



FEBRUARY 2026

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



OFFICE HOURS (Tanya): Monday to Friday 9:00 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



We would like to extend our sincere and heartfelt thanks to **Ernie Boevers** for his incredibly generous donation of **\$10,000.00** to our centre. This remarkable gift will have a lasting impact on our programs and services, helping us to continue providing a welcoming, supportive place for our members. Ernie's generosity and belief in our centre means more than words can express. We are truly grateful for his commitment to supporting our community.



MJ&DSCA BOARD

President Dave Pelletier

Vice President Ernie Wilson

Secretary Elaine Parsons

Directors:

Nylene Johnson, Candace Thorne, Al Witzel

UPCOMING EVENTS

February 2 – Ground Hog Day

February 14 – Valentine's Day

February 16 – Closed for Family Day

February 27 – Chinese Supper

NEW: PUNCH CARDS NOW AVAILABLE

Tired of always needing the correct change for your activity fee? We are selling - 10 punches for \$20.00 "punch cards". Bring your card with you to your activity and the activity leader will punch for your attendance. Cards are available for purchase at the front desk.

***Congratulations to our January Winners***

Coffee Card: Lisa Sanders

50/50 winner: Neil Willford \$145.00

Mini Shuffleboard Tournament January 27, 2026

	A	B	C
1st	Jill S	Dan S	Joann S
2nd	Barry S	Darcy D	Irene G
3rd	Pat H	Candice M	Wayne S
4th	Hugh M	Shiela D	

Activity of the Month TAI CHI

Monday 9:00 am and Thursday 2:00 pm

XYZ Room

Tai Chi is an ancient Chinese tradition practiced as a gentle, low impact “meditation in motion”, combining slow, deliberate movements, deep breathing, and cognitive focus. It originated as a martial art but now is widely practiced for health benefits like improved balance, flexibility, strength, reduced stress and better mood. It is suitable for all ages and has become very popular with older adults. Key aspects and benefits of Tai Chi are 1) physical health improvements. Regular practice strengthens muscles (both upper and lower body), improves posture, increases flexibility, and boosts cardiovascular health

2) Balance and Fall prevention 3) Mental and emotional wellbeing by calming the mind, reducing stress, anxiety and depression while promoting relaxation.



A PIECE OF EATON HISTORY

Written By Ross Leighton,

Who Was One of the Original Board Directors and the Society's First President

The Moose Jaw and District Senior Citizen Association was formed in January 1989 as a result of a series of events which began when the Cosmos Senior Centre made a request to City Council asking for funds to assist them in expanding their centre to accommodate the increasing number of seniors in the city and surrounding area. Council, in considering the request realized that there were two other seniors groups in the city, neither of which had facilities of their own, these being the XYZ Society who operated an activity centre in the basement of the St. Andrews Church, and the Senior Citizens Action Now, an advocacy group who were formed to assist seniors with a variety of problems.

Council agreed to provide a million dollars from the city's capital fund to provide a single facility that would accommodate the needs of the city's seniors for the next 25 years.

There were two public meetings held resulting in the forming of a committee under the chairmanship of Alderman Herb Taylor with representatives from the three seniors groups, Robert Browne and Arnold Weisbrod representing the Cosmos Centre, Marion Campbell from XYZ, Jake Nelson from Action Now, Jean Roe representing council as well as nominee from Parks and Recreation.

This group held regular meetings in an attempt to try to ascertain what space requirements would be needed to accommodate the different activities. An architect was engaged to draw up a floor plan. This was presented to each group and rejected as unsatisfactory.

The committee continued to hold meetings and to meet with the architect. A second floor plan was prepared by the architect and presented to each of the groups, namely, Cosmos, XYZ, and Action Now, with a report that had been compiled by the City's Taylor committee with the recommendation that the Cosmos Centre be renovated and expanded to 19,400 square feet. This report was accepted by a majority of those in attendance at a public meeting held at the Cosmos Centre and was later accepted by the XYZ membership at a meeting of their members.

To be continued

Happy February Birthday to these Members

Ernest B	Elaine A	Dianne B	Linda B	Marie B
Dennis B	Allyson C	Ken C	Teresa F	Terri F
Ferdinand F	Wendy F	Susan G	Bert G	Maureen G
Sharon H	Beverley I	Jean J	Verna J	Gerald J
Terrance K	Colette K	Nicole L	Gerry L	Colette Mc
Joyce Mc	Cherryl M	Ian O	Larry O	Lynda O
Donna R	Emily S	Bonnie T	Julie T	Walker L
Daphne W	Doug W	Coralee W	Janet W	

February Facts:

Birthstone: Amethyst: Traditionally known for symbolizing wisdom, stability, peace and strength, It ranges from pale lavender to deep violet hues.

Birth Flowers: Violet- Symbolizing modesty, faithfulness and spiritual wisdom; Primrose – Representing hope, early love and good fortune.

Zodiac Signs:

Aquarius (Jan 20- Feb 18) Element: Air Symbol: The Water Bearer

Pisces (February 19-March 20) Element: Water Symbol: Two Fish

Fun Facts: February is named for the Latin word “februum” which means purification. It is the only month that can pass without having a full moon. A person born on February 29th is called a “leaping” a “leaper” or a “leap-year-baby”

Funny Bones: Answer on page 11

1. Can February march?
2. What month do people talk the least?
3. What is the best month to lie?
4. What did the snail say on Valentine's Day when his call went to voicemail?
5. Why shouldn't you trust a pastry chef on Valentine's Day?

SUDOKU (Med) #1489 (Answer on page 16)

			9	8		7		
		8			2			
					7			3
				3		6	4	
						8		5
1		2			8			
		5						
		1				4	7	8
4			3			9		

EATONS CENTRE CHINESE SUPPER

When: February 27, 2026

Time: 5:00 p.m.

Where: XYZ Auditorium

510 Main St N

(Timothy Eaton Building)

Tickets: Available at the front Desk

Price: \$25.00/ticket

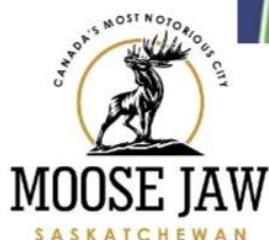
Meal includes

- Chicken Fried Rice
- Chicken Balls
- Mixed Veggies with Beef
- Spring rolls
- Fried Wontons
- Dry ribs



If you would like to book a
Table for you and your group

Please let the front desk
Know when you purchase your
Tickets



FREE PARKING PASSES!!

Moose Jaw City Hall has gifted the MJ&DSCA with 10 parking passes/per month for 2026. 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! Passes entitle winners to free meter parking in Moose Jaw for one month and are transferable.

Congratulations to **February** winners: David Duckworth, George Nightingale, Pauline Yamniuk, Judy Wainwright, Candace Lewry, Laurianne Nightingale, June Curtis, Robin Brin, Jeanette Harrison and Bonnie Taylor

.....

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.

.....

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.



.....

We are currently looking for additional board members to join our team. Board members meet once a month and play an important role in helping guide the direction of the centre. Your experience, ideas and willingness to help can make a real difference and help make our centre even better. Please consider joining us and being part of shaping a strong future for the Eaton Centre.

VALENTINE RAFFLE BASKET DRAW DATE: Feb. 11, 2026

INCLUDES: Bath and Body works duo in Pink Chiffon; Australian Organic Body Butters; Dove foaming bath salts; Hanging art heart; Quilted wallet; Necklace from Maurice's; Portable Phone charger; Valentine Socks, Hand crocheted towel and Dishcloth; silicone Hearts pie crust weights; Flavored coffee; Truffles.

TICKETS AVAILABLE AT THE FRONT DESK

VALENTINE'S DAY LEGENDS

The Priest: The holiday is named after a 3rd century Roman priest who defied Emperor Caludius II by marrying young couples in secret, as the Emperor believed single men made better soldiers.

The Letter: Another legend states that while imprisoned this Valentine fell in love with his jailer's daughter and sent her a letter signed, " From your Valentine", a phrase still used today.

The Martyr: Other accounts suggest he was a bishop martyred for his faith, or that the holiday honors multiple individuals named Valentine.



MOOSE JAW & DISTRICT SENIOR CITIZENS ASSOC. INC.

Will be having a Monthly 50/50 Draw

Beginning January 1, 2026 & Concluding December 25, 2026

12,000 tickets sold for \$5.00 each.

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

50% Paid to winner

50% To MJDSA

**February
Draw Date:
Feb 27/26**

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

50/50

- Ticket sales to commence on the 1st of every month from January 1, 2026, and conclude at noon on the last Friday of each month with the draw to follow at 3:00pm until December 25, 2026
 - Tickets Available @ #101-510 Main St. N.
 - (Timothy Eaton Garden Building – Main Floor)
 - 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
 - Draw Dates : Jan 30, Feb 27, Mar 27, Apr 24, May 29, Jun 26, Jul 31, Aug 28, Sep 25, Oct 30, Nov 27, & Dec 25/2026 Licence # RR25-0531
 - Draw Location: 101-510 Main St N
- ANYONE CAN BUY A TICKET!!! (In Saskatchewan Only & must be 19)

Strawberry Cream Cheese Cookies

Ingredients

6 oz Cream Cheese	1 box strawberry cake mix
1 large egg	1 tsp baking powder
½ c. vegetable oil	¾ c white chocolate or cream cheese chipits



DIRECTIONS:

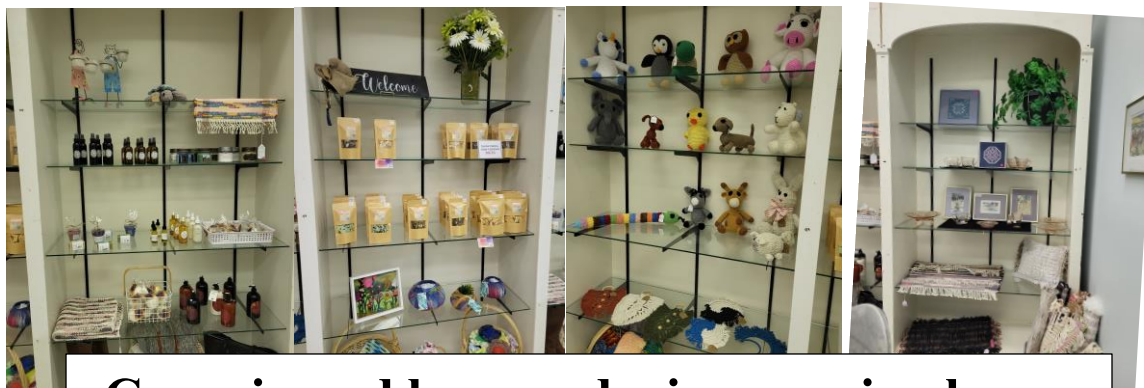
Preheat oven to 350 degrees.

Mix cream cheese, egg, cake mix, baking powder and vegetable oil until combined. Fold in the chipits. Chill dough for 30 minutes. Line a baking sheet with parchment paper. Using a small cookie scoop, place dough 2” apart on baking sheet. Bake for 12-13 minutes or until set.

ANSWERS TO RIDDLES:

- 1. NO, BUT APRIL MAY!**
- 2. FEBRUARY BECAUSE IT HAS THE LEAST AMOUNT OF DAYS**
- 3. FIB – RUARY**
- 4. “I JUST CRAWLED TO SAY I LOVE YOU”**
- 5. BECAUSE THEY’LL DESSERT YOU!**





Come in and browse during opening hours



LOOKING FOR VOLUNTEERS TO OVERSEE THE EMPORIUM A FEW HOURS A WEEK

Check out our Silent Auction Items. Bids Close February 11 At Noon



Beautiful Lap
Quilt With
Minkie
Backing

Starting Bid
\$10.00



Three Animal
Jigsaw Puzzles

Starting Bid
\$5.00



Craft Tote,
Oven Mitts,
Quilted Table
Runner

Starting Bid
\$5.00



Steve
Madden
Handbag,
Hand Painted
Salt And
Pepper,
Quilted Table
Runner.
Starting Bid
\$5.00



Large Framed Art Print
Starting Price \$20.00

Erin Murphy RPN

Advanced Foot Care Consultant

- ❖ Routine & Diabetic Foot Care
- ❖ Fungal & Ingrown Toenail Care
- ❖ Callous & Corn Removal

Office at D & D Quality Care 428 Main St

Home visits available

(306) 681-3411



New customers bringing

this ad in will

Receive \$5.00 off their treatment

This could be your ad



Healing Starts With Us

428 MAIN ST N

306 691 0300



FAMILY BUSINESS
EST. 2003



Supp Health, DVA,
WCB & SGI Accredited

CERTIFIED FITTERS



LET'S BE AWARE!

You have a good chance to cure breast cancer
if you find and treat it early.

If you think something's wrong, don't wait.
Seek care immediately.



January 2026

Sudoku puzzle #1489 solution:

5	2	6	9	8	3	7	1	4
7	3	8	1	4	2	5	6	9
9	1	4	6	5	7	2	8	3
8	7	9	2	3	5	6	4	1
6	4	3	7	9	1	8	2	5
1	5	2	4	6	8	3	9	7
2	9	5	8	7	4	1	3	6
3	6	1	5	2	9	4	7	8
4	8	7	3	1	6	9	5	2

MOOSE JAW & DISTRICT SENIOR CITIZENS ASSOCIATION

510 Main St. *mjseior @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.

ATTENTION: Memberships

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

PLEASE CHECK YOUR MEMBERSHIP CARD.. YOU MAY BE DUE TO RENEW!

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

Regular \$75.00 Enhanced (Use of fitness level) \$100.00

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!

Moose Jaw & District Senior Citizens Association Inc.

Thanks to their 2025 supporters

Moose Jaw Express

Moose Jaw Co-op Assn. Ltd.

Culligan Water Conditioning

Success Office Systems

Elite coating systems Inc.

Sask Water

End of the Roll

Community Initiatives Fund

Project Shine

Service Master Restore



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

.....

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*