

## JANUARY 2024 MWSA MONTHLY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> <b>MWSA Closed</b>  <b>Happy New Year!!</b>  <b>** Annual Membership fees are now \$36.00, effective January 1, 2024. **</b>	<b>2</b> <b>MWSA Re-Opens</b>  Pickleball Adv: 8:30- 11:30 am Floor Curling League: 12:00-2:00 pm  Fun Floor Curling: 2:15- 4:15 pm	<b>3</b> <b>Massage Therapy</b> <b>\$\$ 9- 4 pm #224</b>  Pickleball Beg: 8:30- 10:30 am Pickleball All: 10:30- 1:30 pm Badminton: 1:30- 4:15 pm	<b>4</b>  <b>Free Coffee chat with City Councilor Jo-Anne Wright, 10-11 AM #227/228</b>  <b>Pres: E-Prep, 1- 3 pm #227/ 228</b>  Pickleball Adv: 8:30- 10:30 am Pickleball Beg: 10:30- 1:30 pm Pickleball All levels: 1:45- 3:45 pm Badminton: 4- 6 pm Pickleball All Levels: 6:15- 8:15 pm	<b>5</b>  Pickleball Beg: 8:30- 10:30 am Pickleball All Levels: 10:30 a.m.- 1:30 pm  Badminton: 1:30- 4:30 pm  <b>No Grief Support</b>	
<b>8</b>	<b>9</b> <b>4-week Pottery Workshop #231</b> <b>10:00- 12:30 pm, (\$120 M/ \$140 NM)</b> <b>(Jan 9, 16, 23 &amp; 30)</b>	<b>10</b> <b>Massage Therapy</b> <b>\$\$ 9- 4 pm, #224</b>	<b>11</b> <b>Yoga 4 Wellbeing, 1-2 pm #229</b> <b>Cost: \$80 M/\$104 NM</b> <b>(Jan 11- Feb 29)</b>	<b>12</b> <b>Grief Support #224</b> <b>(\$3 M/ \$5 NM)</b>	
<b>15</b> <b>Hearing Test Clinic</b> <b>9:30 AM- 2:30 PM</b> <b>(\$3M/ \$5 NM) #224</b>	<b>16</b> <b>4-week Pottery Workshop #231</b>  <b>Pres: Advance care Planning #229</b>	<b>17</b> <b>Massage Therapy</b> <b>\$\$ 9- 4 pm, #224</b>	<b>18</b> <b>AHS: Boosting your Brain Health Free 4-week Workshop #229</b> <b>1:00-3:30 pm</b>	<b>19</b> <b>Grief Support #224</b> <b>11- 2 pm</b> <b>(\$3 M/ \$5 NM)</b>	<b>Saturday 20</b> <b>Arty Party!</b> <b>\$\$ 10:30 a.m.- 2:30 pm</b>
<b>22</b>	<b>23</b> <b>River Cree Casino</b> <b>11- 3:30 PM (\$10M/ \$15NM)</b>  <b>4-week Pottery Workshop #231</b>	<b>24</b> <b>Massage Therapy</b> <b>\$\$ 9- 4 pm, #224</b>	<b>25</b> <b>Mix &amp; Mingle \$5-7 pm</b>  <b>AHS: Boosting your Brain Health Free 4-week Workshop #229</b> <b>1:00-3:30 pm</b>	<b>26</b> <b>Free EPL e-learning Resource, 9:30- 11:30 AM #Lobby</b>  <b>LIVER &amp; ONIONS DAY Café</b> <b>Grief Support #224, (\$3 M/ \$5 NM)</b>	
<b>29</b> <b>Monthly Birthday Party,</b> <b>1:30- 2:30 PM \$\$</b> <b>CAKE SPONSORED BY CHURCHILL MANOR</b>	<b>30</b> <b>Estate Planning Pres.</b> <b>1- 3 pm \$\$ (\$3M/ \$5 NM) #225</b>  <b>4-week Pottery Workshop #231</b>	<b>31</b> <b>Massage Therapy</b> <b>\$\$ 9- 4 pm, #224</b>			

### Featured Events:

- EPL E-learning Resource: Every Friday of the Month, 9:30- 11:30 am, #Lobby.
  - Foot Care Clinic: In home service only at the moment.
  - Grief Support: Every Friday, 11:00- 2:00 pm, Register at the front desk. #224
  - Hearing Test Clinic: Monday, Jan 15, 9:30- 2:30 pm, Register at the front desk. #224
- Monthly Birthday: Last Monday of the month, 1:30- 2:30 pm, Register at the front desk. # Cafe
- Massage Therapy: Every Wednesday, 9:00 am- 4:00 pm, Register at the front desk. #224

**EVENT DESCRIPTIONS: (PRE- REGISTRATIONS, INCLUDING ALL PAYMENTS ARE REQUIRED.)**

**Thursday, Jan 4, 10- 11 am Coffee chat with City Councilor Jo-Anne Wright.** Followed by the Questions & Answers. **Cost: Free**  
**1:00- 3:00 pm. Presentation on E-Prep** Emergencies and disasters can happen at any time, often without warning. These situations can have lasting impacts on older adults and their loved ones long after the emergency has passed. By taking a few simple steps to become more prepared, they are equipped to better navigate disruptions when they do occur. If they rely on others for assistance, being prepared can help keep them safe, warm, and comfortable while they wait for help. In any case, having a plan will help reduce the impact and shorten recovery time, helping them and their loved ones get back to their lives sooner. **Facilitator: Krista & Ruth (Edmonton Seniors Coordinating Council).**  
**Cost: Free**

**Every Wednesday, Jan 3-31, 9 am- 4 pm. 60 Minutes Therapeutic Massage** It is a vital form of therapy that offers numerous benefits for older adults. This specialized massage technique not only alleviates physical pain and discomfort but also promotes relaxation, improved circulation, and enhanced overall well-being. By investing in regular senior therapeutic massages, one can experience a significant improvement in their quality of life, allowing them to age gracefully and maintain an active lifestyle. All massages are performed to the level of comfort the client desires. **Cost: Members- \$85.00 (+GST) = \$89.25. Non-Members-\$100.00 (+GST) = \$105.00.** Direct billing available. With appointment only & No walk ins. Pay: Cash/ Credit/Debit (card and contact less), eTransfer at (luxuryreliefab@gmail.com), Direct billing available with most insurance in Alberta, (Sun Life, Blue Cross, Manulife, Canada Life)

**Tuesday, Jan 9, 16, 23 & 30, 10:30 am- 12 pm. 4 Week Pottery Workshop.** Make your own handmade special gift for a friend/ family. This all-inclusive 1.5 hr. workshop is designed to grasp all the basic hand building techniques & get your hands dirty for the first time trying to use pottery clay to create a Bowl, Mug, Soap Holder, and a Lidded Jar for the ambitious. Finished pieces will be delivered to MWSA Front Desk for pickup, after 4 weeks (we cannot rush any pieces due to drying & firing time). **Cost: \$120 M/ \$140 NM. Min. 5. No Drop Ins.**

**Monday Jan 15, 9:30 am-2:30 pm. Hearing test clinic.** One-on-one session with Kate Powell for hearing screening, 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 how to clean and maintain hearing aids **Cost: \$3 M/\$5 NM.**

**Thursdays, Jan 11-Feb 29, 1:00- 2:00 pm (8-week session) Yoga 4 Wellbeing:** with various loosening practices or joint movements followed by Kriyas; body movements coordinated with the breath (Kriyas) to improve the oxygen supply to the muscles and cleanse the metabolic waste, improve blood circulation and to establish mind-body connection. Postures (Asanas) are practiced working on various systems of the body and modified to individual needs. Chair will be provided to people who cannot practice on the floor. These postures are consciously held for some time to bring proper tone in the muscles and improve the micro circulation in the body. Shavasana, deep relaxation & breathing practice is done at the end to reap the benefit of the entire practice and to relax the body and the mind. They not only improve the lung function but also calm down the nervous system and prepare the mind for contemplative practices. **Min 8, Max 12** This class has been scheduled due to a member's special request. **Instructor: Neeru Prashar. Cost: \$80 Mem/ \$ 104 NM. Drop in: \$13 M/ \$16 NM.**

**Tuesday Jan 16, 1:00-2:30 pm Presentation on Advance Care Planning.** Medical emergencies happen. Planning can help make life's unexpected turns easier to handle. Join us for our upcoming session by Covenant Health Palliative Institute 'Supporting Albertans in Planning Ahead' to delve into the essentials of advance care planning, financial and estate planning. Handouts will be provided. Presented by: Ellen Mi, Palliative Institute, Covenant Health **Cost: Free.** Please pre-register at the front desk.

**Thursdays, Jan 18, 25, Feb 1 & 8, 1:00- 3:30 pm. Boosting your Brain Health.** 4-week workshop from **Alberta Health services** to help motivated adults act on improving their brain health. **Learn about** •How your brain changes from your lifestyle choices and health conditions. • New ways to improve your brain health. •How to set goals for day-to-day life that can benefit your brain health. **How do I take part?** • This program consists of 4 sessions, each 2.5 hours in length. • To register, **Call AHS at 780-342-8302.** • **Cost: Free. Max: 40.**

**Saturday, Jan 20, 10:30 a.m.- 2:30 pm. Arty Party!** Join us for a fun Saturday at our Arty Party to play with paint! No previous art experience necessary. We will be exploring paint pour techniques using acrylic paints in a fun and creative way, that anyone can do. Create some amazing abstract art with these simple techniques. Using paint, a skewer, and a squeegee - you will be amazed at what you create. Some paints, paper and canvases will be supplied. If you have special colours you wish to use, please feel free to bring your own. A light lunch with pancakes, scrambled eggs, hash browns, sausage and bacon is included. Plus, a cash bar! Doors at 10:30 a.m. Brunch at 11:00 a.m. Painting Fun to start at 12:30 p.m. **Cost: \$30 MWSA members, \$40 Non-members. Please register by January 15, 2024.**

**Tuesday, Jan 23, 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. Register early, as this trip is always popular! The bus leaves MWSA at 11:00 am & departs from River Cree at 3:30 pm. **Max: 24. Cost: \$10 M/ \$15 NM.**

**Thursday Jan 25, 5:00-7:00 PM. Mix & Mingle** is a fun way to meet some new people in a friendly, casual environment. Cost includes one drink (alcoholic or non-alcoholic) and a snack plate. Additional drinks are available for purchase. **Cost: \$20 M/\$30 NM. Please pre-register by Jan 19.**

**Friday Jan 26, 9:30-11:30 am. EPL e-learning Resource** Do you have a passion and love for learning? Did you know there are many excellent "continuing education" resources that you can access for free? Visit the Edmonton Public Library resource table to learn more about these excellent free learning resources. Learning something new is only a click of a button away! You must have a valid Edmonton Public Library card to access EPL's eLearning Resources. **Cost: Free. Walk in. No registration required.**

**Tuesday, Jan 30, 1:00- 3:00 pm. Presentation on Estate planning** by Lindsey Hunter from Arbor Memorial with Main Street Law. An insightful 30-minute discussion on the essential components of estate planning, cemetery and funeral arranging, wills, naming of executors, powers of attorney. Followed by a Q & A. **Cost: \$3 M/\$5 NM. Max: 45.**