

AUGUST 2025

Moose Jaw & District Senior Citizen Association
#101 – 510 Min Street N., Moose Jaw, Sask., S6H 3K3
306-694-4223; Email: mjsenior@shaw.ca
Website: <https://moosejawseniors.ca>



SUMMER OFFICE HOURS (Tanya): Monday to Friday 7:00 am to 2:00 pm

FRONT DESK HOURS Monday to Friday 9:00 am to 4:00 pm

ACTIVITY CENTRE HOURS; Mon, Wed and Thurs: 8:00 am to 8:00 pm; Tues & Fri 8:00 am to 4:00 pm

KITCHEN HOURS- Mon, Wed & Fri: 8:00 am- 2:00 pm Tues & Thurs: 8:00 am to 4:00 pm

CLOSED HOLIDAYS

Our organization depends heavily on our volunteers. A volunteer is a person who freely offers their time, service or skills to an organization or cause without expecting payment. Volunteering is often driven by a desire to contribute to the community, support a particular cause, gain new experiences and meet new people.

While volunteers don't get paid, they can gain valuable experience, build skills and expand their social networks through their involvement.

At Eaton Centre we rely on volunteers to lead our activities, set up and take down for events, assist in the kitchen, provide clerical assistance, and provide security for after hour activities.

If you have some time or talents that you would be willing to share, please leave your contact information with our front desk staff. Your help will be greatly appreciated, and you will hopefully find the experience very rewarding.

Tanya Legare, Executive Director

Moose Jaw & District Seniors Citizen Assoc. Inc.

MJ&DSCA BOARD

Dave Pelletier	President
Cheryl Gamble	Vice President
Elaine Parsons	Secretary
Nylene Johnson	Director
Ken McEwen	Director
Ernie Wilson	Director
Candace Thorne	Director
Al Witzel	Director

Upcoming events

August 1 – Nickel Bingo Resumes

August 4 – Saskatchewan Day– **CLOSED**

July 30 @2:00p.m. – Sept. 1st (incl) **Kitchen CLOSED** for Renovations **Our Centre will remain open for all other activities.**

Congratulations to our JULY Winners

Coffee Card : Rae Nurse

Monthly 50/50 for July: Karen Lizee (125.00)

Shuffleboard Tournament: JULY 21 - 23 , 2025

1st Event:

1st: Bob Street, Moose Jaw, SK

2nd: Brad Sawchuk, Red Deer, AB

3rd: Jackie Street, Moose Jaw, SK

4th: Joan Bowley, Whitewood, SK

2nd Event:

1st: Pat Hall, Moose Jaw, SK

2nd: Dale Markwart, Regina, SK

3rd: Ken Blumhagen, Red Deer, AB

4th: Wayne Short, Moose Jaw, SK

3rd Event:

1st: Jim Klassen, Estevan, SK

2nd: Bev Lyon, Red Deer, AB

3rd: Barry Stock, Moose Jaw SK

4th: Joan Lee, Erickson, MB

4th Event

1st: Kenda Tucker, Carvel, AB

2nd: Alice Archer, Regina, SK

3rd: Shirley Wright, Plenty, SK

4th: Noreen Klassen, Estevan, SK

FITNESS AREA

Please be considerate of all members who are using the fitness area.

Please wipe down ALL gym equipment after using it.

If you are using the walking track and want to stop and talk or visit with someone, please move off the track and chat. Rejoin the track when you're finished talking.

PLEASE WEAR INDOOR SHOES ON OUR TRACK.

THIS WILL HELP TO KEEP OUR TRACK IN GOOD SHAPE FOR OUR MEMBERS USE DAILY.

MEET OUR NEW BOARD MEMBERS



My name is Cheryl Gamble

I have been appointed to the MJ&DSCA Board for a three year (2025 2028) term. The current board has selected me as your Vice President.

I retired from the government of Saskatchewan, where I worked with non-profit organizations on service delivery.

I live with my husband Joe and Bella, Colby and Rylie (my three shih tzus. I enjoy cycling, gardening (I hate weeding), reading, card making and espresso.

Also, I was the person who did the newsletter for one and half years



My name is Allan Witzel

I have been appointed to the MJ&DSCA Board for a three-year (2025 2028) term.

I am originally from Vancouver Island. My wife and I moved to Saskatchewan in 2001. I've had 3 different careers. Twenty five years working in a pulp mill. The next fifteen in the oil patch. The last four years was as a maintenance man at a long term health care facility. I spent my off time renovating different houses as well as helping my wife look after our horse ranch for about fifteen years. We have been retired in Moose Jaw for about four years

Happy August Birthday to these Members

Rose A	Larry A	Grant B	Dorothy B	Margaret B
Marlene B	Cecile B	Norma C	Gail C	Terry C
Christopher D	Adam F	Yvonne F	June G	Leonard G
Sharon G	Bernice H	Barbara I	Richard K	Kathleen K
Leonard L	Mona L	Christina ML	Helen M	Denise M
Faye M	Marianne N	Jenny N	Glenda N	Clarice P
Dave P	Doug R	Anna R	Glenys R	Ken T
Candace T	Susan T	Maureen T	Karen T	Wes T
Ron U	David W	Bryce W	Margaret Y	Dalelene Y
Lorraine Z				

AUGUST FACTS

August, the eighth month of the year, is known for being the month of “Dog Days” of summer in the Northern Hemisphere. August is often associated with the harvest season. The full moon in August is sometimes called the “Sturgeon Moon” because the sturgeon fish are abundant during this month.

Birthstone: is the Peridot, known for its vibrant green colour.

Birth Flowers: are the Gladiolus and poppy

Zodiac Signs:

Leo (July 23 – August 22) Represented by a Lion and possess natural leadership traits like boldness, charisma and loyalty.

Virgo (Aug 23 – Sept 22) Virgos tend to be thinkers of the world and masters of reason. They are often more pragmatic, organized and logical.

Fun Facts:

In a standard year, no other month starts on the same day of the week as August.

August 8 – Sneak some Zucchini onto your neighbor’s porch day!

Executive Director Report

This year has marked an inspiring chapter of growth and transformation for Eaton's Centre. Through new programs, strengthened partnerships, and a deepened commitment to our mission, we've made significant strides in supporting the well-being of our members and the broader community. Each achievement reflects the dedication of our staff, volunteers, board, and supporters—working together to create a vibrant, inclusive space where older adults can thrive.

Our membership continues to grow, and we are excited to welcome many new faces to the Centre. This increase in engagement reflects the trust and value our community places in the programs and atmosphere we provide. It's a sign that our efforts to create an inclusive, active, and welcoming space are truly making a difference.

This past year, we proudly completed the renovation of the XYZ Auditorium floor, creating a brighter, safer, and more welcoming space for all our activities. We are also excited to share that we have secured a grant from the New Horizons for Seniors Program to begin renovations in our kitchen—a vital step toward improving the services we offer.

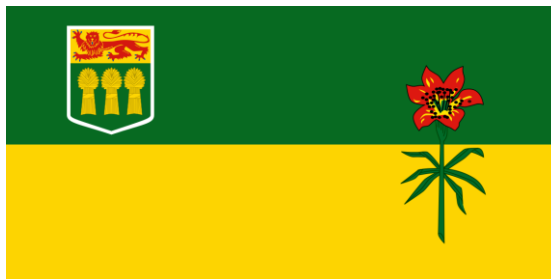
The first phase of the kitchen project will include new flooring and a fresh coat of paint. If the budget allows, we also hope to install stainless steel countertops, bringing us one step closer to a more functional and modern kitchen space. We remain committed to pursuing additional grants and funding opportunities to ensure Tina has the kitchen she truly deserves.

Looking ahead, there are other areas in the Centre that need attention. Priorities include updating the seating in our cafeteria, replacing the aging A.C. units in the basement, and addressing other essential upgrades to improve comfort and accessibility. With continued community support, we are confident we can make these improvements a reality.

We will continue to work closely with Age Friendly Moose Jaw to ensure our Centre remains inclusive, accessible, and responsive to the evolving needs of older adults in our community."

As we reflect on this year's accomplishments, we are filled with gratitude for the unwavering support and dedication of our members, volunteers, and community partners. Together, we've made meaningful progress and created a lasting impact on the lives of those we serve.

We look forward to building on this momentum in the coming year—continuing our journey of positive change, growth, and connection. Thank you for being an essential part of our Centre and for standing with us every step of the way.



SASKATCHEWAN Day

An official holiday on the first Monday in August was first proposed in Saskatchewan on 17 March 1975, by Gordon Snyder, Saskatchewan's Minister of labour, at the time. The holiday was already celebrated by businesses across Saskatchewan, but **Snyder wanted it to be a recognized statutory holiday known as "Saskatchewan Day"**.

In the legislative document, Snyder said he wanted Saskatchewan residents to have more than day off, but one that was paid.

In the document, Snyder goes on to propose why an additional holiday would be needed. "Our prairie winters are usually harsh and long; our summers, while lovely and warm, are unfortunately quite short" Snyder said. He hoped we would use Saskatchewan Day to appreciate the people who worked together to build the province and "continue building a way of life of which we can all be proud".

As to what people of Saskatchewan are supposed to do on the holiday, Snyder said no special celebrations are needed.

"Saskatchewan Day instead will be another occasion on which Saskatchewan families can gather to enjoy our great outdoors"



You're so funny!

(answers can be found on page 10)

1. What is a schoolteacher's three favorite words?
 2. What question can you never say "yes" to?
 3. Why do bananas use sunscreen in August?
 4. Why did the grill go to therapy?
 5. What does a farmer say on the last day of August?
 6. Why is the calendar scared every August?
 7. What has four wheels and flies?
-

EATON CENTRE MERCHANDISE FOR SALE

11 Different Colors Are Available And All Orders Must Be Prepaid
The Logo Is As Shown



HATS – \$30.00



MUG - \$20.00



POLO SHIRT SM – XL = \$30.00
XXL AND BIGGER = \$33.00



T-SHIRT SM – XL = \$25.00
XXL AND BIGGER = \$28.00



HOODIES SM – XL = \$40.00
XXL = \$5.00
3XL & BIGGER = \$50.00

can be ordered with a zipper for an additional \$5

COLORS NOT EXACT –
FOR REFERENCE ONLY



[SEE FRONT DESK FOR ORDER FORM OR MORE INFORMATION](#)

FEATURE ACTIVITY OF THE MONTH

MAHJONG

Mah Jong is a tile-based game that originated in 19th century China and has spread throughout the world. It is typically played by four players, though some regional variations can involve three. The game involves matching tiles to form sets and pairs, aiming to be the first to complete a winning hand.

Tiles: Mahjong uses a set of 144 tiles (though some variations may differ) with various symbols, including numbered tiles (Dots, Bamboo, Characters) honor tiles (Winds and Dragons) and sometimes bonus tiles (Flowers, Seasons).

Players draw and discard tiles, aiming to form sets (melds) and pairs to complete their hand.

Common sets include chow (sequences) pongs (triplets), and kongs (quadruplets).

The first player to form a complete hand of 14 tiles (four sets and a pair) and call "mahjong" wins the game.

Mahjong has numerous regional variations, including American Mahjong, which uses racks and a score card, and Riichi Mahjong, a Japanese variant.

Studies suggest that playing Mahjong can enhance cognitive abilities, short term memory, and potentially relieve depressive symptoms.



FREE PARKING PASSES!!

Moose Jaw City Hall has gifted the MJ&DSCA with 10 parking passes/per month of 2025. They will be available to win **monthly** through a lottery system. If you are a current member and would like to participate in the draw, please enter your membership card number and your name at the front desk. **ONLY ONE ENTRY PER MEMBER PER MONTH PLEASE!**

The ten winners for August are Nylene J, Jeannette H, Barb D, Shirley S, Lynne G, Joan P, Darlene S, Rodney S, Judy W, Bev C.

Passes entitle the winner to free meter parking for one month and are transferable.

ANSWERS to "you're so funny"

1. *June, July and August*
 2. *Are you asleep?*
 3. *Because they peel.*
 4. *It was feeling a little "burned out".*
 5. *"Oh, my Gourd"!*
 6. *It's about to fall.*
 7. *A garbage truck*
-

All issues with the MJ&DSCA portion of our building (bathrooms, XYZ Auditorium, card room, craft room, etc.) are to be brought to the Executive Director.

If there is something that needs repaired or addressed, please pick up a maintenance report at desk. Complete it and return. Thankyou.

Stuffed Tomatoes

Ingredients

- 4 tomatoes
- 1/3 cup shredded parmesan cheese
- 3 Tbsps. Plain Panko breadcrumbs
- 2 ½ Tbsp Italian seasoned breadcrumbs
- ¼ c minced onion
- 2 cloves garlic, minced
- 2 Tbsp + olive oil
- 2 tsp. fresh basil, chopped
- 2 tsp parsley
- 1 tsp. oregano
- 1/4 tsp ground pepper
- Grated mozzarella



Instructions: Preheat your oven to 400⁰ F. and spray an 8 x 8 inch dish with cooking spray. In a medium bowl combine Parmesan cheese, breadcrumbs, onion, garlic, 2 tbsp. olive oil, basil, parsley, oregano, salt and pepper. Cut the tops off and hollow out the tomato by removing the pulp and seeds with a spoon. Dice the pulp and add to the bread crumb mixture. Gently mix the ingredients until well combined. Fill each tomato with stuffing and place in the baking dish. Drizzle with olive oil. Sprinkle with mozzarella cheese and bake for 10-12 minutes.



TECHNOLOGY SUPPORT IS CANCELLED FOR SUMMER.

Tech support is a service offered by Ron Smallwood and Moose Jaw Seniors' Centre. Ron has some health issues and needs to recover. Please wish him well.



BOOKS AND PUZZLES



We are looking for your already read book to add to our library. If you have any, please bring them to the Eaton Centre. Maybe you will find a new book to read or a puzzle to complete. Please drop off all the donations at the desk.



Come in and browse during opening hours



A piece of Eaton's History by Ross Leighton

Shortly after we moved into Timothy Eaton Gardens, Mr. Bill Gardner, who was then one of our Board of Directors, insisted that we record a history of the formation of our group – explaining how we came to be located in our present centre. He felt this information should be available for future generations and for posterity. I'm beginning to see for myself, after reviewing the History, how important that was since I would not have remembered it all had it not recorded. For that reason, I think it equally important that we provide a record of the development of the lower level as well. Since I am the last of the original board of Directors, who is still involved in the affairs of the Association, here is my effort to accomplish that feat.

The original plan was to complete both levels at the outset, but it soon became apparent that the \$663,000.00 of funding could not be spread that thin and so the lower level development was restricted to the electrical room, the boiler room and the stairwell.

During the four years, while the building was unoccupied and without power, the sump pumps weren't functioning as the water seeped up through the floor tiles. When we occupied the building, the sumps had been put into service, but the accumulation of filth was very much in evidence – in fact, I was not aware that there were tiles on the floor. It was only after we bought the Clark scrubber that our caretaker, Dave Englesman, through persistence, was able to bring the area back to respectability.

The only activity that was taking place in the lower level was horseshoes. *TO BE CONTIUED*

Erin Murphy RPN

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This could be your ad

Moose Jaw & District Senior Citizens Association

510 Main St *mjsenior@shaw.ca* *306-694-4223*

We offer a wide range of activities for our seniors (Age 50+).
We have a FITNESS LEVEL which includes, indoor walking track and gym equipment. **Our Timothy Eaton Café is open to everyone.**

Memberships

New Memberships will now be valid for one year from date of purchase.

For example: if you purchase your 2025 membership March 17, 2025, it will expire March 16, 2026.

Regular \$50 Enhanced (Use of fitness level) \$75

Members can bring a guest. The guest is the responsibility of the member.

*Guests must pay **\$3.00 per activity**. The guest can be of any age.*

**A Great Place to Come and Enjoy with Friends
while making new ones.**

Active minds, happy hearts



**August DRAW DATE
IS Aug 29, 2025**



MOOSE JAW & DISTRICT SENIOR CITIZENS ASSOC. INC.

Monthly 50/50 Draw

Beginning September 3, 2024 & Concluding August 29, 2025

12,000 tickets sold for \$5.00 each

Ticket sales to commence on the 1st of every month conclude at noon on the last Friday of each month

Draw Location: 101-510 Main St N

ANYONE CAN BUY A TICKET!!! (In Saskatchewan Only & must be 19)

Prize value, can be up to \$30,000

50% Paid to winner

50% To MJDSA

Winner does not need to be present, will be notified by phone

Tickets Available @101 – 510 Main Street

Or you can purchase by E-TRANSFER to: mjsenior@shaw.ca

If you E-TRANSFER, please send an email with your Name, Address & Contact Number

License# RR24-0285



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Healing Starts With Us



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**FAMILY BUSINESS
EST. 2003**



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WCB & SGI Accredited



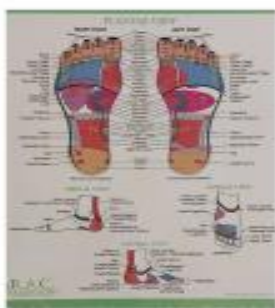
CERTIFIED FITTERS





Moose Jaw Reflexology

Hi, my name is Lauren Rucks. I am a Registered Canadian Reflexology Therapist. Reflexology helps to rebalance the body and support optimal health. Treatments can be done on the hands or feet and feel like a relaxing massage. Clients report a wide range of benefits including reduced anxiety, better digestion, hormonal balance, better sleep, and pain relief!



Call Lauren Rucks, RCRT to book a treatment! 306-630-5028

Follow me on Facebook at "Moose Jaw Reflexology"

Session cost is \$65/ 1 hour treatment:
\$95/ 1.5 hour treatment.



October 31, 2025

FREE YOUR POCKETS OF SPARE CHANGE

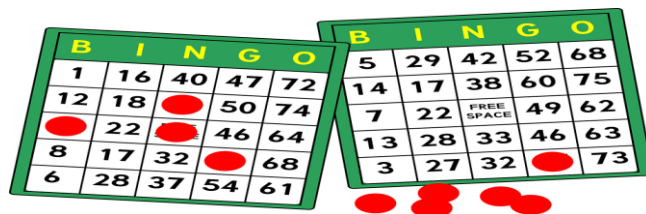
**LIGHTEN THE LOAD AND DUMP THAT SPARE CHANGE IN THE
EATONS SPARE CHANGE JUG**

All monies will go to Timothy Eaton Café

Thank you

Every little bit helps






NOW YOU CAN PLAY TWICE A WEEK AT EATONS
MONDAY AFTERNOON 1:30 – 3:30 PM in XYZ
WESNESDAY EVENING 6:30 - 8:30 PM in cafe



General Information

- ❖ All players must purchase a DOOR BOOK
- ❖ You MUST BINGO ON LAST NUMBER CALLED
- ❖ Door Book 
 - 6 up - \$10.00
 - ♦ 9 up - \$12.00
 - ♦ 12 up - \$15.00
- Paper Games
 - Early Bird/1/2 house/Odd Even 3 Up = \$2.00
 - Bonanza \$1.00 each

Moose Jaw & District Senior Citizens Association Inc.

Thanks to their 2025 supporters

Moose Jaw Express

Culligan Water Conditioning

Success Office Systems

Elite coating systems inc.



Moose Jaw and District Senior Citizens Assoc. offers competitive advertising rates for our monthly newsletter. If you have a special event, announcement or product to advertise please contact

**Tanya at 306-694-4223 or
email: mjsenior@shaw.ca**

ADVERTISING RATES

Ad size	Dimensions	1 Month	3 Months	6 Months	1 year
¼ page	3 X 4.5 in	\$25	\$65	\$80	\$100
½ Page	Vertical or Horizontal	\$30	\$75	\$90	\$125
Full Page	8 X 11	\$35	\$85	\$125	\$200

DID YOU KNOW YOUR GIFT IS ELIGIBLE FOR A
CHARITABLE TAX RECEIPT
MJDSCA ISSUES RECEIPT FOR \$25 AND OVER

We invite you to make a donation and help us reach our goals. Every contribution, no matter the size, brings us one step closer to achieving our mission.

Scan the QR Code: Simply scan the QR code below with your smartphone to make a quick and secure donation. Or visit our website www.moosejawseniors.ca



THANK YOU FOR YOUR CONTINUED SUPPORT AND GENEROSITY

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Moose Jaw & District Seniors Citizens Association.

Our website can be viewed at:

<https://moosejawseniors.ca/>

Information on the site includes:

- * Our Activities * Café * Our History
- * Catering * Hall Rentals * Newsletter
- *Events * Volunteer Opportunities

Board of Directors

follow us on Facebook - *Moose Jaw & District Seniors Association*