

## Margo Fournier Centre



### Easy Adult Fitness with Ruth Griffiths

Find fitness, fun & friendship with a group of active adults who work to maintain a healthy lifestyle. This class focuses on functional exercise to help you maintain your ability to do everyday tasks. Monday features muscle strengthening and gentle yoga stretching using a chair for support. Wednesday and Fridays feature a variety of low-impact aerobic activities including Walking with Weights, Whole Body Stretching, Easy Does It, Boxing, Pilates, Dance Aerobics. Participate at your own level.

**Mondays, Wednesdays & Fridays  
9:30-10:30 AM Each Day**

## Pickleball at the AJFH & MFC



### Pickleball

Pickleball is a lively racket game for all ages & abilities. Pickleball is designed to be easy to learn and play. It is

played on a badminton-sized court with special pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities while still challenging more competitive players.

**Alfred Jenkins Field House  
Wednesdays & Fridays: 1:30-3:30 PM  
Margo Fournier Centre  
Tuesdays: 7:00-9:00 PM**

## John M. Cueleneare Public Library

### Explore Lifelong Learning

**January 10: 7:00 PM:** Seed Saving and Heritage Seeds.

**January 13: 9:30 AM:** Laptop Lab. Learn the basics about computers.

**January 24 to January 26: 10:00 AM–** Learning along with your children and/or grandchildren.

**January 24: 7:00 PM–** Understanding Dementia.  
Call 763-8496 to register

## Kinsmen Heritage Seniors Centre

Provides a variety of programming and recreational activities on weekdays and special events on weekends. Shuffleboard, dancing, exercise programs and special events.

**For information contact Bill Norman at (306) 764-7641.**

## Parkland Seniors Club

### Parkland Community Club

The Parkland Seniors Club gets together weekly to play cards, plan events and have fun.

**For further information contact Bernice at (306) 941-0800.**

## Fitness Memberships

Seniors Recreation Pass = \$36.00/month

*Provides Drop-In access at Alfred Jenkins Field House,  
Margo Fournier Centre and Frank J. Dunn Pool*

Alfred Jenkins Field House:

5 punch pass = \$26.00

10 punch pass = \$44.50

Senior Monthly Membership = \$32.00

*Available on-line at [www.citypa.ca](http://www.citypa.ca)*

### REGISTRATION

**Register On-Line at  
[www.citypa.ca](http://www.citypa.ca)**

**Or by contacting**

**Alfred Jenkins Field House  
(306) 953-4989**

**Prince Albert Arts Centre  
(306) 953-4811**

**Margo Fournier Centre  
(306) 953-4816**



City of  
**Prince Albert**

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# Seniors Activities

*A guide to active aging in our city*

**“Go 0-60 Everyday”**

### Community Services Department

1084 Central Avenue  
Prince Albert, SK  
S6V 7P3  
P: (306) 953-4800

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



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## Alfred Jenkins Field House

### Seniors Walking Program

**Monday to Friday  
6:00 AM to 12:00 PM**



The Seniors Walking Program, in partnership with the Seniors Walking Club, allows individuals 65+ the opportunity to use the B & B Walking Track at designated times throughout weekdays.

Each member is required to present their membership card at the front desk on each visit. This will assist the City in keeping track of how many people are utilizing the facility on a daily basis. In addition, each participant will be required to wear a wristband while in the facility.

**COST: \$15/MONTH**

### P.A. Senior Walking Club



The P.A. Seniors Walking Club has requested that each Pass Holder become a member of their club. They have various social events throughout the year.

**COST: \$2/YEAR**

### Light Adult Fitness



A Drop-in program focusing on walking, stretching, toning, flexibility and balance while providing a light to moderate cardio workout.

**Mondays, Wednesdays & Fridays—1:00-2:00PM**

### Yoga



Join the Beginner Yoga class and learn all your basic Yoga poses to help improve flexibility, increase muscle strength and improve cardiovascular health.

**Thursdays— 9:00-9:45 AM  
January 5—February 9**

## Alfred Jenkins Field House



### Bellyfit

Bellyfit offers a full body, full of spirit, extraordinary exercise experience in a safe, effective, intelligent group fitness format. Start each class with easy to learn cardio moves then enjoy sculpting, toning and tightening with Pilates, followed by a deep yet relaxing Yoga stretch to finish.

**Mondays—5:20-6:20 PM  
January 9—February 13**



### Zumba Lite

Experience a fun filled way to get fit and have a good time with easy to learn steps

**Wednesdays— 7:00-7:50 PM  
January 11—February 15**

## Arenas



**Free Walking at the Art Hauser Centre**  
Schedules at the AHC office or on-line at  
[www.citypa.ca](http://www.citypa.ca)  
Until March 31,2017



**Free Adult & Senior Skating**  
**Tuesdays: 9:30-11:00 AM—Dave G. Stuart Arena**  
**Thursdays: 1:30-3:00 PM—Kinsmen Arena**  
Until March 23 (Steuart) & March 28 (Kinsmen)

## Prince Albert Arts Centre



### Sit and Get Fit For Seniors

This program is a fusion of Yoga and other exercises done mostly from a chair with some standing and moving. This class is for up to 8 senior adults who cannot do the regular Yoga due to various conditions of surgeries preventing them from getting down on the floor. Registration is required.

**Mondays— 11:30 AM-12:30 PM  
January 16 to February 27**



### FREE Pottery—Beginner Basics for Seniors

If you have never tried pottery but have always want to, then this program is for you. You will explore the basic methods of construction (coil, slab building and pinch pots) to create a variety of bowls, plates and vases with your own artistic touch. Clay is included. Maximum of 8 participants.

Made possible by the Saskatchewan Lotteries Community Grant Program. Registration is required.

**Monday March 27  
Monday, April 10  
9:30—11:30 AM Both Days**

## Frank J. Dunn Pool



### Aquacize

Choose your activity with a choice between the shallow end or the deep end. These 60 minute classes are a great cardiovascular workout.

**Sunday, Tuesday & Thursday—6:30-7:30 PM  
Through March 30**

