



Seniors' Week in Calgary

June 6 – 12, 2016 | Celebrate the many contributions of seniors in our communities.

Saturday, June 4, 2016

Confederation Park Seniors Sasi Jaunt and Family Festival

Confederation Park 55+ Activity Centre
2212 13 Street N.W. • 10 a.m. (Rain or Shine)
Sasi Jaunt is a fun 5k run/walk through Calgary's beautiful Confederation Park. The Sasi Jaunt will raise much needed funds for programs that help isolated and vulnerable seniors. Enjoy live music, a Batman obstacle course, face painting, balloon artist, root beer garden and more. Call Judy Carins (403) 289-4780 or visit sasiJaunt.com.

Saturday, June 4, 2016 - FREE ADMISSION

Senior Wellness and Health Fair

Calgary Chinese Elderly Citizens' Association
111 Riverfront Avenue S.W. • 10 a.m. - 3 p.m.
Enjoy wellness activities including Tai Chi, Kung Fu, dance, flash mob, Lion Dance, an arts journey and a mindfulness practice. Learn more about positive ageing, check out the displays and visit our resource booths. Call, Lisa Chan (403) 269-6122 ext: 230 for more information.

June 6 – 10, 2016

Laps for Life – A walkathon

Ogden Seniors 50+ Activity Centre
2102 69 Avenue S.E. • 12 p.m. - 1 p.m.
Get moving and stay fit. Join us for a fun time of walking in our neighbourhood or our gymnasium (depending on the weather). You are welcome to join us for as many days as you can participate. For more information, call (403) 279-2003.

June 6 - 12, 2016 - FREE ADMISSION for 65+

Fort Calgary

750 9 Avenue S.E. • 9 a.m. - 5 p.m.
Discover the place where Calgary was born. Explore colourful stories in the Interpretive Centre, try on an authentic RCMP uniform, sit in a jail cell, find an authentic buy in the Museum Shop and take a stroll around the RiverWalk. Lots to do, lots of fun. Visit fortcalgary.com for more information.

June 6 – 12, 2016

Elder abuse awareness and prevention cafes

Various days and locations throughout Seniors' Week
Learn about the signs of elder abuse and community resources. Attend one of the awareness cafes held around the city, leading up to World Elder Abuse Awareness Day. Visit calgary.ca/seniorsweek or call the Elder Abuse Resource Line at (403) 705-3250.

June 6 - 12, 2016 - FREE ADMISSION

The Genesis Centre

7555 Falconridge Blvd N.E. • 9 a.m. - 12 p.m.
Seniors get free access to the Genesis Centre. Participate with friends and family in fun, lively activities including indoor walking, badminton, tennis, bocce and more. Proudly presented by Mosaic Primary Care Network and The Genesis Centre. Visit www.genesis-centre.ca/pdfs/activeadult.pdf

June 7, 2016

Active Aging Think Tank 2.0

Register for location details • 1 p.m. - 4 p.m.
Join Calgary Recreation for a #getmovingyc series of short presentations covering the research, practices, programs and experiences of Active Ageing in Calgary. To register, please email amatsume@calgary.ca.

June 7, 2016

Annual Seniors' Week celebration

Kerby Centre, 1133 7 Avenue S.W.
11:30 a.m. - 1:30 p.m.
Kerby Centre will host its annual Seniors' Week celebration in the Kerby Centre Gym. Stop by for live entertainment and lunch. Cost is \$2 per person for a light lunch. Drop in or call (403) 705-3233 to register.

June 7, 2016 - FREE ADMISSION

Glenbow Museum

130 9 Avenue S.E. • 9 a.m. - 5 p.m.
Seniors 65+ can enjoy free admission on June 7 and receive \$10 off when you purchase a senior's annual membership any day during Seniors' Week, applies to renewals, too!

June 7, 2016

Clothed figure drawing and painting workshop

Parkdale Nifty Fifties Social Club
3512 5 Avenue N.W. • 11 a.m. - 3:30 p.m.
Cost \$90 for non-members and \$75 for members; includes lunch and a glass of wine. Join local artist Jessie St. Clair in a one-day clothed figured painting and drawing workshop. Contact Parkdale Nifty 50's Seniors Association at (403) 283-0620.

June 8, 2016

Hawaiian Day

Greater Forest Lawn 55+ Society
3425 26 Avenue S.E. • 11 a.m. - 1 p.m.
Prizes for best dressed and the Hula Dance competition! We've got the Hula skirts! \$2 per person tickets will be presold to estimate food needs. Dance and costume judging at 11 a.m., lunch at 12 p.m. For more information, call: (403) 272-4661 ext: 102

June 15, 2016

World Elder Abuse Awareness Day public gathering

Olympic Plaza • 12 p.m. - 1 p.m.
Join other Calgarians at Olympic Plaza to mark World Elder Abuse Awareness Day. The gathering will raise awareness of and educate the public on the issue. As well, the Calgary Tower will be lit in purple to mark the day. Wear purple to help raise awareness!

Calgary Recreation is celebrating seniors and acknowledging the contribution they make by hosting a number of free active, creative and social opportunities.

For a full listing of events, visit calgary.ca/seniorsweek, check the Recreation Program Guide or call 311.

The City of Calgary is taking action on a plan to support Calgary's ageing population. Learn more about Age-Friendly Calgary on calgary.ca/AFC.

Visit calgary.ca/seniorsweek or your local seniors' organization for updates.