



SENIORS' SOURCE JANUARY 2026

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)

Cribbage

Thursdays at 1:30pm (Drop in)

Snowshoes

Check out a pair of Snowshoes!

STOCKADE PROGRAMMING (306-778-2787)

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 January 16-April 14

View Finder: 'Viewfinder' is a collaborative project between artist Heather Cline and the Nature Conservancy of Canada. Cline is creating paintings inspired by viewing the landscape through a conservation lens, walking the land with staff and stakeholders of the Nature Conservancy of Canada.

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:

Aquaculture: Farming the Waters. Coming mid January - May. Come check it out!

Lunch N Learn:

SODCAP: Providing Habitat on a Working Landscape, with Tracy Hansen

Lunch \$14.00, Talk is Free.

To register for lunch please call 306-778-2775 by January 16th.

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 Presents:

SODCAP: Providing Habitat on a Working Landscape with Tracy Hansen

LUNCH & TALK
12 - 1PM

WEDNESDAY
JANUARY 21ST, 2026

LUNCH \$14
TALK - FREE

44 Robert Street W

MEAL REGISTRATION AND PAYMENT CLOSE ON JANUARY 16TH, 2026, OR EARLIER IF CAPACITY IS REACHED. REGISTER AT: WWW.SWIFTCURRENT.CA/MUSEUM.

ATTENDEES NOT PURCHASING A MEAL DO NOT NEED TO REGISTER.



WELLNESS CHALLENGE 2026 - JANUARY 19 - FEBRUARY 15

- Register by January 12
- Email d.stevenson@swiftcurrent.ca with your team name, captain & number of participants

swiftcurrent.ca/wellnesschallenge

Nutrition **Physical Activity** **Water** **Sleep** **Mental Wellness**

JANUARY 2026 STOCKADE PROGRAMS

Monday	Tuesday	Wednesday	Thursday
HAPPY NEW YEAR!			1
			X
5 W4W FIM PB	6 W4W FIM CY	7 W4W FIM PB	8 W4W FIM CY
12 W4W FIM PB	13 W4W FIM CY	14 W4W FIM PB	15 W4W FIM CY
19 W4W FIM PB	20 W4W FIM CY	21 W4W FIM PB	22 W4W FIM CY
26 W4W FIM PB	27 W4W FIM CY	28 W4W FIM PB	29 W4W FIM CY

DETAILS ON PROGRAMS

MON & WED:
Walking for Wellness (W4W) 8:30 am-10:00 am & 1:00-2:30 pm
Forever in Motion (FIM) 1:30 - 2:15 pm
Pickleball (PB) - 12:00 pm - 1:00 pm

TUES & THURS:
Walking for Wellness (W4W) 8:30 am-12:00 pm & 1:00-2:30 pm
Forever in Motion (FIM) 9:00 - 9:45 am
Coffee Time 10:00 am - 12:00 pm
Chair Yoga (CY) - 1:30 - 2:15 pm
Stockade closed 12:00-1:00 pm

\$2 FOR ALL PROGRAMS PUNCH PASSES AVAILABLE!

AQUA CULTURE

FARMING THE WATERS | CULTIVER LES EAUX

Interactive Exhibit

January - May 2026

SWIFT CURRENT MUSEUM

44 ROBERT ST. W.

2021-2030 United Nations Decade of Ocean Science for Sustainable Development

Ingenuity

CANADA AGRICULTURE AND FOOD MUSEUM / MUSÉE DE L'AGRICULTURE ET DE L'ALIMENTATION DU CANADA

FUNDED BY SASK LOTTERIES

Fisheries and Oceans Canada / Pêches et Océans Canada