

Sponsors:



Promoting Dignity, Health, and
Independence of Older Adults



Saskatoon Services For Seniors



*Franklin
Retirement
Community*

Contact Information

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Aging Inc.
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*11th Annual Seniors
Walk
September 29, 2010*



*Celebrate Seniors
Week in
Saskatchewan!*

MEETING SPOT:

September 29, 2010 at 10:30 a.m.
Sign in at the Mendel Art Gallery
at 950 Spadina Crescent East.

WALKING ROUTE:

At 11:00 a.m. walkers will walk
along the Meewasin Trail for a
short distance of 2 kilometers or
longer distance of 3.5 kilometers

LUNCH:

At 12:00 – 2:00 p.m. a
complimentary lunch will be
served at St. Johns Anglican
Cathedral at 816 Spadina
Crescent East

REGISTRATION:

Registration deadline is Sept 24th.
Fill out a registration form and
take it to the Council on Aging.
There is a \$2.00 registration fee

Saskatoon Council on Aging

is a non-profit organization
and a community leader in the
promotion of dignity, health
and independence of older
adults through programs,
services and policy advocacy.
It operates a Resource Centre
and runs programs and
services to enhance the lives
of older adults

**Saskatchewan Seniors
Fitness Association**

is a volunteer organization
aimed at improving the total
well-being of seniors through
participation in physical,
cultural, social and intellectual
activities

**Saskatoon Services for
Seniors**

is a non profit
organization that helps older
adults (55+) and the physically
challenged to live
independently in their own
homes.

Forever...in motion

The purpose of the
Forever...in motion program
is to work together with older
adult groups and community
agencies to promote and
deliver physical activity
opportunities for older adults.
Contact Kimberly at 655-
0829 for more information

Purpose of the Walk

To celebrate the
contributions older adults
make in our province. This
walk is being organized by
the *Saskatoon Council on
Aging, Saskatchewan Seniors
Fitness Assoc, and Saskatoon
Services For Seniors* with the
assistance of many seniors
clubs in Saskatoon.