

Points West Living
Moose Jaw 2026



Fall is here!

September to December is a wonderful
time,
To watch leaves fall and pumpkins on a
vine.

From decorating our homes with spooky
things to filling our bellies on Thanksgiving
The Fall is the time where the harvest
begins!

Apple picking, pumpkin pies, trick or
treating, and hay rides are such a
pleasure.

Time for sweaters, scarves, boots and
cool weather.

The smell of cinnamon spice in the air,
friends and family gather near, thankful
for many reasons because fall is here!





Marguerite V - Sept 4
Shirley B - Sept 4
Ray B - Sept 6
Sylvia W - Sept 15
Sharon R - Sept 18
Carol F - Sept 23
Gina N - Sept 26
Vicki O - Sept 27
Elsie T - Sept 29



Carolyn M

Joyce R

Elsie H

Bert & Myrna S

Dave & Jean S

Grandparents' Day

National Grandparents Day is celebrated annually on the first Sunday after Labor Day in September (e.g., September 13, 2026) to honor grandparents, strengthen family bonds, and encourage seniors to share their wisdom. Founded in the USA by Marian McQuade in 1978, it is a day for families to connect through visits, shared activities, and honoring their heritage.



Welcome to our new
Employee Care Partners:
Johanna &
Tara

United Worship Service

Tuesday, Sept 1@2pm

Yvonne from Mary Kay

Thursday, Sept 3

11am – 3pm

North Common Room

Social Hour

Saturday, Sept 5 & Sept 19th

3:30-5pm

Whist Tournament

Tuesday, Sept 8@7pm

Stars Presentation

Thursday, Sept 10@2pm

North Common Room

Catholic Mass

Friday, Sept 11@10:30am

Fri, Sept 25@ 10:30am



Bingo will be on

Sunday, Sept 13@7pm

Arbutus Holiday Music

Mon, Sept 14@7pm

Cribbage Tournament

Wed, Sept 16@7pm

Desperate for Haggis music

Thurs, Sept 24@7pm

50/50 Draw

Fri, Sept 25

10:30-12pm

**September Birthday
Celebration**

Sat, Sept 26@2:30pm

**Worship Service
With Pastor Marvin**

Sun, Sept 27@7pm

Party Whist

Tues, Sept 29@7pm

Truth & Reconciliation

Wed, Sept 30

Please Wear orange

Reminders:

- **United Worship Service** will start again on Tuesday, September 1st at 2pm.
- **Grandparent Day**, Sunday, September 13, 2026.
- **Forever in Motion** will restart on Monday, September 14th.
- **BINGO** will be on **Sunday, September 13th** instead of Monday September 14
- If you have prescriptions or any changes to your emergency forms, please let us know and we will make new copies for your suite.
- **The National Day for Truth and Reconciliation** is Wednesday, September 30, 2026. It is also known as Orange Shirt Day, if possible, wear orange today 😊

ONE
ORANGE
SHIRT

is now changing a nation

The orange shirt has become a symbol of hope, reconciliation, and commitment to a better future. By wearing an orange shirt on September 30 you make a statement to support truth & reconciliation and commit to the enduring truth that
“EVERY CHILD MATTER

I would like to let everyone know that I am aware of how awful the weeds in the front entrance looks. I do have a plan in motion. Please be patient as I am waiting for the Landscaping company to come in the fall. Thank you for your understanding and patience.

Please be aware that pouring greasy liquid down your sink leads to plugged or clogged drains. Disposing such liquid in a jar would be recommended.

What is the original meaning of September?

The word September comes from the Latin word *septem*, which means "**seven**." It was originally the seventh month in the ancient Roman calendar, because the Roman year began in March instead of January.

Why the Name Didn't Change

- **The Old Calendar:** The early Roman calendar had only 10 months, running from March through December.
- **Adding Months:** Later, the Romans added January and February to the start of the year.
- **The Shift:** This addition pushed September into the ninth position on the calendar, but the original numerical name stayed the same. `

***We will again celebrate Seniors Week from
Monday, September 14 to Friday September 18.***

Monday, Sept 14 will be Multi Color Day

1st floor wears yellow

2nd floor wears green

3rd floor wears red

4th floor wears blue



Tuesday, Sept 15 will be Too Tired Tuesday

Wear your jammies for the day. We will have brunch for lunch.



Wednesday, Sept 16 will be Western Day

Wear your western clothes. Lunch will be steak with the fixings.



Thursday, Sept 17 will be Thirsty Thursday

We will have cocktails after lunch.



Friday, Sept 18 will be Fiesta Friday

Wear your Mexican outfits. We will have a Mexican Buffet for lunch.



September Is Healthy Aging® Month

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The theme for the 2026 observance is ***“Curiosity Has No Age Limit.”***

Founded in 1992, *September Is Healthy Aging® Month* was created to draw attention to the positive aspects of growing older and to encourage adults to take greater responsibility for their physical, mental, social, and financial well-being.

The 2026 theme recognizes that curiosity is one of the most powerful forces for living a fuller, more engaged life. Whether learning a new skill, exploring a different perspective, trying a new activity, traveling to an unfamiliar destination, or simply asking more questions, curiosity helps people remain connected to the world around them.

“Curiosity is not reserved for the young,” *September Is Healthy Aging® Month* said the publisher of Healthy Aging®. “It is one of the qualities that keeps life interesting, meaningful, and rewarding at every age. Curiosity encourages us to learn, connect, grow, and continue discovering new possibilities throughout our lives.”

September was a natural fit. It is a time when many people are ready for a fresh start—a grown-up version of the back-to-school season. It also provides an opportunity to focus on the positive aspects of growing older.

Research has shown that lifelong learning, social engagement, physical activity, and maintaining a sense of purpose can contribute to overall well-being and quality of life. The 2026 theme encourages individuals, organizations, healthcare providers, community groups, libraries, senior centers, employers, and educators to promote activities that stimulate curiosity and foster continued growth.

Ten Ways to Celebrate “Curiosity Has No Age Limit”

1. Learn something new.

Take a class, attend a workshop, watch a tutorial, or explore a subject that has always interested you.

2. Explore your community.

Visit a museum, park, historic site, restaurant, or neighborhood you’ve never experienced before.

3. Try a new physical activity.

Consider walking, pickleball, yoga, tai chi, swimming, dancing, or another activity that challenges you in a positive way.

4. Read outside your comfort zone.

Choose a book, magazine, or article on a topic you know little about.

5. Connect with people of different generations.

Meaningful conversations across age groups can offer fresh perspectives and new ideas.

6. Embrace technology.

Learn how to use a new app, device, or online tool that can enhance your daily life.

7. Pursue a creative interest.

Write, paint, photograph, cook, garden, craft, or make music simply for the joy of learning.

8. Ask more questions.

Curiosity begins with a willingness to wonder and explore.

9. Revisit an old dream.

Consider a hobby, destination, skill, or goal you've always wanted to pursue.

10. Say yes to a new experience.

Growth often begins when we step outside familiar routines.

Celebrate! Be inspired



If you would like to take a drink up to your suite, please bring a container that has a lid. There is A LOT of spillages on the carpet.

*Believe in yourself and
all that you are.
Know there is something
inside you that is
greater than any obstacle.*



Bus schedule:

Mondays 2pm Walmart

Tuesdays 2pm Co-op & Rexall

Wednesday 2pm Superstore

Thursday 2pm Shoppers

Friday 2pm Banking

Wrinkles

**My four year-old granddaughter sat at my feet.
She stared curiously at my face and hands,
and in her sweet innocence she asked,
“Grandmother, what are wrinkles?”**

I smiled and answered:

**“Wrinkles my little one, are canals in which
the souls of the aged are displayed in
their faces and in their hands.**

**Wrinkles are the ribbons of thought
in which we find our culture.**

**Wrinkles are lines in the skin
that tell the history of our lives;
they are the stamps of struggle and sacrifice.**

**Wrinkles are dry river beds that once ran
full of tears for the grief and worry
caused by our children.**

**Wrinkles are flags of pride and dignity;
they are the stripes of love and happiness.**

**Wrinkles are the hours of the clock, and
the pages of the calender; they are days of
hard work and sleepless nights.**

**Wrinkles are the consolation of knowing
that there is food on the table, and that
the children sleep peacefully.**

**Wrinkles, my precious little angel are
the map that leads to heaven.”**

Name: _____

Date: _____

September

Word Search



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

K J L L A B T O O F S E Q U I N O X
S X G H A Y R I D E D R F R Q D P M
P E Q S C H O O L S N I K P M U P V
T L P G L X F P B J R F G W C T Q M
K E S T C A P L T A O W O R P M I Q
M A D D E A B N T L C R K S W G L S
K V R R R M L O I K C K I M R W J Q
S E A C E F B A R E N R P A Z N B U
N S H K Q L G E R D C W T A B F O I
R F C N F E O A R N A I N R C T N R
O A R R S A C O T N O Y E B X K F R
C R O E E S L Q C N X E Z T J T I E
A M N T P C M L H K Z V S R K J R L
M E N A A D E P I Y W E M D R C E N
N R R E R N P K K N V M J P R B Q Y
K S O W G T Q D A R G C B Y Q U M B
H T C S R F L Q A R A U T U M N O H
K R K T R T M H F R E D I C T T G G

ACORNS

APPLES

AUTUMN

BACKPACK

BONFIRE

BREEZY

CIDER

COOLER

CORN

CRISP

EQUINOX

FALLING

FARMERS

FOLIAGE

FOOTBALL

GOURDS

GRAPES

HARVEST

HAYRIDE

LABOR DAY

LEAVES

MIGRATION

ORCHARDS

PUMPKINS

RAKE

SCARECROW

SCHOOL

SEPTEMBER

SQUIRREL

SWEATER

