



# JULY 2025

**Moose Jaw & District Senior Citizen Association**  
**#101 – 510 Min Street N., Moose Jaw, Sask., S6H 3K3**  
**306-694-4223; Email: [mjsenior@shaw.ca](mailto: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**

We want to extend our deepest gratitude to everyone who supported our fundraising efforts for the kitchen. Thanks to your generosity, kindness and belief in our cause, we've taken a big step forward in making our kitchen improvements a reality. Every donation, large or small, made a meaningful difference and brought us closer to a space that will better serve our community.

Your support goes far beyond dollars – it shows us how much our community cares. We are truly touched and so very thankful for your help in creating a welcoming, well-equipped kitchen that will benefit so many for years to come.

**Tanya Legare, Executive Director**  
**Moose Jaw & District Seniors Citizen**  
**Assoc. Inc.**

**Picture depicting cheque presentation from**  
**Moose Jaw Coop & SaskPower -Project**  
**Shine**



## **MJ&DSCA BOARD**

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

## **Upcoming events**

July 1 – CANADA DAY – **CLOSED**  
 July 3, 4 & 5 – SIDEWALK DAYS  
 July 10 – ANNUAL GENERAL MEETING  
 July 21, 22 & 23 INTERNATIONAL SHUFFLEBOARD TOURNAMENT  
 July 30 – Quilt Show

## **Congratulations to our JUNE/JULY Winners**

**Coffee Card: Lisa Sanders**

**Monthly 50/50 for June: Judy Wainwright ( \$102.50)**

**Shuffle Tournament: JUNE 24, 2025**

**A Side:**

**1<sup>st</sup> Barry S**

**2<sup>nd</sup> Pat Y**

**3<sup>rd</sup> Cherryl M**

**4<sup>th</sup> Jill S**

**B Side:**

**1<sup>st</sup> Bonnie S**

**2<sup>nd</sup> Pat H**

**3<sup>rd</sup> Brenda H**

**4<sup>th</sup> Harold W**

## **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.**



Darrell Downton has officially retired from Moose Jaw and District Seniors. Darrell worked for several years at our Centre assisting with set-up and take down of tables and chairs, cleanup and lockup for numerous functions. He was always willing to help and he will be missed. We want to thank Darrell and wish him happy retirement and beautiful days ahead.



### SILENT AUCTION

Draw Date: NOON July 30, 2025

1. 3 puzzles & Summer Mug & Mat
2. Ripplinger Book/Travel Pillow/Night Light
3. Handbag & felted slippers by Maureen
4. Obusformo Back Massager w/heat



### Father's Day Basket

**DRAW DATE: JUNE 11, 2025**

**Was won by: Wendy Rollie**



### CANADA DAY BASKET

**Draw Date June 27, 2025**

**Was Won By:**

**Gwen Hickey**

Eaton Centre

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



# Summer Raffle



**Valued at:  
\$600**

**3 for \$5**

**\$20 for a Booklet**

**Includes:**

-Insulated wheeled cooler

-Mosquito Repellent Thermo-cell

-Yeti Cup

-Torch Lights

-Bottle of Wine



-Smore Kit



-Reversible Picnic Blanket

-Corn Hole Game

## Happy JULY Birthday to these Members

Moira A	Jill A	Barbara A	Jody B	Mava B
Sharon B	Edward C	Mary C	Wanda C	June C
Ray D	Gord E	Connie F	Robbie G	Lynne G
Judy H	Jennifer H	Charlotte H	Dean H	Faye J
Glen K	Ron K	Candace L	Marilyn L	Iris M
Clem M	Laurianne N	Linda N	Iona R	Shelley R
Beverley R	Boyd S	Darla S	Judy W	

### JULY FACTS

**July**, the seventh month of the year, is a month of summer festivities, with Canada Day (July 1) in Canada and Independence Day (July 4) in United States and (July 14) in France - being major celebrations.

JULY 1 marks Canada Day, a national holiday celebrating the country's founding as a unified nation on July 1, 1867.

July is also named after Julius Ceasar, a Roman General. And carries the legacy of leadership, power and transformation

**Birthstone:** is the Ruby, often associated with love, passion and integrity.

**Birth Flowers:** are the larkspur and water lily representing positivity, dignity, purity and majesty

#### **Zodiac Signs:**

Cancer (June 21 – July 22) Represented by a Crab

Leo (July 23 – August 22) Represented by a Lion

#### **Fun Facts:**

The bikini debuted July 5, 1946. Partly due to material rationing after World War II, French engineer Louis Reard introduced the modern bikini, modeled by Micheline Bernardini.

**Folklore:** If ant hills are high in July, the coming winter will be hard.

**July 10 at 2:30pm**

**XYZ Hall**

- Membership Fee Increase
- New Board Members needed

**Refreshments will be  
served.**

**AGM**

**Annual General Meeting**





### Canada Day

**July in Canada is best known for Canada Day, a national holiday celebrated on July 1st, commemorating the country's creation. This day marks the anniversary of the Confederation of Canada, when the British North America Act (now the Constitution Act, 1867) came into effect, uniting several British North American colonies. CANADA Day is a time for Canadians to celebrate their country's history, culture and pride, with festivities and celebrations held across the nation.**



You're so funny!

(answers can be found on page 10)

1. What did August say when June claimed that today is the last day of the month?
  2. How do Canadians spend the 1<sup>st</sup> of July?
  3. How do Pandas stay cool in July?
  4. What treats do Dads like on July 1<sup>st</sup>?
  5. What do you say when your friend says it's June 31<sup>st</sup>?
  6. What did Polly the parrot want for the 1<sup>st</sup> of July?
  7. What do you call a snowman on July 1<sup>st</sup>?
-

## 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**

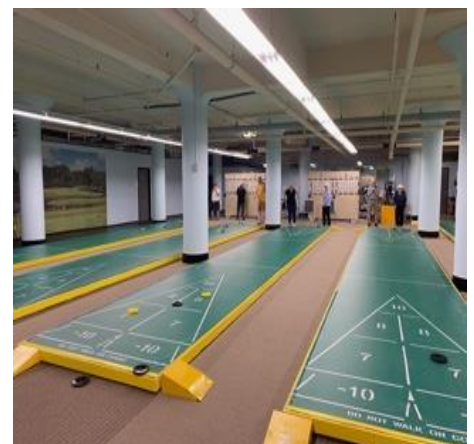
### **FLOOR SHUFFLEBOARD**

Floor Shuffleboard involves sliding weighted discs down a long smooth surface (board) to score points or knock opponent's discs out of scoring zones. Players alternate turns, pushing their discs with cues, aiming to land in designated areas worth different point values. At Eatons we play 8 ends after which the team with the highest score wins. The playing board is marked at each end with different scoring zones (10, 8, 7 and the "kitchen" which, if you land there, 10 points are deducted from your score). Discs that don't cross the foul line or slide off the board are removed from play.

Players should avoid distracting or interfering with their opponent's shots and should not interfere with the court or discs during play.

Floor Shuffleboard is played at Eatons Centre on **Tuesday and Thursday** afternoons beginning at **1:00**. Please arrive at least 10 minutes early to ensure play can begin at 1:00. You don't need to bring a partner – your position is determined at the beginning of each game. All members are welcome to participate for a \$2.00 activity fee. Earl Berard is willing to coach any and all players (new and old)

MJ&DSCA (Eatons) is fortunate to have 9 floor shuffleboards (newly refurbished). It is the only facility in Saskatchewan to have this many. For this reason several western Canadian and national events are held here each year. The next international event at Eatons is July 21<sup>st</sup> to July 24<sup>th</sup> welcoming players from as far as Arizona. This tournament is being held as a memorial for Millie Shultz.



**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!**

10 Members will be drawn every month, beginning April 1st.

Passes entitle the winner to free meter parking for one month and are transferable. Congratulations to our 10 **June winners**, drawn on May 30, 2025:

Marie Patterson, Ron Rollie, Candace Thorne, June Curtis, Wendy Rollie, Judy Wainwright, Joann Stenabaugh, Jerry Watt, Ernie Wilson and Janet Woolman.

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ANSWERS to "you're so funny"

1. *Don't July to me!*
  2. *Stuck in Traffic!*
  3. *They use bear conditioning.*
  4. *POPsicles!*
  5. *July'd!*
  6. *A fire-cracker.*
  7. *A puddle.*
- 

**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.**

## Chocolate Zucchini Muffins

### Ingredients

- 1 cup finely grated zucchini
- 1 & ½ cups Flour
- ½ cup cocoa powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ c vegetable or canola oil
- ½ c granulated sugar
- ½ c brown sugar
- 2 large eggs
- 1 tsp. vanilla
- ¼ c milk
- ¾ c chocolate chips



**Instructions:** Preheat your oven to 375<sup>0</sup>F. and line a 12 cavity pan with muffin papers; Squeeze out excess liquid from the zucchini. Whisk together the flour, cocoa, baking powder, baking soda and salt in a medium bowl. IN a separate bowl, whisk together the granulated sugar, brown sugar, eggs, vanilla and milk until well incorporated. Whisk the dry ingredients into the wet ingredients until no lumps remain. The batter will be glossy and sticky. Fold in the zucchini and chocolate chips. Spoon into muffin tin with each being about ¾ full. Bake for 20 – 25 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**



**ALL HANDWOVEN PRODUCTS ARE NOW 10% OFF**

## A piece of Eatons History

Jake Knelsen and his colleagues from the Moose Jaw Action Now group prepared the following comments after the recent death of Thomas Gill, a long-time city resident and community worker:

"Thomas Gill passed away November 2. While it is a time of sorrow, it is also a time to reflect upon his efforts and subsequent benefit for many services."

"It was his dream to create a seniors' complex out of a vacant Eaton's store which was slated for demolition. He did the research on the feasibility, legal and financial aspects."

"Many times, when adverse situations arose and many of us faltered, Tom never gave up and spurred the rest of us on with his enthusiasm and determination."

"All of those who enjoy the benefits of the Eaton's complex have a deep sense of appreciation for Tom's efforts."

The community joins in remembering the work that Tom did to make the senior's high rise and seniors' centre a reality.

### 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**



This could be your ad

## Moose Jaw & District Senior Citizens Association

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

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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**



**JULY DRAW DATE  
IS JULY 25, 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](mailto:mjsenior@shaw.ca)

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

**Licence# RR24-0285**



Healing Starts With Us

42 MAIN ST N  
306 691 0300



FAMILY BUSINESS  
EST. 2003



Supp Health, DVA,  
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

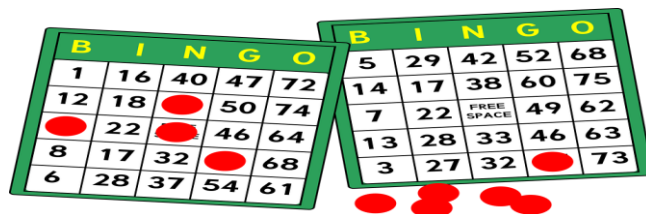
**LIGHTEN THE LOAD AND DUMP THAT SPARE CHANGE IN THE  
EATONS SPARE CHANGE JUG**

**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 MASTER CARD
- ❖ You MUST BINGO ON LAST NUMBER CALLED
  - Mastercard      \$5.00 Each
  - Additional card    \$1.00 Each
  - Paper Games
    - Early Bird/Speedo                      1 Up = \$1.00
    - Early Bird/Speedo/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](mailto: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](http://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***