



Age-Friendly Saskatchewan

THE CONNECTOR



Upcoming
Events



Community
Updates



SSM
Happenings



Your
Resources

Age-Friendly Saskatchewan Connector June 30, 2026

Issue No. 26

To contact us about anything in this newsletter,
please email Wendy



Oh, Canada!

Today, we are on the eve of celebrating the 159th anniversary of Confederation. We thought this would be a good time to bring attention to the fact that Age-Friendly is playing a major, positive role in communities across our beautiful country (and around the world)!

Age-Friendly is overseen by SSM in Saskatchewan, but the model falls under the realm of a variety of organizations or government departments, depending on the province or territory.

We have compiled a list of links to other provincial Age-Friendly programs on our website under Resources. Take time over the summer to visit these links to learn more about other Age-Friendly initiatives in Canada.

[Click for Age-Friendly-related links](#)

Happy Canada Day!

P.S. Congrats to Susan W., the winner of last month's contest! Susan read ALL the way to the end of the newsletter where readers were invited to enter to win a copy of Ashton Applewhite's book, "This Chair Rocks: A Manifesto Against Ageism". Congrats, Susan! It pays to read to the end!!

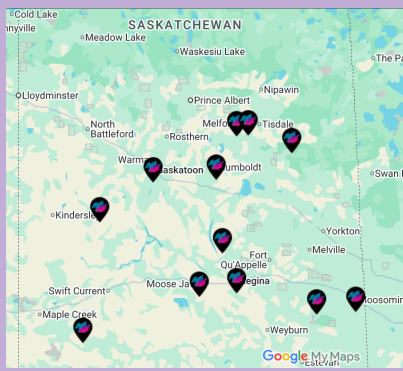
Wendy

Upcoming Events!



Age-Friendly Saskatchewan: Coming this Fall to a Community Near You!

**New Horizons for Seniors Program
Builds Capacity for
Volunteer Support
in Age-Friendly Communities**



The Age-Friendly Saskatchewan office will be busy planning over the summer months, preparing to connect with communities throughout the province in the fall.

Community Volunteer Training workshops is a project that has been made possible by the Government of Canada's New Horizons for Seniors Program. Thanks to this generous funding, SSM and Age-Friendly Saskatchewan will be able to commit resources to provide a workshop facilitator for new, emerging and well-established Age-Friendly committees to offer training and support for volunteers.

A series of workshops will be held in at least a dozen communities and will be designed to complement the virtual/remote support currently offered by Age-Friendly Saskatchewan. Workshops may focus on a variety of relevant topics, based on the needs of a particular community:

- How to establish a local Age-Friendly committee and gain the support of municipal government and other stakeholders and partners.
- Assessment of community assets and needs.
- Development and/or review of action plans.
- Evaluation of the impact of Age-Friendly actions on the community and individuals.

For existing Age-Friendly committees, workshops may also serve as a source of succession planning and volunteer development by encouraging new community members to participate. We also hope to foster mentorship and peer connections by encouraging events to be open to surrounding communities in the region where a workshop is being held. The Age-Friendly framework views community through the lens of older adults, but all ages will be welcome to participate.

Various workshop dates will be available September-November. These learning events will be interactive and include discussion. All costs (facilitator, materials, venue, food, etc.) will be covered. Workshops are proposed to run from 10 am – 3 pm and will include lunch.

Communities are invited to reach out to express interest in hosting a workshop ASAP! Inquiries from both established and new Age-Friendly communities are welcome.

Contact Wendy. We are happy to work closely with you to plan a custom event that meets your community/committee needs.

Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada

Age-Friendly Allies Webinar Series

This fall, we will introduce a series of webinars featuring fellow provincial organizations that will offer relevant information, support and resources for local Age-Friendly committees and the general public.



We are inviting Age-Friendly Committees to consider hosting a community 'watch party' for these information sessions, providing an opportunity for learning and socializing for citizens in your community.

Zoom links will be provided early September but mark these dates in your calendars now! Make plans to gather people together to watch as a group. (Anyone may also use the link to watch on their own.)

Wednesday, September 16

Alzheimer Society of Saskatchewan

Wednesday, October 14

Heart & Stroke

Age-Friendly Coffee Hours will resume late September/early October...stay tuned!





Age-Friendly Saskatchewan Road Trip

From June 15-18, Age-Friendly Saskatchewan visited four communities: Yorkton, Strasbourg, Humboldt and Lumsden! Yorkton and Humboldt are seeking to re-establish an active Age-Friendly committee in their community. Strasbourg was en route between those two cities, and Wendy was able to catch one of their popular monthly Toonie Lunches on her way through!

Finally, she and Linda Pratt (Age-Friendly SK Committee Chairperson) visited Lumsden where an enthusiastic group of citizens gathered to learn more about how to get an Age-Friendly committee established.

Municipal support is crucial to the success of Age-Friendly initiatives, and we were happy to see municipal representation (staff, Councillors and/or Mayors) at every single meeting! One of the milestones or achievements in becoming Age-Friendly is to gain the support of the municipality/ies through a formal resolution. Sincere thanks to our amazing hosts in each community!



Jan Cochrane, Social Prescribing Community Connector for Yorkton, facilitates Silver Circle Gathering, a regular opportunity for older adults in Yorkton to socialize and learn together. Age-Friendly Saskatchewan presented to their group on June 15.



RBC was the community partner for Strasbourg Age-Friendly Recreation Board's June 16 Toonie Lunch. Over 100 people were served a fried chicken and potato salad lunch with dessert. A large contingent of volunteers, partners, donors and sponsors

come together each month in
Strasbourg to provide this
opportunity for good food and
socializing.

What does an Age-Friendly community look like?

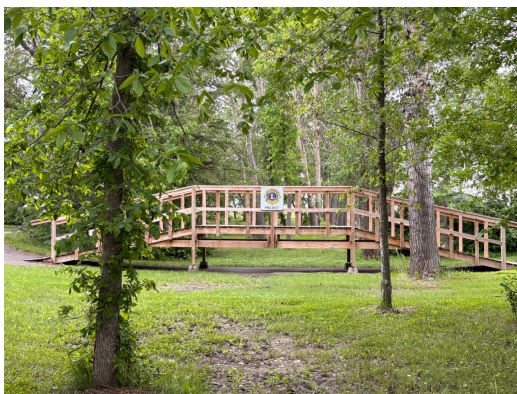
Look no further! **Strasbourg Age Friendly Recreation Board** supports the creation of accessible, inviting spaces for all, through partnerships with the municipality, community organizations and local businesses. Of course, volunteers are the heart of it all. As I drove into the **Town of Strasbourg** last week, I was struck by the neatly mown lawns and overall cleanliness and tidiness of properties.

I was encouraged to check out their Lion's Park. It did not disappoint. Located adjacent to their long-term care centre, it is easy for residents to take part in community activities that are held in the park and to watch children play on the outdoor playground near the building. Raised garden beds were just beginning to show promising signs of a fruitful summer season. There is a shelter and all-ages friendly exercise equipment. A pickle ball court and splash park are next door neighbours. There are MANY benches and paved pathways throughout the park creating accessibility for all. I noticed a footbridge as one entry point to the park over a low-lying area; perhaps to provide a way through during wet seasons like the one we're having?!

Outstanding work! Older adults and people of all ages can thrive in this community.

- Wendy





What's Happening at SSM?



*Older
Adults
Moving
Forward*

SSM Annual Conference Videos are Now Available

Beyond Ageism – Rockin' in the New World

Featuring speaker Ashton Applewhite, author of *This Chair Rocks: A Manifesto Against Ageism* and a co-founder of the Old School Hub.

Health Care – Rockin’ the Boat

Featuring speakers Steven Lewis and Dr. Sally Mahood in conversation with SSM Board President, Shan Landry.

Life Satisfaction as We Age – Older Adults Rock On

Featuring SSM's Rod McKendrick speaking about Social Prescribing, and Wendy Thienes speaking about Age-Friendly.

At any time, you can [access these videos on the Conference 2026 page on the SSM website](#).

Celebrating Seniors

Nominations for Celebrating Seniors close TODAY! The Awards Ceremony will be held on Sunday, September 27 in Regina. Follow [this link to the SSM website](#) for details on tickets.



Resources



SPRA (Saskatchewan Parks & Recreation Association) has a page on its website listing a wide variety of Funding Opportunities. Summer is a good time to review the opportunities that may exist for your Age-Friendly work!

CORE Canada is the national knowledge hub connecting organizations that support and advance independent living for older Canadians. They offer information on funding opportunities, resources and training & events.

Visit **Healthy Aging Core** and sign up to receive regular communications from them.

Current funding opportunities highlighted this month include:

Gay Lea Foundation – Community Impact Grants

Lululemon 2027 Community Wellbeing Grant

New Horizons for Seniors Program *due July 14*

***Have a great summer! See you in the Fall!
Here's to our Age-Friendly work & action!***

Wendy

Wendy Thienes
Age-Friendly Communities Staff

Beth

Beth Stilborn
Website and Social Media Staff



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