



Hello Winter 2024

January 8- April 12, 2024 (14 Weeks)

PROGRAM & ACTIVITY Guide

At MILL WOODS SENIORS CENTRE

Registration Begins December 4, 2023

We wish you a happy and peaceful
winter with your loved ones.

2610 HEWES WAY NW, 2ND FLOOR,
EDMONTON, AB T6L 0A9
780-496-2997
WWW.MWSAC.CA

Placing seniors at the centre

TREATY 6 ACKNOWLEDGEMENT: MWSA acknowledges that the land on which our facility rests is Treaty 6 Territory, a traditional meeting ground for many Indigenous Peoples, including Plains and Wood Cree, Assiniboine, Salteaux, Niitsitapi (Blackfoot), Métis, Nakota Sioux, and Chipewyan. Their spiritual and practical relationships with the land continue to create a rich heritage for our community. We are deeply honoured to share this land.



TABLE OF CONTENTS

General Information

About Us.....3

Membership Info.....4

Registrations & Payments.....5

Memorandum of Reciprocal.....6

Programs & Activities

Class Descriptions & Schedule.....7- 12

Drop-In Activities Schedule.....13- 15

MWSA Clubs.....16

AHC Partnership.....17

Services Provided at MWSA.....18

Additional Info.....19- 20

Mill Woods Seniors Association

2nd Floor, 2610 Hewes Way NW

Edmonton, Alberta, T6L 0A9

PHONE: 780-496-2997

Follow us on social media!

Website: www.mwsac.ca

Subscribe to our [YouTube Channel!](#)

Facebook: www.facebook.com/millwoodsseniorsassociation

Twitter: www.twitter.com/MW_Seniors

Hours of Operation

Monday to Friday: 8:30 a.m. to 4:30 p.m.

Thursdays: 8:30 am- 8:30 pm

Weekends and holidays: Closed

Registration Starts

Monday, December 4, 2023

Please avoid last-minute registrations

MWSA will reopen on Tuesday, January 2nd, 2024.

MWSA will be CLOSED on these holidays:

- **Monday, Feb 19, Family Day.**
- **Friday, March 29, Good Friday.**
- **Monday, April 1, Easter Monday.**

ABOUT US

The Mill Woods Seniors Association (MWSA) enhances the independence of seniors (55 years old and over) by providing a range of programs and services to meet their recreational and social needs. Aging well is about enjoying new experiences and learning new things. At MWSA, seniors are encouraged to continue learning, adapting, and contributing to society. We hope to inspire our members to live a meaningful and passionate life, with our variety of programs and services. We offer volunteer opportunities to those who are looking to give back to their community.

Mission and Vision Statement

Mill Woods Seniors Association (MWSA) enhances the quality of life of seniors in Mill Woods and surrounding communities. MWSA is a welcoming center that provides programs and services that meet seniors' recreational, educational, social, health, physical, intellectual, and emotional needs. If you have questions or concerns, please contact:

Executive Director, Deb Cautley, at 780-496-2933 or dcautley@mwsac.ca

Staff Directory

Position	Name	Email	Contact
General Inquiries	Front Desk Volunteers	N/A	780-496-2997
Executive Director	Deb Cautley	dcautley@mwsac.ca	780-496-2933
Bookkeeper/Office Admin	Michele Vriens	mvriens@mwsac.ca	780-508-9260
Membership/Volunteer	Brandy Devine	bdevine@mwsac.ca	780-508-9359
Café Chef	Daniel Diaz Mora	chef@mwsac.ca	780-508-9251
Café Pre-orders	Volunteers/ Staff	N/A	780-944-5926
Communications	Karen Lee	klee@mwsac.ca	780-717-3038
Program Coordinator	Shalini Waryah	swaryah@mwsac.ca	780-508-9252
Special Events Coordinator	Volunteer	specialevents@mwsac.ca	N/A

MWSA MEMBERSHIP INFORMATION

Annual Memberships

- *55+ Membership: \$36 per person (Effective Jan 1, 2024.)*
- *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 at 2nd Floor Cafe*
- *Non-refundable and non-transferable.*
- *Discounts on annual passes to city recreational facilities.*

Associate Memberships

45+ Membership: \$36 per person. (Effective Jan 1, 2024.)

- *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: Those who have a valid membership for one of the participating centers.

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

Non-Members

- *Access to programs/activities/special events/presentations/workshops at a non-member rate.*
- *No access to clubs.*
- *Access to the café is allowed for all ages & non- members.*

HOW TO REGISTER

Online Registration / Pay

Sign into your online 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. If you need assistance with account setup, please ask for MWSA staff assistance by calling 780-496-2997.

Telephone Payment

Front Desk volunteers can assist you with telephone registration (credit card payments only). (780-496-2997)

"E- Transfer" Payment **NEW!**

Please send your payment: ed@mwsac.ca" (add 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 provided 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 a 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 partake 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.**

Feel free to drop in for classes, unless otherwise stated in this guide. Call 780-496-2997 to confirm if they are running that day.

Memorandum of Understanding Reciprocal Program Registrations

Mill Woods Seniors Association is a participating center of the Edmonton Seniors Coordinating Council's Reciprocal Program Registration Agreement. Seniors can access a variety of courses from Edmonton's seniors' centers with one membership.

What you need to know about Reciprocal Program Registration:

- Reciprocal registration applies to **instructional courses only**. However, some centers will accept reciprocal registration for social events, non-instructional programming, and clubs. Check with the center you want to register with.
- You must show a valid membership card from one of the participating centers to register.
- Participating centers have different registration procedures, so contact the center to find out what you need to know to register.
- If you have a membership at the other center, you will still fill in the membership form at Front desk (do not pay), will receive your Membership Card which has Reciprocal Membership details with Key Fob, for our database (to attend the classes here).
- Eligible to attend instructor-led classes and use café (meals/coffee).

Center Name	Agreement of Participation	Contact
Central Lions Seniors	Participating at Token Fee \$5.00	780-970-8825
Edmonton Indigenous Seniors	Still Honoring	587-525-8970 Ext # 2
Edmonton Seniors Centre	Still Honoring	780-425-8625 Ext. 2003
Jewish Senior Citizens' Centre	Still Honoring	780-488-4841
North Edmonton Seniors	Still Honoring *(exception - Fitness Centre)	780-496-4915/ 4927
Northwest Edmonton Seniors	Still Honoring	780-451-1925
Sage Seniors Association	Still Honoring	780-701-9016
Southeast Edmonton Seniors	Still Honoring	780-468-1985 Ext.228
Southwest Edmonton Seniors	TBD	587-987-3200
Strathcona Place 55+ Centre	Still Honoring	780-433-5807
West End Seniors Activity	Participating at Token Fee \$5.00	780-483-1209
Updated Dec 20, 2023.		

Instructor-Led Programs (Registration Required)

ACRYLICS FOR ALL: Room 231/ Max 12.

Acrylics are fast-drying paints that can be used straight from a tube, like oil paints, or can be thinned with water, like watercolors. They are extremely versatile and vibrant, offering the artist a wide range of textures, colors, and consistencies. This class is for all levels of experience. **This is a fragrance-free class. SUPPLY LIST.**

- Instructor: Willie Wong
- Tuesdays, 1:30 PM-3:30 PM.
- 6 Weeks: **Jan 9, 16, 23, 30, Feb 6 & 13, 2024** Cost: 6-week session: **\$120 M/ \$150 NM. No drop-ins.**

AGE REVERSING ESSENTRICS® Room 229 New! / Min:8. Max 12.

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 and water.

- Instructor: Meaghan Hipkin
- Mondays, 11:15- 12:15 PM.
- 12 weeks cost: **\$192, drop-in fee: \$20/class** Non-member's cost: **\$240, drop-in fee: \$22/class**

BARRE, STRENGTH & STRETCH: 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. Sanitize the equipment after use.

- Instructor: Deb Proc
- Wednesdays, 10:45-11:45 AM.
- 14 weeks cost: **\$140, drop-in fee: \$13/class** Non-member's cost: **\$182, drop-in fee: \$16/class**

CARD MAKING WORKSHOP: Room 225/ Min 5, Max 12

Learn to cut and fold cardstock in different ways to create unique and interesting cards. Assemble 3 cards. 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. **Pick your supply list at the front desk.**

- Instructor: TBD: (Card Makers Club)
- Thursdays, 12:15- 3:15 PM. **(Jan 18, Feb 15, March 21)**
- 3 weeks cost: **\$50/ members** Non-member's cost: **\$60, No drop-ins**

CHAIR YOGA: Room Gym/ Max 22.

Experience all the benefits of yoga (increase flexibility, build muscle strength, increase 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 mats. No previous experience is required.

- Instructor: Anne Palaschuk
- Friday, 1:15- 2:15 PM
- 13 weeks cost: **\$130, drop-in fee: \$13/class** Non-member's cost: **\$169, drop-in fee: \$16/class**

CIRCUIT TRAINING: Room 229/ Max 12.

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.

- Instructor: Deb Ravbar
- 14 weeks: Tuesdays, 11:30 AM- 12:30 PM.
- Member's cost: **\$140**, drop-in fee: \$13/class Non-member's cost: **\$182**, drop-in fee: \$16/class

Computer Literacy Level I Room 228 **New! / Min. 5, Max 15.**

Program for all ages, unfamiliar with computers, phones, and the Internet. The course comprises of understanding Microsoft office, Internet, its uses, cell phone use , downloading apps, usage of GPS, Camera, photos , editing and associate characters of digital phone and iPad usage. What we want participants to walk away having learned or understood; and engaging enough to keep everyone interested and participating throughout. We will try to provide the necessary tools like white board to elucidate the objective and the needed tools like laptop and phones must be procured by the participants.

- Instructor: Reddy Marri
- Mondays, 10:00 PM- 12:00 PM.
- 12 weeks Cost: \$120 M/ \$156 NM.
- Drop-in fee: \$13/ mem, \$16/ non- mem.

CORE, STRENGTH, AND STRETCH: Room Gym/ Max 16.

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.

- Instructor: Deb Proc
- Thursdays, 12:30- 1:30 PM.
- 14 weeks cost: **\$140**, drop-in fee: \$13/class Non-member's cost: **\$182**, drop-in fee: \$16/class.

DRAWING FOR BEGINNERS: Room 231 / Max 20.

We will learn new tools and new techniques, including the basics of shading, plus short cut techniques and easy-to-follow handouts. No previous art experience needed. Please ask for an updated supply list at the time of registration for class. **This is a fragrance-free class.**

- Instructor: Willie Wong
- Tuesdays, 1:30 PM-3:30 PM. **March 12, 19, 26, April 2 & 9, 2024**
- 5 Weeks Cost: \$100 M/ \$125 NM. **No drop-ins.**

FLOOR CURLING LEAGUE: 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.**

- Program Lead: Peter Kozak
- 16 Weeks: Tuesdays 12:00- 2:00 PM; **Jan 2- April 9, 2023. (April 16, Curling Banquet)**
- Cost: \$45. Members Only. **No Drop-ins (Fun Curling is for drop-ins).**

KEEP FIT ACTIVE: 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.

- Instructors: **Deb Proc (Wed) & Esther Sipos (Fri).**
- **Wednesdays**, 12:00-1:00 PM. **14 weeks cost: \$ 140/ mem, \$ 182/ non-mem**
- **Fridays**, 12:00- 1:00 PM. **13 weeks cost: \$130/ mem, \$ 169/ non mem. (No Classes on March 29)**
- **Wednesdays & Fridays** (Discounted Cost): \$260/ Mem, \$341/ non-mem.
- **Drop-in fee:** \$13/ mem, \$16/ non- mem.

LEARN TO PLAY PICKLEBALL: 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. *Previous participants must ask the instructor if they are eligible to move on to participate in Pickleball Beginners.*

- **Instructor: Kevin Price & Ralph Cole**
- **Thursdays**, 4:00-6:00 PM
- **Session I:** 8 Weeks: **Jan 11- Feb 29.** (Ralph)
- **Session II:** 6 Weeks: **Mar 7- April 11.** (Kevin)
- **8 weeks cost:** \$80/ members Non-member's: \$104. **No Drop Ins.**
- **6 weeks cost:** \$60/ members Non-member's: \$78. **No Drop Ins.**

LINE DANCING: Room Gym/ Max 24.

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

- Instructor: **Tracy Walters**
- **Wednesdays**, 1:15- 2:15 PM.
- **14 Weeks**, Member's cost: **\$140**, drop-in fee: \$13/class Non-member's: **\$182**, drop-in fee: \$16/class

MAT PILATES: Room 229/ 228 Max 12

Mat Pilates relies on small, controlled movements that focus on the strengthening of your core muscles. Pilates is often beneficial for those suffering with neck and back pain. 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.

- **Instructor: Rose Hickey.**
- **Mondays**, 10:00- 11:00 AM **No classes on Jan 22 & 29**
- **Wednesday**, 9:30- 10:30 AM (Feb 7- April 10)
- **10 weeks cost:** \$100, drop-in fee: \$13/class Non-member's cost: \$130, drop-in fee: \$16/class.
- **Discounted cost for Both Days: \$190 Members/ \$250 Non- members.**

NIA® CLASS: Room 229/ Max 12.

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 for floor play & cool down suggested.

- **Instructor: Kirsten Bartel**
- **Tuesdays, 10:00-11:00 AM & Thursdays, 10:00-11:00 AM**
- **14 Weeks cost: \$ 140/ mem, \$ 182/ non mem.**
- **28 weeks cost: \$ 260/ mem, \$344/ non- mem (discounted rate Tue & Thursdays)**
- **Drop-in fee: \$13/ mem, \$16/ non- mem.**

ROLL & STRETCH: Room: Gym **New! / Max 20**

If you are looking for a way to improve your flexibility, range of motion, and decrease muscle pain, fascia rolling and stretching may be for you. Learn how this effective “self-massage” can help you reduce pain and help increase balance and mobility. Some equipment will be supplied, but if you also want to bring your own rollers, you are welcome to do so.

- **Instructor: Deb Proc**
- **Thursdays, 11:15- 12:15 PM.**
- **14 weeks cost: \$140, drop-in fee: \$13/class Non-member's cost: \$182, drop-in fee: \$16/class.**

SIT AND BE FIT: Room Gym/ Max 24.

A gentle fitness class for participants with mobility and/or chronic issues. All exercises are performed from a chair. Learn different adaptive exercises with light weights and exercise bands to build strength, stamina, and flexibility.

- **Instructor: Esther Sipos (Mondays) & Natalia Bandola (Fridays)**
- **12 weeks: Mondays, 11:45-12:45 PM (No class Feb 19 & April 1)**
- **Mondays cost: \$ 120/ mem, \$ 156/ non-mem.**
- **13 weeks: Fridays, 10:45-11:45 AM (No class March 29)**
- **Fridays cost: \$ 130/ mem, \$ 169/ non- mem.**
- **Mondays & Fridays discounted Cost: \$240/ Members, \$ 315 Non- Members.**
- **Drop-in fee: \$13/ mem, \$16/ non- mem.**

SPANISH II: Room 225/ Min 5

This class is for participants who have previously taken Spanish Level I & pre-qualified by the instructor to learn more, practice and improve their language skills.

- **Instructor: Gaston Fuentealba.**
- **7 Week: Wednesday, 10:00-11:30 AM. Jan 10- Feb 21, 2024.**
- **Cost: \$70 Members /\$91 Non-Members. No Drop-in.**

SPANISH I: Room 225/ Min 5

This class is for participants who have never taken level I previously and are looking to learn, practice and improve their language skills.

- **Instructor: Gaston Fuentealba.**
- **6 Week: Wednesday, 10:00-11:30 AM. Mar 13- April 17, 2024.**
- **Cost: \$60 Members /\$78 Non-Members. No Drop-in.**

STRENGTH & CONDITIONING: Room 229 (New! Evening Class), Min: 6, Max: 12

This class is composed of hand weights and light floor aerobics (low impact). We will do a combination of weights with movement, just weights, and then just cardio. We will end with some ab work and stretching. This class is designed to tone muscles, build cardio (heart) strength, and increase one's overall fitness/energy levels. Bring a water bottle and some enthusiasm! We will have fun moving to some 70's-80's Classic Rock. Dress comfy and wear tennis shoes.

- **Instructor: Rose Hickey.**
- **Thursdays, 5:30- 6:30 PM (No class on Jan 18 & 25)**
- **12 weeks cost: \$120, drop-in fee: \$13/class Non-member's cost: \$156, drop-in fee: \$16/class**

STRETCH & TONE YOGA: Room Gym/ Max 30

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. Taught by a certified Iyengar yoga instructor. Please bring a yoga mat.

- **Instructor: Anne Palaschuk**
- **14 Weeks, Tuesdays, 10:45-11:45 AM**
- **Member's cost: \$140, drop-in fee: \$13/class Non-member's cost: \$182, drop-in fee: \$16/class**

STRONG BODY, HEALTHY CORE: Gym/229

This class is designed for anybody who wants to improve their overall health and fitness level by focusing on core exercises to train the muscles of pelvis, lower back, hips, and abdomen to work in harmony. This will lead to better balance, posture, and stability, whether on the playing field or in daily activities. During the class participants will use weights, elastic bands, bender balls, and their own body weight. The class is chair friendly.

- **Instructor: Natalia Bandola**
- **Mondays, 1:00-2:00 PM. (No class Feb 19 & Apr 1). Max 22 #Gym FULL NOW**
- **Fridays, 12:00- 1:00 PM. (No class Mar 29). Max 12 #229**
- **12 Weeks Mondays Cost: \$120/ mem, \$156/ non-mem. FULL NOW! (No drop ins)**
- **13 Week Fridays cost: \$130/ mem, \$169/ non-mem.**
- **Mondays & Fridays (25-week discounted Cost: \$240/ Members, \$ 315 Non- Members.**
- **Drop-in fee: \$13/ mem, \$16/ non- mem.**

TABATA: Gym/ 229

*Tabata is an interval exercise class for the active participant. 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 begins. 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. . **Make sure to indicate your class choice on your registration form.***

- **Instructors: Esther Sipos, Mondays, Max 25 #Gym & Deb Ravbar, Thursdays, Max 14 #229**
- **Mondays, 10:30-11:30 AM (No class Feb 19 & Apr. 1)**
- **12 weeks Cost: \$ 120/ Mem, \$ 156/ non-mem.**
- **Thursday, 11:15- 12:15 PM.**
- **14 weeks Cost: \$ 140/ mem, \$ 182/ non-mem.**
- **Mondays & Thursdays (Discounted Cost): \$250/ Mem, \$328/ non-mem.**
- **Drop-in fee: \$13/ mem, \$16/ non- mem.**

TAI CHI 24: Room 229/ Max 14

It is a simplified form of Tai Chi and quite easy to learn and practice. These days it has become a popular trend; more people worldwide start to learn these 24 forms. Tai Chi is a form of martial art that can improve one's health, sense of balance, and overall well-being. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing. No previous experience necessary.

- Instructor: **Ken Chui**
- **13 Weeks:** Tuesdays, 1:00-2:00 PM. (No class on Jan 9)
- Members cost: \$ 130, drop-in fee: \$ 13/class Non-member's: \$ 169, drop-in fee: \$ 16/class.

UKULELE FOR BEGINNERS- Room 231/ Min. need 10

The ukulele, usually with four nylon strings, is often associated with the music of Hawaii. However, this easy-to-learn instrument can power almost any type of music. MWSA introduces a 14-week course for anyone to learn this fun and instructive instrument. If you have a ukulele, or can borrow one for the course, you will learn all about the care and feeding of this wonderful little tune-maker. Smiles and songs are promised within no time at all. No previous musical experience necessary. No drop ins.

- Instructor: **Brian Dunsmore**
- 14 weeks: Thursdays, 6:00-7:30 PM
- Members' cost: \$182/ Non-members' cost: \$224. **NO DROP INS**

WATERCOLOURS: 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.**

- Instructor: **Willie Wong**
- Thursdays, 9:30-11:30 AM
- **Watercolors for Beginners:** Jan 11, 18, 25, Feb 15, 2024 (4 weeks), Cost: \$ 80 M/ \$100 NM.
- **Watercolors for All Levels:** March 7, 14, 21, 28, April 4 & 11, 2024 (6 weeks), Cost: \$ 120 M/ \$ 150 NM.
- **No drop-ins. Note:** These are 2 different classes. Please indicate which one you are registering for.

YOGA 4 MEN'S: Room 227/ 228 (New Class! specially designed for Men Only), Min. 8.

Move the body, breathe the air, and settle the mind during this gentle. This class will bring you yoga asana (poses), pranayama (breath work) and meditation to help you bring awareness and peace to your life. Steven Bell is a certified 500-hour (Yoga Association of Alberta) teacher. Beginners are welcome, please bring your own yoga mat. Class can be modified for participants who need to use a chair.

- Instructor: **Steven Bell**
- 13 weeks: Thursdays, 11:00- 12:15 PM (No class on Feb 22)
- Members' cost: \$169/ drop in: \$ 16/ Non-members' cost: \$208/ drop in: \$20/

MWSA Drop-In Activities

Starting August 1, 2023, all non- revenue generating activities will pay a drop-in fee. (\$3 Mem/ \$5 Non- Mem.)

***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 latest updates.*

Reminder: We have drop-in **Punch Cards** for all our drop-in programs available for purchase at the Front Desk. Pre-pay card for 10 drop-in activities of your choice.

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.

- Mondays, 2:15-4:15 PM
- Wednesdays, 2:30- 4:30 PM.
- Fridays, 2:30- 4:30 PM
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

BOOK CLUB: Room 227/ 228, FULL

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

- **Program Lead:** Joanne Christie
- **Times:** 2nd Tuesdays of every month, 11:00 AM- 12:30 PM.
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

CANASTA: Room Piano Corner

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.

- Mondays & Thursdays, 12:30-2:30 PM
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

CAREGIVERS' CIRCLE & ALZHEIMER'S SUPPORT: Room 227/ 228

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. A representative from the Alzheimer's Society will join the caregiver support group.

- **Times:** 1st Tuesdays, 10:00 AM-12:00 PM **Caregiver Circle**
- **Times:** 3rd Tuesdays, 10:00 AM-12:00 PM **Alzheimer's Support Group**
- **Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)**

CELIAC GROUP NEW!

Are you CELIAC or GLUTEN FREE with concerns, issues, ideas, or food concerns join our group to discuss items and connect with others with the same concerns or issues. We will have guest speakers occasionally. Everyone gets a chance to speak and move dialogue along.

- **Program Lead:** Don Briggs
- **Times:** 4th Tuesdays of every month, 10:00- 11:30 AM.
- **Cost: \$3 Members/\$5 Non-Members. (Punch Cards Available)**

CONVERSATIONAL CIRCLE: Room 225

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.

- **Program Lead:** Doris Jagrup
- **Times:** Wednesdays, 2:15- 4:15 PM.
- **Cost:** \$3 Members/\$5 Non-Members. **(Punch Cards Available)**

CRIBBAGE: 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.

- **Times:** Thursdays, 12:30- 2:30 PM.
- **Cost:** \$3 Members/ \$5 Non-Members **(Punch Cards Available)**

FUN FLOOR CURLING: Room Gym

*Floor curling is like the game of ice curling, but the main difference is that there is no sweeping. Curling rocks are pushed with wooden sticks. All levels of curlers are welcome to play the game in a fun, non-competitive environment. **Min 8. Max 32.***

- **Times:** Tuesdays, 2:15-4:15 PM.
- **Cost:** \$3 Members/ \$5 Non-Members. **(Punch Cards Available)**

GRIEF & BEREAVEMENT SUPPORT: Room 224

*Release anxiety, release negative emotions, reduce physical pain, reduce anxious behaviour, increase self-esteem, and calm your racing thoughts. Each consultation lasts one hour between 11- 2 PM. **Max 3 appointments: Fridays.***

- **Program Lead:** Shamim Amiri.
- **Times:** Fridays, 11:00- 2:00 PM
- **Cost:** \$3 Members/\$5 Non-Members. **(Punch Cards Available)**

JAM SESSIONS: 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.

- **Program Lead:** Dennis Tink.
- **Times:** Wednesdays and Fridays: 9:00 AM-12:00 PM.
- **Cost:** \$3 Members /\$5 Non-Members **(Punch Cards Available)**

MAHJONG: Room 229

*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.***

- **Program Lead:** Lorne Ma
- **Times:** Mondays: 2:00-4:15 PM
- **Cost:** \$3 Members /\$5 Non-Members **(Punch Cards Available)**

OPEN ART STUDIO: Room: Piano Corner/ 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 a place where the artist works and creates. Please bring your own supplies and paint together.

- *Fridays: 11:00- 4:00 PM*
- *Cost: \$3 Members, \$5 Non-Members (Punch Cards Available)*

PICKLEBALL: Room Gym

*Two courts are available. Pickleball is a fun game played with a paddle on a court. It can be described as a cross between badminton, tennis, and table tennis. It is an opportunity to learn and practice this popular sport in a friendly, non-competitive environment. No instructor. **Players of all levels can be expected.** If you are new to the game, please play during “Pickleball for Beginners” time. Paddle and balls are provided, but players are welcome to bring their own. Please wear clean court shoes.*

- *Mondays, 8:30- 10:15 AM (Advanced)*
- *Tuesdays, 8:30-10:30 AM (Advanced)*
- *Wednesdays, 8:30- 10:30 AM (Beginners)*
- *Thursdays, 8:30- 10:30 AM (Advanced); 1:45- 3:45 PM (All Levels);*
- *Thursdays Evenings, 6:15-8:15 PM (All Levels),*
- *Fridays, 8:30- 10:30 AM (Beginners)*
- *Cost: \$3 Members/ \$5 Non-Members (Punch Cards Available)*

SING-ALONG: Room 228

Sing-along with Lorraine Kalis in a fun, casual environment. All genres of music will be covered, from the 1960's, 1970's, Valentines, Old westerns, Real oldies, popular gospels, etc. Song lyrics and background music will be supplied.

- **Program Lead:** Lorraine Kalis
- *Tuesday, 1:00- 2:00 PM*
- **Cost: \$3 Members/\$5 Non-Members (Punch Cards Available)**

TABLE TENNIS: 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. Please bring a pair of clean shoes to the room.

- **Program Lead:** Agnes Mah.
- *Mondays and Wednesdays: 12:30-2:30 PM*
- **Cost: \$3 Members, \$5 Non-Members (Punch Cards Available).**

MWSA Clubs (Non-instructor led programs)

- Please get your supplies pre-approved from the Program Coordinator for reimbursement.
- Any items made for donations on behalf of the center will be emailed to the staff with the quantity and other details to prepare the letter of donation.
- If participants are working on their own project, they will need to pay a \$3.00 drop-in fee at the front desk. (Card Making, Knitting, Sewing & Quilting Club.)
- Clubs will set up and taken down for themselves, back to the original setup.
- These activities are ongoing.

***Registration is mandatory. Please register at Front Desk or call: 780-496-2997**

Card Makers Club: Room 225

This is a fundraising club for MWSA. Card Makers makes 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: 12**

- **Program Lead:** Shirley Manchak
- **Times:** Thursday, 9:00 AM-12:00 PM.
- **Cost:** Free (MWSA members Only).

Knitting Club: Room 225

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 make items for charities. No formal instruction is provided; however, mentorship is available.

- **Program Lead:** Muriel Anne
- **Extra Knitting:** Mondays, 9:00-11:00 AM.
- **Times:** Tuesdays, 9:00 AM- 11:00 PM.
- **Cost:** Free (MWSA members Only). **Limit of 30 members.**

Sewing & Crafting Club: Room 229

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; however, mentorship is available.

- **Program Lead:** Terry Ferguson
- **Times:** Wednesdays, 1:30 PM- 4:15 PM.
- **Cost:** Free (MWSA members Only). **Limit of 25 members.**

Quilting Club: Room 229

This is a fundraising club for people who love to Quilt. Previous quilting experience & sewing with a machine 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.

- **Program Lead:** Trudy Papsdorf
- **Times:** Wednesdays, 9:00 AM-12:00 PM.
- **Cost:** Free (MWSA members Only). **Limit of 25 members.**

Agreement 2024 In Collaboration with ACTION FOR HEALTHY COMMUNITIES

**These services are Free for MWSA members only (no drop-ins for these services).*



TAX CLINIC

This program is for members & non- members. Only with appointment. Please book your appointment in February.

- **Times:** Friday's, 10:00 am- 3:00 PM (With appointment only). **Room 225.**
- ****Call Abida Tahir: 780-235-2176 for any further questions about the Tax details****

LED: LEARNING ENGLISH FOR DAILY LIFE

This program is for MWSA members and newcomers to Canada to practice the English language through group conversations. Enhance your vocabulary and English language skills by engaging in different facilitated learning activities like role playing and group work. The goal of this class is to build connections with people in the community while removing the language barrier and creating confident communication in a new homeland.

- **Instructor:** AHC Facilitator ****Call Abida Tahir: 780-235-2176 to register****
- **Times:** Fridays, 2:15- 4:15 pm **Room 225 (Starting April 26- Nov 29)**

DIGITAL LITERACY PROGRAM (COMPUTER CLASS)

This program is for MWSA members and newcomers to Canada to improve their digital communication skills with cellphones, apps/social media, email, and browsers. The goal of this class is to build connections with people in the community, while removing the communication barrier.

- **Instructor:** Farman ****Call Farman: 587-340-6256 to Register****
- **Digital I:** Fridays, 9:30- 11:30 pm, **(Starting April 26- Nov 29) Room 225**
- **Digital II:** Fridays, 12:00- 2:00 pm. **(Starting April 26- Nov 29) Room 225**

Services provided at Mill Woods Seniors Association

FUNDRAISING

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, please contact us at 780-496-2933. Tax receipts can be issued.

HEARING TEST CLINIC One-on-one session with Kate Powell 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. **Cost: \$3 M/\$5 NM.** Pay MWSA.

MONTHLY BIRTHDAY PARTY

The Mill Woods Seniors Association hosts 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.**

MONTHLY PRESENTATIONS & WORKSHOPS

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. **Please see the monthly calendar for more details.**

OUTINGS

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! Cost of outings varies. Please see the monthly Special Events Calendar for more details.

SPECIAL EVENTS

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! Please see the monthly Special Events Calendar and email newsletters for more details.

STEP FORWARD PROGRAM BY ALBERTA HEALTH SERVICES: **NEW**

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. **Tuesdays, 2:45- 4:15, Jan 9- Mar 12 & Thursdays, 2:45- 4:15 pm, Jan 11- March 14.** Register online on 780-735-3483.

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

The FOOT CARE SERVICES are not available now till further notice. Feel Free to **CALL All Soles, Alyssa: 780-298-0372. (In home services).**

VOLUNTEERS

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.

Grief & Bereavement Support

Emotional Freedom Technique

Release Anxiety, Release Negative Emotions,
Reduce Physical Pain, Reduce Anxious behavior,
Increase Self Esteem, Calm your racing thoughts,
Mental Wellbeing Support

One-on-One Session with Appointment only
Every Friday, between 11:30 AM- 1:30 PM
Call to book your spot: 780-496-2997

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



Shamim Amiri, CIP

Certification on Grief Support and
Trauma Recovery

EFT Intermediate Practitioner

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 (AHCIP) 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

Suggestions & Feedback are Welcome!

- If we start opening on Saturday few hours in few weeks, what programs/ activities you would like to see during evenings/ Saturdays?
- Looking for Volunteers to lead outings or arrange small trips. I can help plan. (Bus arrangements, bookings etc.).
- Any new programs/ activities in the New Year 2024.
- Massage sessions will be soon coming back at the center.

Shalini Waryah: 780-508-9252, swaryah@mwsac.ca



- Cute Picture of Daniel & Dianna,
- Zucchini donation from Peter Kozak farm,
- Angie & Dianna at Rummage Sale,
 - Mix & mingle,
 - Open Art Studio Group,
 - Quilters Donations,
- Craft Sale: Cotton Candy station,
- Barb Ward & Ratna Bassapa Volunteering!
 - Monthly Birthday celebration &
- Donation received from H&W produce.



HIGHLIGHTS OF 2023



*2nd Floor Cafe
Menu*

PRE-ORDERS: 780-944-5926

BREAKFAST (9:00-10:45 A.M.)

CLASSIC BREAKFAST	\$10.00	BREAKFAST SANDWICH	\$8.00
2 eggs, choice of bacon, sausage (turkey or pork), OR ham + hash browns + white or brown toast		2 eggs, choice of bacon, sausage (turkey or pork) OR ham + cheese + English muffin	
LOADED OMELETTE	\$11.00	PANCAKE BREAKFAST	\$10.00
3 eggs, ham, cheese, bell peppers, onions + white or brown toast + hash browns		2 pancakes, choice of bacon, sausage (turkey or pork) OR ham +Add 1 egg (+\$2.00) +Add hash browns (+\$1.50) +Add extra meat (+\$2.00)	
VEGGIE OMELETTE	\$11.00	FRENCH TOAST	\$10.00
3 eggs, cheese, bell peppers, onions +white or brown toast + hash browns		2 slices of toast with choice of bacon, sausage (turkey or pork), OR ham	
ENGLISH MUFFIN	\$3.00	REGULAR TOAST	\$3.00
MUFFIN	\$3.00	2 slices of toast (choice of white, brown or gluten-free)	
COFFEE/TEA & MUFFIN DEAL	\$4.75	Dine-in only	

DAILY LUNCH SPECIALS (11:00 A.M- 2:00 P.M)

\$12.50 MWSA MEMBERS | \$15.00 NON-MEMBERS

The latest lunch special menu is available at www.mwsac.ca/cafe

LUNCH (11:00 AM-2:00 PM)

BLT SANDWICH	\$9.00
with hash browns	
CHICKEN & CHEESE WRAP	\$11.00
lettuce, grilled onions, and bell peppers, tomatoes, cheese, 2oz. chicken, Chipotle mayo in a tortilla wrap	
GRILLED CHEESE SANDWICH	\$8.00
with hash browns	
VEGGIE SANDWICH	\$9.00
Tomato, cucumber, lettuce, carrot, and cheese. With hash browns.	
SOUP OF THE DAY & TOAST	\$6.00
SIDE SALAD	\$2.50
REGULAR SALAD	\$5.00

BEVERAGES

TEA/COFFEE, DINE-IN	\$2.00
with 1 free refill. Dine-in only.	
TEA/COFFEE, TAKE-OUT	\$2.50
BOTTLED WATER, 500ML	\$1.50
BOTTLED JUICE	\$2.50
CANNED POP	\$2.00

FRESH, HOMEMADE CINNAMON BUNS AVAILABLE ON THURSDAYS
\$5.00 each or \$19.00 for 4

*Prices include GST. Menu items in green are vegetarian.

****CAFE OPEN TO THE PUBLIC!**** 2ND FLOOR- 2610 HEWES WAY NW EDMONTON, AB
MONDAY-FRIDAY, 9:00 A.M TO 2:30 P.M. DINE-IN | TAKE-OUT WWW.MWSAC.CA/CAFE



Mill Woods
Seniors 
Association



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!**

Mill Woods Seniors Association Facility Space Rental

We have rental space available for Special Events, functions, workshops, meetings, conference, or corporate retreat. If you have any requirement, please call us for more information.

Location: 2610 Hewes Way NW, 2nd Floor, Edmonton, AB, T6L 0A9.

Between: Mon- Fri: 8:30 am- 4:30 pm &
Thursdays, 8:30 am- 8 pm &
Saturdays, 9 am- 1 pm

(We are closed on Sundays & Stat holidays)

Call: 780-496-2997 or Email: dcautley@mwsac.ca

Services: Tables & Chairs are included (Covers are available at extra cost)
Stage Rental, Dishes, Cutlery & Water Goblet. (Items are provided at an extra cost)

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**.*