

CITY OF SWIFT CURRENT



APRIL 2023

SENIORS' SOURCE

RECREATION ACTIVITIES FOR ADULTS 55+ HOSTED AT CITY FACILITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30-12:00pm Walking for Wellness at PAL 9:00am Shallow Water Fitness at AQT 10:00am Gentle Flow Fitness at AQT 10:00am-1:00pm Lane Swim at AQT 1:00- 3:30pm Walking for Wellness at SD 7:00pm Deep Water Fitness at AQT</p>	<p>4 8:30-12:00pm Walking for Wellness at SD 9:00am Deep Water Fitness at AQT 9:00am Forever in Motion- SD 10:00am Adults at Play at SD 1:00pm Bridge & Whist at LIB 1:30-3:00pm - Crafty Creations MUS</p>	<p>5 8:30-12:00pm Walking for Wellness at SD 10:00am Mahjong at LIB 12:00pm Pickleball at SD 1:00- 3:30pm Walking for Wellness at SD 1:00pm Stitch by Stitch at LIB 1:00pm Scrabble at LIB 2:30pm Forever in Motion at SD 6:30pm Beading Circle at LIB</p>	<p>6 LAST DAY OF STOCKADE PROGRAMMING 8:30-12:00pm Walking for Wellness at SD 9:00am Forever in Motion- SD 10:00am- 11am Coffee for Seniors at MUS 1:30pm Finding Balance at SD 1:30 pm Cribbage at LIB</p>	<p>7 No Stockade Programming 9:00am Shallow Water Fitness at AQT 10:00am Gentle Flow Fitness at AQT</p>
<p>10 9:00am Shallow Water Fitness at AQT 10L00am Gentle Flow Fitness at AQT 10:00am-1:00pm Lane Swim at AQT 7:00pm Deep Water Fitness at AQT</p>	<p>11 9:00am Deep water fitness at AQT 11:00am Lane Swim at AQT 1:00pm Bridge & Whist at LIB 1:30-3:00pm - Crafty Creations MUS</p>	<p>12 9:00am Shallow Water Fitness at AQT 10:00am Gentle Flow Fitness at AQT 10:00am Mahjong at LIB 12:00pm Lunch and Learn at MUS 1:00pm Scrabble at LIB 7:00pm Shallow Water Fitness</p>	<p>13 9:00am Deep Water Fitness at AQT 10:00am- 11am Coffee for Seniors at MUS 1:30 pm Cribbage at LIB 6:30pm Beading Circle at LIB</p>	<p>14 9:00am Shallow Water Fitness at AQT 10:00am Gentle Slow Fitness at AQT 3:00-7:00pm Lane Swim at AQT</p>
<p>17 9:00am Shallow Water Fitness at AQT 10L00am Gentle Flow Fitness at AQT 10:00am-1:00pm Lane Swim at AQT 7:00pm Deep Water Fitness at AQT</p>	<p>18 9:00am Deep Water Fitness at AQT 11:00am Lane Swim at AQT 1:00pm Bridge & Whist at LIB 1:30-3:00pm - Crafty Creations MUS 7:00pm- Prairie Quills Writers Group at LIB</p>	<p>19 9:00am Shallow Water Fitness at AQT 10:00am Gentle Flow Fitness at AQT 10:00am Mahjong at LIB 1:00pm Scrabble at LIB 2:00pm CRA Presentation at LIB 7:00pm Shallow Water Fitness at AQT</p>	<p>20 9:00am Deep Water Fitness at AQT 10:00am- 11am Coffee for Seniors at MUS 1:30 pm Cribbage at LIB</p>	<p>21 9:00am Shallow Water Fitness at AQT 10:00am Gentle Slow Fitness at AQT 3:00-7:00pm Lane Swim at AQT</p>
<p>24 9:00am Shallow Water Fitness at AQT 10L00am Gentle Flow Fitness at AQT 10:00am-1:00pm Lane Swim at AQT 7:00pm Deep Water Fitness at AQT</p>	<p>25 9:00am Deep Water Fitness at AQT 11:00am Lane Swim at AQT 1:00pm Bridge & Whist at LIB 1:30-3:00pm Crafty Creations at MUS</p>	<p>26 9:00am Shallow Water Fitness at AQT 10:00am Gentle Flow Fitness at AQT 10:00am Mahjong at LIB 1:00pm Scrabble at LIB 7:00pm Shallow Water Fitness at AQT 7:00pm Book Club at LIB</p>	<p>27 9:00am Deep Water Fitness at AQT 10:00am- 11am Coffee for Seniors at MUS 1:30 pm Cribbage at LIB</p>	<p>28 9:00am Shallow Water Fitness at AQT 10:00am Gentle Slow Fitness at AQT 3:00-7:00pm Lane Swim at AQT</p>

CITY FACILITIES FOR LOCATIONS AND INFORMATION

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

PALLISER, KINETIC PARK PROGRAMS (PAL) - 306-778-2787

ART GALLERY SWIFT CURRENT (ART) - 306-778-2736

LIBRARY (LIB)- 306-778-2752

MUSEUM (MUS)- 306-778-2775

AQUATIC CENTRE (AQT) - 306-778-2735



SCAN ME!

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

WEEKEND & SPECIAL ITEMS

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

ACTIVITY DETAILS

STOCKADE KINETIC PARK PROGRAMS - 306-778-2787

Programs ending on April 6th, 2023. Enjoy the sunshine and walking on our Chinook Parkway or visit www.swiftcurrent.ca/play for self directed recreation options!

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 Exhibition: Illuminated Collapse, April 1- June 24, 2023

The exhibition Jude Griebel: Illuminated Collapse presents a series of six detailed dioramas merging figure and ground to highlight human connection to the surrounding world.

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

Crafting Creations:

Join us every Tuesday from 1:30pm-3:00pm for Crafting Circle. Bring your own craft or project to work on. Great way to make new friends or to just get out of the house!

Coffee for Seniors:

Join us every Thursday from 10:00am - 11:00am for coffee \$2.00. Come enjoy a coffee or tea and take a walk down memory lane at Swift Current Museum.

🌀 Lunch and Learn:

Everett Baker and the Co-op Movement with Hugh Henry. Pre-Register for the lunch. April 12, 12:00-1:00pm.

🌀 Exhibit:

Hiding in plain sight. Explore the portrayal of Métis Citizens- some of whom are "hiding in plain sight"- in art and photographs.

AQUATIC CENTRE - 306-778-2735

Shallow Water Fitness:

The shallow water workout class is designed to increase the heart rate and condition the whole body. Monday, Wednesday and Friday 9:00am-9:45. Wednesday evening 7:00-7:45pm.

Deep Water Fitness:

Deep water exercise is performed in 100% buoyancy and zero gravity. There is no other exercise experience like it. Tuesday and Wednesdays 9:00am-9:45am, Monday evening 7:00-7:45pm.

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. Monday, Wednesday and Friday 10:00am-10:45am.

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.

Scrabble: Enjoy Scrabble at the Swift Current Branch Library every Wednesday at 1 pm.

🌀 **CRA Presents:** Digital Services – Scams, How to recognize a scam and what to do about it. Wednesday April 19, 2pm.

🌀 **Book Club:** Wednesday, March 22 at 7 pm. This month's book is: The Lost City of Z by David Grann

🌀 **Prairie Quills Writers Group:** Tuesday, April 18th at 7 pm. A group of writers, who love writing and sharing their stories, Join today!

🌀 **Beading Circle-** Thurs. March 2 & 16 @ 6:30 pm

🌀 **Spa in a Jar:** Wednesday April 12, @ 6:30 pm – Please register

🌀 **Technology Programs:**

- Digital Family Tree – Tues. April 4 @ 3 pm and Thurs. April 6 @ 6:30 pm (Please register)
- Coding Basics – Thurs. April 13 @ 6:30 pm (Please register)
- Brush Up on Your Typing Skills – Tues. April 18 @ 3 pm (Please register)
- Designing Your Own 3D Project – Thurs. April 20 @ 6:30 pm (Please register)
- Creating Short Films – Tues. April 25 @ 3 pm and Thurs. April 27 @ 6:30 pm (Please register)



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