

Points West Living Moose Jaw

March 2026

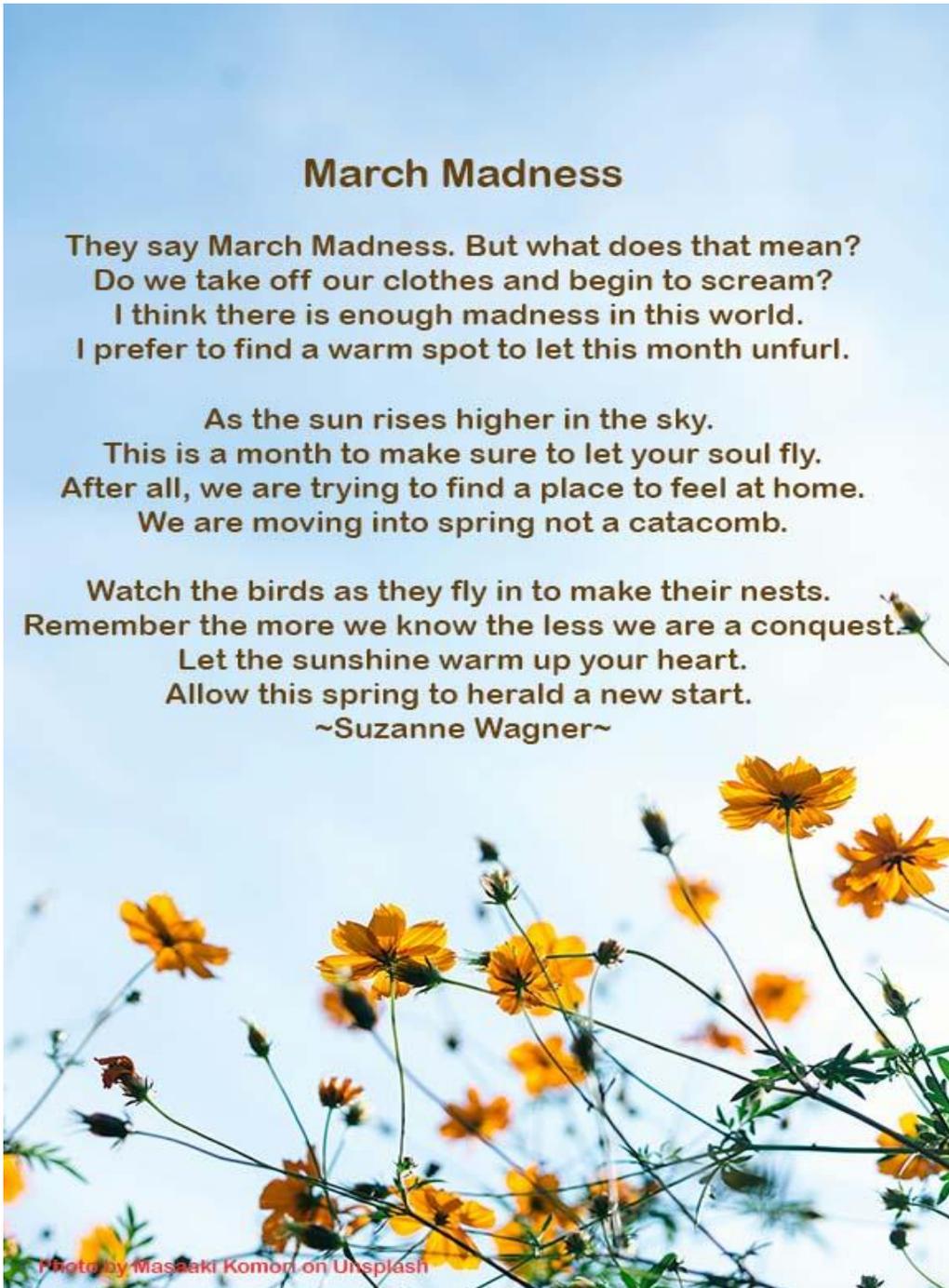


March Madness

**They say March Madness. But what does that mean?
Do we take off our clothes and begin to scream?
I think there is enough madness in this world.
I prefer to find a warm spot to let this month unfurl.**

**As the sun rises higher in the sky.
This is a month to make sure to let your soul fly.
After all, we are trying to find a place to feel at home.
We are moving into spring not a catacomb.**

**Watch the birds as they fly in to make their nests.
Remember the more we know the less we are a conquest.
Let the sunshine warm up your heart.
Allow this spring to herald a new start.
~Suzanne Wagner~**





Doris J - March 2
Audrey Z - March 11
Hoss M - March 13
Coulette B - March 13
Elaine L - March 17
Mickey H - March 25
Helen N - March 27
Margaret S - March 30



Mickey G
Jean C
Bill & Roberta A

Personal Touch Clothing

Personal Touch Clothing will be in our building on

Sunday, March 15

From 11am – 3pm

Please come down and check them out.



United Worship Service
Tuesday, March 3 @2pm

Happy Hour
Saturday, March 7
& March 21
from 3:30 – 5pm

Stations of the Cross
Tuesday, March 10
@1:30pm

Greg Gower music
Wed, March 11@7pm

Catholic Mass
Friday, March 13
@10:30am

Personal Touch Clothing
will be here on
Sunday, March 15
11 – 3pm

Friday, March 20th



Comfort Singers
Friday, March 20@1:30pm

Mayda Valgardsson, from Agcon Income Tax Service will be here to collect your income tax information on **Friday, March 20@ 4pm** Please meet her in the bistro bar.

Worship Service with Pastor Marvin
Sunday, March 22 @7pm

Stations of the Cross
Tues, March 24@1:30pm

Dale & Company music
Wed, March 25@7pm

Catholic Mass
Fri, March 27@10:30am

50/50 Draw
Fri, March 27
10:30 – 12pm

March Birthday Celebration
Sat, March 28@2:30pm

Whist Party
Tues, March 31@7pm

International Women's Day

Sun, Mar 8, 2026



International Women's Day (IWD) has been around for over a hundred years, as have many of the issues still impacting women's advancement. Since 1911, IWD belongs to all who care about gender equality. Celebrate women's achievement.

Raise awareness about discrimination. Take action to forge gender parity. All IWD activity is valid, that's what makes IWD so inclusive.

If you are interested in having a planter box this year, please let us know at the front desk.

Thank You

Income Tax Time

Mayda Valgardsson will be coming here on **Friday, March 20, 2026**, to pick up your income tax files. If this is your first time dealing with Mayda, please have a copy of your last filed income tax so she can obtain your current information.



Information on Hip and Knee Conditions

Knee and hip issues are commonly caused by **osteoarthritis (OA)**, a "wear and tear" condition where cartilage wears away, causing bones to rub together. These joints are frequently affected by aging and lifestyle factors, often leading to pain, stiffness, and reduced mobility.

Key Information on Hip and Knee Conditions

- **Osteoarthritis (OA):** The most common cause of chronic hip/knee pain in people over 70.
- **Hip Symptoms:** Often presents as stiffness in the groin, thigh, or buttocks, frequently felt in the morning or during exercise (e.g., walking). It can also cause difficulties with daily tasks like putting on socks or getting out of a car.
- **Knee Symptoms:** Often involves pain, stiffness, grinding/cracking sensations, and instability (knee buckling or locking).
- **Radiating Pain:** Hip arthritis can often cause pain that radiates down to the knee.
- **Risk Factors:** Joint injury, excessive weight, and age are major factors in developing osteoarthritis.

Management and Treatment

Initial treatment for both hip and knee pain focuses on non-surgical methods:

- **Exercise & Physical Therapy:** Essential for maintaining joint range of motion and strengthening surrounding muscles.
- **Weight Management:** Reducing body weight significantly lowers the load on joints.
- **Pain Management:** Use of ice/heat packs, over-the-counter pain relievers, and topical medications.
- **Injections:** Cortisone or hyaluronic acid injections can be used to treat arthritis.
- **Supportive Devices:** Braces or splints can be beneficial for knee arthritis.
- **Surgery:** If non-surgical management fails, total joint replacement (arthroplasty) is a common, highly effective treatment.

When to Seek Medical Attention

See a doctor immediately if you experience:

- Inability to put weight on the affected leg.
- Intense, sudden pain or swelling.
- Fever, chills, or changes in skin color around the joint.

- Constant, dull, or sharp pain that lasts for more than a few weeks.

Differences in Treatment

While both are managed similarly, knee issues often involve more instability (buckling), whereas hip issues tend to show earlier with stiff, deep pain. People with hip OA often seek help earlier than those with knee OA.

Anatomy Basics

- **The Hip:** A ball-and-socket joint where the femur (thigh bone) meets the pelvis. It is extremely stable, supported by deep sockets and strong ligaments.
- **The Knee:** The largest joint in the body, functioning as a hinge. It relies on ligaments (like the ACL) and cartilage (meniscus) for stability and shock absorption.

Bus Schedule

Monday – Walmart 2pm

Tuesday – Co-op & Rexall 2pm

Wednesday – Superstore 2pm

Thursday – Shoppers 2pm

Friday – Banking 2pm

Please wear green on March 17 & we will celebrate the leprechaun. Perhaps we will find the pot of gold at the end of the rainbow.



Saint Patrick's Day

The shamrock is the most iconic symbol of St. Patrick's Day, but what do you really know about this tiny three-leaved plant, and why is it associated with the holiday?

Legend and tradition state that the shamrock was a vital part of St. Patrick's teachings. He used its three rounded leaves growing on a single stem as a natural symbol to simplify the concept of the Trinity. It is also said that the deep green color of the shamrock, which became Ireland's emblem, cancels out the superstition that it is bad luck to wear green.

*March
national
days
word
search*



*Printable
from
Always
the
Holidays*

A P I Y Y D A Y A D D O O F H S I R I A Z Y
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**ST PATRICKS DAY
WOMENS DAY
HOLI
DAYLIGHT SAVINGS
FIRST DAY OF SPRING
ZERO DISCRIMINATION DAY
DOWN SYNDROME DAY
SOCIAL WORK DAY
CUDDLY KITTEN DAY
PANDA DAY
PEANUT BUTTER LOVERS DAY**

**PROPOSAL DAY
GIRLS WRITE NOW DAY
ARTICHOKE HEARTS DAY
GODDESS OF FERTILITY DAY
SPINACH DAY
IRISH FOOD DAY
EARMUFF DAY
CANADIAN BACON DAY
PROM DAY
GOOF OFF DAY
AG DAY
WAFFLE DAY**

**RESCUE CAT DAY
PI DAY
COCKTAIL DAY
JOE DAY
PLANT A FLOWER DAY
TEENAGER DAY
MARIO DAY
JOHNNY APPLESEED DAY
FRENCH BREAD DAY
OK DAY
LANDLINE TELEPHONE DAY**