

Winter 2026

- Registration starts Mon, Dec 15, 2025.
- The Centre Re-opens: Mon, Jan 5, 2026.
- Programs start: Mon, Jan 12, 2026.
- Evenings/ weekends will open starting Jan 8th 2026.



Winter 2026 Program Guide
has been sponsored by
Servus Credit Union



Program & Activity GUIDE

AT MILL WOODS SENIORS ASSOCIATION

Winter Session: Jan 12 - Mar 28 (11 weeks)

TREATY 6 ACKNOWLEDGEMENT

We at the Mill Woods Seniors Association respectfully acknowledge that we gather on Treaty 6 territory, the traditional lands of the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux peoples. This land has been a place of connection, relationship, and stewardship for generations.

We honour and thank the diverse Indigenous peoples whose ancestors have walked this land before us and whose presence continues to enrich our community today. We are committed to learning from the past, engaging in reconciliation, and building respectful relationships as we work together to create a welcoming and inclusive space for all.

Our Facility

The Mill Woods Seniors Association is located in a City of Edmonton-owned facility, sharing space with the Mill Woods Public Library.



Table of Contents

Membership Information	3
Program Registration	4
Clubs	5
Drop in Activities	6- 9
Pickleball Programs	10
Crafts & Hobbies	11-14
Languages	15
Fitness & Dance Classes	16-21
Chair & Floor Yoga	22
Tai Chi & Zumba Gold	23
Yoga & Meditation	24
MWSA's Events at a Glance	25
MWSA's Services/Agreements	26-30

Vision: The vision of MWSA is to continue to be a welcoming Centre that meets the recreational, educational, and social needs of seniors in our community.

Mission: The mission of MWSA is to enrich the lives of seniors in Mill Woods and surrounding communities by providing a diverse range of programs and services that are tailored to meet their recreational, social, health, physical, intellectual, and emotional needs while fostering an inclusive environment that celebrates diversity.

Values and Values Statement

Respect: We listen to each other and treat each other with fairness and dignity.

Inclusion: We celebrate our differences and create an environment of acceptance for all

Innovation: We build on successful ideas and new approaches.

Collaboration: We work together with others to achieve shared goals.

Accountability: We respond to the needs of our members and take responsibility for our actions.

Sustainability: We address current needs while considering future impacts.

Membership Information

Winter 2026

**NOT SURE IF YOU HAVE ALREADY
PURCHASED A 2026 MEMBERSHIP? Call us
at 780.496.2997 and we can look up your
account and verify your membership status.**

Annual Memberships

- 55+ Membership: \$36 per person
- Valid for one year from the date of purchase.
- Full voting privileges at Annual General Meeting.
- Access to MWSA programs and club enrollment at membership rates.
- Membership Discount on 2nd Floor Café.
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

Associate Memberships

- 45+ Membership: \$36 per person.
- Valid for one year from the date of purchase.
- No voting privileges at Annual General Meeting.
- Access to MWSA instructor-led programs and drop-in activities at membership rates and club enrollment.
- Membership Discount at 2nd Floor Cafe
- Non-refundable and non-transferable.
- Discounts on annual passes to city recreational facilities.

Reciprocal Memberships: (with membership for one of the participating seniors centers)

<i>Central Lions Seniors Association</i>	<i>Edmonton Seniors Centre</i>
<i>Jewish Senior Citizen's Centre</i>	<i>Westend Seniors Activity Centre</i>
<i>North Edmonton Seniors Association</i>	<i>Sage Seniors Association</i>
<i>Southeast Edmonton Seniors Association</i>	<i>Southwest Edmonton Seniors Association</i>
<i>Strathcona Place Society</i>	<i>The Shaama Centre</i>

- Please retain your proof of membership for reciprocal membership verification (Member card)
- No voting privileges at the Annual General Meeting.
- No access to MWSA clubs, drop-in activities.
- Access to instructor-led programs at member rates. Access to the café.
- Fill out the membership form for our database info and receive a key fob when registering for classes/activities.

Non-Members

- **NON-MEMBERS WELCOME!**
- You don't need to be a member to participate in our drop-in or registered programs, or special events. Just look for the Non-members (NM) prices.
- Call ahead to confirm whether the class is not full or cancelled: **780-496-2997**
- No access to clubs.
- Access to the café is allowed for all ages & non- members.

PROGRAM REGISTRATION INFORMATION

REMINDER! An active 2026 MWSA Membership is required for most programs and activities at MWSA.

Winter 2026 REGISTRATION BEGINS
Dec 15, 2025, AT 8:30AM

Online Registration/Pay

Sign into your online **My Active Center** account. Please have your key tag number ready. Register as you did before. If you haven't set up your online account, visit www.myactivecenter.com and click the "New Users" button. Follow the instructions. Please call MWSA for assistance [780-496-2997](tel:780-496-2997).

Telephone Registration

Front Desk volunteers assist you with telephone registration (Credit card only). [780-496-2997](tel:780-496-2997)

E- Transfer Payment **NEW!**

Please send your payment to: ed@mwsac.ca" (Be sure to include course details or reason of payment).



Cancellations and Refund Policy

No refunds or credits will be given to participants if they withdraw from a program of their own volition or for missed classes, presentations/activities, and special events. Refunds will only be issued for medical reasons (Doctor's note required please) or if MWSA cancels the program. Please save your receipt for a refund.

Low Enrollment Policy

Register early to avoid class cancellations. We assess enrollment one week before the start date of the classes. If the minimum requirement is not met, the class may be cancelled. If the program is full, you can add your name to a waitlist.

Disclaimers

Opinions expressed by guest speakers do not reflect the views of MWSA. MWSA is not responsible for any physical injuries incurred during any programs. All participants must sign a waiver form before being permitted to participate in MWSA programs, clubs, and outings.

We Encourage the Use of Punch Cards for Drop-In Activities/Classes

Punch cards for drop-in programs are available for purchase. These can be used for any program with a \$3 or \$5 drop-in fee, such as badminton, pickleball, table tennis, fun floor curling, cribbage, Jammers, and presentations.

- Cost for Drop-in Activity Punch Card: **MWSA Members, \$30.00** (10 x \$3.00). Reciprocal Members/Non-members: \$50.00 (10 x \$ 5.00).
- Drop-in Classes Punch Card: **MWSA Members, \$130.00** (10 x \$13.00). Reciprocal Members/Non-members, \$160.00 (10 x \$16.00).
- **This can be a thoughtful gift for a friend.**



MWSA Clubs

COME AND CHECK OUT OUR CLUBS!

Free for MWSA Members!

Monday	Tuesday	Wednesday	Thursday	Friday
Knitting & Crochet 9 AM-11 AM	Knitting & Crochet 9 AM-11 AM	Quilting 9 AM- 12 PM	Card Making 9 AM- 12 PM	
		Sewing & Crafting 12:30-3:30 PM		

Card Makers Club

Room 225/ **Program Lead: Claire Scott**

This is a fundraising club for MWSA. Card Makers make beautiful, handcrafted greeting cards for sale at MWSA, and at craft markets. Some supplies will be provided, but feel free to bring your own. **Max: 10.**

 **Thursdays, 9:00 AM-12:00 PM** **Cost:** Free (MWSA members Only).

Knitting Club

Room 225/**Lead:Debbie Radke & Murielanne LaRose**

This is a fundraising club for MWSA, sold at MWSA, and at craft markets. A fun social gathering with fellow knitters. Items are also made for donations to local charities including Ronald McDonald House, Basically Babies, various shelters for the homeless, and Edmonton Police Services. Donated yarn is available to charities. No formal instruction is provided; however, mentorship is available.

 **Mondays & Tuesdays, 9:00-11:00 AM** **Cost:** Free (MWSA members Only).

Sewing & Crafting Club

Room 229/ **Lead: Terry Ferguson & Donna Conlin**

This is a fundraising club for people who love making things. Learn new crafting techniques and have fun doing projects together. Use donated material or bring your own and enjoy the company of other crafters. Limited sewing machines and materials are available. Items are made for donations to local charities including the Ronald McDonald House, Basically Babies, various shelters for the homeless or sold at MWSA. All levels of crafters are welcome. No formal instruction is provided; mentorship is available.

 **Wednesdays, 12:30 PM-3:30 PM.** **Cost:** Free (MWSA members Only).

Quilting Club

Room 229/ **Lead: Trudy Papsdorf**

This is a fundraising club for people who love to quilt. Previous quilting and sewing machine experience are required. Learn new crafting techniques and have fun doing projects together. Use donated material or bring your own and enjoy the company of others. Limited sewing machines and materials are available. Items are made for donations and sold at MWSA. No formal instruction is provided; however, mentorship is available.

 **Wednesdays, 9:00 AM-12:00 PM** **Cost:** Free (MWSA members Only).



MWSA Drop- in Activities

- These activities are ongoing (with no end dates).
- Drop-in activities may be subject to cancellation due to special events. Please see the Monthly Calendar or website for the latest updates.
- **Reminder:** Drop-in Punch Cards are available for purchase at the Front Desk. Pre-pay card for 10 drop-in activities of your choice. **Cost: \$30 M/ \$50 NM.**
- Checking in is mandatory. Please swipe your key tag at the Front Desk.

Cost: \$ 3 Members/ \$ 5 Non- Members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball Advanced 8:30-10:15 AM #GYM	Pickleball Beginners 8:30-10:30 AM #GYM	Pickleball Intermediate 8:30-10:30 AM #GYM	Pickleball Advanced 8:30-11:00 AM #GYM	Pickleball Beginners 8:30-10:30 AM #GYM	Pickleball All Levels 9-11 AM #GYM
	Caregiver Group 10 AM- 12 PM 1 st Tuesday #227	Jammers 9 AM- 12 PM #231	Book Club II 11:15 AM- 12:45 PM 3 rd Thursday #229	Jammers 9 AM- 12 PM #231	Badminton 11- 1 PM #GYM
Table Tennis 12:30- 2:30 PM #231	Alzheimer Group 10 AM- 12 PM 3 RD Tuesday #227	Table Tennis 12:30- 2:30 PM #231	Cribbage 12- 2:15 PM #231	Open Art Studio 1:00- 4:00 PM #225	
Dominoes 1:00- 3:00 PM #Cafe	Book Club I 11 AM- 12 PM 2 nd Tuesday #227	Mahjong 2:00- 4:15 PM #227	Canasta 12:30- 2:30 PM #Cafe	Badminton 2:15- 4:15 PM #GYM	
Euchre 2:00- 4:00 PM #225	Fun Curling 2:15- 4:15 PM	Conversational Circle 2:15- 4:15 PM #Cafe	Pickleball Intermediate 1:45- 3:45 PM #GYM		
Mahjong 2:00- 4:15 PM #227		Badminton 2:30- 4:15 PM #GYM	Pickleball All Levels 6:15- 8:15 PM #GYM		
Badminton 2:15-4:15 pm #GYM					



Drop In Activities

Cost: \$3 M/ \$5 NM (Punch Cards Available)

Alzheimer Society

ALZHEIMER's SUPPORT GROUP

3rd Tuesdays, 10:00 AM-12:00 PM

Room 227/ 228

This support group is to share feelings and experiences, exchange practical coping strategies, and participate in discussions about the disease and its progression. A representative from the Alzheimer's Society will join this support group. (No session in July & December).

BADMINTON

Room GYM

Playing badminton is a fun way to stay active. We have two courts at MWSA. All equipment will be provided. Please wear clean running shoes. **Lead: Tony Turner**

Mondays, 2:15- 4:15 PM

Wednesdays, 2:30- 4:15 PM.

Fridays, 2:30- 4:15 PM

Saturdays, 11 AM- 1 PM

BOOK CLUB

Love to Read? Interested in meeting some new people? Want to explore different genres of books? Join our Book Club! Each month, participating in Book Club Members discuss a new book.

Book Club I 2nd Tues. monthly, 11:00 AM- 12:00 PM. **Lead: Deborah Taylor**

Room 227

Book Club II 3rd Thurs. monthly, 11:15 AM- 12:45 PM. **Lead: Deborah Taylor**

Room 229

CANASTA GAME

Thursdays, 12:30-2:30 PM **Cafe**

The objective of the game is to form as many melds as possible. A meld consists of three or more cards of the same rank, and jokers can be used as wild cards to help form melds

CAREGIVERS' CIRCLE

1st Tuesdays, 10:00 AM-12:00 PM **Room 227.**

Caregiving is a compassionate and challenging job. Come meet with other caregivers for conversation, idea sharing, and support. This program is for members to share their experiences to support each other.

CONVERSATIONAL CIRCLE

Wednesdays, 2:15- 4:15 PM

Room Cafe

This is a discussion group where members get together to discuss current events, reduce social isolation, and create fellowship in a friendly, and welcoming environment. There's a different topic each week, as determined by the group. Everyone gets a chance to speak and move dialogue along.

Lead: Doris Jagrup



Drop In Activities

Cost: \$3 M/ \$5 NM (Punch Cards Available)

CRIBBAGE GAME



Thursdays, 12:00- 2:15 PM. **Room 231**

Cribbage, or crib, is a card game traditionally for two, three, or four players that involves playing and grouping cards in combinations to gain points.

DOMINOES GAME



Mondays, 1:00- 3:00 PM. **Café**

Dominoes is a family of tile-based games played with gaming pieces. 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 (also called pips or dots) or is blank. The backs of the tiles in a set are indistinguishable, either blank or having some common design. **Lead: Deanna Blair.**

EUCHRE GAME



Mondays, 2:00-4:00 PM **Room 225**

Euchre is a trick taking **game** with a trump, played by four players in teams of two. The basic play is similar to Whist. Played with a deck of cards that only includes aces, kings, queens, jacks, 10s and nines of each suit. There are five rounds, or “tricks,” in each game. Each player will place one card down on the table on their turn, and a player takes a trick when the card they placed is the highest out of any other card. Come try a new card game, with an experienced player. Cards will be provided

FUN FLOOR CURLING **Min 8/Max 32**



Tuesdays, 2:15-4:15 PM **Room Gym**

Fun curling is like ice curling. Curling rocks are pushed with wooden sticks. All levels of curlers are welcome to play the game in a fun, non-competitive environment.

JAM SESSIONS



Wednesdays and Fridays: 9:00 AM-12:00 PM **Room 231**

Bring your own instrument and jam with other musicians. All music styles and levels are welcome. Come for fun, music, and friendship. You are welcome to sing. **Lead: Dennis Tink.**

MAHJONG



Mondays & Wednesdays: 2:00-4:15 PM **Room 227/ 228**


Mahjong, or mah-jongg, is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. There is a dedicated person to lead the group, explain the rules, and play with you. **Min 4 players.**
Lead: Lorne Ma/Debra Moncur



Drop In Activities

Cost: \$3 M/ \$5 NM (Punch Cards Available)

OPEN ART STUDIO

 **Fridays:** 1:00- 4:00 PM

Room: 225

In the world of art therapy, the term “open studio” refers to a type of group art therapy in which no directives are given. The short and practical definition of an art studio is the place where the artist works and creates. Please bring your own supplies and paint together. **Lead: Louise Lavers**

TABLE TENNIS

 **Mondays and Wednesdays:** 12:30-2:30 PM

Room 231

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small rackets. Bring a pair of clean shoes to the room.

Lead: Agnes Mah.





Pickleball **Cost: \$3 M/ \$5 NM (Punch Cards Available)**

PICKLEBALL WORKSHOPS

Whether you are brand new to the game of pickleball and want to get started, or are an experienced player looking to further develop your skills, we have something for everyone!

PICKLEBALL BEGINNERS



Tuesdays, 8:30-10:30 AM



Fridays, 8:30- 10:30 AM

PICKLEBALL INTERMEDIATE



Wednesdays, 8:30- 10:30 AM

(Jan 7, 14, 21, 28)



Thursdays, 1:45- 3:45 PM

PICKLEBALL ALL LEVELS



Thursdays Evenings, 6:15-8:15 PM



Saturdays, 9:00 - 11:00 AM

PICKLEBALL ADVANCED



Mondays, 8:30- 10:15 AM



Thursdays, 8:30- 11:00 AM



Develop Pickleball Skills will be back in Spring 2026!

INTRO TO PICKLEBALL

Instructor: Ralph Cole

Room Gym/ Max 10 (each session).

You have probably heard about this game called pickleball and are curious to find out why it is becoming so popular. It is a great game with rules to make it a fun game for people of all ages and abilities and to get exercise that we all need. All you need is a pair of non-marking indoor running shoes. No equipment purchase required. Paddles and balls provided. Come to learn how to play, the rules and have some fun.



Thursdays, 4:00-6:00 PM.

6 week sessions: **\$ 60 M/\$78 NM.**

No Drop-Ins.

Session I: Jan 8, 15, 22, 29, Feb 5, 12.

Session II: Feb 19, 26, Mar 5, 12, 19, 26.



Hobbies, Crafts, Painting and more!

Bingo for Hearing Health



Masuma Manji, BC-HIS Registered

Hearing Aid Practitioner/ Covenant Health

Bingo for Hearing Health is a fun, lighthearted way to learn about hearing health; members get to play Bingo while also picking up useful information about their ears, communication tips, and overall hearing wellness. There will be prizes to make it even more enjoyable! Following with one-on-one Q/A if needed. You might qualify for free hearing aids and services. (Register at front desk).



Friday, Feb 13

10 am-12 pm

Room: 225

Cost: \$ 3 Members/ \$ 5 Non- Mem.



Card Making Class:

Room 225/ Min 5, Max 8

Marcelle Jamieson (Card Makers Club).

Learn to cut and fold cardstock in different ways to create unique and interesting cards. Assemble 4 cards each session. Learn about card sizes, stock, tools, adhesives, fancy papers, dies, machines and much more! All materials will be pre-cut for you. Please bring your supplies. Ask for supply list at Front desk.



3rd Thursdays, 12:15- 3:15 PM.

Jan 15, Feb 19,

Mar 19 & April 23.

4 weeks: \$60 M/ \$65 NM

Drop-ins: \$18 M/ \$20 NM.

(Registration required).



UNLEASH YOUR INNER ARTIST

Unlock your creative potential and discover the joy of artistic expression. Whether you're interested in crafting or painting, our classes offer a welcoming environment for artists of all levels. Embrace your creativity, learn new techniques, and connect with fellow art enthusiasts. Don't miss the chance to explore your artistic side and bring your imagination to life.



Hobbies, Craft & Painting



Creative Clay Hand Building Workshop.

Room: 225/ Min 4, Max 20



Molly Lim.

Join us for a relaxing and rewarding weekly journey into the joyful art of hand-built ceramics. Perfect for beginners and those looking to revisit a favorite hobby! You will create up to four projects from your selection of classes: small bowls or Diyas, cylindrical vase, napkin holders and sculpture figurines complete with glazing in each class. Tools and supplies included. Bring an apron, liquid refreshments and your creativity.

All-Inclusive: Your fee covers clay, glazes, and all essential studio tools, plus the cost of kiln firing. Note on Firing: Your finished, glazed pieces will be ready for pick-up approximately one month after our final session, giving them the necessary time to completely dry, fired and cooled.

Week 1: Pinch Pots & Practical forms. **Week 2:** Coil Building & Vertical Structure. **Week 3:** Slab Construction. **Week 4:** Sculpture



Fridays, Jan 9, 16, 23 & 30: 9:00 AM- 12:00 PM

4-week Workshop Cost: \$200 Members/ \$220 Non- Members (\$50 to Try out one session)

Learn to Paint from Bud to Bloom

Room: 225/ Min 6, Max 30



Linda Finstad

From Bud to Bloom: A reminder that progress is a journey not just a destination. In this 2.5-hour step by step class you will learn how to use blend colors. Understand values and how they impact your composition. Learn to create highlights and shadows. Create simple flowers using bold brush strokes.

Cost Includes 16x20 black canvas and artist grade acrylic paints. Plus, all the specialty brushes & knives that are required for this project. **All you need to bring is an apron to protect your clothing (or wear an old shirt).**



Thursday Evenings, March 26: 5:00 - 7:30 PM

Cost: \$ 55 Members/ \$ 65 Non- Members.





Hobbies, Craft & Painting

Learn to Paint Northern Lights- Winter Scene

Room: 225/ Min 6, Max 30

Linda Finstad

Paint a stunning Northern Lights- Winter Scene in this step by step 2-hour class. Create a blend background. Paint multi-toned northern lights. Master the use of a fan brush. Experiment with heavy texture. Plus, you will get Xan introduction to Palette knife painting. **Cost Includes** 16x20 black canvas and artist grade acrylic paints. Plus, all the specialty brushes & knives are required for this project. **All you need to bring is an apron to protect your clothing (or wear an old shirt)**

 **Thursday Evenings**, Feb 5: 5:30 - 7:30 PM

Cost: \$ 55 Members/ \$ 65 Non- Members.




PYSANKY

Lyrissa Shepta

Learn the art of writing on Ukrainian Easter eggs. If you are a beginner, you are welcome to learn the Ukrainian art of wax resist Easter eggs. If you are a pro, you are welcome to join the class and work on your own creation. Full instruction will be provided, and all supplies (including eggs) are included — just bring yourself and your willingness to learn!

ALL SUPPLIES INCLUDED.

 **Tuesday**, March 31: 12:30 - 3:30 PM

Cost: \$ 25 Members/ \$ 35 Non- Members.

Room: 225/ Min 6, Max 30



TAKE A BREAK IN OUR UPSTAIRS LOUNGE







It's a quiet, welcoming space where you can relax with a book, work on a puzzle, or check out our books and puzzles for sale. With comfy chairs and plenty of sunlight, it's the perfect place to unwind.

Feel free to grab a cup of coffee from our Café!

STAINED GLASS WORKSHOPS

Join instructor Sharon for a hands-on workshop where you'll create a stunning piece while exploring the art of stained glass. Perfect for beginners, this class provides all materials, including pre-cut glass pieces, so you can focus on assembling and bringing your design to life. No prior experience is needed— just bring your creativity and enjoy the process. By the end of the workshop, you'll have a beautiful, handcrafted stained glass piece to brighten any window.

Instructor: Sharon Waunch Tomljenovich **ALL SUPPLIES INCLUDED**


	WORKSHOPS	Day & Time/ Room: 225	Cost (Supplies included)
A.	TABLETOP BIRD 	 Saturday , Feb 7: 9 AM- 1 PM	\$85 Mem/\$95 NM
B.	FLOATING DRAGONFLY 	 Saturday , Feb 21: 9 AM- 1 PM	\$85 Mem/\$95 NM
C.	BUTTERFLY PLANT BUDDIES 	 Saturday , March 7: 9 AM- 1 PM	\$ 85 Mem/ \$ 95 NM

WATERCOLOURS 4 ALL LEVELS: Willie Wong

Room 231/ Max 20

This course is designed for all levels. The easy-to-follow handouts make it fun and fast to get the sketches done. This is a two-hour weekly class that will cover everything from still life to landscape and everything in between. Participants are responsible for cleaning the space they are using during the class. Please ask for an updated supply list at the time of registration for class.

This is a fragrance-free class.

 **Thursdays, 9:30-11:30 AM.**

Jan 15, 22, 29, Feb 12, 19, 26, Mar 5, 12, 19, 26.

10 weeks: **\$160 M/ \$200 NM.** Drop-ins: **\$20 M/ \$24 NM.** **No class: Feb 5**




Languages

CONVERSATIONAL SPANISH II: Manual Parra

Room 225 / Min 5 & Max 30.

Would you like to practice Spanish in a relaxed and friendly environment? In this course, you will improve your speaking skills through everyday conversations, learn useful vocabulary, and practice pronunciation and reading techniques to gain confidence. No pressure, just fun and engaging discussions! Bring a notebook/pen.


 Wednesdays, 10:30 AM- 12:00 PM.

Jan 7, 14, 21, 28, Feb 4, 11.

6 weeks: \$60 M/ \$78 NM | Drop In: \$13 M/ \$16 NM.

SPANISH GRAMMER BASICS: Manuel Parra Room 225 / Min 5 & Max 30.

A friendly course for those who want to deepen their understanding of basic Spanish rules. Learn about articles, pronouns, verbs, gender, accentuation, and more. Strengthen your skills and improve your grasp of the language. 📖 Keep moving forward with confidence! 😊

 Wednesdays, 10:30 AM- 12:00 PM.

Feb 18, 25, Mar 4, 11, 18, 25.

6 weeks: \$ 60 M/ \$ 78 NM | Drop In: \$13 M/ \$16 NM

TAKE A BREAK IN OUR 2nd FLOOR CAFE

It's a welcoming space where you'll meet our wonderful volunteers. Start your day with a treat (Cinnamon Bun on Thursdays/Muffins/Tarts and more) or can enjoy your favourite soup to keep yourself warm or a meal in between your activities. The café has large windows to let in plenty of sunlight; it's the perfect place to unwind.





Fitness & Dance Classes

AGE REVERSING ESSENTRICS: Belinda

Room 229 / Max 16.

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). Bring a yoga mat/ water.



Mondays, 1:30-2:30 pm.

Jan 12, 19, 26, Feb 2, 9, 23, Mar 2, 9, 16, 23 No class: Feb 16.

10 weeks: \$130 M/ \$160 NM Drop In: \$16 M/ \$20 NM

BARRE, STRENGTH & STRETCH: Deb

Room Gym/ Max 24.

Barre classes combine breath, alignment and gentle movements derived from ballet, Pilates, and yoga. Barre conditioning helps create long lean muscles; toned thighs; stronger abdominals; increased flexibility; and improved posture. This course is designed for a low intensity exercise class working on strength with various equipment and a nice long core and stretch at the end for restoration and relaxation.



Wednesdays, 10:45-11:45 AM.

Jan 14, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25 No class: Jan 21.

10 weeks: \$100 M/ \$130 NM | Drop In: \$13 M/ \$16 NM.

CIRCUIT TRAINING: Deb Ravbar

Room 231 / Max 14

This is a class for all levels of fitness, including those looking for a more active class. This is a fast-paced 60-minute class that keeps you on your toes. Circuit training format involves rotating through various stations that target your lower and upper body strength, core, and cardiovascular fitness using body weight and various equipment. Challenge yourself to keep going through the allotted time at each station. Discover how quickly your strength and endurance improve each week. Modifications for every fitness level will be provided



Tuesdays, 10:45- 11:45 AM

Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17, 24.

11 weeks: **\$110 M/ \$143 NM** | Drop-ins: **\$13 M/ \$16 NM.**



Fitness & Dance Classes

CORE, STRENGTH, AND STRETCH: Deb Proc

Room Gym/ Max 20.

Strengthen your core and overall strength with the use of stability balls along with weights and bands. This one-hour class will help strengthen your core muscles; help reduce back pain and improve balance. It will also include total body strength and will wrap up with a nice long stretch to help reduce stress and promote relaxation.



Thursdays, 12:30- 1:30 PM.

Jan 15, 29, Feb 5, 12, 19, 26, Mar 5, 12, 19, 26 No class: Jan 22.

10 weeks: \$100 M/ \$130 NM. | Drop In: \$13 M/ \$16 NM.

ESSETRICS® for Seniors - (45 minutes): Meaghan

Room 229 / Max 16.

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 -Gentle Fitness, standing and chair work (sitting). This class will be adapted for people with mobility devices.



Fridays, 1:15-2:00 pm.

Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, 27.

11 weeks: \$143 M/ \$176 NM | Drop In: \$16 M/ \$20 NM

FLOOR CURLING LEAGUE: Peter Kozak

Room Gym/ Max 32.

The league is for floor curlers with some curling experience who want to play regularly on a team in a fun environment. If interested in joining the league, please pay before it gets full. **First come, first serve.**



Tuesdays, 12:00- 2:00 PM Starting Jan 6th

17 weeks: \$ 51.00 (Members only).

Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17, 24, 31, Apr 7, 14, 21 & 28.

(Banquet: April 28)



Fitness & Dance Classes

KEEP FIT ACTIVE: Deb Proc

Room Gym/ Max 24.

Keep Fit Active is for active older adults who are looking for a challenge that is fun and burns big calories. The class consists of a warm-up and a vigorous low-impact half hour of cardio. We also use weights to increase strength and a variety of movement patterns and exercises to improve posture and balance. Participants are required to do exercises and stretches on the floor to increase core strength and flexibility.



Wednesdays, 12:00-1:00 PM.

Jan 14, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25. No class: Jan 21.

10 weeks: \$100 M/ \$130 NM | Drop In: \$13 M/ \$16 NM.

LATIN FITNESS (Higher Energy): Dagmar

Room Gym/ Max 40

Latin Fitness is better suited for those looking for a more energetic, upbeat workout experience. Love Latin music and dance? Join Dagmar to learn Salsa, Merengue, Bachata, and Cha-Cha-Cha! Move with grace and rhythm at your own pace. Whether you're a beginner or experienced, this class is for you. No partner or fancy shoes required—just come ready to have fun and shine on the dance floor!



Fridays, 12:00- 1:00 PM.

Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, 27

11 weeks: \$110 M/ \$143 NM. Drop In: \$13 M/ \$16 NM.

LINE DANCING BEG.: Tracy Walters

Room Gym/ Max 50

It is a low impact, great exercise class, and fun for all ages. Most of the music that will be played is country. Dance for those who want to learn line dancing skills. No previous dance experience required, just a fun attitude. Footwear with leather or similar type sole (with no grips) preferred. A clean pair of runners would also be appropriate.



Wednesdays, 1:15- 2:15 PM.

Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25

11 weeks: \$110 M/ \$143 NM.

Drop In: \$13 M/ \$16 NM.



Fitness & Dance Classes

LINE DANCING ADV: Tracy Walters

Room 231/ Max 20

It is an advanced level class, great exercise, and fun for all ages. Most of the music that will be played is country. Dance for those who want to improve their line dancing skills. No previous dance experience required, just a fun attitude. Footwear with leather or similar type of sole (with no grips). A clean pair of runners would also be appropriate.



Wednesdays, 3:00- 4:00 PM.

Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4, 11, 18, 25

11 weeks: **\$110 M/ \$143 NM.** | Drop In: \$13 M/ \$16 NM.

MAT PILATES: Rose Hickey

Room 229/ Max 14

Mat Pilates relies on small, controlled movements that focus on the strengthening of your core muscles. Pilates are often beneficial for those suffering with neck and back pain. It can help to lengthen, strengthen, and balance your body while increasing your flexibility and concentration. Pilates is well known as a powerful way to fire up your core, but it also targets the entire body. After a few sessions, you will see improvements to your posture and balance.



Mondays, 10:30-11:30 AM.

Feb 2, 9, 23, Mar 2, 9, 16, 23

7 weeks: **\$70 M/ \$91 NM** | Drop-ins: **\$13 M/ \$16 NM.** No class: Feb 16

NIA® CLASS: Kirsten Bartel

Room 229/ Max 16

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.



Tuesdays, 10:00-11:00 AM.

Jan 15, 22, 29, Feb 5, 12, 19, 26, Mar 5, 12, 19, 26

11 weeks: **\$110 M/ \$143 NM.** Drop-ins: **\$13 M/ \$16 NM.**




Fitness & Dance Classes

SIT MOVE & GROOVE: Dagmar

Room GYM/ Max 40.

A joyful, **low-impact chair fitness class** that blends gentle strength and mobility exercises with easy-to-follow rhythmic movements. Designed for participants with mobility or chronic conditions, this class keeps everything fully chair-supported while adding a lively, feel-good groove to boost energy, confidence, and connection.

 **Fridays, 10:45- 11:45 AM.**

Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, 27


11 weeks: **\$110 M/ \$143 NM** | Drop In: \$13 M/ \$16 NM.

SIT MOVE & GROOVE class has been designed & modified for participants who were missing their Friday Sit & Be Fit Class.

STABILITY STRENGTH & ENDURANCE: Rose Hickey/ Esther Sipos

Room GYM/ Max 35


This class is a combination of Sit & be Fit & Core class. It's designed to target all parts of the body to help those struggling with arthritis, osteoporosis, instability & cardio health. Anything done standing can be done seated & modifications will be shown throughout the class so that everyone can participate without any issues. Light weights and bands will be used to increase muscle strength.

 **Mondays, 11:45-12:45 PM.**

Jan 12, 19, 26, Feb 2, 9, 23, Mar 2, 9, 16, 23

10 weeks: **\$100 M/ \$130 NM**

Drop-ins: **\$13 M/ \$16 NM.** **No class: Feb 16.**

 **Wednesdays, 9:30-10:30 AM.**

Feb 4, 11, 18, 25, Mar 4, 11, 18, 25.

8 weeks: **\$80 M/ \$104 NM**

Drop-ins: **\$13 M/ \$16 NM**



Rose Hickey, Fitness Instructor

Rose is from the US, where she received a Bachelors Degree in Exercise Science and a Master's Degree in Health Promotion. She has over 30 years experience in the fitness industry and several certifications under her belt. She was a Personal Trainer for 15 years before creating a "Girls Personal Fitness Program" at Oxford High School where she taught Girls 9-12 grade for 15 years! She retired in 2021 and returned to Edmonton with her husband in July 2023.



Fitness & Dance Classes

New!! STRETCHING CLASS I: Pat Barford. **(This was the demo class from October)**

Room 231/ Max 12

This class follows the ELDOA Method that was developed by a French doctor focused on relieving back pain. There's an individual stretch for all vertebrae and others that deal with shoulders. The website below leads to a site with very good explanations and graphics of how ELDOA is different from other exercises such as Pilates, Yoga and Essentrics. Bring your own mat. Feel free to checkout: <https://www.eldoamethod.com/about-eldoa-method>

 **Thursday Evenings, 6:00- 7:30 PM.**


Mar 12,19,26 & April 2

4 weeks: **\$40 M/ \$52 NM** | Drop-ins: **\$13 M/ \$16 NM.**

TABATA CLASSES : Esther Sipos/ Deb Ravbar

Room GYM/ Max 25

Tabata is an interval exercise class for active participants. Participants work for 20 seconds and rest for 10 and this pattern is repeated for 8 rounds (4-minute cycles) and then the exercise changes and a new 4-minute cycle begin. This type of interval training is designed to improve one's overall fitness level. Tabata benefits an individual's cardiovascular fitness level as well as improving the body's metabolism. Exercises vary from cardio, strength, and core. .

 **Mondays, 10:30-11:30 AM.**

Jan 12, 19, 26, Feb 2, 9, 23, Mar 2, 9, 16, 23.

10 weeks: **\$100 M/ \$130 NM**

Drop-ins: **\$13 M/ \$16 NM.** **No class: Feb 16.**

 **Thursdays, 11:15- 12:15 PM.**

Jan 15, 22, 29, Feb 5, 12, 19, 26, Mar 5,12,19,26.


11 weeks: **\$110 M/ \$143 NM**

Drop-ins: **\$13 M/ \$16 NM**

TAI CHI 10 FORMS: Ken Chui

Room 229/ Max 14

Tai Chi 10 Form class is composed of 10 movements all of which are used in in 24 Form. Yang 10 form is often referred to as Yang 8 form. Both are the same, but Yang 8 does not count commencing and closing form.

 **Tuesdays, 1:15- 2:15 PM**

Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17, 24

11 weeks: **\$110 M/ \$143 NM** | Drop-ins: **\$13 M/ \$16 NM**

ZUMBA GOLD: Tammy Clark

Room 229/ Max 14

This is a dance fitness class with the same Latin rhythms & popular music you love in a Zumba class but with less intense moves. Participants can choose to be standing or sitting in a chair depending on your preference and balance ability but both choices are still a full body workout. All moves can be modified to be less or more intense depending on your fitness level. The music is so amazing, and the moves are easy to pick up. Just move your body and follow along! Some standing songs will include balance and toning elements, those choosing to sit during those songs will be encouraged to do a modified move.



Thursdays, 3:00- 4:00 PM.

Jan 15, 22, 29, Feb 5, 12, 19, 26, Mar 5, 12, 19, 26.

11 weeks: \$110 M/ \$143 NM Drop-ins: \$13 M/ \$16 NM.



Yoga Classes

CHAIR YOGA: Neeru Prashar

Room GYM/ Max 30.

Experience all the benefits of yoga (increase flexibility, build muscle strength, energy levels, and improve circulation) from a seated position. This class is perfect for participants looking for a gentle introduction to yoga, and those with mobility or chronic conditions. **Chair only.** No previous experience is required.



Fridays, 1:15- 2:15 PM.

Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6, 13, 20, 27

11 weeks: \$110 M/ \$143 NM | Drop In: \$13 M/ \$16 NM.

GENTLE CHAIR YOGA: Anne Palaschuk

Room 231/ Max 15

This class is intended for beginners, those with special concerns/injuries or who want a slower pace in which to develop greater personal body and breath awareness, paying attention to alignment and detail. We will learn about improving flexibility, strength and balance in a gentle practice that is calming and stress relieving. Poses will involve sitting on the chair with some standing.



Tuesdays, 9:00- 10:00 AM.

Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17, 24

11 weeks: \$110 M/ \$143 NM | Drop In: \$13 M/ \$16 NM.

STRETCH & TONE YOGA : Michelle Dionne/Paige Elniski

Tone your body while increasing flexibility, balance, endurance, and well-being. This class will encompass active yoga poses, breath awareness, and restorative elements. Enjoy the energizing and peaceful effects of yoga. **Please bring a yoga mat.**



Tuesdays, 10:45- 11:45 AM

11 weeks: **\$110 M/ \$143 NM.**

Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17, 24.

Drop In: \$13 M/ \$16 NM. Room GYM/ Max 24.



Saturdays, 10:00- 11:00 AM

11 weeks: **\$110 M/ \$143 NM.**

Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 7, 14, 21, 28.

Drop In: \$13 M/ \$16 NM. Room 231/ Max 12

YOGA 4 WELLBEING: Neeru Prashar

Room 231/ Max 14

In this class, we use a variety of yoga techniques to improve the tone of muscles and the functioning of the organs. All the movements are done slowly, and postures are held as per the capacity to bring harmony to different layers of the being. Breathing and sound-based techniques are used to improve lung capacity and calm down the mind for the practice of meditation. **Mat Only.**



Mondays, 11:00 AM- 12:00 PM.

Jan 12, 19, 26, Feb 2, 9, 23, Mar 2, 9, 16, 23. No class: Feb 16.

10 weeks: **\$100 M/ \$130 NM** | Drop-ins: **\$13 M/ \$16 NM.**



Bio: Instructor Neeru Prashar
Behind every teaching is a “GURU”

- Neeru was born and raised in India, where Yoga is a way of life. She was introduced to Hatha Yoga practice in 1999 (a path towards Raja Yoga) studying under different teachers, the science and philosophy of yoga motivated her to take up teacher training in Kaivalaydhama, India. Kaivalaydhama is the oldest Yoga University in the world established by Swami Kuvalyananda whose scientific work made Yoga acceptable to the world.
- Neeru is a Certified International Yoga Instructor, accredited by the Council for Yoga International.
- She has completed 500 hours level of Yoga Association of Alberta.
- Special interests in Pranayamic (Breathing) techniques of Yoga and believes in the holistic approach and the eight limb path of Yoga rather than just focusing on Asanas (Postures).
- Neeru teaches yoga and has the knowledge and experience to modify her class to suit individual needs.
- She has a Bachelor's degree in Commerce and Masters in Economics, but her passion is to spread the art of traditional yoga & bring a positive change in people's lives through this practice.

MWSA 2026 Special Dates	
Wednesday, Dec 24, 8:30 AM- 12:30 PM	Reduced Office Hours
Thurs, Dec 25- Sat, Jan 3rd 2026	MWSA Closed/ Holiday Closure
Monday, Jan 5th 2026	Welcome Back- Regular Office Hours Resume Monday- Friday, 8:30 am- 4:30 pm Thursdays, 8:30 am- 8:30 pm Saturdays, 9 am- 1 pm
Monday, Feb 16th 2026	MWSA Closed/ STAT Holiday/ / Family Day
Monday, March 16th 2026	Spring registration Begins
Saturday, March 28th 2026	Annual General Meeting More information to come.
Friday, April 3rd 2026	MWSA Closed/ STAT Holiday/Good Friday
Monday, April 6th 2026	MWSA Closed/STAT Holiday/ Easter Monday
Saturday, April 25th & Sunday, 26th 2026	MWSA's SPRING RUMMAGE SALE 2026

Please Note: Event details including prices, dates, and times are subject to change. See our Monthly Calendar for details!



MWSA Services/ Agreements/ Fundraising

Action 4 Healthy Communities: A4HC

ABIDA TAHIR: 780-235-2176.

Mondays, 9:00 am- 4:00 pm & Thursdays, 1:00- 8:00 pm

LED Program:

This program is designed to help newcomers to Canada overcome language barriers by developing language skills to communicate comfortably and confidently with others in their new homeland. The program offers opportunities to practice with peer support and English language skills to navigate daily life needs and build long-term connections in the community.

Outreach services to newcomers. (PR, Refugees, Refugee Claimants, work/study permit holders) In the Edmonton area. Outreach services will address the settlement needs but are not limited to PR card renewal, Citizenship applications, AB income support, Christmas Bureau gifts, CPP & tax information during the income tax-filing season & other areas. These services and programming supports will be provided through Information & orientation for individuals/families (1 one-on-one session) and group activities based on community members'/clients' needs such as Health, Driving, AB income support, etc.

Digital literacy program:

This program is designed to support newcomers to Canada to improve their digital communication skills through smartphone apps/social media and learn basic computer skills. This program aims to support the development of digital skills to help participants have adequate access to remote/virtual essential services.

EPL E- LEARNING

Last Fridays Monthly, 10:00 - 11:00 am

Join **Edmonton Public Library** Staff to explore a variety of topics in interactive classes. Connect with community. Socialize with friends. And learn something new!

MEDI PEDI FOOT CARE SERVICES

1st Thursday & Last Thursday Monthly

Assess the feet for circulatory issues, wounds, infections etc. Trim/ file nails, callus/ corn care, Moisturizer, refer to physician or podiatrist as needed. Full basic foot care, soaking of feet, cleaning of cuticles, lower leg/ foot massage, Free nail care included.

KAAVISH SPA

3rd Tuesday Monthly

10:00 am- 3:00 pm (See monthly calendar)

STEP FORWARD PROGRAM BY AHS

Register on 780-735-3483.

Tuesdays & Fridays

2:15- 4:15 PM

Provides a gentle, calming 30-minute Kaavish facial designed specifically for seniors. Includes: Light cleansing, Dermaplaning enzyme exfoliation, Hydrating mask, Facial massage, Scalp massage. Cost: \$ 65 per person **(Part of it will be donated to MWSA.)**

This is a program by Alberta Health Services. A beginner to intermediate level functional physical activity program suitable for people with chronic health condition(s) that limits their ability to move.

Website: [Edmonton Zone and Area - STEP Forward | Alberta Health Services](#)

FUNDRAISING	MONTHLY BIRTHDAY PARTY	MONTHLY ACTIVITIES
<p>As a non-profit organization, we accept cash donations or gifts-in-kind from the community to help support our programs and services. If you are interested in supporting the Mill Woods Seniors Association or would like more information about fund development opportunities. Contact us at 780-496-2933. Tax receipts can be issued</p>	<p>The Mill Woods Seniors Association hosts a monthly birthday party in the Café on the Last Monday of the month. Please see the monthly calendar for more details. Last Monday of each Month. Cost: Free for members celebrating their birthday month/ \$3 members as guests/5.00 non-members.</p>	<p>Mill Woods Seniors Association offers a variety of educational sessions throughout the year on a variety of topics including health and wellness, aging well, current affairs, safety, financial planning, and general interest</p>
NEW MEMBERS CONNECTION	OUTINGS	FREE SERVICES OUTREACH
<p>Join us for Coffee & 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 MWSA. 3rd Tuesday of each Month. 2 PM in the Café. Register at the front desk.</p>	<p>MWSA organizes regular outings to places of special interest and festivals in the City of Edmonton and surrounding area. Some past trips have included: The Devonian Gardens, Jurassic Forest, The Ukrainian Cultural Heritage Centre, The Alberta Legislature, The Royal Alberta Museum, and Peaceful Valley!</p>	<p>Free Outreach services provided by EMCN (Edmonton Mennonite Center of Newcomers). Apply for PR, Citizenship, Renewals & lost documents, CPP, OAS, ASB, Low income supports, CPPDP, EI, AISH. Every Wednesday, 9 am- 2 pm/ Room: 224. Naveed Safi: 587-598-3837</p>
SPECIAL EVENTS	VOLUNTEERS	HEARING CLINIC
<p>In addition to our regular programming, there are many special events throughout the year, including dinners, Open House, cultural celebrations (i.e., Christmas, Chinese New Year, Mother's Day, Diwali), and more!</p>	<p>As a non-profit organization, volunteers are essential to the operation of the Mill Woods Seniors Association. We are always looking for volunteers for our programs, special events, front desk, kitchen, and administration. If you are interested in volunteering, please contact us at 780-496-2997 or visit us in person to fill out an application form. Contact: Brandy Devine (Volunteer Coordinator) 780-496-2997 or visit us in person to fill out an application form</p>	<p>One-on-one session for hearing screenings and counselling on hearing loss treatment, guidance on AADL eligibility, and how to apply for AADL/Blue Cross benefits. Discuss rehabilitation process and setting correct expectations on hearing aids. Tips on Cleaning and maintaining hearing aids. Discuss the importance of hearing tests to monitor your health. Book your spot at the front desk</p>

STEP Forward

Supervised Transitional Exercise Program

STEP Forward is a physical conditioning program delivered in a **group setting**.
In-person sessions are eight (8) weeks in duration;
online sessions are ten (10) weeks in duration.

This program may be suitable for you if you are ready to:

- participate in a beginner to intermediate level physical conditioning program; or
- better manage physical status while living with a chronic health diagnosis; or
- reintegrate into the community following medical or rehabilitation intervention; or
- prevent injury by improving physical function

To be considered for the STEP Forward program intake process, you must:

- be at least 18 years of age;
- have a current Alberta Healthcare (AHCI) number;
- be able to follow three-step instructions;
- be able to participate in a group exercise environment;
- participate in a pre-intake telephone interview;
- walk independently (with or without the use of walking aids);
- ready to attend an 8 or 10 week exercise program during weekdays, twice per week

We are currently offering in-person and online sessions via Zoom.

For more information or to self-refer, please call the
STEP Forward Intake Line: 780-735-3483

Primary Care and Chronic Disease Management,
Edmonton Zone



BE AIR AWARE

MWSA is a scent-reduced environment.

PLEASE HELP SUPPORT THE HEALTH OF THOSE AROUND YOU AND AVOID USING STRONGLY SCENTED PRODUCTS.

THANK YOU FOR YOUR COOPERATION!

Outreach Services

- 1 Apply for PR Card
 - 2 Apply for Citizenship
 - 3 Request an Expiration of PR Card Renewal
 - 4 Apply for Lost of PR
 - 5 Apply for lost Landing paper
 - 6 Apply for Canadian Pension Plan (CPP)
 - 7 Apply for Old Age Security (OAS)
 - 8 Alberta Seniors Benefit (ASB)
 - 9 Senior Transit Fares (Buss Card)
 - 10 housing/Civid a
 - 11 Low income support
 - 12 food bank
 - 13 Apply for Canada Pension Plan disability benefits (CPPDP)
 - 14 Apply for Employment Insurance (EI)
 - 15 Apply for Canadian Dental care plan
 - 16 Apply for AISH Application
 - 17 Employment
- Any other senior related issues**

On the third Thursday of each month from 10 a.m. to 2 p.m.



Book your next appointment @ 780-496-2997
2nd Floor, 2610 Hewes Way NW,
Edmonton, T6L 0A9

MEDI PEDI

EDMONTON

587-983-2774

Diabetic, Senior & Regular Pedicures \$79.99

Add-On Manicure \$44.99

Mobile Pedicure \$99.99

Athlete's Foot Treatment

Ingrown Toenail Treatment Non-Invasive

Nail Fungus Treatment Non-Invasive

www.medipediedmonton.com

Millwoods Seniors Center , Home, Hospital, or Residence



INTERESTED IN VOLUNTEERING?

We are always accepting volunteer applications for various roles, including administration, hospitality, community engagement, club and committees, program support and special events. To learn more, please contact our Volunteer Coordinator at bdevine@mwsac.ca or call 780.496.2997!

Mill Woods
Seniors
Association

Facility Rentals

Hourly Rental Rates:

Room Gym \$135.00

Room 225/ 229/ 231 \$59.00

Revised Dec 2026



Host your special occasion here in one of the spacious rooms in our beautiful, modern facility located in the heart of Mill Woods!

for more info:
780-496-2997

www.mwsac.ca

Punch Card for 10 drop-in activities	Members	Non- Mem/ Reciprocal
Activity Punch Card	\$30.00	\$50.00
Instructor-Led Classes Punch Card	\$130.00	\$160.00
Higher Priced Classes	\$160.00	\$200.00
2 nd Floor Café: Coffee	\$20.00 (Limited Quantities last) 2025 \$25.00 Card starting 2026	
2 nd Floor Café: 5 Meal Card	\$70.00 Members (\$14 each) \$85.00 non-mem. & Reciprocal (\$17 each)	
Prices effective January 5, 2026		



MWSA's ACTIVITY EQUIPMENT INFO:

- To maintain Hygiene kindly wipe the weights after every use.
- Due to limited storage space, we do not provide bender balls & bands, they can be purchased at the Front desk:

BENDER BALLS: \$ 18.00 Each

STRETCH BANDS: \$6.00 EACH (6 FT. size)

Advertise in Mill Woods Seniors Association Weekly Newsletter

Do you have a product or service to promote?

Advertise in MWSA's weekly e-newsletter and reach over 2200 subscribers each week.

Advertising starts at \$30/week.

For more information,

email **Karen at klee@mwsac.ca**

KAAVISH SPA

Scheduled at MWSA

Tuesday, Jan 20th

10:00 am- 3:00 pm

A gentle calming 30-minute Kaavish Facial

Specifically designed for Seniors

COST: \$ 65 MEMBER'S/ \$75 MEMBER'S

INCLUDES:

LIGHT CLEANSING

DERMAPLANING ENZYME EXFOLIATION

HYDRATING MASK

FACIAL MASSAGE

SCALP MASSAGE

Book your appointment

780-496-2997

**Mill Woods
Seniors
Association**



INTERESTED IN VOLUNTEERING FOR UPCOMING TAX CLINIC 2026?

We are accepting volunteer applications for Tax Clinic 2026.

Contact Shalini Waryah: swaryah@mwsac.ca (Email Only)

To learn more, please click on the link below to see if you qualify!

[steps-volunteer-clinic-en.pdf](#)

– + | 1 of 2 | 🔍 📄

 Canada Revenue Agency
Agence du revenu du Canada

 Canada

Volunteers

Steps for volunteering at a free tax clinic



Through the Community Volunteer Income Tax Program (CVITP), you can join thousands of volunteers across Canada who help people in need do their taxes. Free tax clinics can make a big difference in the lives of those with modest incomes by helping them access their benefits and tax credits. This is money they rely on to make rent, pay for child care, or buy food for their families.

You can volunteer in person or virtually. For virtual clinics, it helps if you have some CVITP experience, are comfortable working on your own, and are approved to use "Auto-fill my return," which is an online service of the Canada Revenue Agency (CRA).

This checklist provides an overview of the steps for volunteering at a free tax clinic. You will find full instructions in the training and support materials that the CRA gives to CVITP volunteers and host organizations.

Checklist

Register as a volunteer

- ☐ 1. Go to canada.ca/taxes-volunteer to register as a volunteer. Registration is open year-round; however, we recommend that you register between the end of October and the start of February.
- ☐ 2. Choose a volunteer role: you can provide support, be a tax preparer, or do both.
- ☐ 3. Identify the volunteer requirements for your role:
 - For a support role, the requirements depend on whether you will handle or have access to taxpayer information.
 - For a tax preparer role, the requirements depend on how you will prepare and file returns (electronically, paper, or both).

Complete the volunteer requirements

- ☐ 4. Affiliate with a CVITP community organization (this is required for volunteering). CVITP officers can help match you with an organization; however, it is your responsibility to ensure you are affiliated. The number of organizations in need of volunteers is limited in some regions.
- ☐ 5. Depending on your role, you may need to:
 - get a ReplID on the CRA's Represent a Client portal
 - apply for a CVITP EFILE account or renew your account
 - provide a valid police records check (obtained within the last three years)
- ☐ 6. If you volunteer at a virtual clinic, you may also need an email address and access to:
 - the Internet