

Seniors' Week

Program of Events
June 3 - 10



All programs are free to attend during Seniors' Week and require no registration unless stated in description.

Monday, June 4

Pancake Breakfast 8:30am-10:30am

Fire Safety & Tour 10:30am-12:00pm

Strathmore Fire Department (721 Lakeside Blvd.)

Sponsored by Strathmore FCSS &

Strathmore Fire Department



RESULTS - Group Fitness for Older Adults (Level 1 Intro)

10:30am-11:30am

The Bank Athletic Club (137-2nd Ave.)



Join us for this supervised group exercise class and learn exercises specific to your health needs and improve your general fitness level. **Cost : Seniors' week special \$7.00 (regular \$14.00)**

Living Your Best Life: Downsizing & Decluttering

1:30pm-2:30pm

Strathmore Municipal Library (85 Lakeside Blvd.)

Donna Miller will be presenting on:

- How do we transition from where we are now, to where we need to be?
- What does living your best life look like without all of our stuff?

In this presentation, we will discuss decluttering and downsizing your space in preparations for relocation and living the "highlight of your twilight."

Getting Crafty with my Grandparent

4:00pm-5:00pm

Strathmore Library Meeting Room (85 Lakeside Blvd.)

Celebrate Seniors' Week with a special craft class for kids and their grandparents!



Monday, June 4

Today's Events at the Happy Gang 50+ Society of Strathmore

Functional Fitness: 8:55am
Pool: 9:00am

Yoga: 10:00am
Line Dancing: 1:30pm

Tuesday, June 5

Walking in the Park

10:00am-11:00am

Kinsmen Park *Presented by HEAL.*

Meet at the North parking lot of Kinsmen Park, and walk the beautiful lake setting. Pathway is paved and benches are available for rests. Public washrooms are onsite. Drop-in program will run every Tuesday in May and June. Walking will be cancelled in poor weather.



RESULTS - Group Fitness for Older Adults (Level 2)

10:45am-11:45am

The Bank Athletic Club (137-2nd Ave..)

Join us for this supervised group exercise class and learn exercises specific to your health needs and improve your general fitness level. **Cost :Seniors' Week special \$7.00 (regular \$14.00).**

Bridging the Gap Lunch Club

11:00am-1:00pm

Lord Of All Lutheran Church (112 Lakeside Blvd.)

MaryAnne Manolescu, RHAPL of Belton will be presenting on hearing loss, signs and warnings, and the next steps. **Cost is a voluntary offering which is applied to the supplies.** Anyone new to Lunch Club should register at 403-361-7216.



Tuesday, June 5

Seniors' Tuesday Art Class

12:30pm-3:30pm

Wheatland Society of Arts Studio
(115-3rd Ave.)

Come out and work on a specific project with an instructor, or work on any project of your own. **Supplies available at cost (generally \$5.00) or bring your own if you prefer.** Projects may be stored at the studio.



Sing (& Play) Your High Note

1:15pm-2:30pm

Strathmore Hospital Physio Wing (200 Brent Blvd.)
Presented by the Hope Bridges Society.

Enjoy music? Join us for this workshop. Meet with other adults of all generations and sing with the other participants to your favourite music. Learn new music and revel in the old. **Call 403-983-3640 to pre-register - only \$15.00 per senior (25% off the regular price of 1 session).**

Pottery at Wheatland Lodge

2:00pm-4:00pm

Wheatland Lodge (72 2nd St.)

Presented by the Hope Bridges Society

Celebrate spring by coming together with other in the community by building a Fairy House in Hand Built Pottery Tuesday, June 5th and 12th. **The cost is only \$40.00 for 4 hours, supplies, and guidance.** If you live at the Lodge, we be coming to gather registrations in person. If you are in the community, call 403-983-3640 to register.



Pool time

3:00pm-4:00pm Strathmore Civic Centre (120 Brent Blvd.)

For more information, please call Strathmore FCSS at 403-934-9090.



Tuesday, June 5

Today's Events at the Happy Gang 50+ Society of Strathmore

Low Impact Fitness: 10:00am
Rummikube: 1:00pm

Whilst: 1:30pm

Wednesday, June 6

Bridge Tournament

10:00am-4:00pm

Registration opens at 9:50am
Happy Gang 50+ Society of Strathmore
(85 Lakeside Blvd.)

One day open bridge tournament. **\$20.00**

per person. Lunch is included. Please bring a partner as you play together all day. **Register by June 1 by contacting Florice at 403-361-8159.** Register early as space is limited.



Open Studio

11:00am-4:00pm

Wheatland Society of Arts (115 3rd Ave.)

Come out and work a specific project with an instructor, or work on any project of your own. **Supplies available at cost**

(generally \$5.00) or bring your own if you prefer. Projects may be stored at the studio.



Therapeutic Yoga

5:45pm-6:45pm

The Bank Athletic Club (137-2nd Ave.)

Modified poses using props to unravel traditional movement patterns that cause pain and stiffness. **Cost: Seniors' week special \$8.50 (Regular \$17.00)**

Wednesday, June 6

Legion Bingo

Doors open at 5:30pm.

Royal Canadian Legion Branch #10 (230-2nd Ave.)

Nickel Bingo starts at 6:15pm with the regular Bingo to follow.



Today's Events at the Happy Gang 50+ Society of Strathmore

Functional Fitness: 8:55am

Bridge: 1:00pm

Pool : 9:00am

MahJong: 1:00pm

Yoga: 10:00am

Rummy Sixty-five: 1:00pm

Thursday, June 7 - Information Day

Join us for the day where you will be treated to snacks, beverages, door prizes, and FREE lunch!

Call Strathmore FCSS at 403-934-9090 to register by Monday, June 4, 2018.

9:30am-2:00pm

Sponsored by Strathmore FCSS and The Seniors Advisory Committee.

Where: Strathmore Municipal Library Meeting Room (85 Lakeside Blvd.)

Coffee and Registration: 9:30am-10:00am



Falls Prevention

10:00am-10:45am

Presented by Strathmore Fire Department

Falls put you at risk of serious injury. Join the Strathmore Fire Department to learn some fall-prevention strategies to use in your everyday life.



Break: 10:45am-11:00am

Sponsored by McDonald's

Thursday, June 7 - Information Day

Signs and Symptoms of Heart Attack & Stroke, and when to call EMS

11:00am-11:45am

Presented by Wheatland EMS

Most people know to look for typical symptoms of heart attack and stroke, but not all symptoms are the same. Join the Wheatland EMS to learn how to identify a heart attack and stroke and when it is crucial to call EMS.



Lunch & Information/Vendor Tables

11:45am-12:45am

Sponsored by Sobeys



Protecting yourself against scams

Presented by Wheatland County Peace Office

12:45pm-1:45pm

Seniors lose billions a year to scammers. Learn how to protect yourself and your loved ones from identity thefts, fraud, and scams.

Close and Door Prizes

1:45pm-2:00pm

Thank you to the following organizations for donating our door prizes!

**Home Hardware
No Frills
Strathmore FCSS
Town of Strathmore**

**Humpty's
Strathmore Senior's Advisory
Strathmore Fire Department
Value Drug Mart**

Sponsors at the time of printing

Thursday, June 7

Free Shredding

9:00am-12:00pm
Lambert Centre Parking
Lot (85 Lakeside Blvd.)



Shred confidential information to protect your personal information from identity theft. Shred-it will accept all paper products, CD's, and floppy disks to shred. Shred-it asks participants to take back their cardboard boxes after shredding.

Go Green Upcycling

10:00am-12:00pm
Hope Bridges Studio (104 - 3rd Ave.)

You are invited to contribute to the creation of a Community Doll House! Encourage others and uplift them by creating this beautiful community treasure with our local Upcycling art community. It will become part of a local family or community organization's home. **Please call 403-983-3640 to register.** No experience required. **Facilitation and supplies included for \$25.00.**

Open Studio

11:00am-4:00pm
Wheatland Society of Arts (115 3rd Ave..)
Come out and work a specific project with an instructor, or work on any project of your own. **Supplies available at cost (generally \$5.00) or bring your own if you prefer.** Projects may be stored at the studio.



RESULTS - Group Fitness for Older Adults (Level 2)

10:30am-11:30am
The Bank Athletic Club (137 2nd Ave..)

Join us for this supervised group exercise class and learn exercises specific to your health needs and improve your general fitness level. Cost: Seniors' week special \$7.00 (regular \$14.00)

Thursday, June 7

Strawberry Tea

2:00pm-4:00pm

Happy Gang 50+ Society of Strathmore (85 Lakeside Blvd.)

Join us for an afternoon tea. **Entry Fee: \$3.00 per person.**



Legion Cribbage

7:00pm-9:00pm

Royal Canadian Legion Branch #10
(230-2nd Ave.)

Presented by Royal Canadian Legion Branch #10

Entry Fee: \$3.00 per person.



Today's Events at the Happy Gang 50+ Society of Strathmore

Low Impact Fitness: 10:00am

Canasta: 1:00pm

North American MahJong: 1:00pm

Pool: 7:00pm-9:00pm

Friday, June 8

Floor Curling

2:00pm-3:00pm (followed by snack)

Wheatland Lodge (72 2nd St.)

Presented by Alliance Church and the
Wheatland Lodge.



Crib Tournament

Begins at 2:30pm

Happy Gang 50+ Society of Strathmore (85 Lakeside Blvd.)

Compete for great prizes. **\$10.00 per person.** Light refreshments will be served. Drop in.

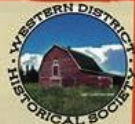
Today's Events at the Happy Gang 50+ Society of Strathmore

Functional Fitness: 8:50am

Pool: 9:00am

Yoga: 10:00am

Saturday, June 9



JOURNEY BACK IN TIME

WITH THE WESTERN DISTRICT
HISTORICAL SOCIETY

HISTORICAL APP WALKING TOUR

Download the app "On This Spot" for
FREE before the tour!

Starting point: Strathmore Municipal
Library

**JUNE 9, 2018 •
9AM - 12 PM**



FOR MORE INFORMATION VISIT:
WWW.WDHSOCIETY.CA
OR EMAIL: WDHSOCIETY@GMAIL.COM



Saturday, June 9

Today's Events at the Happy Gang 50+ Society of Strathmore

Line Dancing: 1:30pm

Did you know...

The cost of a yearly membership to the Happy Gang is only \$25.00. Your \$25.00 gives you free access to all Happy Gang events. Not sure if the Happy Gang is right for you? Pop into the many great events for FREE during Seniors' Week (June 3-10) or for the low drop-in rate of \$2.00 for the rest of the year! We hope to see you there!



Sunday, June 10

Bocce Ball Tournament

Begins at 10:00am

Bocce Courts next to the Strathmore Municipal Library (85 Lakeside Blvd.)

Free to attend, but registration is

required. Please register online at www.emailneform.com/builder/form/JZCdvpfVD1dNdxLMOg8YtjeT8 or call Lauren at 403-934-4697.



Strathmore Senior's Advisory Committee Survey



Have your say on senior events and resources in your community. Fill out the Town of Strathmore Senior's Advisory Committee Survey pick up a printed copy at the Town Office, Strathmore FCSS, and the Strathmore Municipal Library or fill one out online at <https://www.surveymonkey.com/r/StrathmoreSeniors>.

We look forward to seeing you at Seniors' Week!



*"You are never too old to set another goal or to
dream a new dream."*

C.S. Lewis

2018 Seniors' Week Planning Committee



Happy Gang 50+
Society of Strathmore



HOPE
Bridges Society

Seniors Advisory
Committee