

For adults 50+

SENIORS' WEEK 2023 SCHEDULE



For Adults 50+

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ONGOING

JUNE 5-11

ABOUT SENIORS WEEK

All events are free unless otherwise stated. Ticket pick up locations: Cochrane Family & Community Support Services (FCSS), Seniors on the Bow (SOTB) or Stockmen's Memorial Foundation (SMF).

RIDE COLT FOR FREE - JUNE 3-11

Free COLT services are available for all passengers age 60+.

To book your trip up to one week in advance, download the Ride COLT app, visit ridecolt.ca, or call 403-851-5995. Remember to use the coupon code "SENIOR".

AGE-FRIENDLY SURVEY

Look for Age-Friendly survey tables throughout the week. Answer questions about aging in Cochrane for your chance to win a \$10 gift card.

SPRAY LAKE SAWMILLS CENTRE (SLSC) - FREE CLASSES FOR 60+

Morning classes before noon, including aquatic classes, are free! Register up to one week in advance to secure your spot as space is limited. Bookings can be done online or in person at the centre. Excluding Tue and Thu 10am Active Forever.

Register: <https://www.slsfamilysportscentre.com/> or call 403-932-1635 for more information

SATURDAY

JUNE 3

11:30 AM Kick off to Seniors' Week Event (SLSC)

Seniors on the Bow Gazebo and Labyrinth Grand Opening Outdoor Ceremony.

MONDAY

JUNE 5

9:30 AM Drop-in Grandparents Group (FRN)

Bring your grandchildren ages 0-6yrs old to play, visit and share information with other grandparents.

10:30 AM Zumba Gold Toning (SOTB)

1 PM Seniors Movie "Driving Miss Daisy" - Tickets Required (Cochrane Movie House)

Includes popcorn and a drink. Tickets available until June 5 at noon.

1:15 PM Coffee and Conversation (SOTB)

3PM Engaging Men (SOTB)

Join in for conversation and activities with this men only group.

3:30 PM Mini Seminar and Bocce Game with Alberta 55 Plus (SOTB)

Drop-in for a mini seminar to learn about Alberta 55 Plus, followed by a bocce game.

TUESDAY

JUNE 6

10 AM Yoga (SOTB) Coffee with a Cop (5th Ave McDonalds)

Join Cochrane RCMP and Peace Officers for free coffee and treats at McDonalds.

12-3 PM Cultivate Cochrane Mobile Greenhouse "The Passive Solar Roller" Drop-in Tour and Yard-less Food Growing Seminar (2-2:30pm) (SLSC Parking Lot)

Plant herb seeds and grow them on your windowsill.

1:15 PM Crib Card Game (SOTB) Carpet Bowling (SOTB)

6:30 PM Dying for Conversation with End of Life Doula, Julie Handrahan - Tickets Required (SOTB)

It is one of the least talked about subjects, but should it be? Normalize end of life in this casual conversation. Tickets available until June 6 at noon.

WEDNESDAY

JUNE 7

- 10 AM Chair Fitness (SOTB)**
Gentle bending and stretching exercises done from the comfort of a chair.
- Qigong (SOTB)**
A mind-body exercise that uses meditation, breathing and movement to increase energy and enable the body to heal itself.
- 10:30 AM - 12 PM Tech Petting Zoo (Cochrane Library)**
Drop by the Library to try out some fun tech and see tech in action. Try iPads, tablets, Chromebooks, Kobo, Cricut and more. Ask questions about Library technology, their catalogue, classes and digital resources.
- 11 AM Community Helpers Workshop and Lunch - Registration Required (FCSS)**
This program trains natural helpers in the community...you! Participants will learn effective communication, self-care, coping with stress, knowing when to refer people to professional services and community resources.
Register: www.cochrane.ca/seniorsweek or call 403-851-2250
- 12:30 PM Save on Foods Nutritional Tour and “Independence, How Can We Help You Shop?” Session - Registration Required (Save on Foods)**
This session includes a tour with Dietician Maryke on how to shop nutritionally, different ways that Save on Foods can help you shop to maintain your independence, and look at additional services the store provides. Goodie bags for attendees. Register: 403-932-3222 ext. 221
- 1:15 PM Floor Shuffleboard with Alberta 55 Plus (SOTB)**
- 1:30 PM Jammers (SOTB)**
Do you play an instrument, sing or just like music? You are welcome to bring an instrument, sing or tap your toe.

THURSDAY

JUNE 8

- 9:15 AM Zoomer Zone (SOTB)**
A strength and conditioning class using weights, bands and other equipment focused on muscle conditioning.
- 10 AM Pie and Poetry with Stockmen’s Memorial Foundation - Tickets Required (SMF)**
Live music, cowboy poetry, pie and Mackay's ice cream! Special guests and a variety of musical performances. Tickets available until Wed, May 31 at noon.
- 10:30 AM Gentle Yoga (SOTB)**
- 12:30 PM Save on Foods Nutritional Tour and “Independence, How Can We Help You Shop?” Session - Registration Required (Save on Foods)**
This session includes a tour with Dietician Maryke on how to shop nutritionally, different ways that Save on Foods can help you shop to maintain your independence, and look at additional services the store provides. Goodie bags for attendees. Register: 403-932-3222 ext. 221
- 1:15 PM Mah Jong (SOTB)**
A tile-based game similar to Rummy. Players create melds or sets of tiles and try to go out. A game of skill, strategy and luck.
- 1:30 PM Line Dancing (SOTB)**
- 6 PM Staying Strong and Healthy as we Age with Nutrition - Registration Required (SOTB)**
Join an AHS Registered Dietitian to learn about nutrition, healthy eating and changes that occur with aging. Join the session for your chance to win grocery gift cards or a cookbook. Register: FCSS 403-851-2250, www.cochrane.ca/seniorsweek or in-person at Seniors on the Bow.
- 7 PM Euchre Card Game (SOTB)**

FRIDAY

JUNE 9

10 AM Chair Fitness (SOTB)

Gentle bending and stretching exercises done from the comfort of a chair.

10 AM Save on Foods Nutritional Tour and “Independence, How Can We Help You Shop?” Session - Registration Required (Save on Foods)

This session includes a tour with Dietician Maryke on how to shop nutritionally, different ways that Save on Foods can help you shop to maintain your independence, and look at additional services the store provides. Goodie bags for attendees. Register: 403-932-3222 ext. 221

12:30 PM Spaghetti Lunch – \$3, Registration Required (SOTB)

Register: 403-932-6002 or in person at Seniors on the Bow

SATURDAY

JUNE 10

9 AM Filipino-Canadian Association of Cochrane Alberta Flag Raising Ceremony (Cochrane RancheHouse)

Philippine Heritage Celebration Flag-raising Ceremony.

11 AM Filipino-Canadian Association Family Picnic & Senior Celebration (Cochrane Ranche Historic Site)

Picnic lunch with activities and entertainment. Everyone welcome. Try some Filipino food or bring your own. For more information visit www.facebook.com/mprout44 or contact Mila 403-321-5342

7-10 PM Dance with Hippocratic Oath Big Band – Registration Required \$10 members, \$15 non-members (SOTB)

Join Seniors on the Bow for live music, drinks, light snacks and good company. Register: 403-932-6002 or in person at Seniors on the Bow

COCHRANE LOCATIONS

- **Cochrane Movie House:** 218 5 Ave W.
- **Cochrane Public Library:** 405 Railway St. W.
- **Cochrane RancheHouse:** 101 RancheHouse Rd.
- **Cochrane Ranche Historic Park:** Hwy 22 & Hwy 1A, parking onsite
- **Family & Community Support Services (FCSS):** 209 Second Ave. W.
- **Family Resource Network (FRN):** 127 First Ave. W.
- **McDonald's:** 202 5 Ave. W.
- **Save on Foods:** 65 Bow St.
- **Seniors on the Bow (SOTB):** 800 Griffin Rd. E., Second floor
- **Spray Lake Sawmills Centre (SLSC):** 800 Griffin Rd. E.
- **Stockmen's Memorial Foundation (SMF):** 101 RancheHouse Rd.

MORE INFO

WWW.COCHRANE.CA/SENIORSWEEK
403-851-2250



THANK YOU TO OUR FUNDERS & SUPPORTERS!

SENIORS WEEK FUNDERS



SENIORS WEEK SUPPORTERS



A project of the Filipino-Canadian Association of Cochrane, Alberta

