

OUR ACTIONS

- Distributing a bi-annual Business Directory**
- Free garbage transfer for seniors**
- Hosting Reading and Tech programs**
- Hosting a Senior Wellness Day**
- Partnered with local businesses and the Saskatchewan Health Authority Training programs**

Communities benefit when people of all ages, abilities and cultures are: part of the decision-making process on matters that affect their life. Treated with dignity and respect, valued and able to access community programs, services and supports to meet their diverse needs. Open to new ideas, listen and learn from each other. Able to work together to achieve intergenerational, healthy, safe communities.



PROMOTING HEALTHY AGING IN SHAUNAVON



Age Friendly
Shaunavon



Phone
306-294-7653




Office
420 Centre St., Shaunavon

AGE FRIENDLY COMMUNITIES

Explore features and elements focused around 8 major aspects of community life:

- Outdoor Spaces & Buildings
- Transportation
- Social Participation
- Housing
- Respect & Social Inclusion
- Civic Participation & Employment Opportunities
- Communication & Information
- Community Support & Health Services



Age Friendly Shaunavon prioritizes: healthy citizens, strong community connections, safe vibrant communities, opportunities for businesses, inter-generational relationships and reduced abuse and isolation.

OUR SERVICES

01.

PROVIDE IN HOME SUPPORT

Do you need help with yard care, tasks around the house, or getting to medical appointments? We have a list of people that can help make life a little bit easier.

02.

VOLUNTEERS

Connecting people with others to utilize the skills and talents they have. If you have free time, come see what opportunities await.

03.

SOCIAL OPPORTUNITIES

We offer a variety of different social opportunities - such as Reading Buddies or Tech Buddies. Need someone to visit with or play a game of cards with? We do that too!

04.

ADVOCACY & TRAINING

For Information, Transportation, Housing and Health Services.

Need something not on the list

Give us a call today at:

306-294-7653

helpforseniors@outlook.com

