


JULY 2025 EVENTS CALENDAR					Games/Services/Support Groups: \$3M/\$5 NM				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Alzheimer's Support: 3rd Tues, 10 am-12pm Mahjong: Mon & Wed, 2:00- 4:15 PM Caregivers Support: 1st Tues,10:00 am- 12 pm				Free Pet Therapy Wednesdays, 11 am Dominoes: Mondays @ 1pm, Café-New! EUCHRE Game: Away in July & August				Canasta: Thursdays, 12:30- 2:30 PM. Cribbage: Thursdays, 12:00- 2:15 PM Open Art Studio: Fridays, 1:00- 4:00 PM	
>July 2- Aug 15: 50/ 50 Raffle >No Book Club in July & August. >Next Ears to You visit is on Sept 23 & Dec 23.		1 CANADA DAY MWSA CLOSED 		2 Free Outreach 10 am- 2 pm/224  GYM MAINTENANCE! NO GYM PROGRAMS OR CLASSES		3 Medi Pedi Foot Care 9:30 am- 3:30 pm/ #224		4	
7 Hair Care Presentation 11:30 am- 1:30 pm/ 225		8		9 Outing: Royal Alberta Museum & International Street Performers Festival 10-4 PM \$20 M/\$30 NM Free Outreach 10 am- 2 pm/224		10		11  Free Slurpee Day at 7-11	
14		15 New Members' Connection 2:00 PM/ Café.  Outing: River Cree Casino 11 AM- 3:30 PM \$10M/\$15NM		16 Free Outreach 10 am- 2 pm/ 224		17 Escape Room Game Night (new date) 5-9 \$		18	
21		22 Hearing Clinic (Ears 2 You) 9:30 am- 2:30 pm/224 \$3M/\$5 NM		23 Free Outreach 10 Am- 2 pm/224		24 International Self-Care Day		25 EPL E-Learning, 10 am- 12 pm Pres. On Climate Change 10 am- 12 pm/ 225/ Free	
28 Monthly Birthday Party 1:30 pm/Café		29		30 Outing: Fort Edmonton Park 9:30 am-4:30 pm \$35 M/45 NM		31			

**Event Details (Registration required for all activities)**

**Every Wednesday, 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./Rm 224.

**Thursday, July 3, 9:30 am- 3:30 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. A percentage of sales will be donated to MWSA. **Room 224.**

**Monday, July 7, 11:30 am- 1:30 pm Hair care presentation** with Theresa Wilkinson. Theresa Wilkinson is a hairstylist with over 25 years of experience. She enjoys taking care of her clients and their hair care needs. She will be sharing techniques and tips to help your hair look its best. **Cost: \$3 M/\$5 NM**

**Wednesday July 9, 10:00 am-4:00 pm Outing: Royal Alberta Museum & International Street Performers Festival.** MWSA is headed downtown for a full day adventure. First stop, Royal Alberta Museum (RAM) from 10:30 am-2:30 pm, lunch break in between, and a short walk to the Churchill Square to check out the International Street Performers Festival. Participants will be taking the Valley Line LRT to get there and back. Plan to be at MWSA by 9:45 am, and ready to leave by 10:00 am. **Cost: \$20 M/\$30 NM. Includes RAM admission and roundtrip ETS bus fares. Please bring a bagged lunch or money for lunch, a water bottle, and some spare changes for the street performers when they "pass the hat." Maximum: 20 participants. Please register by July 7.**

**Tuesday, July 15, 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.

**Tuesday, July 15, 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.**

**Thursday July 17, 5-9 pm. Escape Room Game Night.** MWSA is hosting our very own escape-room style game at the center, where each team will work together to solve puzzles and clues to “escape” or win the game. This is a team activity, with about four people per team. The night includes dinner (taco salad) and ice cream. A cash bar will be available. Doors open at 5 pm. **Cost: \$30 M/\$40 NM. Please register by July 10. Note: this is a rescheduled event from June. Guests who have previously paid do not need to register again.**

**Friday, July 18, 10:00 AM- 12:00 PM Pres. On Climate Change.** We’re a newly formed non-profit organization in Edmonton, made up of 55+ seniors who are concerned about climate change and want to leave behind a better world for our children and grandchildren. We would like to use a room for about 20 people with a laptop and TV or projector and screen so that we can show them our website and some videos. Our website is [seniorsforclimateactionnow.org](http://seniorsforclimateactionnow.org). **Room: Free.**

**Friday, July 25, 10:00 AM- 12:00 PM EPL E-Learning Resource.** Topic: 3D printing! Join us the last Friday of the month to learn more about 3D printing, including ways you can utilize 3D printing for crafting!

**Monday, July 28, 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.**

**Wednesday July 30, 10:00 am-4:00 pm Outing: Fort Edmonton Park** Learn about Edmonton’s history by spending a day at the Fort Edmonton Park, with interactive experiences throughout the park! **Cost: \$35 M/\$45 NM. Includes admission to all the attractions on site, and yellow bus transportation. Please bring a bagged lunch or money for lunch, a water bottle, and comfortable walking shoes. Maximum: 30 participants. Please register by July 23.**