

# Points West Living Moose Jaw



## Together We Are Canada

My name is British Columbia  
The jewel of the West Coast.  
Forestry and fishing are  
The things that I do most.

Hi, I am Alberta  
A wild west kind of place  
With cows and oil and mountains  
And lots of open space.

I am Manitoba  
And I'm Saskatchewan  
We're the golden prairies  
Where fields of wheat grow in the sun.

Hi, I am Ontario  
The home of government  
To me each year the leaders  
Of our democracy are sent.

Bonjour, I am Quebec  
Here French is my language too  
When I want to ask "how are you?"  
I say, "comment allez vous?"

Newfoundland, New Brunswick  
And Nova Scotia – those are we,  
We are Atlantic Provinces  
The three musketeers of the sea.

I'm Prince Edward Island  
And I know I may be small  
But without me all the rest of you  
Would have no potatoes at all.

The Yukon, Nunavut and Northwest  
Territories are up north.  
Through ice and cold and polar bears  
Few brave souls venture forth.

Together we are Canada  
One nation strong and free  
With sharing, friends and happiness  
Forever we will be!





Gord J – July 3  
Elene M - July 8  
Joyce R - July 19  
Marilyn R - July 21  
Lucille M - July 24  
Mickey G - July 26  
Frank G - July 27  
George B - July 28  
Ruby H - July 29  
Doris C - July 31

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Leanne L  
Barry L  
Leona S  
Dave & Jean S

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The 50th Anniversary of **ParkArt** will take place on Wednesday, July 1, 2026, from 10:00 a.m. to 4:00 p.m. at **Crescent Park** in Moose Jaw. Hosted by the **Moose Jaw Museum & Art Gallery** (MJM&AG), this celebrated arts and crafts market will showcase handmade works from artisans across Saskatchewan.

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The [Tourism Moose Jaw Sidewalk Days Festival](#) returns to downtown Main Street from July 2–4, 2026. This highly anticipated three-day summer event is free to attend and features over 200 local retail and food vendors, family-friendly activities, and live entertainment.

#### Event Details

- **Dates & Times:**
  - Thursday, July 2: 10:00 AM – 8:00 PM
  - Friday, July 3: 10:00 AM – 8:00 PM
  - Saturday, July 4: 10:00 AM – 5:00 PM
- **Location:** Main Street North, Moose Jaw, SK

### **Happy Canada Day July 1**

Wear red and join us in  
the Bistro at 2:00 for cake.

### **Social Hour**

Sat, July 4 & 18  
from 3:30-5pm  
North Common Room  
Bring a beverage of your  
choice

### **Join us for some Fun in the Sun from 2-4**

Wednesday, July 8



### **Catholic Mass**

Friday, July 10@10:30am

### **Whist Tournament**

Tuesday, July 14 @7pm

### **Join Jen to paint a plaque**

Come on down & bring a  
beverage of your choice.

Starting at 2pm

Wednesday, July 22

### **Cribbage Tournament**

Wednesday, July 22@7pm

### **Dryer Vent Cleaning**

Thursday July 23 &  
Friday July 24

### **Catholic Mass**

Friday, July 24@10:30am

### **July Birthday Celebration**

Saturday, July 25@2:30pm

### **Worship Service**

Sunday, July 26@7pm

### **Party Whist**

Tuesday, July 28@7pm



**Thank you to everyone who donated to the “Clean Your Closet”. This year we donated to Second Chance. They were very appreciative of everything.**

**I would like to mention that it was lovely to see some of the items donated being recycled within our community. However, it was very disappointing to see the mess that was left behind.**

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For residents who are unable to access our shuttle, there is a SaskAbilities bus that transports those who are in wheelchairs. However, this is **not** part of Points West Living, so there would be a fee charged to utilize the SaskAbilities service.

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There are a few residents that have requested to move tables. If this is something that you would be interested in doing, please let us know and we can do some rearranging.

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Thank you for completing the 2026 Resident survey. The results are posted on the bulletin boards on each floor.

I would like to address one of the answers given regarding input or suggestions for our menu. There were quite a few that answered that they occasionally or never give input. I would like to remind you that the suggestion box is located on the credenza in the hallway, and we have food meetings to discuss the menu. If you would like to add or request, please write it down, or join our meetings.

On Wednesday July 22, Jen is inviting you to come paint a wooden plaque. We will start at 2:00 pm. There is no fee and you don't need to bring anything but yourself.

(And a beverage is you so choose ☺)

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Seals Restoration will be here on Wednesday July 23 and July 24 at 9:00 to clean the dryer vents. This will take most of the day.

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Please be KIND. To EVERYONE. You don't know the struggles people have been through.

Being kind doesn't cost anything but being rude and unfriendly costs someone their self esteem.

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You will notice that there is kindness cards located at the front desk. These cards are meant to be shared with others when you see an act of kindness. Please share these cards to build positive connections within our community.

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If you have dishes in your suite, please be sure they make it back downstairs. We are starting to run low on a few things.



# Monday July 6, 2026, is the 10th Canadian Injury Prevention Day.

Canadian Injury Prevention Day, formerly named National Injury Prevention Day (is a day to raise awareness around the importance of injury prevention and aid people in Canada to live long lives to the fullest through education and advocacy. Health Canada recognizes this date as an official national Health Promotion Day. Note that in the past we have marked this day on July 5 but, because this falls on a weekend in 2026, our awareness day moves to Monday July 6.

**Injury prevention is critical to saving lives: Did you know that injury is the No. 1 cause of death of Canadians ages 1 to 44? Or that injury costs the Canadian economy \$29.4 billion a year?**

Our bodies naturally change with age, and these changes affect the way we feel, move, and behave. A fall can have a devastating and lasting impact on a person, resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause an older adult to lose confidence and reduce their activities. The good news is that there are actions you can take to prevent falls.

## Key strategies to prevent falls

These are the most effective steps you can take to prevent a fall, as assessed by the Public Health Agency of Canada and Finding Balance, a program for older adults and caregivers created by the Injury Prevention Centre at the University of Alberta.

- Exercise: challenge your balance and build strength.
- Get enough sleep.
- Take your time: don't rush when walking or getting up.
- Balance your body through good nutrition and hydration.
- Get your sight and hearing checked regularly.
- Manage your medications and review them regularly with your pharmacist or doctor as some may make you prone to dizziness and falling.
- Wear well-fitting, sturdy shoes.
- Consider using a cane or other mobility device if needed.
- Maintain proper use of eyeglasses and hearing aids.

## In your home

- Make sure you have proper lighting in hallways, stairs and walkways, as well as in the bedroom and bathroom.
- Keep stairs free of clutter and exterior stairs and walkways free of clutter, ice or snow.
- Install handrails along stairs and safety grab bars in the bathroom.
- Check your home for slipping and tripping hazards and use non-slip mats or rugs.
- Ensure regularly used items are within reach.

**Living room and bedroom** Reduce clutter! Get rid of loose wires and cords as well as any other obstacles. Consider using a cordless phone to avoid rushing to answer. Have good lighting throughout the house and install night lights. Make sure the path is clear between the bedroom and bathroom. Scatter mats are tripping hazards. Get rid of them or make sure they are non-slip. Move slowly out of your bed or chair. Getting up suddenly can make you dizzy.

**Bathroom** Ensure that you have non-slip surfaces in the tub and shower. Install grab bars by the toilet and bath to help you sit and stand. Make sure they are well anchored. Use a raised toilet seat, and a bath seat in the shower, if you need them. Wipe up moisture or spills immediately

If you fall... Try to land on your buttocks to prevent more serious injuries. Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up. Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.



# BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbor and says,  
“Please come over here and help me. I have a killer  
jigsaw puzzle, and I can’t figure out how to get  
started.”

Her neighbor asks, “What is it supposed to be when  
it’s finished?”

The little silver-haired lady says, “According to the  
picture on the box, it’s a rooster.”

Her neighbor decides to go over and help with the  
puzzle. She lets him in and shows him where she has  
the puzzle spread all over the table.

He studies the pieces for a moment, then looks at  
the box, then turns to her and says,

“First of all, no matter what we do, we’re not going  
to be able to assemble these pieces into anything  
resembling a rooster.”

He takes her hand and says, “Secondly, I want you  
to relax. Let’s have a nice cup of tea, and then,” he  
said with a deep sigh...

“Let’s put all the Corn Flakes  
back in the box.”



Words to heal the soul

## Comments made in the year 1957

I'll tell you one thing. If things keep going the way they are, it's going to be impossible to buy a weeks groceries for \$20.00.

Have you seen the new cars coming out next year?  
It won't be long before \$5000.00 will only buy a used car.

Did you hear the post office is thinking about charging a dime just to mail a letter?

If they raise the minimum wage to \$1.00, nobody will be able to hire outside help at the store.

When I first start driving, who would have thought gas would someday cost .29 cents a gallon. Guess we'd be better off leaving the car in the garage.

I never thought I'd see the day all our appliances would be electric. They are even making electric typewriters now.

It's to bad things are so tough nowadays. I see where a few married women are having to work to make ends meet.

If they think I'll pay 50 cents for a hair cut, they better think again.

Did you see where some baseball player just signed a contract for \$75.000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the president

## Bus Schedule

Monday - Walmart

Tuesday - Rexall & Co-op

Wednesday - Superstore

Thursday - Shoppers

Friday - Banking

**JOIN US FOR OUR 100<sup>th</sup> WITH THE LEGION!**

**Party Time**

**BRANCH 59 BACKYARD BASH**

CELEBRATING 100 YEARS OF SERVICE of The Royal Canadian Legion

**SATURDAY, JULY 18<sup>th</sup> 2026**

693 FAIRFORD STREET WEST, MOOSE JAW

9 – 11am Pancake Breakfast (by donation)

3 – 5pm Meat Draws, 50/50 & Chase the Ace

CHILDREN & FAMILIES ARE WELCOME ALL DAY UNTIL 5:30 pm

5:30pm GATE OPENS

Advance Tickets \$15 - \$20 at the gate Available at the Legion Office

Food Vendors: Prairie Aloha Shave Ice & Johnny Beam

50/50 Draw  
Silent Auction

7-11pm Entertainment  
**THE STRAY DOGS**

Call the Legion Office to Volunteer,  
Donate or Sponsor 306-692-5453  
SR25-4308, SR25-2041, SR25-3407, LR25-0038

**Legion** 100 1926 - 2026  
Branch 059  
Moose Jaw

# **“Don’t fall prey”: MJPS warns residents about persistent email scams**

Email scams have once again started circulating throughout Moose Jaw, prompting the Moose Jaw Police Service to issue a fraud awareness alert.

The MJPS said a resident reported receiving a suspicious email last week, which used several tactics to intimidate the individual into sending money through a wire transfer.

Superintendent Trish Seman said police have seen similar scams before and reminded residents not to fall victim to the threats being made by scammers.

"These people are very persistent, so don't fall prey to that," said Seman. "Do not click on anything or reply to anything either. Delete the message and call the police."

## **Scammers use threats and urgency**

Police said scammers often use several intimidation tactics, including pretending to be law enforcement, creating a sense of urgency, making fabricated threats and using blackmail.

Seman explained that these tactics can sometimes be successful because they take advantage of people's natural desire to protect themselves.

"When you see a scam that involves unverified access claims, they'll tell you that they have access to your browsing history and things like that," said Seman.

"They use threats and intimidation. They actually will use payment demands where they demand that you wire them money or send them money."

Other common payment demands include requests for Visa, iTunes or Amazon prepaid gift cards.

Seman added that scammers often create deadlines to pressure victims into acting quickly.