



**Saskatoon Council on Aging**  
Connecting Older Adults with Programs,  
Services, and Community Resources

presented by  
June Gawdun, Executive Director  
Kristi Baker, Program and Event  
Coordinator

We acknowledge that we gather on Treaty 6 Territory, the traditional lands of the First Nations and the homeland of the Métis.

We honor the Indigenous peoples who have been here since time immemorial—those who continue to shape the culture, identity, and spirit of the place we call Saskatchewan.



June Gawdun

Kristi Baker



# Why a Council on Aging?



# The beginnings

1988 –  
Federal health  
promotion  
workshop



1991 –  
Saskatoon  
Council on  
Aging



1999 –  
Caregiver  
Resource  
Centre

# Resource Center



22<sup>nd</sup> st  
location



Current location 2020 College Drive



# Who We Are

a not-for-profit  
charitable organization



## Mission

To promote dignity,  
health and  
independence of  
older adults through  
education, programs,  
services and  
advocacy

# Vision

Positive aging for all in  
an age-friendly  
community

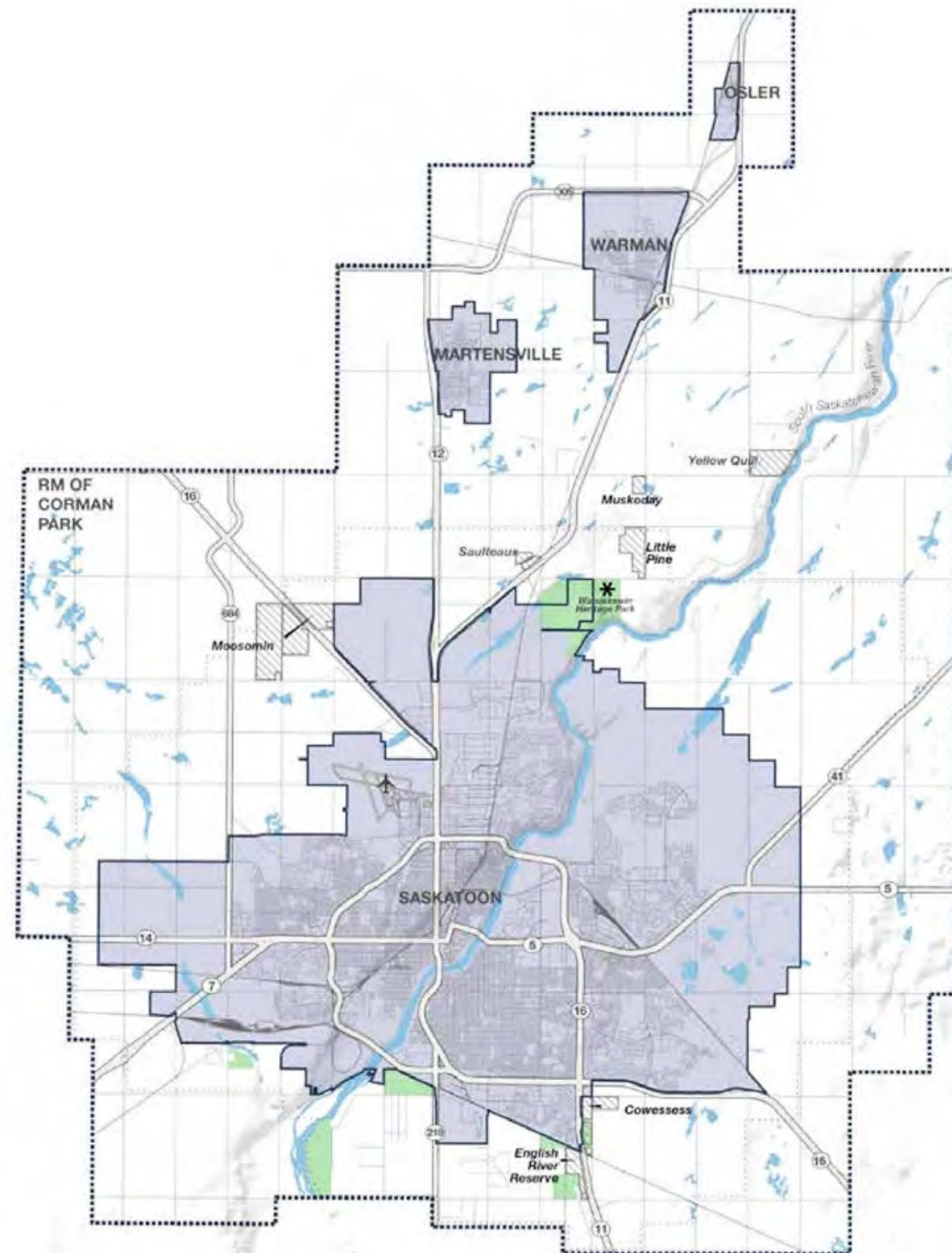
# Age-Friendly Communities



# Age-Friendly Communities

- Accessible outdoor spaces and buildings
- Affordable, reliable, and convenient transportation
- Safe and suitable housing
- Opportunities for social participation and inclusion
- Respect, civic participation, and employment opportunities
- Clear communication, accessible information, and strong community and health supports

# Geographical Scope





# SOCIAL PROGRAMS



# Health & Wellness

## SCOA Globe Walk





SCOA

# Health & Wellness

## SCOA Globe Walk



# Social Engagement

## Seniors Neighbourhood Hub Clubs





- **Blood Pressure Clinic**
- **Entertainment or Educational Programs**
- **Light Exercise**
- **Ask a Pharmacist**
- **Light Refreshments**



# Social Engagement

## Century Club



# Social Engagement

## Pen Pal Program



**Older adults and students exchange monthly letters**

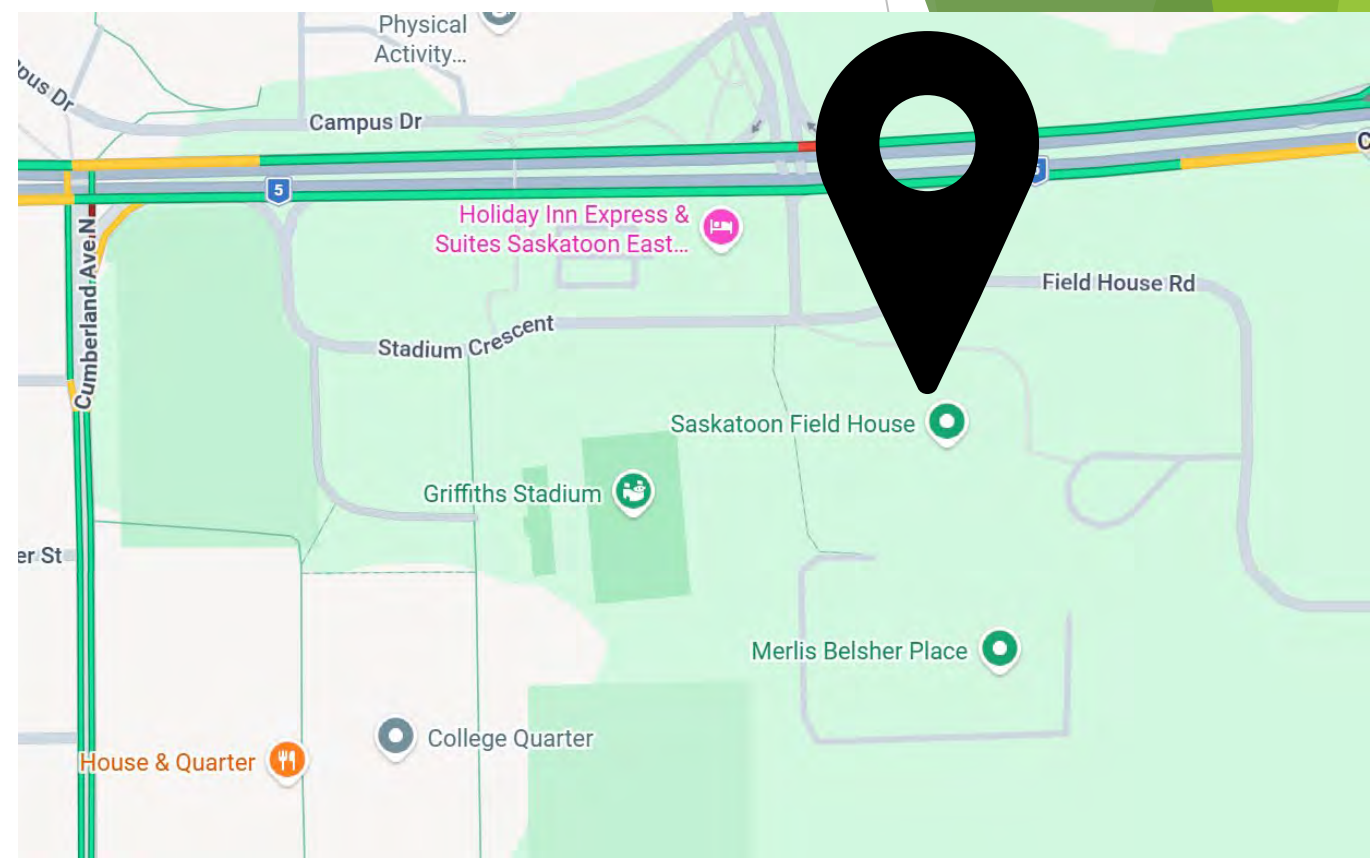
# Social Engagement Events

## Spotlight on Seniors



# Information & Resources

## Resource Centre





# Information & Resources Publications



## Directory of Services & Social Activities for Older Adults

2025 - 2026



Positive Aging for all in An Age-Friendly Community



## Coming of Age

Winter 2026



HAPPY  
New Year

In this issue:

President & ED Message	2
Globe Walk 2026	3
Get to Know Us: SCOA	
Board	4
SCOA Radio	5
Hub Clubs	6 & 7
Winter Classes	8 & 9
Soul Music	10
Thank you Sponsors	11
Gayle's Story	12
Be a member!	13

### Zoomer Idol - The British Invasion Winners

Arnold Shaw for People's Choice and Patti & the Stack for Judges' Choice. *Thank you to all finalists: Tara Leatherdale, Sharon Nordick, Colleen Carr, Dave Hiebert, Martina Music*

Save the Date

SCOA'S 35<sup>TH</sup> ANNIVERSARY

CELEBRATION

TUES JUNE 9, 2026

WESTERN DEVELOPMENT MUSEUM



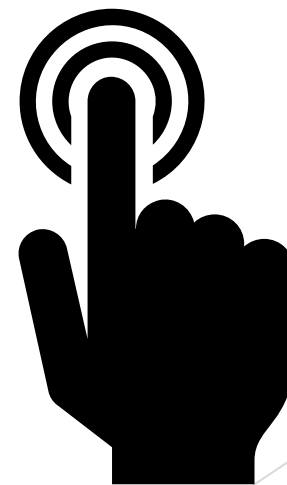
Respectfully in Treaty 6, traditional territory of the First Nations and homeland of the Metis



# Information & Resources

SCOA website

[www.scoa.ca](http://www.scoa.ca)



# Information & Resources

## Lifelong Learning



# Support Services

Saskatchewan  
Caregiver Information  
and Support Centre



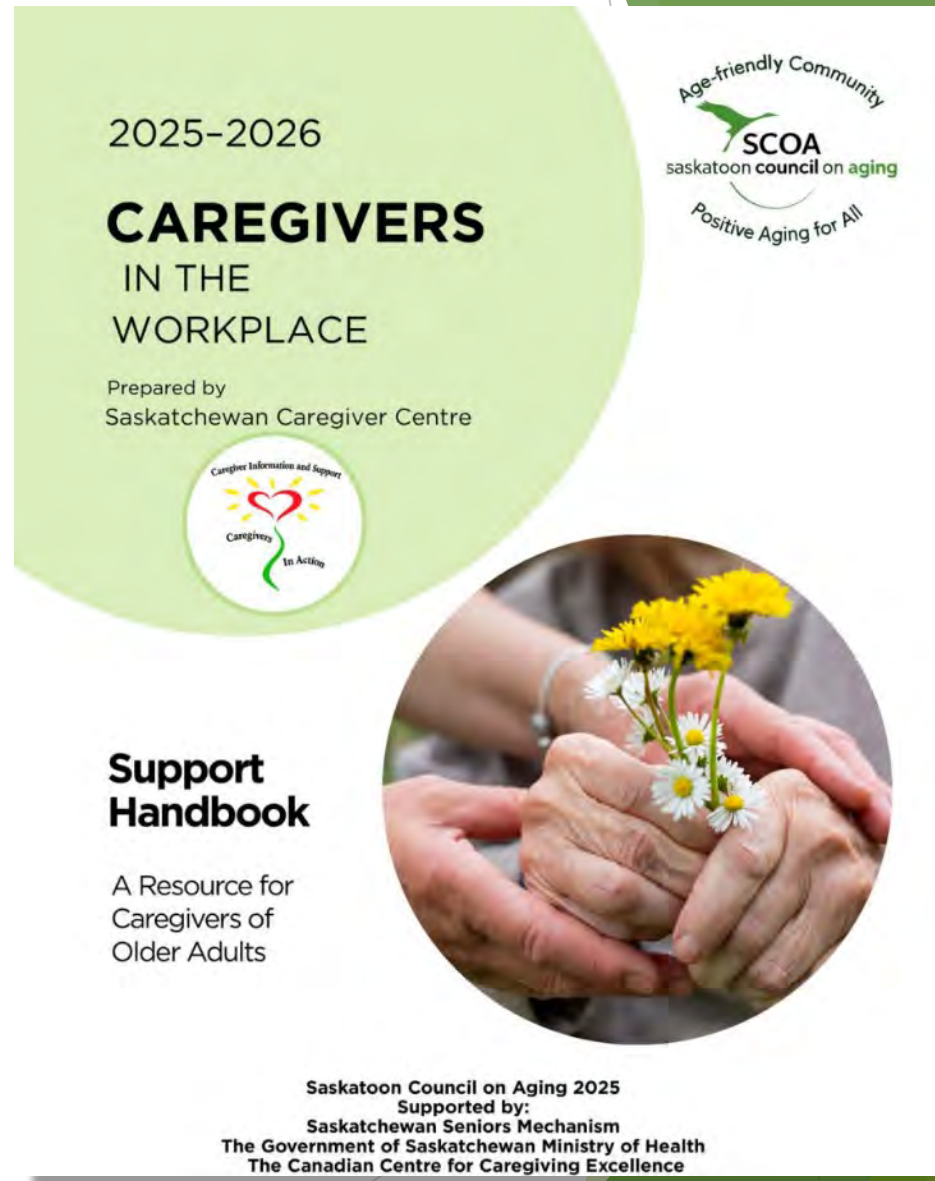
Toll-free  
1-888-652-4411



Website: [www.scoa.ca](http://www.scoa.ca) - Caregiver tab

# Support Services

## Caregivers in the Workplace Support Handbook



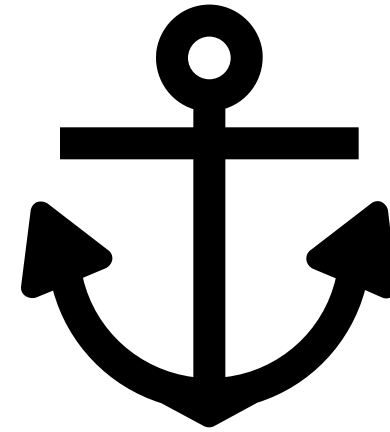
# Support Services

## Social Prescribing



- Social programs
- Housing assistance
- Transportation
- Cultural/community connections
- Caregiver support
- Health promotion

# Support Services



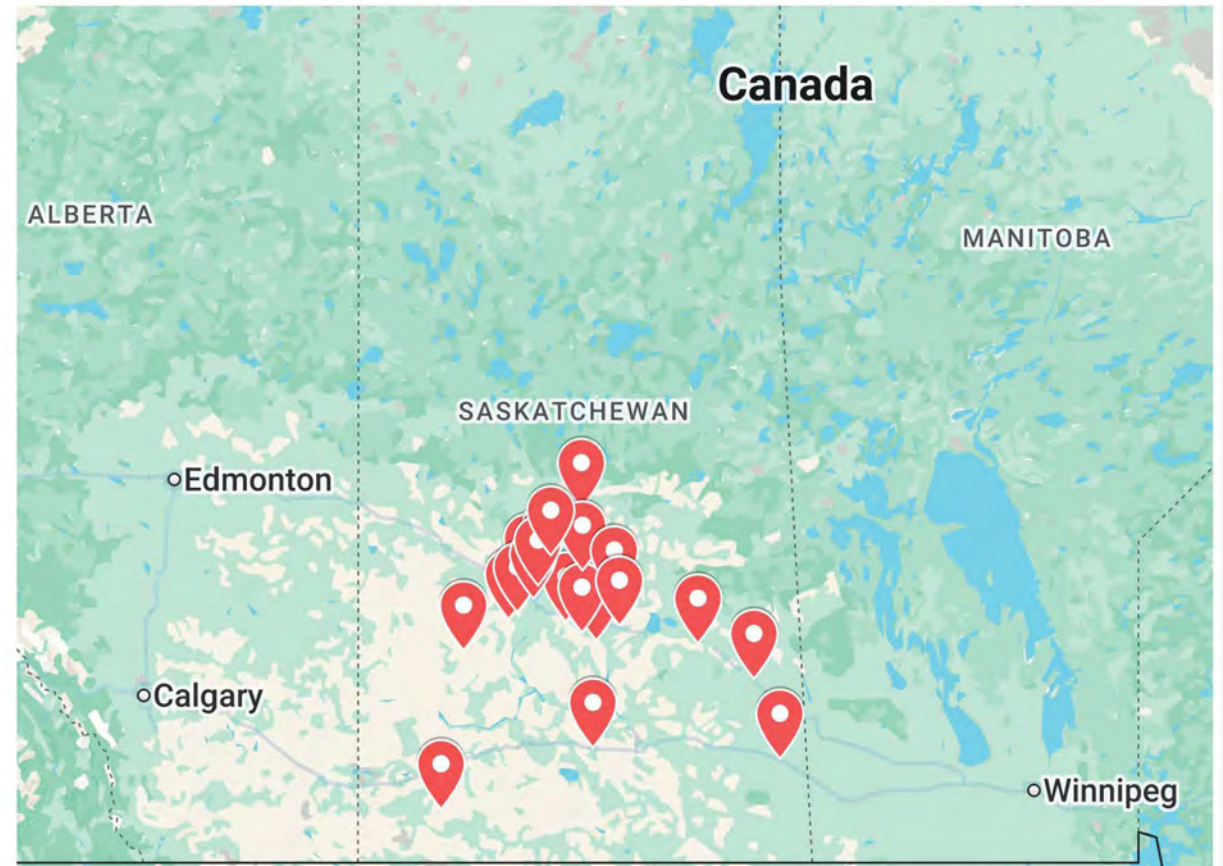
## Social Prescribing

SCOA is the anchor agency  
for the Social Prescribing  
initiative in Saskatoon and  
area

# Support Services

## Community Outreach Expansion Project

- 📍 Dalmeny
- 📍 Allan
- 📍 Delisle
- 📍 Vanscoy
- 📍 Foam Lake
- 📍 Hague
- 📍 Moose Jaw
- 📍 Prince Albert
- 📍 Rosetown
- 📍 Saskatoon
- 📍 Shaunavon
- 📍 Wapella
- 📍 Warman
- 📍 Yorkton
- 📍 Watrous
- 📍 Young
- 📍 Cudworth
- 📍 Humboldt
- 📍 Lanigan
- 📍 Rosthern



# Support Services

## Community Outreach Expansion Project

- Senior Neighborhood Hub Club
- Seniors Technology Buddy
- Pen Pal Program
- Globe Walk



Email [kristi@scoa.ca](mailto:kristi@scoa.ca) or  
call  
our office at 306-652-



Thank you for attending!

Are there any questions?





# Stay in touch with us!

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Drive  
Saskatoon, SK



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[admin@scoa.ca](mailto:admin@scoa.ca)



306.652.2255



*Saskatoon Council On Aging Inc*

