



About the Saskatoon Council on Aging (SCOA)

Positive aging for all in an age-friendly community

POSITIVE AGING RESOURCE CENTRE

- ◆ Information referrals, library, pamphlet resources of interest to older adults
- ◆ Open weekdays — 8:30 a.m. – 12:00 p.m. 1:00 p.m. - 4:30 p.m.

SENIORS' NEIGHBORHOOD HUB

CLUBS (phone 306-652-2255 or visit www.scoa.ca)

- ◆ Free monthly program in 2 locations:
Eastside – Nutana Legion
Westside – Mayfair United Church
- ◆ Socializing, entertainment, learning opportunities, games and fun

LIFELONG LEARNING OPPORTUNITIES

- ◆ Computer technology classes for older adults
- ◆ Art and educational programs

SPOTLIGHT ON SENIORS

- ◆ Annual event celebrating contributions of older adults to the community
- ◆ Entertainment, booths, educational speakers

BUS BUDDY PROGRAM

- ◆ Pilot Program to teach older adults how to use the transit system

SCOA GLOBE WALK

- ◆ Keep motivated through the winter months by forming teams and staying active.

PUBLICATIONS

- ◆ Coming of Age is available through email or pickup
- ◆ Directory of Services and Activities For Older Adults available online www.scoa.ca

SPEAKERS BUREAU

- ◆ Volunteers are available to speak to community groups and agencies about SCOA and other topics

Located in the Saskatoon Field House
2020 College Drive
Saskatoon, Saskatchewan S7N 2W4
PH(306) 652-2255 FAX (306) 652-7575
admin@scoa.ca www.scoa.ca

VOLUNTEER OPPORTUNITIES

- ◆ Interesting work is available to volunteers year round

ELEMENTARY SCHOOL PARTNERSHIP

- ◆ Students and older adults interact at SCOA events

OLDER ADULT ABUSE TASK FORCE

- ◆ Identifying unmet needs to address the problem of older adult abuse in Saskatchewan

AGE ALIVE

- ◆ Photography exhibition highlighting positive and realistic images of aging.

AGE-FRIENDLY INITIATIVE

- ◆ A project to support older adults to lead healthy independent lives, to be active and socially engaged

CENTURY CLUB

- ◆ Saskatoon Branch of the Club was formed for seniors who have reached the age of 90+ who are determined to live a full, active life to age 100 and beyond

EDUCATION/AWARENESS

- ◆ The committee advocates on issues relating to promotion of health, dignity and independence of older adults.

MEMBERSHIP

- ◆ Membership is Free!
- ◆ Receive the Coming of Age Newsletter three times a year!
- ◆ Vote at the Annual General Meeting!
- ◆ Join today!

CAREGIVER INFORMATION & SUPPORT

306-652-4411

- ◆ Telephone referral of information
- ◆ Compassionate listening
- ◆ Community Caregiver network through mini forums, workshops
- ◆ www.saskatooncaregiver.ca