

JUNE 2025 MWSA MONTHLY EVENTS CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alzheimer's Support: 3rd Tues, 10 am-12pm Mahjong: Mon & Wed, 2:00- 4:15 PM Book Club: 2nd Tues, 11:00 am- 12:30 pm Caregivers Support: 1st Tues, 10:00 am- 12 pm	Free Pet Therapy Wednesdays, 11 am Dominoes: Mondays @ 1pm, Café-New! EUCHRE Game: Mondays, 2:00- 4:00 PM. Games/Services/Support Groups: \$3M/\$5 NM		Canasta: Thursdays, 12:30- 2:30 PM. Cribbage: Thursdays, 12:00- 2:15 PM Open Art Studio: Fridays, 1:00- 4:00 PM	
2 Outing: Seniors' Week Kickoff Event at City Hall \$5 M/NM 9:15 am-2:00 pm	3 Guided Meditation/ Mindfulness Training/ 11 AM-12 PM/ 229 Free Demo: Move & Groove Latin Fitness Class, 1-2 pm/ 229 Extra Pickleball Intermediate 11 am-1 pm/\$3 M/\$5 NM	4 FREE 15-MIN MASSAGE 10 am-1 pm Free Outreach 10 am- 2pm /224 Neurowell: Brain Health with Milestone Physio 11 AM-12 PM/ 229/Free Pickleball/ 8:30 am-Noon Badminton/ 12:30-4:00 pm	5 Free Watercolors Demo 9:30- 11:30 Am/ 231 Medi Pedi Foot Care 9:30 AM- 3:30 PM/ 224 Understanding Dementia 2-4 PM/ #225/Free Nia Free Demo/ 10 am Anti-Aging Sleep Reset 1-2 PM/ 229/Free Ice Cream Social with MWSA Board 2 pm Beg/Int Pickleball/ 11:30 am-1:30pm	6 MWSA Open House & Community Fair, 10 am-2 pm/ Gym Free Pres: Plan Today, Peace Tomorrow 11am-12 pm/ #225 Free Pie Social with MLA Christina Gray 2 PM/ Café
9 Summer Programs Start!	10	11 Free Outreach 10 am- 2 pm/224	12	13
16 Outing: River Cree Casino 11 AM- 3:30 PM \$10M/\$15NM	17 Pelvic Floor Wellness 4 seniors 12-1:30 pm \$15M/\$20 NM/ #231 New Members Connection 2:00 PM/ Café	18 Free Outreach 10 am- 2 pm/ 224	19	20
23 Outing: Muttart Conservatory \$ 1:30-4:30pm	24 Hearing Clinic (Ears 2 You) 9:30 am- 2:30 pm/224 \$3M/\$5 NM ESCAPE ROOM GAME NIGHT 5-9 PM \$30M/\$40 NM	25 Free Outreach 10 Am- 2 pm/224	26	27 EPL E-Learning, 10 am- 12 pm
30 Monthly Birthday Party 1:30 Pm/Café	➤ Seniors Week: Jun 2nd - 6th: Free Activities to celebrate seniors! ➤ Summer Session: MWSA Is Closed on Thursday Evenings and Saturday until the Fall Session ➤ Travel Club resumes in the Fall Session.			

Event Details (Registration required for all activities)

Mondays, at 1-3 pm. Dominoes is a tile-based game. The group has been playing the “Mexican Train” version of Dominoes. Each domino is a rectangular tile, usually with a line dividing its face into two square ends. Each end is marked with a number of spots or is blank. The backs of the tiles in a set are indistinguishable, either blank or having some common design. **Cost: \$3 M/\$5 NM/Cafe.**

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.

Seniors Week Special Programming!

Monday, Jun 2, 9:15 am- 2:00 pm. Seniors' Week Kickoff Event at City Hall MWSA members are invited to join Southwest Seniors Association (SWESA) on a bus trip to the Seniors Week Kickoff event at City Hall. There will be a brief formal program, along with opportunities for learning and engaging with organizations in the senior's sector. A light lunch will be provided. An ETS Charter bus will pick MWSA members at 9:15 am at MWSA and return to MWSA about 2:00 p.m. **Cost: \$5 MWSA members/non-members. Includes transportation, lunch and program. Please pre-register by May 22, 2025.**

Tuesday, Jun 3, 11 am-12 pm Guided Meditation Mindfulness Training Learn meditation and mindfulness training techniques to help reduce everyday stress and for relaxation. **Free workshop.**

Tuesday, Jun 3, 1- 2 pm Free Demo: Move & Groove + Latin Fitness with Dagmar Dharma. This demo class will showcase exercises from two classes: Move & Groove, and Latin Fitness, ending with gentle stretches. **Please pre-register, as space is limited. Room 229.**

Wednesday, Jun 4, 10 am-1 pm Free Mini Massages the Massage Institute is coming to MWSA to celebrate seniors and giving 15-minute chair massages. It is a relaxing way to spend part of your day. **Save time by booking a 15-minute appointment. Room 227/228.**

Wednesday, Jun 4, 11 am-12 pm Neurowell- Brain Health Learn how to prevent falls with Milestone Physio. **Free presentation. Please pre-register.**

Thursday, Jun 5, 9:30-11:30 AM. Watercolors Free Demo Class with Willie Wong. Try your hand at watercolors with this demo class. No experience necessary, and supplies are included! Pre-registration required. **Room 231.**

Thursday, Jun 5, 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. **Room 224.**

Thursday, Jun 5, 1-2 PM Anti-Aging Sleep Reset Presentation with Milestone Physio. Free presentation. Please pre-register. **/Room 229.**

Thursday, Jun 5, 2 PM Ice Cream Social with MWSA Board Stop by the centre to meet MWSA Board members and enjoy some ice cream. Free drop-in event.

Thursday, Jun 5, 2-4 PM Free Presentation: Understanding Dementia and Alzheimer Disease: The Alzheimer Society of Alberta and Northwest Territories will present on: The difference between Dementia and Alzheimer Disease; Learn practical tips to help yourself and those with the disease have better quality of life; Have your questions answered. [Room 225.](#)

Friday, Jun 6, 10 am- 2 pm MWSA Open House Community Fair Everyone is invited to our Open House/Community Fair event. Learn about MWSA programs and services, along with other organizations in the seniors sector. Plus, facility tours, door prizes, free refreshments and more!

Friday, June 6, 11 am-12 pm TRINITY FUNERAL HOME PRESENTS: “Plan Today—Peace for Tomorrow” This presentation will discuss the duties of your Power of Attorney, Personal Directive Agent, and Executor and review the emotional and financial benefits of planning your final arrangements. and services, in addition to local organizations and service providers. Plus, free refreshments, door prizes and more! [Free presentation/RM 225](#)

Friday, Jun 6, 2 PM Pie Social with MLA Christina Gray Meet and Greet with MLA Christina Gray. **Free Pie and coffee will be served.** First come, first serve. Sponsored by the office of MLA Christina Gray.

Monday, Jun 16, 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, June 17, 12:00- 1:30 pm Pelvic floor Wellness for seniors! led by a certified Pelvic floor Physiotherapist. Learn about the structure and function of the pelvic floor, understand how aging affects pelvic health, Describe Lifestyle Medicine Tips to heal, repair and rejuvenate Pelvic floor and whole body. Discover simple and safe exercises to strengthen these muscles, receive tips for managing symptoms like leakage or urgency, Enjoy a relaxed safe environment with practical advice with Experts in the field. [Cost: \\$15 M/\\$20 NM.](#)

Tuesday, June 17, 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.](#)

Monday, Jun 23, 1:30- 4:30 PM Outing to Muttart Conservatory. We're headed to enjoy an afternoon at the Muttart Conservatory, which includes a guided tour of the pyramids and time to explore the gift shop and café. Guests will be travelling by public transit via the new Valley Line LRT, leaving MWSA at 1:30 pm and returning about 4:30 p.m. [Cost: \\$20 M/\\$30 NM. Includes admission, guided tour and ETS bus fare. Maximum 18 participants. Please register by June 16.](#)

Tuesday Jun 24, 5-9 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 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 yours at 780-496-2997. FUNDRAISER! Cost: \$3 M/\$5 NM. /Room 224.

Tuesday Jun 24, 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 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 June 18, 2025.](#)

Friday, Jun 27, 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, June 30, 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.](#)