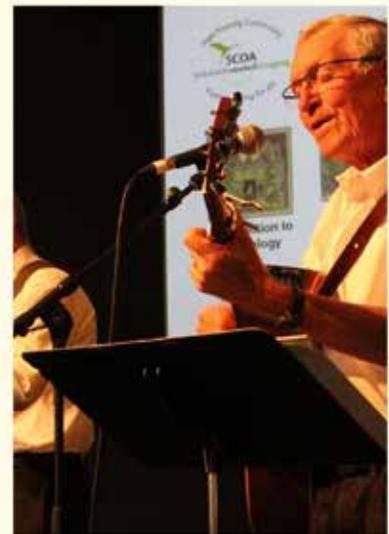


Coming of Age

SCOA acknowledges that the land on which we gather is Treaty 6 territory, the traditional territory of the First Nations, and the homeland of the Métis.

SPOTLIGHT ON SENIORS



**\$12
PAY
AT
DOOR**

**SPOTLIGHT ON SENIORS
TUES, OCT 4, 2022
TCU PLACE 9 AM - 3 PM**



More details ~ Page 11

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and more |

2020 College Dr. [Field House]
 www..scoa.ca
 admin@scoa.ca
 306.652.2255



Mercedes Montgomery
SCOA President

PRESIDENT & EXECUTIVE DIRECTOR'S MESSAGE



June Gawdun
Executive Director,

The Saskatoon Council on Aging has operated now for 31 years! As you can see, SCOA supports many older adults to be active, informed and engaged. See below for a quick snapshot. [[Visit our website scoa.ca](http://www.scoa.ca) for a full list.]

• **Age-friendly Community Development: Beyond the Pandemic Project**

409 older adults 55+ from Saskatoon took the survey and 49 older adults participated in 8 focus groups to understand COVID-19 impacts on the lives of older adults.

• **Technology lessons:** 44 older adults learned how to use an iPad, cell phone and laptop computer.

• **Telephone Buddy:** 220 older adults received friendly phone calls from volunteers.

• **Seniors Neighbourhood Hub Club:** 840 older adults participated in the monthly presentations.

• **Globe Walk Program:** 43 teams [totalling 687 individuals] spent 49,968.3 hours exercising between January and April.

• **Century Club Program:** 200 members enjoyed virtual presentations and received a monthly newsletter and postcard. Each member received personal phone calls to keep them connected.

• **Fundraising Events:** 230 older adults attended the Grand Old Opry Zoomer Style event at the Western Development Museum; 80 older adults attended two virtual wine and cheese fundraisers.

We are grateful for support from the community, businesses, individuals, volunteers and staff to be able to offer programs and services to older adults over this past year. On behalf of the Board and the Staff, thank you for your continued interest and participation in SCOA.

Submitted by:

Mercedes Montgomery, President and June Gawdun, Executive Director

Welcome to incoming SCOA President, Joan Cochrane

Opinions are those of the authors, and do not necessarily reflect the views of the Saskatoon Council on Aging. While efforts have been made to ensure accuracy, the Saskatoon Council on Aging, Inc. assumes no liability for any errors, omissions or inaccuracies. No part of this publication may be copied or stored for electronic retrieval without prior consent of SCOA. © 2009/2022. SCOA is a non-profit organization dedicated to promoting the dignity, health and independence of older adults through programs, services, education and advocacy.

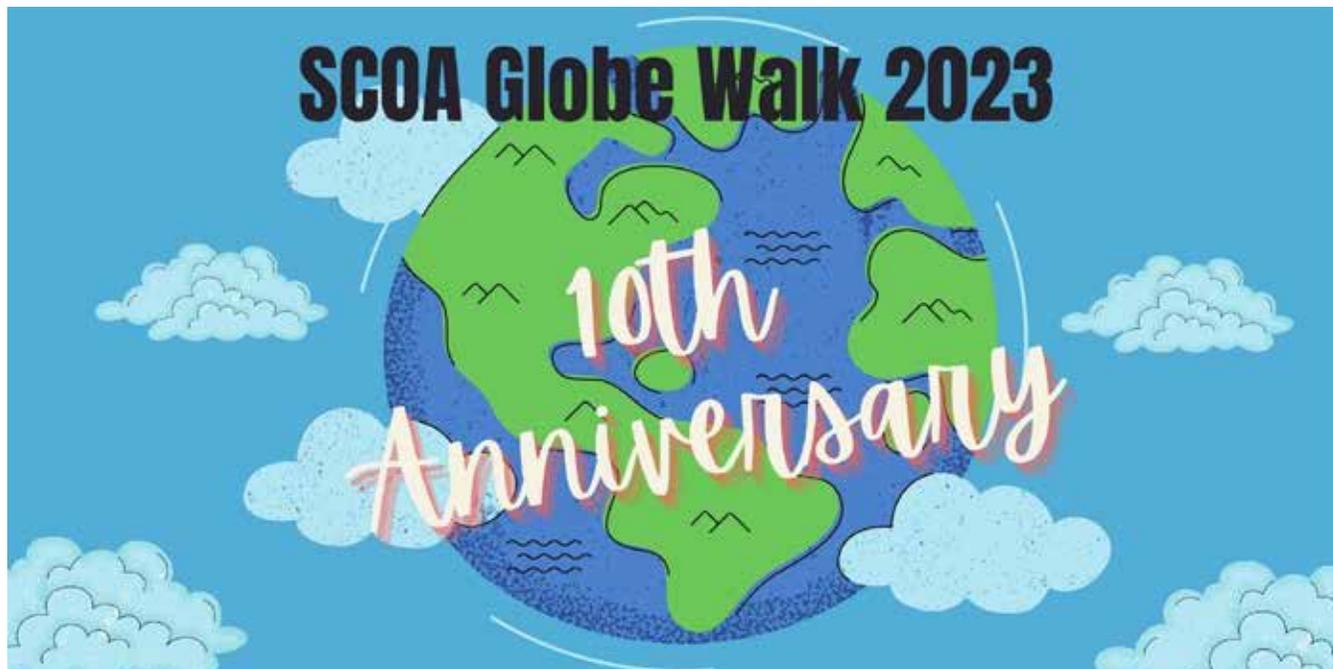
Coming of Age

Published three times per year by the Saskatoon Council on Aging, Inc. **Visit us at www.scoa.ca**

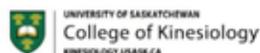
Executive Director: June Gawdun

Communication Committee: Bill Brooks | Sheila Clements-
Jeanette Dean | Ginnie Hartley | Julie Fleming Juarez

Mercedes Montgomery | Jane Richardson



Globe Walk 2022: 43 teams and totalling 687 individuals on the teams spent 49,968.3 hours exercising between January and April. In 2023, we celebrate 10 years of SCOA Globe Walk. Visit scoaglobewalk.net to find out how you can get involved



Call for study participants Nordic walking study assessing effects on mobility, physical function and quality of life

We are looking for ambulatory men and women with at least one of the following: osteoporosis, history of vertebral fracture, or hyperkyphosis.

The Nordic walking program will involve 3 times/week for 3 months

Watch a Nordic walking example session

youtu.be/fJC1r6q8Dlw



nordic.walkingstudy.3 research-groups.usask.ca/nws

If interested, please contact:

Mahdi Rostami, PhD **Saija Kontulainen, PhD**
Study coordinator Professor
Phone: (306) 966-1096 Phone: (306) 966-1077

DISCLAIMER

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IS IT TIME TO DECLUTTER?

by Julie Fleming Juárez, SCOA Communication Committee

About 20 years ago, older friends of mine designed and built their dream home. In the process, they decided to make some adaptations to the existing plan. They built wider than normal staircases to allow for a possible lift. They put their master bedroom and laundry on the main floor and left the upstairs bedroom and family room for grandchildren and guests. They even created more space around cabinets and doorways to allow for wheelchair accessibility.

At the time, I thought these adaptations were useful, but not something I was interested in. Now that I am in my sixties and living in a four-level split, I see the wisdom in their thinking.

Buying or renting a home is a daunting task. The first may be a starter home, and we think about renovating to increase the home's value when we upgrade. When buying the next home, we think about bedrooms and family rooms to accommodate children and growing families. In today's economy, many adult children are moving back to the family home, and that means renovations.

What happens when the children do leave? The nest becomes empty, and we may be faced with some life-changing decisions.

Do we want to stay in the home? Can we stay in the home? Should we be downsizing and buying a condo?

For various reasons, many people in their sixties have decided to stay put but renovate and declutter. Some want to simplify their lives. Others are clearing space so they can get a housemate to share living expenses. Many don't want their kids to deal with all the "stuff". This kind of life altering decluttering is more than clearing things off the counter. It is going through

cupboards, closets, drawers, and boxes. It is making hard decisions and coming to terms with priorities.

After all, do you really need 30 mugs? Is anyone really looking at all

those high school glory day photos? Not to mention all the office attire stuck at the back of the closet.

Nicholas Fraser of YXE Estate Services has tips for decluttering. He suggests setting goals and guidelines, taking it one room at a time, and not second-guessing decisions. You can watch his video on the [SCOA YouTube channel](#).

Decluttering is a process. The important thing is to start. So, take a deep breath and dig in!

What happens when the children do leave? The nest becomes empty, and we may be faced with some life-changing decisions.

Julie Fleming Juárez is a Saskatoon writer and artist who is seriously thinking of decluttering. When not doing that, she can be found working on her [retirement blog](#) and creating alcohol ink art.

ZOOMING INTO FITNESS

by Sandra Rose

I remember that day like it was yesterday. Forever...in motion Mennonite Church Fitness Class was cancelled due to the COVID-19 pandemic.

I received an email from Howard G. from the Forever...in motion Mennonite Church Fitness group. Howard told us he had purchased a program called ZOOM and would like to try it out for the fitness class.

On March 25, 2020, the first ZOOM fitness class began. The class is offered Mondays, Wednesdays and Fridays, January to December. Men and women of all ages attend the class. Sometimes 50 and as many as a 100 people attend.

When I signed into ZOOM, I saw squares on the screen with familiar faces. I was so happy to see my fitness pals and talk to them on my computer screen. We learned quickly what we could and could not do during our ZOOM time.

We logged in on Mondays, Wednesdays and Fridays at 10 a.m. for the fitness class. If we logged at 9:45 a.m., we had 15 minutes to share stories about families, recipes, who was making masks at home, and information on the latest COVID-19 news. At 10 a.m. the group is muted and before our very eyes is Arnie N. Arnie was the only person you could see and hear. His 45 minute fitness class worked all our 600 plus muscles. Our muscles and minds were all tuned up for the day.

A big thank you to Arnie for his commitment leading the group three times a week over the past two years.

Howard allowed the group some time after the class to enjoy another visit. Just listening to their voices and seeing their smiling faces in the little squares was an added bonus for me.

I am a Forever...in motion leader. Howard texted me one day and asked if I would instruct the fitness class when Arnie was busy. I said I would love to.

■ The ZOOM fitness classes allow me to roll out of bed 20 minutes before class. I was in my pyjamas some days. The Zoom program shows your face or your name.

■ The ZOOM fitness classes kept me connected with the community and kept my mind and body moving during the pandemic.

Thank you to Howard for his time and expertise to make the ZOOM fitness classes happen.

For more information contact
assistnow@me.com

I've enjoyed exercising all my life: skating in the winter and biking in the summer. An added bonus after retirement was attending the senior fitness class at the Field House. I joined the Mennonite Church Forever...in motion because it was closer to my home. I was encouraged to take the Forever...in motion Instructors course so I could lead the group. I've met many wonderful people leading the classes. I am now leading the ZOOM Saskatoon Bridges Probus Club fitness class. It's keeping myself and the members both physically and mentally healthy.

I'm 70 years old and looking forward to many many more years of a healthy mind and body by staying active in my retirement.

Sandra Rose

“She stood in the storm, and when the wind did not blow her way, she adjusted the sails.”
~Elizabeth Edwards~



Introduction to Drawing with Alison Montgomery

Fri Oct 28 1 pm to 4 pm, ONLINE via ZOOM Cost: \$60

"A good artist makes careful observations".
By learning about drawing contour lines and how to shade simple forms, you will improve your drawing skills in one afternoon.

To register, phone SCOA 306.652.2255



Memoir Writing Workshop with Marion Mutala



Tues, Nov 8, 15, 22 & 29 1 pm to 2 pm. ONLINE via ZOOM Cost: \$60

Do you have a burning desire to write a memoir? In this 4 weeks ZOOM workshop Award-Winning Bestselling Author Marion Mutala will work with emerging or experienced writers to teach the art of memoir writing. This workshop will give creative ways and generate ideas to tell your story. Discover your powerful voice for healing, a personal memoir, create a book, autobiographical or biographical.

To register, phone SCOA 306.652.2255

TO REGISTER 1. Phone 306.652.2255 to pay by credit card. 2. Cheques can be sent to SCOA, 2020 College Drive, Saskatoon, SK S7N 2W4. 3 or pay in person at our office.

REGISTER TODAY!



**75 WAYS TO SAVE ON HOUSEHOLD EXPENSES
PRESENTED BY THE CREDIT COUNSELLING SOCIETY**

Thurs September 29 10 am Online via ZOOM, Cost: \$10, SCOA members Free

Have you noticed how the cost of living continues to rise every year? Groceries are more expensive, the cost of utilities creeps higher and higher, and so is the cost of transportation. We know that there's got to be a better way to save, but how? In the 75 Ways to Save on Household Expenses workshop/webinar, you will learn how to reduce your electricity and heating expenses with simple fixes, save money on your cable, telephone and internet bills, reduce your grocery bill every month and much more.

TO REGISTER, PHONE 306.652.2255

**10 STEPS TO RETIRE WITHOUT DEBT
PRESENTED BY CREDIT COUNSELLING SOCIETY**

**Thurs October 27 at 10:30 am Online via ZOOM,
Cost: Cost: \$10, SCOA members Free**

Is Freedom 55 still a realistic goal? Perhaps Freedom 65 or 70 is more realistic. The number of Canadians who are retiring with debt has increased to 33% (Statistics Canada). There is another alternative and that is to retire without debt. In the 10 Steps to Retire Without Debt workshop/webinar, you will learn how to: identify sources of income you will have in retirement e.g CPP, OAS, the reasons why more Canadians are retiring with debt, describe why retiring with debt is so challenging and much more.

TO REGISTER, PHONE 306.652.2255

FOOD AND FINANCE PRESENTED BY THE CREDIT COUNSELLING SOCIETY

Thurs November 24th at 10 am, Online via ZOOM.

Cost: Cost: \$10, SCOA members Free

Two of the biggest goals we never seem to achieve are to be better with health and better with money. Finding ways to save time and money with our food budget can help us towards each goal at the same time! Join us for our Food and Finances workshop/webinar to learn some valuable information and easy-to-implement steps. In the session, you will learn how to: Recognize the various factors that impact your food budget; learn how to create a meal plan and more in this interactive workshop.

TO REGISTER, PHONE 306.652.2255

FREE PRESENTATIONS



COMPANION ANIMALS & OLDER ADULTS presented by the Sask SPCA Weds Sept 21 10 am ONLINE via ZOOM, FREE

Humans and animals share many things in common but they both experience the aging process in similar ways. This presentation will dive into some of the many considerations that come with being a caregiver for a companion animal as we age into older adulthood. If something happens to me, who will take care of my animal? Can my animal come with me if I have to move? What are the benefits I can experience by having an animal? What benefits can my companion animal gain from me?

This session will answer these questions, and perhaps more! Humans and animals can greatly impact not only how we experience our aging process, but also how we can age in a healthy and fulfilling way alongside our companion animals.

[CLICK HERE TO REGISTER](#)

65 PLUS? FIND OUT HOW THE CANADA REVENUE AGENCY CAN HELP! Thurs, Dec 1 10 am, Online via ZOOM, Free

The CRA uses the information from your tax return to calculate your benefit and credit amounts and any related provincial or territorial payments. Other government departments use this information to calculate payments, such as the Old Age Security pension and the Guaranteed Income Supplement. Find out how Benefits and credits can put money in your pocket and help you make ends meet.

[CLICK HERE TO REGISTER](#)



ALL ABOUT ICLOUD

Tues, Oct 11 1:30 to 3 pm, Location: SCOA, 2020 College Drive [Field House], Cost: \$40

You may have a vision of the “Cloud” as a place above us on a fluffy white cloud. In this mysterious place all your data is stored and only accessed by some magical process. The “Cloud” is actually a bunch of computers and servers in southern California. In this workshop we unlock the mysteries and demystify the cloud, storage and more.

CLASS LIMIT: 5

Phone 306.652.2255 to register



FOR BEGINNERS: ONE ON ONE LESSONS

Have questions about your mobile device, apps or email ? Learn tips and tricks for your iPad, laptop, Android Phone or tablet.

When: Lesson times arranged with instructors

Where: SCOA office, 2020 College Drive [Field House] Cost: \$30 - 1.5 hrs of instruction

BOOK YOUR LESSON TODAY! Phone 306.652.2255 to register

SENIORS & YOUTH CONNECT

Are you an older adult 55 plus who wants to learn to stay connected?

Seniors & Youth Connect project matches older adults and

youth to connect with each other using virtual conferencing tools for conversations and learning opportunities.



Phone 306.652.2255 to register. Free to join.

PICKLEBALL: THE GAME YOU'VE BEEN LOOKING FOR

by Julie Fleming Juárez, SCOA Communication Committee

You may have heard of pickleball, one of the fastest growing sports in Canada and the USA, and wonder what all the hype is about. Pickleball is a racquet sport that all ages can play. It is played indoors and outdoors on a court about the same size as a badminton court. It has a net like that used in tennis, paddles like those used in table tennis and a plastic ball that is like a wiffle ball, with 26 to 40 round holes. Two or four players hit the ball over the net to score points. You can check it out on YouTube, or you can visit a pickleball court in Saskatoon. During the summer there are always games happening at Father Basil Markle Park, located on 105th Street just off Central Avenue in Sutherland.

In Saskatoon, you can play pickleball through some Community Associations, Saskatoon Pickleball Inc. (SPI) and Saskatchewan Seniors Fitness Association (SSFA). The three groups provide many different venues and times to play at a minimal cost.

Ben Christensen, 67, took up pickleball in August of 2021. "I wanted something to do, and this seemed to fit. It's a great way to meet people. The real feature is that you play with every caliber of ability. Retired people have to find things to do. It's important to be active. I joined Saskatchewan Seniors Fitness Association (SSFA) and they have many different sports you can enjoy."

The most common sound you will hear on a Saskatoon pickleball court along with the thwack of the ball being hit is laughter. Laughter and voices shouting "Great effort!" or "Good try!" or "Good hit!". Of course, like any sport, there are competitive leagues where things get more serious, but there are plenty of opportunities to play for fun.

Joanne Stephanson, 67, has been playing pickleball regularly since she retired in January of 2020. "I'm not athletic at all and people are very patient and don't make you feel bad if you miss. They're encouraging and it's fun. When you retire you need exercise, and you need a social life. It's good for your mental health and gives you a reason to get up in the morning and get going."

It is never too late to take up pickleball. For more information, check out SSFA or SPI.

See you on the courts!

[Saskatchewan Seniors Fitness Association](#)

[Saskatoon Pickleball Inc.](#)



Visit scoa.ca or PH 306.652.2255



SPOTLIGHT ON SENIORS

Proudly presented by:



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SINCE 1955

Tues Oct 4, 2022

TCU Place

9 am to 3 pm

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The latest trends, products & innovations for 55 plus

- Trade show booths
 - Demos
 - Displays
 - Prize draws
 - Community Services
 - Coffee & snacks
 - Lunch available for purchase
 - Blood pressure testing
- **“Welcome Back Lineup”**
 - Free Flow Dancers
 - Hula Hooping
 - Forever...in motion Waking
 - Pole Demonstration
 - Service Dogs talented canines perform
 - LIVE music with The Paddlewheelers

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Saskatoon Council on Aging Presents Nifty 50s "ZOOMER STYLE"

Fri Nov 4, 2022

Western Development Museum
2610 Lorne Avenue, Saskatoon

Doors open 5 pm
Cash bar, supper
& program to follow

Tickets
\$100

Phone 306.652.2255
or visit scoa.ca

Tax receipts [\$65]
issued after event

Meet the Nifty 50s finalists!



Unique Quintet



No Hurry



Colleen Carr



Crystal Gilbert



Brian Kendall



Jeff Arndt



Guest Performers: Magic City Chorus



INSURANCE
TRAVEL
AUTOMOTIVE
REWARDS



Vote for your favourite performer: visit www.scoa.ca

CAREGIVER AGE-UCATION PRESENTATIONS

Client Patient Access Service [CPAS]

Thursday, September 22, 2022 – 1:30pm – 2:30pm

Meeting Room 3 in the Saskatoon Field House, 2020 College Drive

Please join us for an in-person presentation by Arden Moore, Educator with the Saskatchewan Health Authority, for an overview of Client Patient Access Service. CPAS exists to provide a single point of entry to health care services both in the community and in the hospital. Learn how professional staff members work with individuals, their families, and other health care providers to ensure appropriate access and case management throughout the continuum of care. **In-person seats limited – call 306.652.2255 to save your spot.**

Coffee and refreshments provided.

LIVE stream available– visit [SCOA's YouTube page](#)

FREE 4-hour respite available for your Care Recipient from Alto – Professional Care Service Provider. Only 2-spots available. Please call the office to register 306.652.2255.

Wills, Guardianship & Power of Attorney

Thursday, October 27th, 2022 – Time: to be announced

Meeting Room 3 in the Saskatoon Field House, 2020 College Drive

Please join us for an in-person presentation from the law students at CLASSIC (Community Legal Assistance Services for Saskatoon Inner City Inc.), who will discuss information relating to Wills, Guardianship, and Power of Attorney. **In-person seats limited – call 306.652.2255 to save your spot.** Coffee and refreshments provided.

LIVE stream available– visit [SCOA's YouTube page](#)

FREE 4-hour respite available for your Care Recipient from Alto – Professional Care Service Provider. Only 2-spots available. Please call the office to register 306.652.2255.

Steps To Safety – A Fire & Fall Prevention Program For Older Adults

Thursday, November 24, 2022 – 1:30pm-2:30pm

Meeting Room 3 in the Saskatoon Field House, 2020 College Drive

Please join Dori Krahn, representative from the Saskatoon Fire Department, for a presentation about fall prevention and fire safety. The goal is to help older adults eliminate fire and fall hazards in their environment so that they can stay in their homes as long as they would like. In this presentation, older adults are also taught what to do in the event of a fire and how to get up off the floor if they have fallen and are not hurt. **In-person seats limited – call 306.652.2255 to save your spot.**

Coffee and refreshments provided.

LIVE stream available– visit [SCOA's YouTube page](#)

FREE 4-hour respite available for your Care Recipient from Alto – Professional Care Service Provider. Only 2-spots available. Please call the office to register 306.652.2255.

**Thank you to funders: Petro-Canada Caremakers Foundation;
Kinsmen Club of Saskatoon, Our Lady of the Prairies Foundation**

Seniors Neighbourhood Hub Clubs



Exciting News! Starting in the fall, the Seniors Neighborhood Hub Clubs are back in person! You are invited to attend all “FIVE” Hub Clubs. Mark your calendars. Dates and locations are below.

MAYFAIR HUB CLUB

When: 3rd Thurs of the month 1:30 to 4 p.m.

Where: Mayfair United Church, 902 33rd St. West

1:30 pm Blood Pressure checks, 2 pm program begins

- **Thurs Sept 15:** Drumming for Exercise with Kimberly Willison with special guest student Indigenous drummer; Medicine Shoppe presentation
- **Thurs Oct 20:** First in a series of Botanical Gems in Saskatoon. Kyla Ledingham will present on the Boffins Gardens at Innovation Place , U of S; Medicine Shoppe presentation
- **Thurs Nov 17:** Christmas Craft; Medicine Shoppe presentation
- **Thurs Dec 15:** Christmas Carol Sing-a-long; Medicine Shoppe presentation

Contact Cynthia cynthia@scoa.ca | **306.652.2522**

Thanks to sponsors & funders: SCOA, Sask Lotteries, Community Initiatives Fund, Primrose Chateau and the Medicine Shoppe

EASTVIEW HUB CLUB

When: 4th Tues of the month 1:30 to 4 p.m.

Where: Nutana Legion. 3021 Louise St.]

- **Tues Sept 27:** Info Expo - Many booths sharing important Senior Info!
- **Tues Oct 25:** St John's Ambulance - AED & CPR Refresh
- **Tues Nov 22:** City Archivist Jeff O'Brien ~ “How we Kept Christmas”
- **Tues Dec 20:** Christmas Social and Live Entertainment

Contact: Stephanie sreitbodie@gmail.com

NEW! People of African Descent and Friends Seniors Hub Club

When: 2nd Weds of each month 1:30 – 4 pm

Where: Saskatoon Field House

Weds Sept 14: Saskatoon Council on Aging presentation

Weds, Oct 12: Financial Literacy

Weds Nov 9: Technology

Weds Dec14: Seasonal Celebration

Contact: Vivian Vivian.Puplampu@uregina.ca

SILVERWOOD HUB CLUB

When: 2nd Tues of the month 1:30 – 4 pm

Where: To be determined

Tues Sept 14: No event

Tues Oct 11: Saskatoon Council on Aging presentation

Tues Nov 8: To be determined

Tues Dec13: To be determined

Contact Michele fundraising-grants@silverwoodcommunity.org

ST. MARTIN'S HUB CLUB

When: 3rd Tues of the month 1:30 – 4 pm

[except Sept and Dec: 2nd Tuesday of the month)

Where: St. Martin's United Church, 2617 Clarence Avenue

Tues Oct 18: Welcome Back Party with the Paddlewheelers

Tues Nov 22: To be determined

Tues Dec13: To be determined

Contact: Maureen macline@sasktel.net or **Dianne** dianne.young@sasktel.net



Be a **MEMBER**

JOIN US!



1. Phone our office 306.652.2255
2. [Sign up online](#)
3. Visit us at the Field House

Memberships

Single Membership - \$25

Couples - \$35

Non-profit - \$25

Corporate/Business - \$250

Memberships run April 1 to March 31

SCOA Associate - Free

Make a **DONATION**

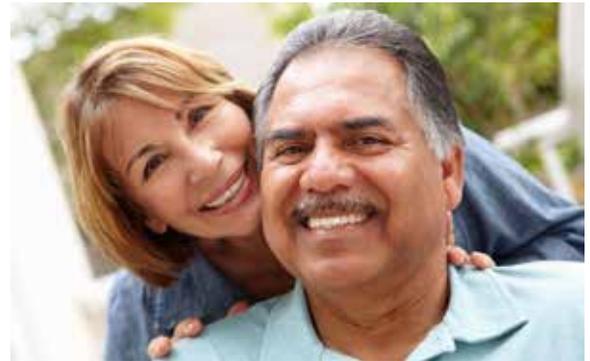
1. Phone our office 306.652.2255
2. Donate online with our trusted partner, [CanadaHelps](#)
3. Mail a cheque: SCOA, 2020 College Drive, Saskatoon, SK S7N 2W4
4. Visit us at the Field House - 2020 College Drive

Please send your cheque to:
Saskatoon Council on Aging
2020 College Drive,
Saskatoon, SKS 7N 2W4.

You will receive a tax receipt for donations of \$25.00 or more.

(please include your full address).

CRA 130735756RR0001



**You can help us
build an age-friendly
community -
a great place to
grow up and grow
older!**