

OCTOBER 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>



OFFICE HOURS (Tanya): Monday to Friday 9:00 am to 4:00 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



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

October 1 – Country Music Fundraiser
October 4 – Magic Show & Pasta Supper
November 2 – Fall Supper
November 22 – Christmas Craft Sale
December 6 – Ode to Winter

Congratulations to our SEPTEMBER Winners

Coffee Card : Margaret Kupper

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.



Happy OCTOBER Birthday to these Members

Stuart A.	Rosemary A.	Suzy B.	Robert B.	Robin B
Gene C.	Beverley C.	Arlene D	Linda D	Chris E
Diana F	Keith G	Donna G	Margaret H	Vivian J
Lawrence J	Lynnette I	Lucille M	Brina M	Barbara M
Ken M	Julie N	Caron P	Joan P	Brenda R
Ron R	Rodney S	Valerie S	Daniel S	Carolyn S
Audrey S	Deborah U	Lydia W	Beth W	Ernie W

October Facts: October's name means "eighth month" from the Latin octo, a holdover from the ancient Roman Calendar. This month is known for fall foliage, the Halloween holiday on the 31st, and the Orionids meteor shower peaking around October 20.

Birthstone: is the opal (hope, thought to bring necessary destruction and magic).

Birth Flowers: The calendula (or marigold) symbolizing good fortune,

Zodiac Signs:

Libra (Sept 23 - Oct 22) Element: Air Symbol: Scales

Libras are known for their focus on balance and justice. Libras are a little different. Their main characteristics include being diplomatic and fair. They like harmony, dislike being alone, and always strive for peace and justice in the world.

Scorpio (Oct 23 – Nov 21) Element: Water Symbol: The Scorpion

Scorpios are characterized by their mysterious and emotional nature. They are often described as mysterious and intense, drawing strength from their emotional depth and cultivating profound wisdom

Holidays & Celebrations: The month culminates on October 31 with Halloween; a holiday associated with costumes and trick-or-treating.

Fun Facts: In the northern hemisphere, leaves on trees change to red, yellow, and orange as chlorophyll production stops, revealing other colors. October is the peak month for meteors, with the Orionids shower reaching its maximum around October 20 – 21. Many animals, like squirrels gathering nuts and some birds flying south for the winter begin preparing for winter,

SUDOKU (Easy)

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In Canada, Thanksgiving falls on the 2nd Monday in October . It is a celebration of being thankful for what one has and the bounty of the previous year. It has been celebrated as an annual holiday in Canada since Nov. 6, 1879. On January 31,1957, the Governor General of Canada, Vincent Massy, issued a proclamation stating: “A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed – to be observed on the second Monday in October.” Traditional foods served at Thanksgiving include roasted turkey, roast beef, ham, stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, and various autumn vegetables. Desserts often include pumpkin pie, apple pie and glazed yams.



EATONS PRESENTS PASTA NIGHT

\$25 /ticket

MAGIC SHOW TO FOLLOW

October 4, 2025

Happy hour 4 pm Dinner 5 pm

Eatons Centre #101 510 Main St N

Join us for Mac & Cheese, Spaghetti & Meat Sauce, Salad,
Garlic Toast and Dessert

Ticket is eligible for door prize



HALLOWEEN

Halloween, celebrated annually on October 31, is a holiday with both pagan and Christian origins, marking the eve of All Hallows' Day. It evolved from the ancient Celtic festival of Samhain and is now largely a secular celebration featuring traditions like trick-or-treating, carving jack-o'-lanterns, wearing costumes, and decorating for Halloween. The holiday also begins the Christian triduum of Allhallowtide, which includes All Saints Day and All Souls Day.

FROM A COURT TRANSCRIPT:

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No

ATTORNEY: Did you check for blood pressure?

WITNESS: No

ATTORNEY: Did you check for breathing?

WITNESS: No

ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?

WITNESS: No

ATTORNEY: How can you be so sure, Doctor?

WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: I see, but could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible that he could have been alive and practising law.



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

FREE PARKING PASSES!!

Moose Jaw City Hall has gifted the MJ&DSCA with 10 parking passes/per month for 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! Passes entitle winners to free meter parking in Moose Jaw for one month and are transferable.** Congratulations to October winners: George Nightingale, Jerry Dennill, Joan Popoff, Maxine MacLeod, Juanita Campbell, Marilyn Lisoway, Lizanne Knox-Beam, Jackie Johnstone, Jeannette Harrison and Linda Drysdale.

A big THANK YOU to “Hunger in Moose Jaw” for the donation of fresh vegetables to our kitchen! Your support is very much appreciated!



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.

Moose Jaw & District Senior Citizens Association Inc.

(EATON CENTRE) *101-510 Main St N* *(306) 694-4223* *mjseior@shaw.ca*

ANNUAL FUNDRAISER
All Ages Welcome
NOVEMBER 2, 2025
COME & GO FOWL SUPPER

MEAL

Turkey Mashed Potatoes Stuffing Turnips
Buns Salad Pie

Take out available **MUST BE** picked up between 3:30 and 4:00p.m. day of.

Open Bar (Happy Hour at 4:00 p.m.)

Tickets \$25/Plate

(Non-refundable) (Tickets will NOT be sold at the door) Tickets available until October 30, 2025.

Includes Entry and Door Prize



PUMPKIN GLAZED SCONES**Ingredients**

2 1/4 c Flour

1/2 c sugar

1/2 tsp salt

1/2 tsp ground cinnamon

1/2 tsp ground cloves

1/4 tsp ground ginger

6 tbsp cold butter

1/2 c pure canned pumpkin

1 egg

5 Tbsp evaporated milk

**GLAZE:**

1 c icing sugar

1/4 tsp cinnamon

1/8 tsp ground nutmeg, ground ginger or ground cloves (opt)

DIRECTIONS: Preheat oven to 425 degrees. Line baking sheet with parchment paper. Combine first 7 ingredients in large bowl. Cut in butter with pastry blender or two knives until mixture is crumbly. Combine pumpkin, egg and evaporated milk and mix into dry mixture. Form dough into a ball. Pat into a 10" round. Cut into 8 triangles. Place on baking sheet Bake 15-17 minutes or until golden around the edges. Glaze while still warm.

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 *continued*

We again asked for tenders to have 39 new 8' light fixtures installed. This contract was awarded to Bruin Electrical a cost of \$4,077.79, and was completed early in 1993. This brightened the area up nicely.

We engaged the services of Barry Thomas Restoration to repair the concrete at the base of the walls and to do some minor repairs to the floor in the woodworking shop, also the area now used for the short mat bowling program. In addition, he was to apply two coats of paint to the walls. This was completed at a cost of \$2,132.21.

We realized that if we were going to make extensive use of the lower level, we would have to improve the air quality. So we applied for a grant from New Horizons Program that would enable us to undertake this project. While the total cost was to have been in the area of \$24,000.00, we had to modify the plan so that funds from New Horizons (\$15,000.00) would cover the cost. This work was done by Moose Jaw Plumbing and Heating.

In the meantime, we were able to get approval from the City and the Fire Department to build some partial partitions that would cordon off the woodworking area and two storage areas. This could only be built to height of 9 ft., so as to not interfere with the sprinkler system. This work was done by volunteers and for this we are indebted to Dave Englesman, Ken Bjolverud, Pat Cahill and Bruce Pendlebury.

We also had received on loan two carpets for our short mat bowling program from the Saskatchewan Lawn Bowling Association and we are grateful to them for initiating that activity. On March 20, 1993 we held a grand opening which was well attended and included the following guests – MLA's Lorne Calvert and Glen Hagel as well as Elinor Cox.

. TO BE CONTIUED

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

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.

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

For example: if you purchase your 2026 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

D&D QUALITY CARE INC.
Healing Starts With Us

428 MAIN ST N
306 691 0300

BUY CANADIAN

FAMILY BUSINESS EST. 2003

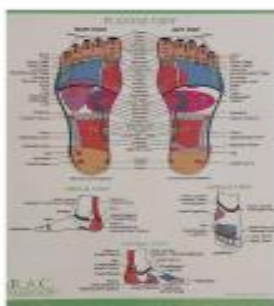
Supp Health, DVA,
WCB & SGI Accredited

CERTIFIED FITTERS

The advertisement features a central image of the D&D Quality Care storefront. Surrounding this central image are several rounded rectangular boxes, each containing a different product or service: a 'BUY CANADIAN' banner with Canadian-made medical supplies, a baby stroller, a pair of blue insoles, a brown leather armchair, a pair of black shoes with orthotic inserts, a set of four metal walkers, a pink awareness ribbon, a motorized scooter, and a manual wheelchair. The background is a light blue gradient.

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!



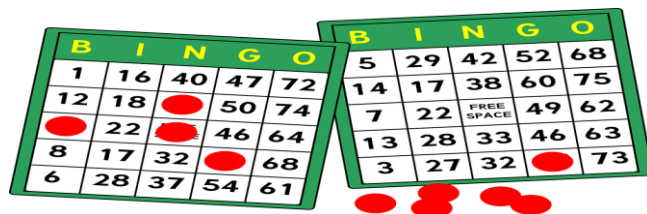
Call Lauren Rucks, RCRT to book a treatment! 306-630-5028

Follow me on Facebook at "Moose Jaw Reflexology"

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




October 31, 2025



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
MJDSOA 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