

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/November, January and May. Watch for our monthly Seniors' Source Calendar, detailing programming for Seniors.

Welcome to the Fall Edition of Seniors' Source!

What a beautiful fall we've had! The changing colors and mild weather have given us the perfect chance to continue enjoying walks along the Chinook Parkway and soaking up the season. As we look ahead, we know winter is just around the corner—brrr!—but there are still plenty of opportunities in our community to stay active, both in body and mind. From Aquatics programs to engaging activities at the Library, there are so many ways to get out of the house, connect with friends (new and old), and keep moving. Seniors' Week 2025 will be taking place November 3 - 7. We're excited to share that the City of Swift Current, together with the Saskatchewan Health Authority and Age-Friendly Saskatchewan, is hosting a Seniors' Expo on Monday, November 3rd, from 10:00 am–1:00 pm. This event will feature vendors, presentations, and refreshments. It's a wonderful chance to discover resources, learn about Age-Friendly programs in Saskatchewan, and share your feedback on life as a senior in our community. The Expo is open to seniors, their families, and anyone working with adults 55+. Let's make the most of this season together—staying active, connected, and engaged in our wonderful community!

Krista Caswell
Community Recreation Coordinator
City of Swift Current

Seniors' WEEK!

NOVEMBER 3-7



FREE activities for citizens ages 55+!



Seniors' WEEK!

**NOVEMBER
3-7**

3 Monday
NOVEMBER

**Seniors' Expo
InnovationPlex
(Auditorium)**

10:00 am - 1:00 pm

- Resources
- Vendors
- Feedback
- Seniors 55+
- Community

4 Tuesday
NOVEMBER

PHARMASAVE SENIORS' DAY
20% DISCOUNT
All Day for Adults 55+

Activity

Walking for Wellness
Forever in Motion
Bridge & Whist
Chair Yoga
Crafting for Adults*

Location

Stockade
Stockade
Library
Stockade
Library

Time

8:30 am - 12:00 pm & 1:00 - 2:30 pm
9:00 am - 9:45 am
1:00 pm
1:30 pm - 2:15 pm
1:00 pm - 6:30 pm

5 Wednesday
NOVEMBER

Activity

Walking for Wellness
Shallow Water Fitness
Pickleball Drop In
Bowling
Stitch by Stitch
Scrabble Anyone!

Location

Stockade
Aquatic Centre
Stockade
The Social Bowl
Library
Library

Time

8:30 am - 10:00 am & 1:00pm - 2:30pm
9:00 am - 9:45 am
12:00 pm - 1:00 pm
1:00 pm - 4:00 pm
1:00 pm
1:00 pm

6 Thursday
NOVEMBER

Activity

Walking for Wellness
Forever in Motion
Bowling
Seniors' Tea and Tour
Cribbage
Chair Yoga

Location

Stockade
Stockade
The Social Bowl
Art Gallery
Library
Stockade

Time

8:30 am - 12:00 pm
9:00 am - 9:45 am
9:00 am - 12:00 pm
10:00 am - 11:30 am
1:30 pm
1:30 pm - 2:15 pm

7 Friday
NOVEMBER

Activity

Shallow Water Fitness
Pictures of the Past

Location

Aquatic Centre
Museum

Time

9:00 am - 9:45 am
10:00 am - 12:00pm

Morning at the Museum, Pictures of the Past - Reconnect with the past over coffee, conversation, and cherished memories.

FREE ACTIVITIES FOR CITIZENS AGES 55+!

FOR MORE INFORMATION CALL 306-778-2787 OR VISIT WWW.SWIFTCURRENT.CA/SENIORS

Seniors' Week Sponsored by:

PHARMASAVE

390 Central Ave North
306-773-7261



SENIORS' EXPO

FREE



Date

Monday, November 3, 2025



Time

10:00 AM – 1:00 PM
(Program Begins at 10:30am)
Refreshments Included



Location

InnovationPlex Auditorium

Discover resources, connect with vendors, and and learn about about Age-Friendly programs in Saskatchewan. Share your feedback on being a senior in our community and more! Open to seniors, their families, and anyone working with adults 55+. Refreshments Included!



communityservices@swiftcurrent.ca



306-778-2787



STOCKADE PROGRAMS

WE'RE
back!

STARTING OCTOBER 14, 2025 - APRIL 2026

✓ **WALKING FOR WELLNESS
(W4W)**

MON & WED: 8:30AM-10:00AM

& 1:00PM-2:30PM

TUES & THURS: 8:30AM-12:00PM

& 1:00PM-2:30PM

\$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 & THURS: 1:30PM-2:15PM

\$2/CLASS



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



SENIORS' SOURCE NOVEMBER 2025

RECREATION ACTIVITIES FOR ADULTS 55+ HOSTED AT CITY FACILITIES

SWIFT CURRENT LIBRARY (306-778-2752)

Bridge & Whist

Tuesdays at 1pm (drop in)

Mahjong

Wednesdays at 10am. (drop in)

Stich by Stich

1st and 3rd Wednesday at 1pm (drop in)

Scrabble Anyone!

Wednesdays at 1pm (drop in)

Magic the Gathering: Bring your own deck

Tuesdays at 6:00pm (drop in)

Adult Crafting

Wednesday November 5 & 12. At 6:00pm (Registration Required)

Book Club

Wednesday November 26 at 7:00pm (Drop in)

Cribbage

Thursdays at 1:30pm (Drop in)

Drop- In Board Games

Saturdays at 1:00pm -4:00pm

STOCKADE PROGRAMMING (306-778-2787)

Starting October 14

Walking For Wellness (W4W)

Mon & Wed: 8:20am - 10:00am & 1:00pm -2:30pm Tues & Thurs: 8:30am - 12:00pm & 1:00pm-2:30pm \$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 & Thurs: 1:30pm-2:15 \$2/CLASS

SWIFT CURRENT ART GALLERY (306-778-2736)

Art Gallery Hours:

Tuesday - Saturday 12:00pm - 5:00pm Pop in for a visit, and see what is new!

Exhibition (October 17 - January 3)

Knowing You are There: Curated by Luke Maddaford Bridging the past, present, and future, Knowing You Are There looks at Saskatchewan's built environment through the artists' relationships to the spaces around them. The exhibition explores how the built environment relates to identity, wayfinding, community building, everyday life, and regional histories

SWIFT CURRENT AQUATICS (306-778-2735)

Lane Swim

Monday - Friday 8:00am - 1:00pm
Monday - Thursday 6:00 - 7:00pm
Wednesday 8:30pm-8:30pm

Shallow Water Fitness

Mon, Wed & Fri 9:00am
Wed 6:15pm

Deep Water Fitness

Tues & Thurs 9:00am
Mon 6:15pm

Gentle Glow Fitness

Mon, Wed & Fri 10:00am

SCAN CODE FOR UP TO DATE AQUATICS SCHEDULE



SWIFT CURRENT MUSEUM (306 - 778-2775)

Museum Hours:

Monday to Friday: 9:00am - 5:00pm
Saturday: 1:00pm - 5:00pm
Come for a visit, and see what is new!

Exhibition (October - December)

Lost Liberties: The War Measures Act. It is brought to us by the Canadian Museum of History. What happens when personal freedoms come into conflict with national security? Exploring the suspension of civil liberties in Canada during the First World War, the Second World War and the 1970 October Crisis, Lost Liberties – The War Measures Act sheds new light on the enduring impact of the Act on Canada and its people.

Lunch N Learn: Wednesday, November 19th

Lunch & Learn with a Memorial Day theme. call 306-778-2775 to register.

**SENIORS' WEEK November 3 - 7
FREE ACTIVITIES**

Schedule Information

October 14 - November 2, 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am-8:00am		Lane Swim Barracudas Swim Club (6:30-7:30am)					All statutory holidays have limited hours: 11:00-1:00 Family Swim Lane Swim 1:00-5:00 Public Swim
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	Swimming Lessons	
10:00am-11:00am	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		Family Swim (11:00-12:00pm)
3:00pm-4:00pm	Lane Swim Family Swim	CLOSED FOR MAINTENANCE	Lane Swim Family Swim	CLOSED FOR MAINTENANCE	Lane Swim Family Swim (3:00-6:30pm)		PUBLIC SWIM (12:00-5:00pm) Special O Swim Club (3:00-5:00pm)
4:00pm-6:00pm	Barracudas Swim Club	Swimming Lessons (4:00-6:15pm) Barracudas Swim Club	Barracudas Swim Club	Swimming Lessons	Aqua Cycle (5:30-6:15pm)		
6:00pm-7:00pm	Lane Swim Family Swim	Lane Swim (6:15-7:00pm) Family Swim (6:15-7:00pm)	Lane Swim Family Swim Shallow Water Fitness (6:15-7:00pm)	Barracudas Swim Club	TOONIE Swim (\$2 per person) (6:30-8:30pm)		
7:00pm-8:30pm	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM		
8:30pm-9:30pm			Lane Swim				