

NOVEMBER 2021 SCWW
phone in to the classes at this number:
855- 204 - 8148

MONDAY NOVEMBER 1

1:30 PM - 2:00 PM Seated Yoga with Ericka

TUESDAY NOVEMBER 2

10:00 am Della Ferguson presenter

Developing a Sense of Purpose with Self Compassion after Loss

When loss leaves us feeling “off course” and even “lost”, it is important to pause in the present, and with gentle kindness consider your purpose for journeying forward. This session will offer “food for thought” in this regard. **This class has handouts.**

1:30 Anne Patton Barr Colony Book Club

WEDNESDAY NOVEMBER 3

1:30 PM SEWING CLASS with Myrna

Making potholders for those that preregistered. Supplies are coming in the mail. You are welcome to take the class and not sew. Just come along for the visiting!

THURSDAY NOVEMBER 4

10:00 am Gail Genest, presenter **Manager of Business Development. Saskatchewan Pension Plan.**

Helping you and your Loved ones Prepare for the Future. Join Gail as she talks about how we can play an influential role in talking to our children and grandchildren about preparing for the future.



And an opportunity to ask questions and learn some new things!

FRIDAY NOVEMBER 5

10: 00 AM Lorne Jackson Piano Music Live

1:30 pm Coffee Chats and Learning Topics with Myrna

MONDAY NOVEMBER 8

1:30 PM - 2:00 PM Seated Yoga with Ericka

TUESDAY NOVEMBER 9

10:00 am Trivia and brain games with Donna Kostal Moose Jaw Library

WEDNESDAY NOVEMBER 10

10:00 am Remembrance Day Tribute

15 minute Remembrance Day Tribute to our Veterans with Reverend Jim Balfour

Followed by Moose Jaw and Museum Art Gallery Christy Schwieger in a Remembrance Day tribute using scratch art for poppies and a Remembrance Day quiz. If you were not on Christy's list for art supplies in the past, please let Ronda know so supplies can be mailed out to you. As soon as possible let me know.

WEDNESDAY NOVEMBER 10

1:30 Sewing Potholders with Myrna Class

THURSDAY NOVEMBER 11 NO CLASS

THANK YOU TO ALL WHO SERVED

FRIDAY NOVEMBER 12

10: 00 AM Lorne Jackson Piano Music Live

1:30 pm Coffee Chats and Learning Topics with Myrna

MONDAY NOVEMBER 15

1:30 PM - 2:00 PM Seated Yoga with Ericka

TUESDAY NOVEMBER 16

1:30 PM Anne Patton Barr Colony Book Club

WEDNESDAY NOVEMBER 17

10:00 am Training on the computer- *how to use zoom*
with Shoshana and August.

A zoom link will be sent to you before the class.

ENTER DIRECT TO ZOOM by computer or phone.

THERE WILL BE NO INVITE FROM RONDA FOR THIS CLASS. we are not using our conference call today.

NOTE: you will be visible to the others via your video camera in this class.

TRAINERS:

August Kortzman, B.A.

Graduate Student, Clinical Psychology

Department of Psychology

University of Saskatchewan

E: august.kortzman@usask.ca

ᑭᓴᓐᑲᓐᑲᓐ (Misāskwatōmin), Treaty 6 Territory

Shoshana is with Megan E. O'Connells Team

, Ph.D., R.D.Psych.

Clinical Psychologist, Neuropsychology Team, Rural and Remote Memory

Clinic. Professor, Department of Psychology. Associate Member,

Canadian Centre for Health and Safety in Agriculture, Medicine University
of Saskatchewan

WEDNESDAY NOVEMBER 17

1:30 pm Sewing of Pot holders with Myrna

THURSDAY NOVEMBER 18

10:00 am Making Christmas Cards with Christy. Designing Christmas cards
with Watercolours & other materials

Supplies need to be mailed out to you. If you were not on Christy's art
list from before and want supplies, let Ronda know as soon as possible.

FRIDAY NOVEMBER 19

10: 00 AM Lorne Jackson Piano Music Live

1:30 pm Coffee Chats and Learning Topics with Myrna

MONDAY NOVEMBER 22 - 1:30 - 2:00 Seated Yoga with Ericka

TUESDAY NOVEMBER 23

10:00 am Join Karla from the Western Development Museum as she tells us stories of **Saskatchewan's Wartime Contributions – 10:00 am, November 23** (*ration book photo*). Handouts are needed for this class.

In this program we will hear about war and its effects on the province and the people of Saskatchewan. Who went away? Who stayed at home? How did our province help the efforts to fight the enemy from abroad? From knitted socks and war bonds to victory parades and post-war recovery, we'll see how the people of Saskatchewan were able to help those who were serving abroad.

WEDNESDAY NOVEMBER 24

1:30 Sewing Potholders with Myrna

THURSDAY NOVEMBER 25

10:00 AM Acrylic Paint – Pop Art Project with print

Working with Acrylic paint- Pop up colour with Leaves. Join Christy from the Moose Jaw Museum and Art Gallery in this fun project. Supplies were mailed out to you. If you were not on Christy's art list from before and want supplies, let Ronda know as soon as possible.

FIRDAY NOVEMBER 26

10: 00 AM Lorne Jackson Piano Music Live

1:30 pm Coffee Chats and Learning Topics with Myrna

MONDAY NOVEMBER 29

1:30 to 2:00 pm Seated Yoga with Ericka

TUESDAY NOVEMBER 30

10:00 am Trivia and Brain Games with Donna from the Moose Jaw Public Library

1:30 Pm Heidi's Farm Report

Heidi is back to tell us all about her summer on the Farm and her farm animal adventures.

Gail Genest SASK PENSION PRESENTER

started her working career in the financial and insurance world in 1978. Her passion lies with ensuring people have the opportunity to save at their workplace – where it is the easiest. She completed many financial courses over the years along with completing her Business Administration from the University of Saskatchewan in 2004.

After several years of volunteering, Gail joined the Canadian Pension and Benefits Institute as a council member in 2018. Over her work tenure she has been actively involved in many business groups including, North Sask Business Association (NSBA), Saskatoon Chamber of Commerce, Women’s Entrepreneur’s as an Ambassador, Saskatoon Women’s Network, BNI to name a few. Helping people is her number one priority.

As Manager of Business Development for Saskatchewan Pension Plan, Gail embraces the opportunity to reach out to folks in all walks of life. She desires to help them with their journey towards a richer and more financially successful future by having solid knowledge on Saskatchewan Pension Plan.

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CHRISTY, ART GALLERY CLASSES: educator.mjmag@sasktel.net

**PHONE IN TO THE CLASSES BY
PHONING THIS NUMBER:
855-204 - 8148**