

MAY 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>

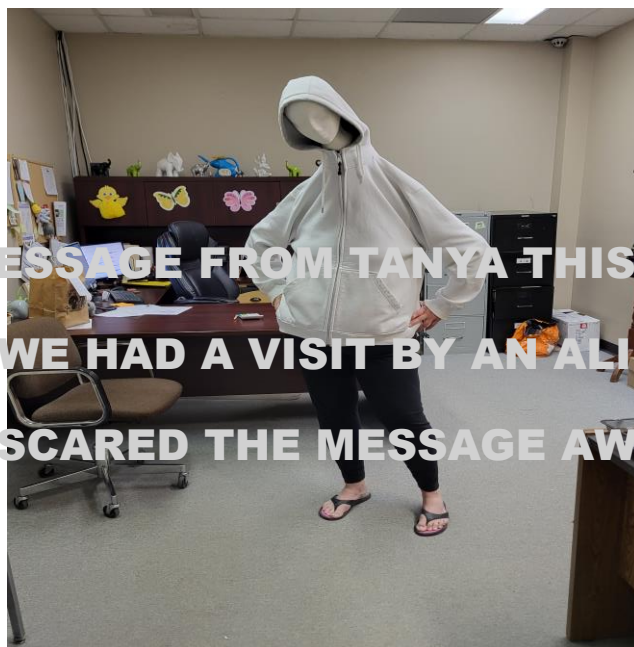


EATON CENTRE

OFFICE 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



**NO MESSAGE FROM TANYA THIS MONTH
 WE HAD A VISIT BY AN ALIEN
 SCARED THE MESSAGE AWAY**

MJ&DSCA BOARD

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

Upcoming events

May 4: Star Wars Day – May the fourth be with you.
 May 4: Dance to the tunes of CUT A RUG
 May 11: Mother's Day
 May 19: Victoria Day – CENTRE CLOSED
 May 24: Military Whist Tournament
 May 26–29: Shuffleboard Tournament

Congratulations to our APRIL Winners

Coffee Card: Bob Nurse

Monthly 50/50: Linda Thompson \$150.00

Shuffle Tournament: April 29 , 2025

A Side:

1st Bob S

2nd Barry S

3rd Dan S

4th Jill S

B Side:

1st Darlene S

2nd Pat H

3rd Elmer D

4th Joann S

Crib April 23, 2025

1st Cheryl M and Ellen M

2nd Al T and Kevin T

3rd Janet R and Janet L

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.

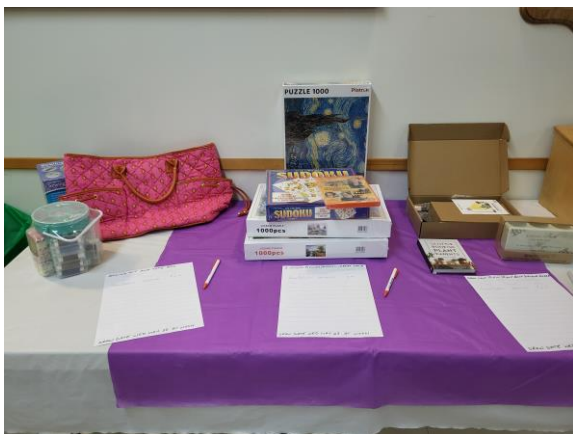


Mother's Day basket

Draw date: May 8th

Includes:

Saltwater Taffy, Bath Gel, Lip Balms, Detangling brush, Pen set, Bath Soaps, Chocolate, Shower Cap, Workout Book, Things Box, Handmade dishcloths, Mopping slippers



SILENT AUCTION

Draw Date: NOON May 28, 2025

1. Sewing Kit and tote bag
2. 3 jigsaw puzzles/ sudoku/movie
3. Grow light, plant, plant book, and candle holder



Easter Basket

WAS WON

BY

ARLOA ORTH

Happy MAY Birthday to these Members

Fern A	Keith A	Cheryl B	Elaine B
Joe C	Myrna D	David D	Nancy D
Joan D	Debbie G	Michael G	Cheryl H
Barb H	Randy I	Laurette K	Barb K
William L	Rosalie L	Vivian L	Karin M
Ronald M	Candace M	Christine M	Dennis O
Lynn P	Diane R	Sandra R	Wilma S
Marilyn S	Barry S	Larry S	Mary W
Carol W			

MAY FACTS:

May, the fifth month of the year, is named after the Greek goddess Maia, who was the mother of Hermes. It is known for its spring flowers and the start of summer weather.

Birthstone: Emerald, which symbolizes love and success. (or fertility and renewal)

Birth Flower: Lily of the Valley. The delicate and fragrant lily of the valley is believed to symbolize qualities such as humility, gentleness, and motherhood

Zodiac:

Taurus (April 20—May 20) Represented by the bull

Gemini (May 21 – June 21) Represented by the Twins

Fun Facts:

Does February March? April May!

In any given year, no month ever begins or ends on the same day of the week as May does.

A Dry May and a Leaking June Make the Farmer Whistle a Merry Tune!

A Snowstorm in May is Worth a Wagonload of Hay!



Origin of Mother's Day

Anna Jarvis, inspired by her mother's activism, sought to create a day to honor all mothers, whether living or deceased. The first Mother's Day was held in West Virginia in 1908, with a service at St. Andrew's Methodist Church. Anna's efforts gained traction leading to the West Virginia governor proclaiming Mother's Day in 1912. In 1914, President Woodrow Wilson signed a resolution officially establishing the second Sunday in May as Mother's Day.

While Anna Jarvis intended a day of sentiment, it eventually became commercialized, which she opposed. She even fought to have the holiday abolished.



You're so funny!

- 1 A cowboy rode into town on Friday. He stayed in town for three days and rode out on Friday. How is this possible?
- 2 One night, a king and queen went into their castle. There was nobody in the castle, and no one came out of the castle. In the morning, three people came out of the castle. Who were they
- 3 What belongs to you but is used more by others
- 4 What word is spelled wrong in every dictionary
- 5 What is heavier: a pound of feathers or a pound of bricks?
- 6 What tastes better than it smells?
- 7 What five letter word becomes shorter when you add two letters to it?

(answers can be found on page 8)

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

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

FEATURE ACTIVITY OF THE MONTH

TEXAS HOLD'EM –

UNDER LOTTERY LICENSE TH24-0002

Texas Hold'em is a popular version of poker where individual players compete with others, aiming to create the best five-card hand using a combination of their two private cards (hole cards) and five community cards that are dealt face up on the table in three stages 1. the flop – three cards dealt face up 2. The turn - which is an additional card dealt face up and 3. The river - the final card turned face up.

Players can use any combination of their two-hole cards and the five community cards to make their best five card hand.

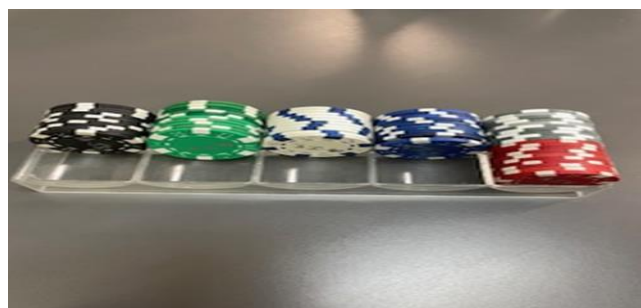
Players take turns betting or folding before and after each community card is revealed. When all betting rounds are completed, players reveal their best card hand. The player with the best five card poker hand (based on the standard poker hand rankings) wins the pot.

Poker is relatively easy to learn. The basic rules are simple to grasp, making hold'em accessible for beginners. There is also a big social aspect. The game is often played in a social setting, such as Eatons, with friends and colleagues.

At Eatons, Texas Hold'em is played by members Tuesday and Thursday evenings beginning at 6:30. Please arrive at least 15 minutes earlier so that the play can begin at 6:30.



This Photo by Unknown Author is licensed



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 on a monthly basis 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 May winners, drawn on April 30th ENJOY!

.....

ANSWERS to "your so funny"

- 1 *Friday was the name of his horse.*
 - 2 *The Knight (night), the king and queen.*
 - 3 *Your name.*
 - 4 *The word "wrong".*
 - 5 *They are the same a pound is a pound.*
 - 6 *Your tongue.*
 - 7 *Short.*
-

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.



Decadent White Chocolate Strawberry Cheesecake

Ingredients

Crust

- 2 cups graham cracker crumbs
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup unsalted butter, melted

Filling

- 3 (8 ounce) packages of cream cheese
- 1 cup granulated sugar
- 1 tsp. vanilla extract
- 3 large eggs
- 8 ounces white chocolate melted
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup heavy cream

Topping

- 1 cup of heavy whipping cream
- 2 tbsp powdered sugar
- 1 tsp vanilla extract
- Fresh strawberries halved
- White chocolate drizzle (optional)

Instructions

1. **Prepare the Crust:** Begin with preheating your oven to 325⁰F. In a medium bowl, combine graham crumbs, granulated sugar and melted butter. Mix until well combine. Press the mixture into the bottom of a springform pan, using the back of spoon to ensure it is firm and even. Bake the crust for 10 min., then remove from oven and let cool while you prepare the filling.
2. **Make the Filling:** In a large bowl, beat the cream cheese and granulated sugar together until smooth and creamy. Add the vanilla and mix until combined. Incorporate the eggs one at a time., beating well after each addition. Next, mix in the melted chocolate until fully incorporated. Finally, add the sour cream and heavy cream, mixing until the filling is smooth and creamy.
3. **Bake the Cheesecake:** Pour the filling over the cooled crust. Cover the bottom and up the side of pan with tinfoil so no water will leak in. Place the springform pan in a larger baking pan and fill the larger pan with hot water halfway up the sides of the springform pan to create a water bath. This helps the cheesecake bake evenly and prevent cracking. Bake for 55-65 minutes, or until the centre is set and the top looks slightly dry. Turn off the oven and let the cheesecake cool in the oven with the door slightly open for 1 hour.
4. **Prepare the topping:** In a medium bowl, beat the heavy whipping cream, powdered sugar, and vanilla extract until stiff peaks form. Spread the whipped cream over the top of the chilled cheesecake. Arrange the halved strawberries on top of the whipped cream. For an extra touch of elegance, drizzle with melted white chocolate.

TAKE OUT CONTAINERS.

You will soon be charged \$1.25 for a takeout container from the Eaton Café. If you are able to bring a container from home, they will be more than willing to let you use it.

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.

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.**

2025 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.

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

A Great Place to come and enjoy with friends while making new ones.

Active minds, happy hearts

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 from September 3, 2024, and conclude at noon on the last Friday of each month with the draw to follow

at 3:00pm until August 29, 2025

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

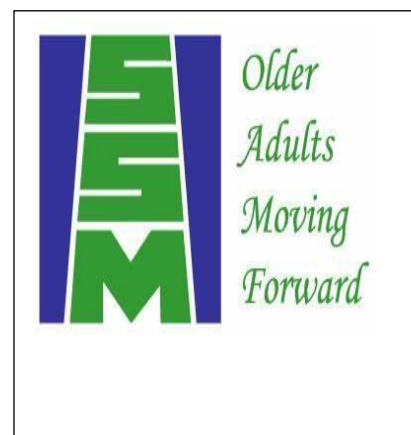
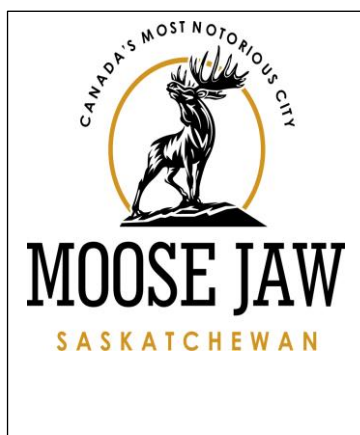
Winner does not need to be present, will be notified by phone

•Tickets Available @ #101-510 Main St. N.

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

Licence #RR24-0285

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





MINI CRIBBAGE TOURNAMENT

Wednesday May 21, 2025

1:00-4:00 P.M.

CARD ROOM

COST: \$5.00

Includes coffee and a snack. Call to register (306) 694-422

Eaton's Centre

510 Main St N, Moose Jaw



MILITARY WHIST TOURNAMENT

EATON CENTRE

#101 – 510 Main St N.

Moose Jaw, SK

10:00 a.m. - 3:00 p.m.

Saturday, May 24, 2025

Please come half an hour before with your team. If one member cannot make it is up to your team to find a replacement. (Check Spare List)

Only **\$20.00 per person** this includes coffee and muffins in the a.m. & a lunch at noon.

To register please call (306) 694-4223 or email;
mjsenior@shaw.ca

Cut off is Thursday prior to tournament.





Healing Starts With Us

428 MAIN ST N

306 691 0300



FAMILY BUSINESS

EST. 2003

Supp Health, DVA,
WCB & SGI Accredited

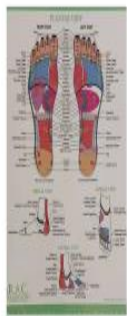


CERTIFIED FITTERS





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.



Your advertisement could be here

**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





*Coming
June
2025*



AT EATON CENTRE
510 Main St N

Wed Evening

BINGO

6:30 - 8:30

Now you can play
TWICE A WEEK !

Monday afternoon - 1:30 - 3:30

Wednesday Evening - 6:30 - 8:30



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.



Walking the **walk**: bad striding habits to avoid.

Walking is simple, right? Put one foot in front of the other and go. Well not quite. Walking the wrong way can waste effort and lead to injury. Here are some common walking missteps to avoid:

- Overstriding; When trying to pick up your pace, a natural inclination is to reach out further with your front foot. This leads to a clumsy gait that's hard on your feet. Instead, take quicker and shorter steps, with a strong push off.
- Flat-footed walk: If your feet hit the ground with a slap and you get no roll from your steps, you may experience shin pain. To correct this mistake, get a high-quality pair of walking shoes with a low heel and practice walking on your heels for 30 seconds at a time.
- No arm movement: Keeping your arms stiff or straight while walking ends up slowing you down and could cause your hands to swell up. Add power and speed to your walk by bending your arms and letting them swing naturally.
- Walking with your head down: This "cell phone posture" prevents you from taking full breaths and could cause back, neck, or shoulder problems. So, keep your head up and look ahead 10 – 20 feet.

Source [verywellfit.com](https://www.verywellfit.com)

**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 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*

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
Small	5 X 1 in	\$5	\$10	\$25	\$40
¼ Page	3 X 4.5 in	\$10	\$25	\$50	\$80
½ Page	Vertical or horizontal	\$20	\$40	\$80	\$150
Full Page	8 X 11	\$40	\$80	\$150	\$200