

# November 2026 Calendar | Mill Woods Seniors Association | 780-496-2997 | www.mwsac.ca

## NOVEMBER 2026 EVENTS

**NOTE: FALL PROGRAM SESSION II BEGINS MONDAY, NOVEMBER 2, 2026**

|                                                                                                                                                                                                                                             |                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                      |
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|  <b>MON, NOV</b><br><b>2<sup>ND</sup></b><br> <b>1-2 PM</b>               | <b>Free Demo</b><br><b>"MUSIC FLOW YOGA"</b>                                                                                                                                                              | The music flow yoga practice where the <b>physical yoga postures</b> and <b>breathing</b> are precisely choreographed into the music selected. You will immerse yourself in the music, release your tension, "dance" through it and enjoy the moment. For this class, participants should have some basic yoga experience.                                                                                                                                                                                                                                                                    | <b>GYM/Free!</b><br><br><b>New Instructor: Jenny</b>                                                                                 |
|  <b>TUES, NOV</b><br><b>3<sup>RD</sup></b><br> <b>10 AM- 12 PM</b>        | <b>Caregivers Support Group</b>                                                                                                                                                                           | Peer Support for Caregivers to Share Information, Resources & Support.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>227/Free!</b>                                                                                                                     |
|  <b>TUES, NOV</b><br><b>3<sup>RD</sup></b><br> <b>1-2 PM</b>              | <b>Mill Woods EPL:</b><br><b>Tech Time</b><br><br><b>Tech Time is divided into three 20-minute timeslots that you can sign up for.</b>                                                                    | Need some one-on-one tech help? Bring your device and come with a tech-related question or challenge you would like to explore with a savvy staff member. Common topics: Microsoft Office, mobile device troubleshooting, setting up/ navigating a new device, accessing e-books & other online library resources, creating social media account, adjusting device settings, transferring files between devices, managing files or photos. We are not qualified to fix a damaged device or replace component.                                                                                 | 225/ <b>Free! Must pre-register.</b><br>Due to high demand, please call the EPL directly at 780-496-1818 to reserve a spot.          |
|  <b>TUESDAYS,</b><br><b>NOV 3, 10, 17, 24</b><br> <b>12:15- 1:00 PM</b> | <b>Walker-Based 45 min. Workout</b><br>Required to bring your own stable walker with functioning locking brakes, along with any other personal equipment needed.                                          | A strength and mobility exercise program designed for seniors who use walkers. Participants would use their walkers for stability and support while completing exercises at a comfortable pace. The program would include: <ul style="list-style-type: none"> <li>• Strength, balance, and mobility exercises</li> <li>• Either seated or standing, depending on your abilities/ comfort level</li> <li>• Flexible pacing and repetitions so everyone can participate safely.</li> </ul> The walker serves as a stable support, similar to the way a chair is used in a chair-exercise class. | <b>229/Cost for 4-Weeks: \$35 MWSA Member/\$40 non-member. Drop-in: \$10 M/\$12 NM</b><br><br><b>New Instructor: Lorraine Vetsch</b> |
|  <b>WED, NOV 4</b><br> <b>12:30 – 2:30 PM</b>                         |  <b>Meet &amp; Greet</b><br><b>CROSS-CULTURAL EVENT (Outing to the Shaama Centre)</b><br><b>Meet • Share • Connect</b> | Mill Woods Seniors Association and The Shaama Centre, in partnership with the Edmonton Seniors Coordinating Council, invite you to join us for a special afternoon of friendship and cultural sharing. Come meet new people, enjoy a <b>light lunch</b> , and celebrate the many cultures and experiences that make our community special.<br><b>Bring a poem in any language to share.</b><br>Location: Shaama Centre, 329 Woodvale Rd W NW, Edmonton, AB T6L 1P6                                                                                                                            | <b>Free!</b> Please register at the Front Desk.<br>Max: 12 people.<br>Please advise if you need a ride to the Shaama Centre.         |

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|  <b>THURS, NOV 5<sup>TH</sup></b><br> <b>9:30 AM - 3 PM</b>     | <b>Medi-Pedi</b><br><b>Foot Care Clinic</b>                                                                                  | A Footcare Clinic At MWSA, with % of Sales donated back to MWSA. Please Pay service provider directly make your appointment calling 780-496-2997.                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>224/ \$</b> Manicure: \$44.99. Pedicure: \$78.99. Mobile Pedicure: \$99.99                                          |
|  <b>FRI, NOV 6<sup>TH</sup></b><br> <b>10 – 11 AM</b>           | <b>Mill Woods EPL:</b><br><b>Armchair Travels</b><br><br>No luggage. No airport lines. No jet lag, just plenty of adventure! | <b>Pack your curiosity and leave your passport at home!</b><br>Join us for <b>Armchair Travels</b> , a lively journey around the world from the comfort of your chair. Each session will take you somewhere new through fascinating stories, beautiful images, local history, culture, food, music, & the people who make each destination unique. Whether you're a seasoned traveller, a dream vacation planner, or simply curious about the world, there's always something new to discover. Explore, reminisce, and share your own travel stories as we journey to destinations near and far. | <b>227/ Free!</b><br>Due to high demand, you will need to contact the branch at <b>780-496-1818</b> to reserve a spot. |
|  <b>TUES, NOV 10<sup>TH</sup></b><br> <b>12:00–2:00 PM</b>      | <b>Presentation:</b> Practical Financial Literacy                                                                            | A session with Rabeel Qureshi, RQ Financial Services Inc. covering personal tax basics, CRA correspondence, organizing records, common credits and benefits, and avoiding tax scams.                                                                                                                                                                                                                                                                                                                                                                                                             | <b>225/</b> Members, \$3.00/non-members, \$5.00                                                                        |
|  <b>TUES, NOV 10<sup>TH</sup></b><br> <b>2:00 – 3:30 PM</b> | <b>VETERANS' TEA</b><br>An Afternoon of Remembrance, Conversation & Community                                                | Please join us for a special afternoon as we welcome and honour some of Canada's Veterans. Enjoy a cup of coffee, a delicious dessert, and good conversation while hearing stories and getting to know some of the Veterans in our community.<br><br>Come share an afternoon of connection, conversation, and appreciation for those who have served our country. <b>Everyone is welcome — come for the conversation, stay for the connections!</b>                                                                                                                                              | <b>Café/</b> Members: \$5.00/non-members: \$7.00<br>Please register at the Front Desk by Nov 1.                        |
| <b>WEDNESDAY, NOV 11<sup>TH</sup> REMEMBRANCE DAY HOLIDAY MWSA CLOSED</b>                                                                                                                                                         |                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                        |

## November 2026 Calendar | Mill Woods Seniors Association | 780-496-2997 | [www.mwsac.ca](http://www.mwsac.ca)

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|  <b>TUES, NOV 17<sup>TH</sup></b><br> <b>2:00 PM</b>           | <b>New Members Connection</b>                                                                                            | 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 MWSA. Warm regards, Deb Cautley, executive director.                                                                                                                                                                                                                                                                                                     | <b>Café/ Free (By Invite Only)</b>                                                                                                                                                             |
|  <b>TUES, NOV 17<sup>TH</sup></b><br> <b>12:00- 2:00 PM</b>    | <b>Presentation:</b><br><b>Advanced Care Planning and Green Sleeves</b>                                                  | <b>Curious about Advanced Care Planning in Alberta?</b><br>Join us to learn about <b>Goals of Care Designations (“Green sleeve”)</b> and <b>Personal Directives</b> —what they are, how they differ, and when you might need them. We’ll also talk about how to start meaningful conversations with your family and friends about making care decisions for the future. This informative session is open to everyone. <b>Bring your questions!</b>                                                            | <b>225/</b> Members: \$3.00; non-members: \$5.00<br>Presenter: Heather Jones, Health Educator, Operations, Edmonton Assisted Living Alberta.                                                   |
|  <b>TUES, NOV 17<sup>TH</sup></b><br> <b>10 AM-12 PM</b>       | <b>Alzheimer’s’ Support Group</b>                                                                                        | Peer Support for caregivers to share information, resources, and support.                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>227/ Free!</b>                                                                                                                                                                              |
|  <b>THURS, NOV 19<sup>TH</sup></b><br> <b>9:30 AM-3:30 PM</b>  | <b>Medi- Pedi Foot Care Clinic</b>                                                                                       | A Footcare Clinic At MWSA, With A Percentage Of Sales Donated Back To MWSA. Please Pay Service Provider Directly But Make Your Appointment With MWSA. Call 780-496-2997.                                                                                                                                                                                                                                                                                                                                      | <b>224/ \$ Pedicure: \$78.99. Manicure: \$44.99. Mobile Pedicure: \$99.99</b>                                                                                                                  |
|  <b>THUR, NOV 19<sup>TH</sup></b><br> <b>11 AM- 12 PM</b>    | <b>Mill Woods EPL: Tech Time</b><br><b>Tech Time is divided into three 20-minute timeslots that you can sign up for.</b> | Need some one-on-one tech help? Bring your device and come with a tech-related question or challenge you would like to explore with a savvy staff member. Common topics: Microsoft Office, mobile device troubleshooting, setting up/ navigating a new device, accessing e-books & other online library resources, creating social media account, adjusting device settings, transferring files between devices, managing files or photos. We are not qualified to fix a damaged device or replace component. | <b>225/ Free!</b><br>Due to high demand, you will need to <a href="#">contact the branch directly: 780-496-1818</a> to reserve a spot. Registered spots are guaranteed until the class begins. |
|  <b>FRI, NOV 20<sup>TH</sup></b><br> <b>1:00 - 4:00 PM</b> | <b>FREE MASSAGE! Outreach Clinic</b> with South Edmonton School of Massage Therapy (SESMT)                               | SESMT school is licensed with the province of Alberta and has full insurance to provide supervised student massage at any location. For safety reasons, we have every client fill out a short health history form before we commence their massage. Students supervised outreach experience <a href="#">each 15- 20 min fully clothed massage on either traditional massage table or chair.</a>                                                                                                               | <b>224/ Free</b><br>Please register at the Front Desk.<br>MWSA members (members and staff).                                                                                                    |

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|  <b>MON, NOV 23<sup>RD</sup></b><br> <b>11 AM- 3:30 PM</b> | <b>Outing:</b><br><b>River Cree Casino</b>                                                               | <p>The bus leaves MWSA at 11:00 am and departs River Cree at 3:30 pm. If participants decide to drive themselves, please include the details upon registration, to be shared with casino staff to receive their lunch/casino vouchers at the casino entrance. Due to popularity, no refunds or credits will be issued for cancellations for any medical/non-medical reasons.</p> | <b>non-refundable</b><br>Cost: \$10M/\$15 NM.<br>Includes:<br>Transportation,<br>Casino Voucher &<br>Lunch<br><b>Max: 20 on the Bus.</b> |
|  <b>WED, NOV 25<sup>TH</sup></b><br> <b>10 AM- 2 PM</b>    | Walk-In Outreach Services                                                                                | <p>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, Canada Pension Plan, CPPDP, Employment Insurance (Ei), Canadian Dental Care Plan, Aish.</p>            | <b>227/ Free Drop-In Program</b>                                                                                                         |
|  <b>FRI, NOV 27<sup>TH</sup></b><br> <b>10 AM</b>          | <b>Mill woods EPL:</b> Create Something Wonderful!<br><b>Cricut Demo &amp; Craft Inspiration Session</b> | <p>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.</p>                                 | <b>Lobby/ Free Drop-In Program</b>                                                                                                       |
|  <b>FRI, NOV 27<sup>TH</sup></b><br> <b>12:30- 2:30 PM</b> | <b>Senior Living Learning</b><br>Churchill Manor                                                         | <p>Irene Meyer will be presenting this info session on senior living. Feel free to bring along a family member or friend.</p>                                                                                                                                                                                                                                                    | <b>Lobby/Free drop-in.</b>                                                                                                               |
|  <b>MON, NOV 30<sup>TH</sup></b><br> <b>1:30 PM</b>     | Monthly Birthday Party                                                                                   | <p>If It Is Your Birthday Month, Join us for some Cake and Coffee. The Cake Is Sponsored by Churchill Manor.</p>                                                                                                                                                                                                                                                                 | <b>Café/ Free</b><br>MWSA Members celebrating their Birthday Month/ \$5 Guests/NM.                                                       |