

JANUARY 2025						MWSA MONTHLY EVENTS CALENDAR					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<ul style="list-style-type: none"> <li><b>Mahjong:</b> Mon &amp; Wed, 2:00- 4:15 PM</li> <li><b>Hearing Test:</b> 2nd Mon, 9:30 AM- 2:30 PM</li> <li><b>Book Club:</b> 2nd Tues, 11:00 AM- 12:30 PM</li> <li><b>Travel club:</b> 2<sup>nd</sup> Fridays, 10:00 AM- 12:00 PM</li> <li><b>Alzheimer's Support:</b> 3rd Tues, 10:00 AM-12 PM</li> </ul>				<ul style="list-style-type: none"> <li><b>Caregivers Support:</b> 1st Tues, 10:00 AM- 12 PM</li> <li><b>Celiac Support:</b> 4th Tues, 10:00- 11:30 AM</li> <li><b>Cancer Support:</b> 3<sup>rd</sup> Wed, 10:00- 11:30 AM</li> <li><b>Free Pet Therapy Wednesdays,</b> 11 am</li> <li><b>Chess:</b> Wednesdays, 1:30- 3:30 PM.</li> </ul>				<ul style="list-style-type: none"> <li><b>Canasta:</b> Thursdays, 12:30- 2:30 PM.</li> <li><b>Cribbage:</b> Thursdays, 12:00- 2:15 PM</li> <li><b>Open Art Studio:</b> Fridays, 1:00- 4:00 PM</li> <li><b>Grief Support:</b> 1st &amp; 3rd Fri, 10 AM- 1:00 PM.</li> <li><b>EUCHRE Game:</b> Mondays, 2:00- 4:00 PM.</li> </ul>			
<p><b>All drop-in activities will resume on Thursday, Jan 2<sup>nd</sup>, 2025.</b></p> <p><b>Games/Services/Support Groups</b></p> <p><b>\$3M/\$5 NM</b></p>				<p><b>1</b></p> <p><b>NEW YEAR'S DAY</b></p> <p><b>MWSA CLOSED</b></p>		<p><b>2</b></p> <p>Pickleball Advanced 9 am- 12 pm</p> <p>Pickleball Beginners 12:15- 3:15 pm</p>		<p><b>3</b></p> <p>Pickleball All levels 9- 12 pm/Badminton All Levels 1- 4 pm</p> <p>Grief Support #224 10 AM- 1 PM (\$3M/\$5 NM)</p>		<p><b>4</b></p>	
<p><b>6</b></p> <p><b>Free Demo</b></p> <p>Age Reversing Essentrics 11:15 AM/ Gym</p>		<p><b>7</b></p> <p>Floor Curling League Starts!</p>		<p><b>8</b></p> <p><b>Roll &amp; Stretch Workshop</b> 10:45 am- 12:45 pm/ Gym \$25 M/ \$35 NM</p> <p>EPL2GO 11am- 12 pm/ Lobby</p> <p><b>Line Dancing Free Demo</b> 1:00 PM/ Gym</p>		<p><b>9</b></p> <p><b>Free Hula Hoop Demo Class</b> 11:15 AM/ Gym</p> <p><b>Nia Free Demo</b> 12:30 PM/ Gym</p> <p><b>Free! Fraud Presentation</b> At 2 PM/ #Gym</p> <p><b>Medi Pedi Foot Care</b> 9:30 AM- 7:30 PM/ 224</p> <p>Pickleball All Levels- Cancelled 2 pm</p> <p><b>Grief Support Circle #227</b> 1:45- 3:45 PM (\$3M/\$5 NM)</p>		<p><b>10</b></p> <p><b>NEW! Travel Club #225</b> 10 AM- 12 PM</p> <p>Free for MWSA members</p> <p>Pickleball All levels 9 am-12 pm</p> <p>Badminton All Levels 1- 4 pm</p>		<p><b>11</b></p>	
<p><b>13</b></p> <p><b>WINTER PROGRAMS BEGIN!</b></p>		<p><b>14</b></p> <p><b>LUNCH &amp; LEARN</b> "Mental Health" 12- 2 PM (Nurse Next Door) #225</p>		<p><b>15</b></p>		<p><b>16</b></p> <p>EMCN Outreach Services 10 am- 2 pm/224 Free</p>		<p><b>17</b></p> <p><b>Grief Support #224</b> 10 AM- 1 PM (\$3M/\$5 NM)</p>		<p><b>18</b></p>	
<p><b>20</b></p>		<p><b>21</b></p> <p><b>New Members Connection</b> 2:00 PM/ Café</p>		<p><b>22</b></p> <p><b>River Cree Casino,</b> 11 AM- 3:30 PM/ \$10M/\$15NM</p>		<p><b>23</b></p>		<p><b>24</b></p>		<p><b>25</b></p>	
<p><b>27</b></p> <p><b>Monthly Birthday Party</b> 1:30 pm/Café</p>		<p><b>28</b></p> <p>Pres: <b>Dental Health 4 Seniors</b> 12:30- 2:30 PM/ #225</p>		<p><b>29</b></p>		<p><b>30</b></p> <p><b>MIX &amp; MINGLE 4-6 PM</b></p> <p><b>Diabetic Foot Care 2-7 pm</b></p>		<p><b>31 EPL E-Learning,</b> 10 am- 12 pm</p> <p><b>HEARING HEALTH CLINIC</b> 9:30 AM- 2:30 PM</p>			

## Event Details (Registration required for all activities)

**Monday Jan 6, 11:15 AM -12:15 PM Free Class! Age Reversing Essentrics.** 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). Please bring a yoga mat and water. **Cost: Free. Please pre-register**

**Wednesday Jan 8, 10:45 AM- 12:45 PM Roll & Stretch Workshop** with Deb Proc. If you are looking for a way to improve your flexibility, range of motion, and decrease muscle pain, fascia rolling and stretching may be for you. Learn how this effective “self-massage” can help you reduce pain and help increase balance and mobility. Some equipment will be supplied, but if you also want to bring your own rollers, you are welcome to do so. **Cost: \$25 M/ \$35 NM**

**Wednesday Jan 8, 1:00 - 2:00 PM Free Class! Line Dancing** with instructor Tracey Walters. This demo class is for all abilities. No previous dance experience necessary. Please wear clean, non-marking soles. **Cost: Free. Please pre-register**

**Thursday, Jan 9, 9:30 AM- 7:30 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**

**Thursday, Jan 9, 11:15 am-12:15 p.m Free Class! Hula Hoop Class** This class, which uses hula hoops to help build core strength, 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. **Cost: Free. Please pre-register**

**Thursday, Jan 9, 12:30-1:30 p.m Free Class! NIA CLASS** 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. **Cost: Free. Please pre-register**

**Thursday, Jan 9, 1:45- 3:15 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.**

**Thursday, Jan 9, 2:00- 4:00 PM Free Presentation on "Fraud – Could you be next?"** with James MacDonald, who is the Senior Manager, Corporate Security, connect First & Servus Credit Union, is 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. 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. **Cost: Free for All.** Please pre-registration required!

**Tuesday, Jan 14, 12:00- 2:00 PM “Lunch & Learn” for Nurse Next Door.** Presentation on "Happier Aging Gems - Focus on Seniors Mental Health". [Last day of registration, Jan 10<sup>th</sup>.](#)

**Thursday, Jan 16, 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.](#)

**Tuesday, Jan 21, 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, Jan 22, 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.

**Monday, Jan 27, 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, Jan 28, 12:30- 2:30 pm Dental Health 4 seniors.** Dr Molly Rodgers, will discuss Common oral health concerns and solutions for seniors, follows up with more info on offering free taxis to and from dental appointments at our clinic for seniors that live in the area. [Cost: \\$3 M/\\$5 NM. Room: 225.](#)

**Thursday, Jan 30 4:00-6:00 p.m. Winter Mix & Mingle Meet** some new members in a casual, friendly social environment, with one drink and a plate of appetizers included. We'll also have some ice breaker activities. This month's theme is hot chocolate (available with and without alcohol). Additional drinks are available for purchase.

**Thursday, Jan 30, 2:00- 7:00 PM Diabetic Foot Care** with Kimberly Simmonds LPN, Treatment: Nail Trimming, Foot Hydration, corn & Callus reductions, Foot massage, Assistance with ingrown toenails & nail fungus. [Cost: \\$65 Initial consultation/ \\$45 Follow up. Please book your appointment at the Front desk # 224.](#)

**Friday, Jan 31, 9:30 AM- 2:00 PM EARS TO YOU** is a mobile hearing aid clinic, will come to your door for a quick hearing test at a time that suits you. Get advice from 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 yours at 780-496-2997. FUNDRAISER!**

**Friday, Jan 31, 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.