

FEBRUARY 2022

SENIORS WITHOUT WALLS

Tuesday, February 1

10:00 am Heritage Buildings with Krista Liggett

We will explore information on designated heritage properties in the province and then have a discussion about a heritage site that has special meaning or historic meaning to the participants.

Wednesday, February 2

1:30 pm Sewing Soup cozies with Bill and Myrna

Thursday, February 3

10:00 am Exploring Creative Activities with Christy

This is more than just an art or craft class. Please join in even if you do not want to do the creative piece.

Explore Water: Stain Glass Underwater Glue & Watercolour Painting

Benefits of Creative Activities for Seniors

Creative activities have been shown to have a positive effect on both physical and mental health. Being creative can help older adults in many ways. Engaging in a creative pursuit like painting or craft making can motivate seniors to manage their lives and boosts self-esteem. Improve mental health- Engaging in creative activities helps with focus and concentration. It is a great way to exercise the brain and stimulate it by pursuing new activities. Arts and crafts like painting, knitting, pottery making, etc. can also slow the deterioration of cognitive function in seniors.

Better physical health- Many people grasp the relationship between creativity and mental health. But being creative can also lead to better physical health. Participating in art and craft activities influences the nervous system and can help stabilize heart rate and hormone levels. It also stimulates the release of endorphins that contribute to overall well-being and happiness.

Friday, February 4

10:00 am Piano Music with Lorne Jackson

1:00 Cabinet of Curiosities with Karla Western Development Museum Continued from January. (for the people that signed up in January, this is part of that series).

Tuesday, February 8

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

Wednesday, February 9

1:30 Word of the Week: We are starting something new as we learn a new word of the week. At the beginning and the end of the class, we will learn a new word. This month our teachers are Georgette and Anna who will teach us a new word each week- in French and Dutch.

Followed by:

1:30 Join Myrna as she has some Romance in Store with her Valentines Day Show!

Thursday, February 10

10:00 am Creative Activities with Christy
Explore Water – Susan Shantz (current exhibition at the MJMAG.
We Are What We Drink.

1:30 Outdoor Gardens with Leslie Cornell from Cornell Design and Landscaping

Friday, February 11

10 am> Piano Music with Lorne Jackson
1:00 pm Optional wrap up ZOOM CLASS for those that were in the Cabinet of Curiosity class

2022 Great Backyard Bird Count,
FEBRUARY BIRD COUNT – SEE NOTE AT END OF NEWSLETTER

Step 2 – Watch birds for 15 minutes or more, at least once over the four days, February 18-21, 2022.

Monday, February 14

10:00 am Join Shoshana and August as they teach us how to take a picture with our phone. How to text or email the picture. And if we get time how to get the FaceTime app and facetime our friends and family.

Tuesday, February 15

10:00 “Angels in Your Life”
Celebrating the Angels in your Life who “lift” your spirit.
With Della Ferguson

Wednesday, February 16

1:00 Black History Month

Tentative Speaker: Dr. Charlotte Williams

Dr. Charlotte Williams (DVM), who graduated from the Western College of Veterinary Medicine at USask in 1994, was the first female black veterinarian in the province.



"For the past 24 years, Williams has been running her own veterinary clinic, Hooves & Paws in Elrose. Family values have always been important for Williams. Her lineage includes Mattie and Joseph Mayes, who headed north to help establish Saskatchewan's first black pioneer settlement back in 1910. February's Black History Month takes on added significance for Williams, knowing what her great-grandmother—who was born into slavery on a Georgia plantation—did for her family to live and thrive in Canada. Williams, who was born and raised in North Battleford, has always been aware of what drew her ancestors to Saskatchewan. "My great grandparents, Joe and Mattie, and their ten children immigrated to Canada in 1910 to escape segregation laws that they saw as a form of re-enslavement," she explained. "I think of all the freedoms that I enjoy because of the hard work and sacrifice it took to come to a new country." From the U of S, article by: KATIE BRICKMAN-YOUNG Feb 14, 2020. <https://news.usask.ca/articles/people/2020/dr.-charlotte-williams-a-passion-for-pets-and-people.php>

Thursday, February 17

1:30 pm Talking all about Birds (part one) with Suzanne Joyce
Communications professional with a passion for environmental conservation and education. Regina, Saskatchewan, Canada

Friday, February 18

10:00 Piano music with Lorne Jackson

1:30 an introduction to Writer in Residence upcoming programs
With Neil Aitkens

Tuesday, February 22

10:00 am Banking and Credit Card information with Jon Kieller.

Financial Advisor 1
Mutual Funds Investment Specialist | Credential Asset Management Inc.
Conexus Credit Union, 80 High Street West, Moose Jaw, SK, S6H 1S3
Phone: 306-691-4813
Jon.Kieller@conexus.ca | www.conexus.ca

Wednesday, February 23

NO CLASS TODAY

but if you are actively farming and ranching in any capacity, please let Ronda or Myrna know and we will tell you about a new pilot program with SaskPoly Tech.

Thursday, February 24

1:30 Part three Birds with Suzanne Joyce

Friday, February 25

10:00 am Piano Music with Lorne Jackson

1:30 Open Mic with Myrna'

Bring with you to class a topic of interest, something you heard about, or anything you'd like to discuss in more details.

Hand in your bird count results today.

2022 Great Backyard Bird Count, February 18-21

<https://www.birdcount.org/> <https://ebird.org/home>

Project Goal

Each February, for four days, the world comes together for the love of birds. Over these four days we invite people to spend time in their favorite places watching and counting as many birds as they can find and reporting them to us. These observations help scientists better understand global bird populations before one of their annual migrations.

Instructions for Group Counts: You are invited to join the group bird count and Ronda will send in the results.

- Location where you saw the birds
- Start and end time of your counts
- Total number in each species that you saw and counted
- Day you saw the birds
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Step 1 – Decide where you will watch birds.

Step 2 – Watch birds for 15 minutes or more, at least once over the four days, **February 18-21, 2022.**

Step 3 – Count all the birds you *see or hear* within your planned time/location and use the best tool for sharing your bird sightings:

- If you are a beginning bird admirer and new to the count, try using the Merlin Bird ID app.
- You can also get books on birds from your library or have a friend or family member or yourself print off Saskatchewan birds off of Google searches.



Joe Mayes and his family built the Shiloh Baptist Church (in the photo) and was its first preacher. (Leander Lane Family Photo Archives)



(Provincial Archives of Saskatchewan/R-A10362)

Mattie Mayes took care of her 13 children and still found time to be a mother and a leader in her community. When a doctor was not available, Mattie took care of her sick neighbours. She also worked as a midwife, which meant that she delivered many of the babies in her small town as well.

— Mattie, also known as Mammy Mayes, would ride on horseback to take care of those who needed her help even when she was in her 80s! She was incredible!

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month/black-canadians.html>

Information taken from the above website:

Mattie Mayes (1850-1953)

Mattie Mayes was the matriarch of Saskatchewan’s first and only Black pioneer settlement. Following the end of the American Civil War in 1865, thousands of formerly enslaved Africans migrated to Oklahoma, but following the introduction of segregation in 1907, dozens of African-Americans decided to make their way to Saskatchewan based on the Canadian Government’s offer of free homestead land for settlers in the West. Twelve families took up settlement in Eldon, 13 kilometers west of Maidstone, while others continued to Alberta. Mattie Mayes was a part of the twelve families who settled in Eldon, who became known as the “Shiloh People”, named for the tiny church that they worshipped. The church itself later became a graveyard and a school.

The Mayes family is perhaps the most famous of the Shiloh people. Mattie, who had been enslaved before she was freed and moved to Canada, began practicing as a midwife and became a well-respected member of the community. With her husband Joseph Mayes, they raised a family of 13 children.

The Shiloh settlement is home to the only Black cemetery in Saskatchewan, which was permanently closed in 1987. The Shiloh church and cemetery are now provincially protected heritage sites.

