



# SENIORS' SOURCE MARCH 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

1<sup>st</sup> and 3<sup>rd</sup> 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!

### Adult Crafting

Wednesday March 4 and 11 at 6:00pm (registration required)

## \* 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 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



## \* 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 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!



Are you interested in making a difference in your community?

Join the new Age Friendly Committee in Swift Current and help shape a community where older adults can thrive, connect, and belong. contact Krista at [k.caswell@swiftcurrent.ca](mailto:k.caswell@swiftcurrent.ca) or 306-778-2787