Fridays, 1:00- 4:00 PM. 225	
2	3	4	5	6	7
		Free Presentation EPS: FRAUDS/SCAMS 1:00- 3:00 PM/ #225	Medi Pedi Foot Care 9:30 am- 3:30 pm/ #224 Northern Lights Painting Workshop 5:30- 7:30 pm \$55 M/\$65 NM/ #225	Outing: Chinatown Dining Week Lunch & Tour 11 am-3 pm \$40 M/\$50 NM	Stained Glass: Tabletop Birds 9 am- 1 pm \$85 M/ \$95 NM
9	10	11	12	13	14
		EPL: Smartphones/ Tablets Part II 2:30- 3:30 PM/ #225		Bingo for Hearing Health 10 am- 12 pm/ \$3 M/ \$5 NM #225 Mix & Mingle Event 2:30- 4:30 PM/ \$20 M/ \$30 NM	
16	17	18	19	20	21
FAMILY DAY MWSA CLOSED	30-min Kaavish Facial Spa 10 am- 3 pm/ #224 \$65 M/ \$75 NM	Outing: River Cree Casino 11 AM-3:30 PM \$10M/\$15NM Max: 20 people on Bus. Lead: Marilyn Wieler			Stained Glass: Floating Dragonfly 9 am- 1 pm \$85 M/ \$95 NM
23	24	25	26	27	28
Monthly Birthday Party 1:30 Pm/ Café	Pres: End Of Life Planning 1:00-3:00 PM/ #225 \$3 M/ \$5 NM	Free Outreach Services 10 am-2 pm/ #224 Heart Health Present. 1:00-3:00 pm/ #225	Medi Pedi Foot Care 1:00- 7:00 pm/ #224	Liver & Onions Day EPL: Digital Literacy 10 am at Lobby	

Event Details (Registration required for all activities)

Jan 29, 2026/ sw

4th Wednesday Monthly, 10 am-2 pm **FREE OUTREACH SERVICES** provided by Newcomers Welcome Centre. Services covered: PR application, Citizenship Request an Expiration of PR Card Renewal, Lost Landing paper, Canadian Pension Plan (CPP), Old Age Security (OAS), Alberta Seniors Benefit (ASB), Senior Transit Fares (Bus Pass/Arc Card), Housing, Low income support food bank, Canada Pension Plan disability benefits (CPPDP), Employment Insurance (EI), Canadian Dental care plan, AISH Application. [Room #224](#).

Wednesday Feb 4th, 1:00-3:00 pm **FRAUDS & SCAMS PRESENTATION** with **Andrew Jarvis**, Constable, Edmonton Police Service, Financial Crimes. The presentation covers frauds that target seniors, including Payment Card scams, Skimming equipment, Phishing/Smishing, Phone Scams, Grandparent Scams, Romance Scams, Investment Scams, Person in Authority Scam, Account Takeover, Inheritance/Lottery frauds, IT Support scam, Voice Cloning, and E-transfer/Wire transfer scams. [Room 225](#). **Cost Free**.

1st Thursday, Feb 5, 9:30 am- 3:30 pm & Last Thurs, Feb 26, 1:00- 7:00 pm **Medi Pedi Foot Care Clinic** offers [Pedicure: \\$78.99](#). [Manicure: \\$44.99](#). [Mobile Pedicure costs: \\$99.99](#). Please book your appointment at the front desk. [Room 224](#).

Friday, Feb 6, 11:00 am- 3:00 pm **Outing: Chinatown Dining Week**. Join MWSA's Karen Lee for a trip to Chinatown for lunch and a tour. Lunch will be at a Vietnamese/Thai Restaurant with a menu of various dishes to share together. We'll accommodate for dietary restrictions. After lunch, there will be a walking tour of some of the local businesses in the area. [Cost: \\$40 M/\\$50 NM, including lunch, chartered yellow bus transportation and tour](#). Bring comfortable walking shoes, water bottle, and some cash to support local businesses (optional). Bus leaves MWSA about 11 am and returns by about 3 pm. [Register by Mon, Feb 2](#). [Don't forget to include dietary restrictions](#).

Thursday, Feb 5, 5:30- 7:30 pm. **Northern Lights Painting Workshop with instructor Linda Finstad**. This is a class for all levels. Learn to paint a beautiful winter scene with a blend background and multi-toned northern lights, in this step-by-step 2-hour class. Master the use of a fan brush and experiment with heavy texture. Plus, you will get an introduction to palette knife painting. All supplies are included (16x20 black canvas, artist-grade acrylic paints, specialty brushes and knives). All you need to bring is an apron to protect your clothing (or wear an old shirt). [Cost: \\$55 Members/\\$65 non-members](#). [Please register by February 2](#). [Room: 225](#).

2nd Wednesdays, Monthly, Feb 11, 2:30-3:30 pm. **EPL: Smartphone/ Tablets Part II**. This is a class for those who are new to computers including English language learners and seniors. You will learn the basics of navigating your device, modifying your settings, and recognizing common icons and apps. Bring your own device. [Room 225](#). **Cost Free!**

Friday, Feb 13, 10:00 am-12:00 pm. **Bingo for Hearing Health**. This presentation is a fun, lighthearted way to learn about hearing health; members get to play Bingo while also picking up useful information about their ears, communication tips, and overall hearing wellness. There will be **prizes** to make it even more enjoyable! Following with one-on-one Q/A if needed. You might qualify for free hearing aids and services. Presenter: **Masuma Manji, BC-HIS Registered Hearing Aid Practitioner**. [Cost: \\$3 M/\\$5 NM](#). [Pre-register](#).

Friday, Feb 13th 2:30- 4:30 PM. Valentine's Mix & Mingle Event. A fun social event to help you meet new people for friendship (or more!) Menu: Taco salad in a tortilla bowl, a chocolate-covered strawberry, and one mocktail. **Cost: \$20 M/ \$30 NM. Please register by Feb 6.**

3rd Tuesday, Feb 17, 10 am-3 pm. Kaavish 30-minute calming facial designed specifically for seniors. Includes: Light cleansing, Dermaplaning enzyme exfoliation, Hydrating mask, Facial massage & Scalp massage. Each appointment will be 30 minutes. **Cost: \$65 M/ \$75 NM. Pay the Spa Service directly.**

3rd Tuesday, Feb 17, 2:00 pm New Members Connection. 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 18, 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 and 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: 20** 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. **Please arrive early at MWSA. Lead: Marilyn Weiler.**

Monday, Feb 23, 1:30 pm Monthly Birthday Party If it is your birthday month, join us for some cake and coffee. The cake is sponsored by Churchill Manor. **Cost: Free for MWSA members celebrating their birthday month/\$5 guests/non-members/Café.**

Tuesday, Feb 24, 1:00- 3:00 pm Presentation: End-of-Life Planning. Join the **Cooperative Memorial Society (CMS)** for a relaxed, friendly, and informative session on planning ahead—for ourselves or someone we love. Learn how CMS membership and practical planning tools support informed decisions, cost savings, and clear communication with family, bringing clarity, confidence, and peace of mind. **Cost: \$3M/\$5 NM**

Wednesday, Feb 25, 1:00- 3:00 pm Presentation: Heart Health with Shoppers Drug Mart pharmacist. February is heart month. Learn how to improve your heart health. Do you know the age of your heart? Bring your questions for the pharmacist. **Cost: \$3M/\$5 NM.**

Friday, Feb 27, 10:30 AM- 11:30 am EPL: e-Newspapers & Magazines. This is a class for those new to computers including English learners and seniors. Learn the basics of navigating your device, settings, and how to connect to wi-fi. Participants are recommended to bring their own device. **This is a free drop-in program. No need to register. Lobby.**

