



Age-Friendly Saskatchewan

THE CONNECTOR



Upcoming
Events



Community
Updates



SSM
Happenings



Your
Resources

Age-Friendly Saskatchewan Connector August 24, 2026

Issue No. 27

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



A Season of Learning

Another school year is upon us! As a teenager, I worked in our local grocery store. My favorite season was 'back-to-school' when I would be assigned the task of arranging the school supplies in the freezer aisle. Seeing all the fun, new designs on scribblers, backpacks and lunch kits, the fresh, unsharpened pencils and pencil crayons and perfect, smudge-free Pink Pearl erasers made an otherwise unenthused teen anxious to get back to the books. Add a bottle of Liquid Paper, a geometry set (because there were always one or two pieces that would go missing from last year's set), calculator (no smart phones back then!), a metal ruler and shiny new atlas and dictionary, and you had the perfect formula for straight A's!?!

LEARNING IS FUN!!

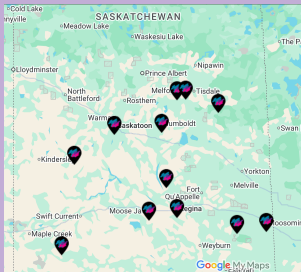
Children, teenagers and young adults will soon be heading back to classrooms and I suspect that many are as anxious as I was at that stage of life! There's no need to stop learning as we age. In fact, lifelong learning is crucial! This month's issue of *The Connector* is filled to the brim with upcoming learning opportunities. We encourage you to join one or more of these educational events! Let's 'hit the books' together.

~ Wendy

Age-Friendly News



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



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

Age-Friendly Saskatchewan is offering in-person workshops for existing or NEW Age-Friendly 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 (flexible) 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 by phone or email. We are happy to work closely with you to plan a custom event that meets your community/committee needs.

Upcoming Events!



From WHO and Others

Age-Friendly Environments (AFE) ECHO Programme – 4th Edition September 28-November 23, 2026

The WHO Global Network for Age-friendly Cities and Communities (GNAFCC) was established in 2010 to connect cities, communities and organizations worldwide with the common vision of making their community a great place to grow older in. The mission of the Network is to stimulate and enable cities and communities around the world to become increasingly age-friendly.



WHO and the International Federation on Ageing (IFA) have developed Age-Friendly Environments (AFE) ECHO – a multi-session learning cycle, developed and guided by the needs of mentee applicants and aligned with approaches and guidance from WHO on age-friendly cities and communities.

Virtual, bi-weekly sessions will be held on Mondays from September 28-November 23. Training schedule, details and registration information are available at the following link:

NOTE: *I participated in this program in 2024 and found it to be an interesting experience. There is no cost to participate, but strong commitment to participation and completion are expected. As this is a global program, time zones impact the schedule and sessions will mostly occur at 6 am Saskatchewan time, but there may be a time change in there to watch out for, too! If you're an early bird, this might be a great fit for you! ~ Wendy*



Pan American Health Organization Self-Paced, Online Course: Age-Friendly Environments

The WHO Global Network for Age-Friendly Cities and Communities has grown consistently in the last few years, particularly in the Region of the Americas, which comprises more than half of the active members of the Network.

Within this framework, the cities and communities interested in joining the Network and the members require specific tools to strengthen their local programs and participation in the Network. This course addresses healthy aging and the importance of environments to promote it, especially through the creation of age-friendly environments, considering their characteristics and through concrete actions that seek to transform the local context where people live and age. This encourages cities and communities to develop age-friendly strategies and promotes knowledge exchange among Network members.

Purpose:

This course aims to provide people and organizations with the tools to develop and implement initiatives to create age-friendly environments.

Register Here:

<https://campus.paho.org/en/course/age-friendly-environments>

Survey Opportunity

The Working Group for Frailty-Dementia Research Prioritization is inviting all stakeholders to participate in an international survey aimed at identifying the top priorities for frailty-dementia research.

Why Participate?

- Identify the most urgent research questions in frailty and dementia
- Inform future funding, policy, and care priorities
- Ensure diverse perspectives are heard



FRAILTY-DEMANTIA RESEARCH PRIORITIES SURVEY

PURPOSE

- We are inviting all stakeholders to participate in an international survey aimed at identifying the top priorities for frailty-dementia research

WHY PARTICIPATE?

- Identify the most urgent research questions in frailty and dementia
- Inform future funding, policy, and care priorities
- Ensure diverse perspectives are heard

WHO CAN TAKE PART?

- Anyone 18+ interested in frailty-dementia research:
 - Researchers and healthcare professionals
 - Policy and decision makers
 - Older adults, care partners, and advocates
- Total time commitment: ~15 minutes
- Scan the QR code or follow this link: <https://tinyurl.com/FDSurvey2026>
- Contact: frailtydementia@mun.ca

Principal Investigator: Dr. Nick Bray
Questions regarding your rights as a research participant? Contact the Health Research Ethics Authority at: (709)864-8871 or info@hrea.ca.

Logos: MUN, THE UNIVERSITY OF QUEENSLAND, DALHOUSIE UNIVERSITY, SAPIENZA UNIVERSITY OF ROME

Click poster image for PDF

Who Can Take Part?

Anyone 18+ interested in frailty-dementia research, including:

- Researchers and healthcare professionals
- Policy and decision makers
- Older adults, care partners, and advocates

Details

- Follow [this link](#).
- Contact: frailtydementia@mun.ca or the study's Principal Investigator, Dr. Nick Bray (cc'd: nick.bray@unb.ca).

Questions regarding your rights as a research participant?

Contact the Health Research Ethics Authority at: (709)864-8871 or info@hrea.ca

Find them on:

Bluesky <https://bsky.app/profile/frailtydementia.bsky.social>

Facebook <https://www.facebook.com/profile.php?id=61591627927877>

From Age-Friendly Saskatchewan

Age-Friendly Allies Webinar Series & Community 'Watch Parties'



This fall we will introduce our 'Age-Friendly Allies' series of webinars featuring other provincial organizations whose work may impact or interest our Age-Friendly communities.

They will offer relevant information, support and resources for local Age-Friendly committees and the general public. We're excited to connect you with these friends for valuable information sharing!

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. Find a venue with Wi-Fi, a projector and screen, and invite the community to attend.

Anyone is welcome to join individually, too!

Wednesday, September 16
Alzheimer Society of Saskatchewan
[CLICK HERE TO JOIN MEETING](#)

Wednesday, October 14
Heart & Stroke
[CLICK HERE TO JOIN MEETING](#)

Age-Friendly Coffee Hours

Our Age-Friendly network will also start meeting regularly again this fall at 10:00 am on the **last** Wednesday of each month:



September 30
October 28
November 25

Links will be forwarded to committees in early September.

These network meetings are an opportunity for a roundtable discussion and sharing of ideas. Suggestions for specific topics are welcome! E-mail your ideas to Wendy.



Age-Friendly Swift Current

An important step in the Age-Friendly process is securing the support of your municipal council. On August 17, Age-Friendly Swift Current met with the City of Swift Current Council. The City's support, in the form of a resolution, was passed! Congratulations! Read more [in this article by SaskToday.ca](#).



If you haven't checked out our list of Age-Friendly communities in Saskatchewan lately, visit our website to learn more about local initiatives! We will be adding three new community pages in the near future: Swift Current, Candle Lake and Star City!

[**AGE-FRIENDLY SASKATCHEWAN WEBSITE - COMMUNITIES**](#)

What's Happening at SSM?





Celebrating Seniors

SSM's annual gala awards evening,
Celebrating Seniors,
will be held

Sunday, September 27, 5:30 p.m.
Conexus Arts Centre, Regina

Join us for an evening of inspiration, entertainment, and recognition of older adult volunteers in our province!

Tickets are \$75 per person, or \$560 for a table of eight. Gather a group and have a wonderful evening celebrating these amazing volunteers!

Guest speaker is Ralph Goodale, former Cabinet minister and Diplomat.

Entertainer is Jesse Lamont, singer and performer known for his style, powerful vocals and charisma.

To learn more and to purchase tickets, go to SSM's website [at this link](#).

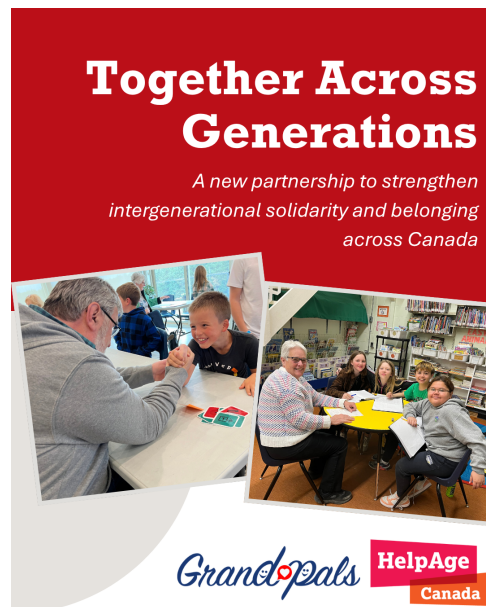
Resources



Special Time-Sensitive Opportunity!

HelpAge Canada is proud to partner with **GrandPals** to strengthen intergenerational belonging in communities across Canada.

Through the **Together Across Generations (TAG) initiative**, ten communities across the country will receive the support they need to bring older adults and students together through high-quality programming centred on shared experiences, friendship and storytelling.



Support to bring intergenerational programming to your community

Through GrandPals' proven program model, participating organizations will receive **end-to-end support** to deliver the GrandPals program in their community. This includes onboarding, curriculum, volunteer recruitment support and ongoing coaching.

As part of TAG, organizations will participate in the GrandPals program, removing many of the barriers that can make it challenging to launch high-quality intergenerational programming.

Weekly conversations and activities can grow into meaningful relationships that extend beyond the program itself. For older adults, these connections create opportunities to share knowledge, experiences and stories. For younger participants, they can help build empathy, understanding and an appreciation for the value of community.

Is your organization interested?

TAG is looking for **10 community organizations across Canada** that are interested in bringing older adults and students together and building stronger connections across generations.

If your organization is interested in participating, they **invite you to apply** to be one of the communities selected for the Together Across Generations initiative.

*The deadline to apply is **September 15th, 2026**. Click the button below to apply.*

[Click for further details](#)

[Submit Your Application!](#)

Looking for more learning opportunities?

Saskatoon Seniors Continued Learning

The membership fee is \$5.00 annually, ages 55+. Course fees are minimal and will vary.

<https://artsandscience.usask.ca/noncredit/sscl/index.php>

Seniors University Group (Regina)

Membership fee is \$20.00 annually, ages 50+. Course fees are minimal and will vary.

<https://www.seniorsuniversitygroup.ca/courses>

University of Saskatchewan and University of Regina

You might also want to investigate if you could qualify for free tuition as a senior (65+) at either of our universities.

U of S:

<https://students.usask.ca/money/tuition.php>

U of R:

https://www.uregina.ca/financial-services/fees.html#fact_2_6

Here's to our Age-Friendly work & action!

Wendy

Wendy Thienes
Age-Friendly Communities Staff

Beth

Beth Stilborn
Website and Social Media Staff



Spread the Word!

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Encourage them to subscribe to keep up with all that's happening in Age-Friendly in Saskatchewan and elsewhere.

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