

CITY OF SWIFT CURRENT

NOVEMBER 2024

SENIORS' SOURCE



RECREATION ACTIVITIES FOR ADULTS 55+ HOSTED AT CITY FACILITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1 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
4 No Stockade Programs	5 1:00pm- Bridge & Whist at LIB	6 10:00am Mahjong at LIB 1:00pm Scrabble at LIB 1:00pm Stitch by Stitch at LIB 6:30pm Beading Circle at LIB 6:30pm Adult Crafting at LIB	7 1:30pm Cribbage at LIB	8 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
11 Remembrance Day ALL CITY FACILITIES CLOSED	12 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	13 8:30am Walking for Wellness at SD 10:00am Mahjong at LIB 12:00pm Pickleball at SD 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	14 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	15 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
18 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	19 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	20 8:30am Walking for Wellness at SD 12:00pm Pickleball at SD 10:00am Mahjong at LIB 12:00pm Lunch N Learn at MUS 1:00pm- Walking for Wellness at SD 1:00pm Scrabble at LIB 1:00pm Stitch by Stitch at LIB 1:30pm Forever in Motion at SD 6:30pm Beading Circle at LIB	21 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	22 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
25 No Stockade Programs	26 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	27 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	28 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 6:30pm Writing at LIB	29 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

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



SCAN ME!

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

- Saturday Markets at the Museum
November 30 and December 21
1:30pm-4:30pm
- Saturdays 1pm-4pm Drop-in Board Games at LIB
- 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 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/>"

MUSEUM - 306-778-2775

Hours:

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

Lunch and Learn: Pride in Southwest Saskatchewan

Learn about Pride in Southwest Saskatchewan with Theo Houghtaling, lunch catered by Nightjar Lunch is \$12.00 , talk is free. Must pre register before November 15th.

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.



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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, November 6 at 6:30 pm (registration required)

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

Book Club – – Wednesday, November 27 at 7 pm. (drop-in program)

The Lost Art of Writing Letters- Thursday, November 28th at 6:30pm (Please register)

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