

COSMO SENIOR CITIZENS' CENTRE
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October Newsletter

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

A Note from the Office

I write this note with exhilaration, anticipation, and sadness. For those who do not know, I've decided to retire with my last day at the Cosmo Centre being December 31, 2026.

As I type this note to you, I get tears in my eyes thinking of how much I'll miss being part of the daily hustle and bustle at the Cosmo Centre. The past two years (and a bit) have been more than I expected when I first started. Along the way of many changes with Board members, membership, staff in the kitchen and janitor positions, the many volunteers both members and non-members, I've had the opportunity to be part of something so special and to meet so many amazing people who I hope to stay connected with through the years.

Thank you for accepting me as your Executive Director and working with me to help make the Cosmo Centre a fun and welcoming place to come to every day. I so look forward to having time just for me and to enjoy participating in activities at the Cosmo Centre without having to answer the phone, sell tickets, serve a piece of pie, etc. My plan is to also spend more time at my home of Riverhurst working on the Riverhurst Wetland Restoration Project that consumes a lot of my time in the summer, take time for me relaxing by the soothing waters of Lake Diefenbaker, maybe casting a line every now and then...and of course traveling back to my beloved African families in Kenya, Uganda, Mvimwa Benedictines Monastery in Tanzania, and beyond.

I wish you all the very best. Be kind. Be gentle. Be open and accepting of the new Executive Director who will bring a different light to the Cosmo Centre.

WHAT's NEW – ANNOUNCEMENTS - SCHEDULE CHANGES

- There are numerous new activities/events added to the schedule:
 - **Chair Yoga** – **SLIGHT TIME CHANGE:** Thursdays at 8:55am
 - **Stretching with Ferd** before Pickleball - Tuesdays and Fridays at 12:30pm before the 1:00pm Pickleball
 - **Learn to Pickleball** – **Wednesday 6:00pm – 7:00pm** (sorry, it's been changed back to Wednesdays)
 - **Tai Chi** – times still to be determined
 - **Table Tennis** – I think this will be a go probably starting in November. I'm just waiting for final details.
 - **Military Whist** – January 2027, Cosmo Centre and Eaton's Centre will go back to sharing every other month

NEW IDEAS for ACTIVITIES

A couple members have suggested starting weekly chess as an activity. Would you be interested in something like this?

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, lead the fitness class, and even participate in some of the other scheduled activities ☺

OCTOBER EVENTS

Sunday, October 4 – 5:00pm Fall Supper – Advanced tickets only by noon on Friday, October 2
Friday, October 9 – 1:00pm Crib Tournament
Friday, October 16 – 9:00am Military Whist Tournament
Monday, October 19 – Volunteer Appreciation Coffee & Cookies and Games – 9:00am – 11:00am
Monday, October 19 – Canadian Chinese Cooking Class (FULL CLASS) – 10:30am – 3:00pm
Monday, October 19 and/or 26 – Paint Workshop with Pat Lamb – 6:30pm
Friday, October 30 – Pickleball Tournament – 9:00am

UPCOMING WORKSHOPS

- **Baby Moccasin making workshop** – November 18 and 25, 11:00am – 3:00pm

COSMO COFFEE SHOPPE

Tuesday lunch special – \$10 11:30am Includes coffee/tea, dessert (pre-order by Monday noon is preferred)

October 6 – Chicken Caesar Salad, Potato Chips, Coconut Squares

October 13 – Weiners and Beans, Biscuit, Peaches and Cream

October 20 – Shephard's Pie, Carrots, Banana Bread

October 27 – Chili and Bun, Coleslaw, Cookies and Ice Cream

Thursday – Coffee/Dessert Special - \$5 or Pie - \$4.50 10:00am – 3:00pm

October 1 – Blueberry Pie

October 8 – Sour Cream Raisin Pie

October 15 – Coconut Cream Pie

October 22 – Cinnamon Buns

October 29 – Cherry Pie

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

TREE TRIMMING - **Wednesday, September 30 at 9:00am** we will be trimming trees on the east side of the building. If you are available, your help will be appreciated. Bring your tree saw and/or pruning shears, wear thick soled boots due to not knowing what could be on the ground. The more the merrier. Thanks ☺

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](https://www.facebook.com/cosmoseniorcentre) 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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