

COSMO SENIOR CITIZENS' CENTRE
235 – 3RD Ave. N.E. Moose Jaw, Sk. S6H 1C9
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September Newsletter

Office hours are 8:00am – 3:00pm, Monday to Friday

The schedule is getting back to normal but there are still some activities that are off the calendar until end of September. **Please pay close attention either on our Facebook page or website** (www.cosmoseniorcentre.com).

These are **ALWAYS** up to date.

SEPTEMBER EVENTS

Friday, September 11 – 1:00pm Crib Tournament
Monday, September 14 – 11:00am – 3:00pm Canadian Chinese Cooking Class
Friday, September 18 – 9:00am Military Whist Tournament
Saturday, September 19 – 7:00pm – 10:00pm Dance – Leon Ochs
Sunday, September 20 – 12:00pm – 5:00pm Line Dance Jamboree

COSMO COFFEE SHOPPE

Tuesday lunch special – \$10 11:30am. Includes coffee/tea, dessert
September 1 – Spaghetti Bake, Salad, Strawberry Crumble
September 8 – Beef Barley Soup, Biscuit, Apple Pie
September 15 – Pancakes, Sausage, Raisin Scones
September 22 – Turkey Vegetable Soup, Biscuit, Strawberry Fluff
September 29 – Ham & Cheese Sandwich, Veggie Sticks, Rice Pudding
Thursday – Coffee/Dessert Special - \$5 or Pie - \$4.50 10:00am – 3:00pm
September 3 – Cherry Pie
September 10 – Coconut Cream Pie
September 17 – Pumpkin Pie
September 24 – Cinnamon Buns

Single Serving Meals (starting in September) - \$5 8:00am – 3:00pm, Eat in or Take out

Iced Coffee and Iced Chai Latte are also now available in the Coffee Shoppe

Volunteers – Thank you for all that you do!!!

Volunteer Admin (front) desk /Cosmo Centre Greeter ☺ - If you're interested, please let me know.

What you do: welcome guests, direct traffic, answer phones, do little bits of administrative work, etc. This allows me to be more focused in my office, to do errands that I would otherwise have to do after work, even participate in some of the scheduled activities ☺

VOLUNTEERS NEEDED – Sign up on the volunteer board at the Cosmo Centre or give me a call.

September 18 – Military Whist: Clean up, Set up/make sandwiches.

September 19 – Leon Ochs: Stack chairs, wipe tables at end of dance.

WHAT'S NEW/ANNOUNCEMENTS

- There are numerous new activities/events added to the schedule:
 - Chair Yoga – Thursdays at 9:00am starting September 24
 - Tai Chi – times still to be determined
 - Floor Hockey – to be determined. Let me know if you're interested
 - Table Tennis – to be determined. Let me know if you're interested
 - Potluck/Games Night – I'm thinking about doing something fun on the last Monday (evening) of the month; just getting together for potluck and games, at the Cosmo Centre. Is this something you'd be interested in?

SCHEDULE CHANGES

- Learn to Pickleball will now be the first Monday of the month (instead of on Wednesdays), still from 6:00pm – 7:00pm, NOT on September 7 because it is a holiday. **Learn to Pickleball will start back Monday, October 5.**

Lots of **NEW workshops and activities** are starting this fall. Watch for posters. These include:

- **Ethnic cooking classes** (monthly) – FULL - September 14, 11:00am – 3:00pm, Canadian Chinese with Charlene Lind. Possibly another class in October or November as there are already 5 on the waiting list.
- **Paint nights** – October 19 and 26, 6:30pm
- **Baby Moccasin making workshop** – November 18 and 25, 11:00am – 3:00pm

PLEASE be sure to check the calendar regularly for ongoing changes due to this or that, on the website at www.cosmoseniorcentre.com or [Facebook](#) to follow the ongoing posts. The **DISCOVER MOOSE JAW** site may not always be up to date.

Have a fabulous day!!
From the desk of Penny Gustafson
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