

SASKATCHEWAN SENIORS ASSOCIATION INC. NEWSLETTER

A Message from your SSAI President!

Welcome to another year of aging with Saskatchewan Seniors Association Inc. We bring seniors together to work for the welfare of all seniors in Saskatchewan by offering programs and activities of benefit to seniors. As well, we work with other organizations with similar objectives.

The theme I have chosen for my second year as president is BUILDING A BETTER FUTURE FOR SENIORS. Please take some time to think about how you can build a better future for yourself and for at least one other senior. I am confident that many seniors will have a better future because of your contributions.

The focus of this edition of *Gray Matters* is “Older adults age well in supportive communities.” Let’s consider this statement as well as the reverse: Communities age well with supportive older adults?

Supportive communities help older adults maintain meaningful relationships, independence, and a sense of purpose—all important parts of aging well. As we grow older, we may lose partners and friends through death or moves to care centres. Supportive communities provide opportunities to build new friendships and maintain existing ones, reducing loneliness and isolation. These connections improve our sense of belonging, confidence, and happiness.

Supportive communities also provide practical help with transportation, meals, household and yard tasks, and health needs. Social Prescribing and Age Friendly Communities are two examples of how communities can connect older adults with this kind of support. I encourage you to learn more about Social Prescribing and Age Friendly Communities on the SSM website. Don’t just read about it – get up and do something about it!

Just as importantly, supportive communities encourage older adults to make choices, use critical thinking, share their opinions and wisdom, volunteer, and stay active. Social connection, hobbies, volunteering, and physical activity help older adults remain independent and maintain healthy mental well-being.

But what do older adults bring to their communities? We bring so much! We bring experience, knowledge, skills, stories, traditions, and connections. We pass on history and customs, share lessons learned, support our families, and often help care for grandchildren. In many ways, we are part of the glue that holds families and communities together.

Consider who it is that keeps our language and customs alive, initiates celebrations, preserves local history, volunteers, runs clubs, mentors younger leaders, supports children and grandchildren at their activities, serves on councils and foundations, and contributes through philanthropy.

Let’s hear it for communities that support older adults—and for older adults who support their communities.

**I wish for each of you a supportive community
and for each of your communities a supportive YOU!**

Lorraine Thibeault, President
Saskatchewan Seniors Association Inc.



Congratulations to the Community of Ituna

The town of Ituna has been named Saskatchewan's most active community in the 2026 ParticipACTION Community challenge presented by Novo Nordisk. We were one of 385 communities that participated across Canada and won \$10,000. This is the second year in a row that we have been awarded this honor.

There were many activities that people could participate in during the month of June. The Ituna Seniors Centre did not register as a group but members could participate individually in activities of their choosing. Our Centre did however take part in the Father's Day Poker Scavenger Hunt.

Participant/teams were given clues that directed them to various places within the town (provided they guessed right). They had to run, walk, bike, skateboard, etc. – anything but drive from site to site. Once they arrived at a site, they were required to complete a physical activity, i.e. hopscotch at the school, bean bag toss at the Villa, etc.

Our Senior Centre had participants draw a dance type out of a bowl that they had to perform. Some of the dance types included Heel Toe Polka, Macarena, Bunny Hop, Butterfly, etc. Some of these were of course very unfamiliar to the younger ones so we had a dance video to help instruct them. It was fun organizing and participating in this event.



Be part of a strong association and network with other seniors and rural seniors' clubs.

Reach beyond your own community to connect with other seniors and clubs from other parts of the province for support and new ideas.



ANNUAL MEMBERSHIP FEE - \$5/person

SSAI Clubs collect fees from each club member and remit to the SSAI Treasurer. SSAI Membership fees can be mailed to:

Shannon Wright, Secretary/Treasurer, Box 455 Vanscoy, SK S0L 3J0

Phone: 306-493-3023 email: info@saskseniors.com

Website: saskseniors.com



Subscribe to our email list

If you would like to receive emails from Saskatchewan Seniors Association Inc., send us an email at info@saskseniors.com with your request to SUBSCRIBE.

You will receive emails regarding upcoming SSAI events and workshops as well as forwarded information pertinent to Saskatchewan Seniors.

Saskatchewan Seniors Association Inc. (SSAI) would like to acknowledge the support of Saskatchewan Seniors Mechanism (SSM) and the Saskatchewan Lottery Trust Fund for SSAI outreach to Seniors. Some of this funding pays for the quarterly distribution of the SSAI newsletter in Gray Matters.

Visit our SSAI booth at Spotlight on Seniors Tradeshow

Grand Salon, TCU Place in Saskatoon on Tuesday, October 6, 2026 from 9am – 3pm

Speak to one of our volunteer leaders. Learn more about our organization.

Pick up a brochure, pen and notepad.

Become a member. Purchase Raffle Tickets.

SSAI RAFFLE TICKETS

SSAI raffle fundraiser (Licence #SR26-1215) – draws to be held at convention in Saskatoon on June 10th, 2027. Tickets are \$2 each for a chance to win 1 draw of \$1000, 2 x \$500, and 5 x \$100.

If you are interested in purchasing or selling raffle tickets, please contact
Shannon Wright phone: 306-493-3023 email: info@saskseniors.com

SSAI Tele-learning Workshops

Saskatchewan Seniors Association Inc. (SSAI) is excited that we have once again received funding from the Government of Canada's New Horizons for Seniors Program. SSAI will use this 2026-2027 NHSP funding to offer a series of Tele-learning workshops on topics relevant to seniors.

We have already hosted several workshops and resources from those sessions are posted and linked on our website.

In June, Trish McAuliffe, President of the National Pensioners Federation, spoke about **Ageism Awareness in Action**. The presentation notes are available on our website if you'd like to learn more about advocacy tools to lead the way in this movement.

We also had a presentation from June Gawdun (Executive Director) and Kristi Baker (Program & Event Coordinator) to learn more about Saskatoon Council on Aging (SCOA) and the resources and programs they offer to help seniors stay active, informed, and connected in Saskatoon and beyond.

Disasters related to climate change and severe weather events are increasing. Many residents in Saskatchewan have been affected by wildfires. At the beginning of August, we hosted an Emergency Preparedness workshop with Haley Collins of the Canadian Red Cross to help us be ready.

At the end of August, SSAI collaborated with Sask Districts to host a session on the **Nuts & Bolts of Club Management** presented by Wendy Plandowski. A summary of that presentation is available on our website as well as a list of **Top Club Community Organization tools**.

In September we hosted workshops on the topics of preparing a Legal Will with confidence, protecting yourself from Senior Scams and Fraud, and Legacy Giving with information from the Saskatoon Community Foundation. Please visit our website saskseniors.com/workshops to find links to resources from these workshops.

Upcoming workshops:

Monday, October 19 at 10am – Be Ready: Emergency Preparedness for Extreme Cold & Winter Storms – a presentation by Canadian Red Cross

Prepare your household for emergencies with our Be Ready workshops. These interactive one-hour sessions guide you through the four essential steps of emergency preparedness: • Know the risks • Make a plan • Build a kit • Build a network. Each step is designed to help you take practical actions to stay safe, support your household and strengthen connections in your neighbourhood. Workshops are interactive, practical and designed to help participants take simple steps toward emergency preparedness. For more information visit our website: redcross.ca/Beready

Monday, October 26 at 10am – Forever in Motion – information will be available on our website.

Monday, November 2 at 10am – We are the canary in the coal mine.

As a grandmother of 12, Sherry Olson is thinking about the Saskatchewan we leave to the next generation. She'll share why she challenged the continued use of coal and what she believes we can do to protect the future our children and grandchildren will inherit. Listen in to understand: Saskatchewan's current approach to coal for electrical generation, what it means for the environment, the politics behind it, how the courts are involved, and the needed just transition.

**Monday, November 9 at 10am – The Decluttering Battle Plan™
- How to Win the War on Too Much Stuff**

For many longtime homeowners, the hardest part of downsizing isn't deciding where to move. It's figuring out what to do with decades of belongings. In this free webinar, downsizing specialist Sharon Parenteau will walk you through a simple, step-by-step strategy for tackling clutter without trying to do everything at once. You don't need to be moving next month, or even next year, to benefit. In fact, starting before you have to downsize gives you the luxury of making thoughtful decisions at your own pace. Less stuff. Less overwhelm. More freedom to decide what comes next.

Monday, November 23 at 10am – The Healing Power of Protein with Paulette Millis

Paulette is a Registered Holistic Nutritionist and Registered Social Worker with 35 years of experience teaching, facilitating, counseling and lecturing people through life's issues and healing challenges. Learn: • How protein helps with healing, weight loss, clearer thinking and more energy. • What is protein? • What are good quality proteins? • How much and how often do we need protein? • Meal and recipe ideas, and resources. For more information on Paulette and her services visit www.eatawayillness.com.

Visit our website for more information and to register for workshops:
saskseniors.com/workshops

Questions? Phone 306-493-3023 or email: info@saskseniors.com

We thank the Government of Canada's New Horizons for Seniors Program for their continued support in helping SSAI to improve the wellbeing of older adults across Saskatchewan.