

**MARCH 2026 MWSA MONTHLY EVENTS CALENDAR** TAX CLINIC SCHEDULES ARE LISTED ON THE LAST PAGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>ACTIVITIES PAY \$3 M/ \$5 NM</b></p> <ul style="list-style-type: none"> <li>Monday's DOMINOES, 1pm. Café/ Mahjong, 2 PM. #227/ EUCHRE, 2:00- 4:00 PM. 225</li> <li>2<sup>nd</sup> Tuesdays BOOK CLUB I, 11 am-12 PM. 227/</li> <li>Wednesday's &amp; Fridays JAMMERS, 9 AM- 12 PM. 231/ MAHJONG, 2- 4:15 PM. 227</li> <li>Thursdays CRIBBAGE, 12- 2:15 PM #231/ CANASTA, 12:30- 2:30 PM. Cafe</li> <li>3<sup>rd</sup> Thursday BOOK CLUB II, 11:15 am-12:45 PM. 229/ Friday's OPEN ART STUDIO: 1- 4 PM. 225</li> </ul>			<p><b>ACTIVITIES FREE AT MWSA</b></p> <ul style="list-style-type: none"> <li>ALZHEIMERS' SUPPORT 3<sup>rd</sup> Tues, 10 am-12pm/ Cafe</li> <li>CAREGIVERS' SUPPORT: 1<sup>st</sup> Tues,10 am-12 pm/ Cafe</li> <li>PET THERAPY, 11 am. Lobby/</li> <li>NEW MEMBERS' CONNECTION: 3<sup>rd</sup>Tues, 2 PM. Café</li> <li>FREE OUTREACH: 4<sup>th</sup> Wed. Monthly, 10 am #224</li> </ul>		
2	3	4	5 Medi Pedi Foot Care 9:30 am- 3:30 PM	6	7 <b>STAINED GLASS</b> Butterfly Plant Buddies 9 AM- 1 PM/ \$85M/ \$95 N <b>MWSA FREE TAX CLINIC At 9:30 AM</b>
9 Pres: BLESSINGS HOME CARE 11:30 am- 1:30 pm \$3 M/ \$5 NM	10 <b>MWSA FREE TAX CLINIC at 9:30 AM</b>	11 EPL: Smartphones/ Tablets Part I/ 2:30PM	12 <b>MWSA FREE TAX CLINIC At 9:30 AM</b>	13 Rightsizing Seminar 10 am-12 pm \$ #225 TV Raffle Draw Date	14
16 Pres: Overwhelmed W/Churchill Manor/ \$\$/ 11:30 AM	17 NEW MEMBERS' CONNECTION 2 PM/ CAFÉ	18 <b>MWSA FREE TAX CLINIC AT 9:30 AM</b>	19 Coffee with Councillor Jo-Anne Wright/ 4 pm	20 <b>MWSA FREE TAX Clinic at 9:30 AM</b> Special Event: Real Canadian Wrestling 7:00 pm-9:00 pm \$20	21
23 Outing: River Cree Casino 11 AM-3:30 PM \$10M/\$15NM	24 <b>MWSA FREE TAX Clinic. At 9:30 AM</b> Pres. Clear PathW/Churchill Manor/ \$\$/ 11:30 AM	25 <b>Free Outreach</b> 4 <sup>th</sup> Wed Monthly 10 am- 2 PM/ #224	26 Medi Pedi 1- 7 PM/ \$ PAINT: BUD TO BLOOM 5:00- 7:30 PM \$ <b>MWSA FREE TAX CLINIC At 9:30 AM</b>	27 EPL: <b>CIRCUIT DEMO</b> 10:30 AM	28 <b>ANNUAL GENERAL MEETING</b> 10 AM- 12 PM WINTER 2026 programs end
30 Monthly Birthday Party 1:30 PM/Café	31 <b>PYSANKY WORKSHOP</b> 12:30 PM/ #225 \$25 M/ \$35 NM	<p><b>IMPORTANT UPDATE: PICKLEBALL TOURNAMENT 2026</b>  <b>SATURDAY, APRIL 4<sup>TH</sup> 9 AM- 1 PM</b> (Doors will open at 8:30 AM- closed at 2 PM)  <b>LAST DAY OF REGISTRATION: Wed, April 1<sup>st</sup> (Max: 20 Registrations \$10 Individuals)</b>  <b>Spares must register their names at the front desk (Pay Drop: \$3 M/ \$5 NM).</b></p>			

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

**4<sup>th</sup> Wednesday Monthly, 10 am-2 pm FREE OUTREACH SERVICES** provided by Newcomers Welcome Centre. Services: 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.

**1<sup>st</sup> Thursday, Mar 5, 9:30 am- 3:30 pm & Last Thurs, Mar 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. **Each appointment will be booked for 90- Minutes to provide the best care possible, and enough time for sanitizing for the next one.** Room 224.

**Saturday, Mar 7, 9 am- 1 pm. STAINED GLASS: Butterfly Plant Buddies with Sharon Waunch.** Hands-on workshop where you'll create a stunning piece of stained glass. No prior experience is needed— just bring your creativity and enjoy the process. By the end, you'll have a beautiful, handcrafted stained-glass piece to brighten any window. ALL SUPPLIES INCLUDED include pre-cut glass pieces, so you can focus on assembling and bringing your design to life. **Cost: \$ 85 Mem/\$95 non-mem. Room: 225.**

**Monday, Mar 9, 11:30 am- 1:30 pm. Presentation by BLESSINGS HOME CARE & Group Home.** Learn about the services for home care for seniors, special needs children, and individuals of all ages with physical/mental health conditions. The services are covered fully by AHS, with no extra cost for client/family, no out-of-pocket expenses, and no effect on pension/benefits. Already getting care from another provider? Switch is quick & easy- for extra benefits like access to group home for short or long-term stay, and free transportation services to appointments & religious places. **Cost: \$3 M/\$5 NM. Room: 225. Different languages & Free In-home assessment available.**

**2<sup>nd</sup> Wednesday Monthly, March 11, 2:30- 3:30 pm. EPL: Smartphones and Tablets – Part 1.** 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. **This is a free drop-in program. No need to register. Room 225. Cost Free!**

**Friday, March 13, 10:00 am-12:00 pm. Rightsizing Seminar.** Presented by Blais Realty Group. Have you ever considered living in a smaller, more efficient space? Perhaps one with fewer stairs? What if you could enjoy travelling more throughout the year? Downsizing can seem daunting. Let's talk about rightsizing—the thoughtful approach to finding the home and lifestyle that best suits your current needs. At this seminar we will guide you through the rightsizing process and you'll also hear from some of our partners who will provide valuable tools and resources to assist you. **Refreshments and a guidebook included! Cost: \$3 M/\$5 NM. Room: 225.**

**Monday, Mar 16, 11:30 am- 1:30 pm Pres. From Overwhelmed to Ready.** This session brings: A senior-focused realtor who understands timing, equity, and realistic market expectations, a professional downsizing expert who helps families manage both belongings and emotions, insight from Churchill Manor on how independent living can fit into a thoughtful, well-paced plan. It's an opportunity to get informed, ask questions, and better

understand what options exist. (Presenters: Nicole Skiba, Easy Peasy Downsizing; Nicky Passi, Coldwell Banker Realty; Irene Meyer, Atria Churchill Manor). **Cost: \$3 M/\$5 NM. Room: 225. Series continued March 24...**

**3<sup>rd</sup> Tuesday, Mar 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.**

**Friday Mar 20, 7:00-9:00 pm Special Fundraising Event: Real Canadian Wrestling.** Catch a live wrestling show in action at MWSA featuring 12-14 wrestlers from the Real Canadian Wrestling League. A concession with hot dogs, hamburgers, chips, chocolates, and drinks will be available, along with a cash bar. Plus, a 50/50 Raffle in support of MWSA. All concessions sales, a portion of ticket sales, and 50/50 raffle support MWSA. **Doors open at 7:00 pm; show starts at 7:30 pm. Cost: \$20/ticket (admission only; concession extra).**

**Monday, Mar 23, 11:00 am- 3:30 pm. Outing: River Cree Casino** Enjoy a day at the River Cree Casino with coach bus transportation, casino voucher & lunch. The bus leaves MWSA at 11:00 am and departs 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. Lead: Marilyn Weiler.** 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, as the bus leaves on time.**

**Tuesday, Mar 24, 11:30 am- 1:30 pm. Planning the Next Chapter – Financial Foresight for the Years Ahead.** Join us for an informative and relaxed financial session designed for active retirees. Focus on understanding your options as you plan the next stage of retirement —without pressure or sales. Topics include Understanding retirement income and cash flow, Government benefits for seniors, Housing and home equity considerations, Estate and planning basics, planning with confidence and clarity, follow up with questions. (Presenters: Hakima Abdessemed, Service Canada; Irene Meyer, Experior Financial Group). **Cost: \$3 M/\$5 NM. Room: 225.**

**Thursday, Mar 26, 5:00- 7:30 pm. Learn to Paint: 2.5 hr. Bud to Bloom with Linda Finstad.** From Bud to Bloom: A reminder that progress is a journey not just a destination. In this step-by-step class you will learn how to blend colors and understand values and how they impact your composition and learn to create highlights and shadows. Beginners are Welcome! Create simple flowers using bold brush strokes. **Cost Includes 16x20 black canvas, artist-grade acrylic paints, specialty brushes and knives required for this project.** All you need to bring is an apron to protect your clothing (or wear an old shirt). **Cost: \$55 Members/ \$ 65 Non-Members. Room: 225.**

**Friday, Mar 27, 10:30 AM- 11:30 am EPL: Cricut Demo & Craft inspiration session. Create Something Wonderful!** Curious about what a Cricut machine can do? Join us for a fun, hands-on demonstration that brings the magic of modern crafting to life! Whether you're a seasoned crafter or just starting to explore your creative side, this session will show you how easy—and exciting—it can be to design and make beautiful, personalized projects. **This is a free drop-in program. No need to register. Lobby**

**Monday, Mar 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.

**Tuesday, Mar 31, 12:30- 3:30 pm PYSANKY WORKSHOP with Lyrissa Shepta:** Learn the art of writing & wax resist on Ukrainian Easter eggs. Beginners are welcome. Full instruction will be provided— just bring yourself and your willingness to learn! ALL SUPPLIES INCLUDED (including eggs). **Cost:** \$ 25 Members/\$35 non-members. **Room:** 225.

**MWSA FREE TAX CLINIC 2026**

**Book your 30-Minute appointment at the front desk by calling 780-496-2997. No Drop-ins!**

DAY	DATE	TIME STARTS	TIME ENDS	ROOM
Saturday	March 7	9:30 am	12:30 pm	224
Tuesday	March 10, 24	9:30 am	2:30 pm	224
Thursday	March 12, 26	9:30 am	2:30 pm	224
Wednesday	March 18	9:30 am	2:30 pm	224
Friday	March 20	9:30 am	2:30 pm	224
Wednesday	April 1, 29	9:30 am	2:30 pm	224
Saturday	April 4, 18	9:30 am	12:30 pm	224
Tuesday	April 7, 14	9:30 am	2:30 pm	224
Thursday	April 16, 30	9:30 am	2:30 pm	224

**Eligibility:** Income must fall within the guidelines, as indicated by the chart below. *Tax Clinic Volunteers are only trained to do Personal Income Tax only (No Business Income Tax. Bring all your documents at the time of appointment)*

FAMILY SIZE <i>(includes an individual, a couple, &amp; their dependent's)</i>	TOTAL FAMILY INCOME <i>(suggested income level)</i>
1 person	\$40,000
2 people	\$55,000
3 people	\$60,000
4 people	\$65,000
5 people	\$70,000
More than 5 people	\$70,000, plus \$5,000 for an additional person