



# Fall 2020 Classes & Programs

To register: Phone 306.652.2255 pay by credit card  
Send cheques to SCOA 2020 College Dr. Saskatoon, S7N 0W4

Note: Class fees must be paid in advance.

**This schedule subject to change. Location/format: online or at 2020 College Dr. [Field House] or TBA Social distancing in effect for classes held onsite**

## TECHNOLOGY

### APPLE TECHNOLOGY CLASSES

#### Beginner one-on-one - Apple ONLY

Become more confident using your Apple iPad, iPhone, Computer or Watches. Register now for 2 classes of 1.5 hrs (3 hrs) which includes a take home manual. Must bring your device.

**Pending - Ph 306.652.2255 for sign up list**



#### IOS 13/14 Apple operating system and iPhone/iPad photography/Cloud

Advanced Tech classes. Mystified with the Apple system update (IOS 13/14) Having troubles with photos stored on the "Cloud"? Small group class sessions with social distancing – register early. **Pending - Ph 306.652.2255 for sign up list**

#### IOS System Update 13/14

Tuesday, Nov 3 1:30pm – 3:00pm  
Cost: \$20

#### iCloud/Photography

Tuesday, Nov 17 1:30pm – 3:00pm  
Cost:\$20

### SENIORS TECH BUDDY - ALL DEVICES

Learn how to use your tech device! Older adults work one-on-one with local high school students to learn how to use their iPads, iPhones, Android, tablets, laptops or other mobile devices. **DATE TBA**

**COST: \$10 To be added to the waiting list, phone 306-652-2255**

**Transportation is available for those in need! Pending - waiting list will be kept Ph 306.652.2255**

**For information and support with technology visit the Seniors Help website: [saskseniorshelp.ca](http://saskseniorshelp.ca)**

**Are You Feeling Isolated?**

**CONTACT US:**  
Megan O'Connell  
[megan.oconnell@usask.ca](mailto:megan.oconnell@usask.ca)  
306.966.2496

Let's chat about connecting you with older adults with similar interests

Option to participate in the voluntary research component

Age-friendly Community  
SCOA  
saskatoon council on aging  
Positive Aging for All

**UNIVERSITY OF SASKATCHEWAN**



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## Acrylic Rose with Dew Drops Art Class

Learn colour mixing and soft blending techniques. Use a muted background to enhance this pretty flower, enjoy learning how to blend soft petals and a dew drop or two, to really make this happy flower sing. A great gift for a loved one. 8"x10" canvas. **All materials included.**

Monday, Nov 9, 2020 1pm-4pm \$50  
Location: SCOA, Saskatoon Field House



# ART CLASSES



## Acrylic Prairie Landscape Art Class

Prairie landscapes can be challenging to paint. Excitement can be created, using an interesting colour scheme of yellow and violet fields. A distant elevator can also infuse the work with a nostalgic feeling of hometown Saskatchewan. Join Cecilia on Memory Lane and looking back to our roots. 8"x10" canvas. **All materials included**

Monday, Nov 23, 2020 1pm-4pm \$50  
Location: SCOA, Saskatoon Field House

## Older Adults Lifeskills Class

Webinar discussing "End of life planning" and "Power of Attorney."  
Canadian Foundation for Economic Education

Thursday, Nov 12 2020 1pm Cost: FREE

Location/Delivery method TBA



**Virtual Learning for Older Adults programs are supported by the Government of Canada's Emergency Community Support Fund and Saskatoon Community Foundation.**



Seniors Neighbourhood Hub Clubs:  
An initiative of the Saskatoon Council on Aging



## SENIORS NEIGHBOURHOOD HUB CLUBS

Open to independent seniors living city-wide/ Free programs and refreshments/ Blood pressure clinic All 1:00pm- 4:00pm monthly/ Forever in Motion exercises/“Ask a Pharmacist” Station

**CHECK [WWW.SCOA.CA](http://WWW.SCOA.CA) for updates regarding online programming due to COVID 19.**



**Mayfair United Church**  
902 33rd St. W.  
3rd Thursday monthly

### MAYFAIR HUB CLUB (Mayfair programming online only)

Sept 17 Amazing Dog Obedience Romping Demos/Dog Trivia  
Oct 15 Historical Objects, Western Development Museum/History Trivia  
Nov 19 Tai Chi, Proactive Fitness/Martial Arts Trivia  
Dec 10 Christmas Social LIVE music with Harreson James

**Thanks to our Sponsors: SCOA, Community Initiatives Fund, Dakota Dunes, Saskatchewan Lotteries, Primrose Chateau, Medicine Shoppe**



**Royal Canadian Legion,**  
3021 Louise St.  
4th Tuesday monthly

### EASTVIEW HUB CLUB

Sept 22 Info Expo - CANCELLED  
Oct 27 Fraud with the Saskatoon Police Service  
Nov 24 Grandmothers for Grandmothers  
Dec 15 Christmas Social with “Wes Froese”



**St Martins Church**  
2617 Clarence Ave. S  
3rd Tuesday monthly

### SENIORS HUB CLUB AT ST MARTINS

Sept 15 Jeff O'Brien, Saskatoon City Archives - CANCELLED  
Oct 20 Senior Safety - Merry Misfits  
Nov 17 SK History and Folklore Society - Kristin Enns-Kavanaugh, SHFS  
Dec 15 Christmas Social with “The Paddlewheelers”



**F.G Community Church**  
102 Goerzen St.  
2nd Tuesday monthly

### SILVERWOOD HUB CLUB

Oct 13 Randy Donauer: City Counsellor/Local Trivia/Chair Yoga  
Nov 10 Stars Air Ambulance/Trivia/ Chair Yoga  
Dec 8 Christmas Social



**MARK YOUR CALENDAR**  
for the **SCOA Caregiver Virtual Online Forums in November**  
(**watch for registration reminders in October**)

**Webinar Celebrating 20 years of the SCOA Caregiver Information and Support Centre**  
Dick Strayer and Audrey Gullickson (founding members)

**Webinar featuring Virtual Reality for Pain Management and Dementia**  
Dr. Susan Tupper (PT, PhD, Saskatchewan Health Authority)

**Celebrating 20 yrs of the SCOA Caregiver Information and Support Centre**  
**Date: Wednesday, November 4, 2020**

**SCOA Caregiver Forum**  
**Virtual Reality for Pain Management and Dementia**  
**Date: Wednesday, November 18, 2020**



## Seniors Bus Buddy Program

**Our trained and screened volunteers teach you how to use Saskatoon's transit system safely - Get where you need to go with the Bus Buddy program!**

**Phone 306.652.2255 for more information.**

