

CITY OF SWIFT CURRENT SENIORS' SOURCE SEPTEMBER 2023



RECREATION ACTIVITIES FOR ADULTS 55+ HOSTED AT CITY FACILITIES

MON

Starting September 6th
Aquatic Centre opens.

- 8:00AM Lane Swim at AQT
- 9:00am Shallow Water Fitness- at AQT
- 8:30pm Lane Swim at AQT



TUE

Starting September 6th
Aquatic Centre opens.

- 6:15am-9:00am Lane Swim at AQT
- 9:00am-9:45am Deep Water Fitness at AQT
- 1:00pm Bridge & Whist at LIB



WED

Starting September 6th
Aquatic Centre opens.

- 8:00am Lane Swim at AQT
- 9:00am Shallow Water Fitness at AQT
- 10:00am Mahjong at LIB
- 1:00PM Stitch by Stitch Every 1st and 3rd Wednesday of the month at LIB
- 7:00pm Book Club Wednesday September 27th at LIB.
- 12:00pm Lunch and Learn at MUS. Sept 13th.
- 8:30-9:30pm Lane Swim at AQT

THU

Starting September 6th
Aquatic Centre opens.

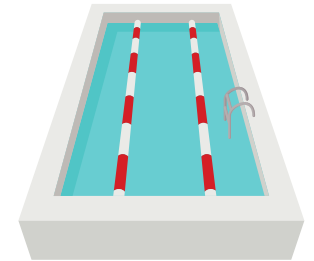
- 6:15am-9:00am Lane Swim at AQT
- 9:00am Deep Water Fitness at AQT
- 1:30 pm Cribbage at LIB



FRI

Starting September 6th
Aquatic Centre opens.

- 6:15am-9:00am Lane Swim at AQT
- 9:00am Shallow Water Fitness at AQT
- 10:00am Gentle Flow Fitness at AQT
- 1:30 pm Cribbage at LIB



Saturday September 9th:
Cruising the Market. Join us from 9:00am-3:00pm.

Saturday September 16th:
Join us from 9:00am-2:30pm

Saturday September 23rd:
Join us for the final Market Square of the season from 9:00am-2:30pm.

CITY FACILITIES FOR LOCATIONS AND INFORMATION

Art Gallery Swift Current (ART) - 306-778-2736
Aquatic Centre (AQT) - 306-778-2735
library (LIB)- 306-778-2752
Museum (MUS) 306-778-2765

General Community Services inquiries
306-778-2787

ACTIVITY DETAILS

ART GALLERY SWIFT CURRENT - 306-778-2736

Hours:

Monday, 12:00- 5pm, Tuesdays-Thursday, 12:00pm-6:00pm, Friday and Saturday 12:00pm-5:00pm.

Art Classes:

"ASGC is offering classes for all ages including painting, printmaking, caricatures and more! Check out our website for more information: <https://artgalleryofswiftcurrent.org/classes-workshops/>"

MUSEUM - 306-778-2775

Hours:

Monday - Friday: 9:00am - 5:00pm, Saturday: 1:00pm - 5:00pm

Lunch and Learn: September 13th, 12:00-1:00pm, Electric Cars. Pre register for lunch 306-778-2775

Exhibit: Space to Spoon.

MARKET SQUARE - 306-773-2723

Market Square is Swift Current's favourite summer attraction! Each Saturday, this open-air marketplace comes alive with music, food, crafts, baked goods, fresh fruits and vegetables, a bouncy castle and more! Come on out and experience the market for yourself. We can't wait to see you here every Saturday from June 17 – September 23, 2023 from 9:30 AM - 2:30 PM.

SELF DIRECTED RECREATION OPTIONS

- Tennis & Pickleball Courts (Riverside Park)
- Disc Golf (Riverside Park)
- Horseshoe Pits (Riverdene Park)
- Elmwood Fitness Park (Elmwood Park)
- Chinook Pathway
- Burnett Recreation Site

To find out how, visit www.swiftcurrent.ca/play or 306-778-2787



SENIORS' SOURCE

LIBRARY- 306-778-2752

Bridge & Whist: The Bridge & Whist Group, Tuesdays at 1 pm. Enjoy a lively game of cards and great conversation!

Mahjong: Learn to play Mahjong at the Swift Current Branch Library every Wednesday morning at 10:00 am. The game is very similar to the card game rummy.

Cribbage: Thursdays at 1:30 pm. Whether you have played before or are new to the game, come join us.

Stitch by Stitch: The Stitch by Stitch Knit & Crochet Group is meeting at the Swift Current Branch Library every first and third Wednesday at 1 pm. Drop in with your favorite handwork. Get new ideas, help with a project or just enjoy a chat.

Book Club: The Strangers by Katherena Vermette, on Wednesday, September 27th at 7pm.

AQUATIC CENTRE - 306-778-2779

Shallow Water Fitness:

The shallow water workout class is designed to increase the heart rate and condition the whole body.

Gentle Flow Fitness:

Athletic poses in gentle flow to strengthen posture. Find your inner peace as you perform deep breathing exercise's intermixed with power yoga poses.

Deep Water Fitness:

Deep water exercise is performed in 100% buoyancy and zero gravity. There is no other exercise experience like it.



FOR MORE INFORMATION,
SCAN THE CODE WITH YOUR
CAMERA APP ON YOUR
PHONE, TO KEEP THE
CALENDAR IN YOUR PHONE!

WWW.SWIFTCURRENT.CA/PLAY 306-778-2787