

The Seniors' Source newsletter is a place for community members to find out what is happening, hear from locals, and keep informed. There will be three editions each year - October, January and May. Watch for our monthly Seniors' Source Calendar, detailing programming for Seniors.



Seniors' OCTOBER 15-19 2024 WEEK!

FREE activities for citizens ages 55+

Sponsored by:

PHARMASAVE

390 Central Ave North
306-773-7261



PROGRAMMING DESIGNED FOR ADULTS 55+

PROGRAMMING AT THE STOCKADE



WALKING FOR WELLNESS

STOCKADE, KINETIC PARK \$2
Mon - Thurs @ 8:30AM - 12:00pm
Mon & Wed @ 1:00 - 2:30pm

INNOVATIONPLEX \$2
Mon - Fri @ 8:00AM - 4:30pm

SCCHS Evening Walking FREE, Mon & Wed @ 6:30PM - 8:00pm



FOREVER...IN MOTION

\$2/CLASS OR \$3 INCLUDING WALKING FOR WELLNESS

STOCKADE, KINETIC PARK
Mon & Wed @ 1:30 - 2:15pm • Tues & Thurs @ 9:00- 9:45pm



CHAIR YOGA • \$2/PER PERSON

STOCKADE, KINETIC PARK
Tues @ 1:30pm -2:15pm



ADULTS AT PLAY • \$2/PERSON

STOCKADE, KINETIC PARK
Tuesdays 10:00am -11:00am
Coffee and Cards



PICKLEBALL

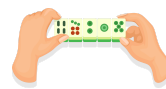
Mon & Wed 12:00 pm – 1:00 pm. \$2/drop in session.

PROGRAMMING AT THE LIBRARY



BRIDGE AND WHIST

LIBRARY
Tuesday @ 1:00pm



MAHJONG

LIBRARY
Wednesday @ 10:00am



SCRABBLE

LIBRARY
Sundays @ 2:00pm



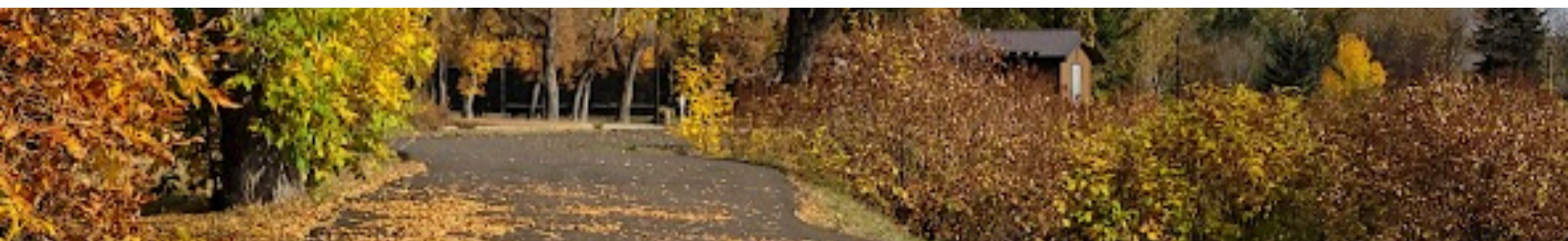
STITCH BY STICH

LIBRARY
1st and 3rd Wednesday @ 1:00pm



CRIBBAGE

LIBRARY
Thursday @ 1:30pm



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SENIORS' WEEK OCT. 15TH-19TH

A VARIETY OF FREE ACTIVITIES- SEE ATTACHED POSTER FOR DETAILS.

I'd like to take a moment to introduce myself. My name is Dwinell Stevenson, and I am the new In Motion Community Facilitator with the City of Swift Current. My family and I have recently relocated to Swift Current. I am excited to get to know and work with people of all ages in this role! Fall can be wonderful time of year to get out and try something new. I encourage you to challenge yourself to be active this fall and into the winter months. There are many indoor options in the city, including Walking for Wellness, Forever In Motion. Pickelball, Chair Yoga and Adults at Play at the Stockade. Or if you enjoy swimming and being in the water, the Aquatic Centre has options for you in the colder weather months. Check out their free shallow water fitness classes during Seniors' Week. There are so many benefits to staying active as we get older. It helps us maintain our mobility, strength, flexibility, endurance and overall physical & mental health. It is also an opportunity to connect with others looking to do the same. So grab a friend or come on your own. Just a little bit of physical activity can go a long way! I hope to see out and active very soon,
Dwinell Stevsnon



EXPLORE...

Self Directed Recreation
Options

- Disc Golf (Riverside Park, borrow from the Library)
- Tennis and Pickleball (Riverside Park)
- Horseshoes (Riverdene Park)
- Chinook Pathway

To find out how, visit
www.swiftcurrent.ca/play



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A TASTE OF DOC'S TOWN PUMPKIN EARTHQUAKE SURPRISE

Cake

- 1 box (15.25 ounces) Spice Cake Mix w/ Pudding in the mix
- 3 large eggs
- 1 cup canned 100% pure pumpkin
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{3}$ cup granulated sugar
- 2 teaspoons pumpkin pie spice

Instructions

- Preheat oven to 350 degrees. Spray a 9x13 baking pan with non-stick cooking spray.
- Add the cake mix, pumpkin, eggs, water, oil, sugar, and pumpkin spice in a large mixing bowl. Mix with a hand mixer or whisk until the cake mix is incorporated.
- Pour the batter in the prepared pan.
- In a separate microwave-safe bowl, melt the butter in the microwave for 30 seconds.
- Beat the cream cheese in with the melted butter with a hand mixer.
- Add in the powdered sugar and beat until well combined.
- Place spoonfuls of the cream cheese mixture all over the top of the cake mixture. Using a knife or skewer, gently swirl through the cream cheese.
- Sprinkle chocolate chips on top.
- Place the pan in the preheated oven and bake for 30-35 minutes or until done. Insert a toothpick in the center of the cake and if it's done it will come out clean.
- When done, allow the cake to almost completely cool. If you cut before it cools, the cake will be very soft.
- Add a dab of whipped cream on top of your individual piece and top that with a drizzle of caramel or butterscotch sauce - mmm amazing and gooey.

Cream Cheese Filling

- 8 ounces cream cheese room temperature
- $\frac{1}{2}$ cup unsalted butter
- 3 cups powdered sugar
- $\frac{1}{2}$ cup milk chocolate chips optional



On behalf of the volunteers at Doc's Town Teahouse we would like to thank all those who frequented our quaint little teahouse for homemade pies and coffee this summer. It is greatly appreciated, as all profits made during our summer go back into the maintenance and needs of Doc's Town. Without your continued support this traditional teahouse would not be possible! We are happy to share our recipe for rhubarb/strawberry pie filling and hope you enjoy it as much as we enjoy serving you.

Respectfully, Barb Lindsay, and volunteers



Swift Current Museum Presents:

Open Range Days in Southwest Saskatchewan

Stories and characters from the time before fences

With Mary Thomson

**Catered by Country Hills Catering
(Connie Wiebe)**

**LUNCH & TALK
12 - 1PM**

**WEDNESDAY,
OCTOBER 16TH**
44 Robert Street W

**LUNCH \$12
TALK- FREE**

PRE-REGISTRATION FOR THE LUNCH IS REQUIRED AT:

WWW.SWIFTCURRENT.CA/MUSEUM

LUNCH REGISTRATION CLOSING OCTOBER 11TH



Alzheimer Society

SASKATCHEWAN

Learn More **Live Well**



Minds *in* Motion

Mind and movement activities for people with early stage dementia and a friend or other care partner over Zoom

Join Alzheimer Society of Saskatchewan volunteers, a certified fitness instructor, and others living with similar experiences **from the comfort of your own home.**

Virtual Minds in Motion

Wednesdays, October 2- December 4, 2024
1:30 pm – 3:00 pm

Facilitated over Zoom / Must register as a pair
There is no cost to attend Virtual Minds in Motion

Registration opens August 13, 2024

To register, please email: mindsinmotion@alzheimer.sk.ca

Or call 1-877-949-4141



For more information on Minds in Motion, scan this QR Code

www.alzheimer.ca/sk

Support
Changes
Everything

Alzheimer Society

SASKATCHEWAN

Learn More **Live Well**



Dementia Care Partner Support Group

For anyone supporting a family member or friend with dementia who is living in the community or in a care facility

Third Tuesday each month, 6:30-8:00 PM

NEW LOCATION: "Friendship Corner", St. Olaf Lutheran Church
(665 Central Avenue N., Swift Current)

For more information or to register, please contact:

Stacie Noble-Wiebe, First Link Coordinator, Cypress Resource Centre
Phone: 306-673-2685 Email: cypress@alzheimer.sk.ca

If you would like more information about dementia, caregiving, diagnosis, and/or our programs and services, please call our

Dementia Helpline at 1-877-949-4141

or visit <https://alzheimer.ca/sk/en>



STOCKADE PROGRAMS

WE'RE
back!

STARTING OCTOBER 15, 2024 - MARCH 2025

✓ **WALKING FOR WELLNESS (W4W)**

MON & WED: 8:30AM-10:00AM
& 1:00PM-2:30PM

TUES: 8:30AM-12:00PM &
1:00PM-2:30PM

THURS: 8:30AM-12:00PM

\$2/DAY

✓ **FOREVER IN MOTION**

MON & WED: 1:30PM-2:15PM

TUES & THURS: 9:00AM-9:45AM

\$2/CLASS

✓ **DROP IN PICKLEBALL**

MON & WED: 12:00PM-1:00PM

\$2/DAY

✓ **CHAIR YOGA**

TUES 1:30PM-2:15PM

\$2/CLASS



**FOR MORE INFORMATION
CONTACT 306-778-2787 OR
WWW.SWIFTCURRENT.CA/PLAY**

CITY OF SWIFT CURRENT



OCTOBER 2024 SENIORS' SOURCE

RECREATION ACTIVITIES FOR ADULTS 55+ HOSTED AT CITY FACILITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14</p> <p>THANKSGIVING ALL CITY FACILITIES CLOSED</p> <p>8:30am Walking for Wellness at SD 12:00pm Pickleball at SD 1:00pm Walking for Wellness at SD 1:30pm Forever in Motion at SD</p>	<p>1</p> <p>1:00pm Bridge & Whist at LIB</p>	<p>2</p> <p>10:00am Mahjong at LIB 1:00pm Stitch by Stitch at LIB 1:00pm Scrabble at LIB 6:30pm Beading Circle at LIB</p>	<p>3</p> <p>1:30pm Cribbage at LIB</p>	<p>4</p> <p>9:00am Shallow Water Fitness at AQT 9:00am Lane Swim at AQT 10:00am Gentle Flow Fitness at AQT 3:00pm Lane Swim at AQT</p>
<p>7</p>	<p>8</p> <p>1:00pm- Bridge & Whist at LIB</p>	<p>9</p> <p>10:00am Mahjong at LIB 1:00pm Scrabble at LIB 6:30pm Beading Circle at LIB 6:30pm Adult Crafting at LIB</p>	<p>10</p> <p>1:30pm Cribbage at LIB</p>	<p>11</p> <p>9:00am Shallow Water Fitness at AQT 9:00am Lane Swim at AQT 10:00am Gentle Flow Fitness at AQT 3:00pm Lane Swim at AQT</p>
<p>14</p>	<p>15</p> <p>8:30am Walking for Wellness at SD 9:00am Forever in Motion at SD 10:00am Adults at Play (Coffee Time) at SD 1:00pm- Walking for Wellness at SD 1:00pm- Bridge & Whist at LIB 1:30pm Chair Yoga at SD</p>	<p>16</p> <p>8:30am Walking for Wellness at SD 10:00am Mahjong at LIB 12:00pm Pickleball at SD 12:00pm Lunch N Learn at MUS 1:00pm- Walking for Wellness at SD 1:00pm- Stitch by Stitch at LIB 1:00pm Scrabble at LIB 1:30pm Forever in Motion at SD 1:30pm Beading Circle at LIB</p>	<p>17</p> <p>8:30am Walking for Wellness at SD 9:00am Forever in Motion at SD 10:00am Adults at Play (Coffee Time) at SD 1:30pm Cribbage at LIB</p>	<p>18</p> <p>9:00am Shallow Water Fitness at AQT 9:00am Lane Swim at AQT 10:00am Gentle Flow Fitness at AQT 3:00pm Lane Swim at AQT</p>
<p>21</p> <p>8:30am Walking for Wellness at SD 12:00pm Pickleball at SD 1:00pm Walking for Wellness at SD 1:30pm Forever in Motion at SD</p>	<p>22</p> <p>8:30am Walking for Wellness at SD 9:00am Forever in Motion at SD 10:00am Adults at Play (Coffee Time) at SD 1:00pm- Walking for Wellness at SD 1:00pm- Bridge & Whist at LIB 1:30pm Chair Yoga at SD</p>	<p>23</p> <p>8:30am Walking for Wellness at SD 12:00pm Pickleball at SD 10:00am Mahjong at LIB 1:00pm- Walking for Wellness at SD 1:00pm Scrabble at LIB 1:30pm Forever in Motion at SD 6:30pm Beading Circle at LIB 7:00pm Book Club at LIB</p>	<p>24</p> <p>8:30am Walking for Wellness at SD 9:00am Forever in Motion at SD 10:00am Adults at Play (Coffee Time) at SD 1:30pm Cribbage at LIB</p>	<p>25</p> <p>9:00am Shallow Water Fitness at AQT 9:00am Lane Swim at AQT 10:00am Gentle Flow Fitness at AQT 3:00pm Lane Swim at AQT</p>
<p>28</p> <p>8:30am Walking for Wellness at SD 12:00pm Pickleball at SD 1:00pm Walking for Wellness at SD 1:30pm Forever in Motion at SD</p>	<p>29</p> <p>8:30am Walking for Wellness at SD 9:00am Forever in Motion at SD 10:00am Adults at Play (Coffee Time) at SD 1:00pm- Walking for Wellness at SD 1:00pm- Bridge & Whist at SD 1:30pm Chair Yoga at SD</p>	<p>30</p> <p>8:30am Walking for Wellness at SD 12:00pm Pickleball at SD 10:00am Mahjong at LIB 1:00pm- Walking for Wellness at SD 1:00pm Scrabble at LIB 1:30pm Forever in Motion at SD 6:30pm Beading Circle at LIB</p>	<p>31</p> <p>8:30am Walking for Wellness at SD 9:00am Forever in Motion at SD 10:00am Adults at Play (Coffee Time) at SD 1:30pm Cribbage at LIB</p>	

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)- 306-778-2775
 STOCKADE, KINETIC PARK PROGRAMS (SD) 306-778-2787

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

WEEKEND & SPECIAL ITEMS
 Scrabble Anyone! Scrabble Club:
 Enjoy Scrabble at the Swift
 Current Branch Library every
 Sunday at 2 pm.

ACTIVITY DETAILS

ART GALLERY SWIFT CURRENT - 306-778-2736

Hours:

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

Art Exhibition: Looking Back: 50 Years of Collecting

The Art Gallery of Swift Current is pleased to present an exhibition of artwork from our permanent collection and historical items from our archive. Running from Sept. 17 to Oct. 26, this exhibition celebrates the gallery's 50th Anniversary.

"To celebrate 50 years of the Art Gallery of Swift Current is to celebrate more than just a space. It is to celebrate our community, our relationships, and our city as a cultural hub.

Admission is FREE!

Art Classes:

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

CHILLI BOWL FUNDRAISER:

October 25th from 11:00 am-1:00 pm, at the Art Gallery of Swift Current
Chilli generously provided by Nighthjar Diner.

For just \$25, come choose your favorite ceramic bowl, fill it with delicious chili from our friends at Nighthjar Diner, and after you enjoy your tasty lunch, take the bowl home with you for keeps! Lunch includes chili, some sides, and a beverage. This fundraiser is going towards the Community Fridge.

MUSEUM - 306-778-2775

Hours:

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

Lunch and Learn: Open Range Days in SW Southwest Saskatchewan

Stories and characters from the time before fences with Mary Thomson. Lunch- \$12.00, talk is free. Must pre register before October 11th.

Exhibit: The Wounded

About the Exhibition: Photojournalist Stephen J. Thorne's striking black-and-white portraits of 18 Canadian veterans of the war in Afghanistan illustrate stories of loss, rehabilitation and hope. Some of the featured men and women knew instantly that their lives would be forever changed, while others realized it only long after the fact. All carry scars — some visible, others invisible. This moving exhibition takes an unflinching look at the struggles and hopes of Canadian veterans wounded during military service. Sixteen of the portraits were previously presented as part of a 2017 series published by Legion Magazine. The two new stories and portraits are marked with an asterisk. An exhibition developed by the Canadian War Museum in partnership with Legion Magazine. Photography and stories by Stephen J. Thorne.

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.

Beading Circle: Wednesdays at 6:30pm at the Library

Adult Crafting – Wednesday, October 9 at 6:30 pm (registration required)

Scrabble Club! – Come play some Scrabble, every Sunday at 2 pm

Book Club – – Wednesday, October 23 at 7 pm. (drop-in program) This month's book is: TBA

STOCKADE KINETIC PARK PROGRAMS - 306-778-2787

Forever in Motion: A drop in exercise program, led by qualified volunteers. Mondays & Wednesdays 1:30pm - 2:15pm and Tuesdays & Thursdays 9:00am - 9:45am. \$2 per class

Walking for Wellness: Stockade Kinetic Park! How many steps can you get? \$2.00 a day Mon & Wed 8:30am-10:00am and 1:00pm-2:30pm. Tuesdays 8:30am-12:00pm and 1:00pm-2:30pm. Thursday 8:30am- 12:00pm.

Adults at Play Coffee Time: Every Tuesday & Thursday from 10:00am-12:00pm at the Stockade Kinetic Park. \$2.00 for coffee.

Chair Yoga: A great exercise option for those who need to remain seated. Stretch, gain strength and mobility! \$2/program Tuesdays 1:30pm - 2:15pm

Pickleball: Join in for an hour of Pickleball! A fun and engaging sport for all ages! \$2/drop-in Monday & Wednesday 12:00pm – 1:00 pm



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

Schedule Information

September 4 - October 14, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am-8:00am		Lane Swim Barracudas Swim Club (6:30-7:30am)					
8:00am-9:00am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
9:00am-9:45am	Shallow Water Fitness	Deep Water Fitness	Shallow Water Fitness	Deep Water Fitness	Shallow Water Fitness		
9:00am-10:00am	Lane Swim Family Swim	Lane Swim	Lane Swim Family Swim	Lane Swim	Lane Swim Family Swim		
10:00am-10:45am	Gentle Flow Fitness	Adaptive Lessons (10:00-11:00am)	Gentle Flow Fitness	Adaptive Swim (10:00-11:00am)	Gentle Flow Fitness		
10:00am-11:00am	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim		
11:00am-1:00pm	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim	Lane Swim Family Swim		
1:00pm-3:00pm	School Swimming Lessons	School Swimming Lessons	School Swimming Lessons	School Swimming Lessons	School Swimming Lessons		Lane Swim (11:00-1:00pm) Family Swim (11:00-1:00pm)
3:00pm-4:00pm	Lane Swim Family Swim	CLOSED FOR MAINTENANCE	Lane Swim Family Swim	CLOSED FOR MAINTENANCE	Lane Swim (3:00-6:30pm) Family Swim (3:00-6:30pm) Aqua Cycle (5:30-6:15pm)		
4:00pm-6:00pm	Barracudas Swim Club	Swimming Lessons (4:00-6:15pm)	Barracudas Swim Club	Swimming Lessons (4:00-6:15pm)			
6:00pm-7:00pm	Family Swim Shallow Water Fitness (6:15-7:00pm)	Family Swim (6:15-7:00pm) Lane Swim (6:15-7:00pm)	Family Swim Lane Swim Deep Water Fitness (6:15-7:00pm)	Barracudas Swim Club Family Swim (6:15-7:00pm)			
7:00-8:30pm	PUBLIC SWIM	PUBLIC SWIM	Special O (7:00-9:00pm) Family Swim	PUBLIC SWIM	TOONIE Swim (\$2 per person) (6:30-8:30pm)		
8:30-9:30pm			Lane Swim				



SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE