Thank You To Our Community Supporters!

servus credit union

PUBLIC LIBRARY BLACKFALDS

Alzheimer Society
ALBERTA AND NORTHWEST TERRITORIES

Canadian Mental Health Association
Central Alberta
Mental health for all

CAREGIVER connections

BLACKFALDS
ALBERTA
Abbey Platinum Master Built
CENTRE

Beyond Food
COMMUNITY HUB

GoldenCircle
SENIOR RESOURCE CENTRE

The Blackfalds Seniors' Club

BLACKFALDS
FCSS
FAMILY & COMMUNITY SUPPORT SERVICES

CELEBRATE

Seniors' Week

June 3 - 7, 2024

Seniors' Week is a time to recognize and celebrate the seniors in our community!

~ Connect, Celebrate, and Build Community ~

Monday, June 3

***Easy Empanadas!**
Let's come together to cook and learn! We'll make sweet and savoury empanadas, and everyone will leave with new skills and some empanadas of their own.
10:00 AM - 12:00 PM
Beyond Food
Community Hub
5014 Waghorn St

***Dementia Today and Tomorrow**
Our guest speaker will discuss Dementia in all its forms and the risk factors associated. We will also discuss warning signs, stages, and the best way to live, love and care for those in your life with dementia.
Alzheimer Society of Alberta & Northwest Territories
Presenter: Jaqui
1:30 - 2:30 PM
Main Hall
Community Centre

***Public Works Tour**
A 45-minute guided tour of The Town of Blackfalds Operations Centre. We will check out all the services & cool machinery that makes this town shine!
5:00 – 6:00 PM
Public Works
5200 Duncan Ave
**Meet at the front building*

Tuesday, June 4

Walk & Talk with Council 50+ Walking Group
Town of Blackfalds Councilors will join the 50+ walking Club for the morning and will be available to chat while we get our steps "in". Compliments of the Abbey Centre.
10:00 - 11:00 AM
3rd Floor Running Track
Abbey Centre

***Library Tea & Card Club**
Enjoy a delightful cup of tea & snacks while you connect with your neighbour for a chat or a game of cribbage or canasta!
2:00 - 4:00 PM
Servus Credit Union
Public Library
Eagle Builders Centre

Wednesday, June 5

***Caregivers Matter**
This session will focus on the importance of caregiving. Topics include compassionate caregiving, caregiving burnout, caregivers' stress and how to care for the caregiver.

Caregivers Connection Facilitator
Presenter: Jessica Worden, Canadian Mental Health Association, Central Alberta
Refreshments will be provided.
11:00 AM - 12:00 PM
Main Hall
Community Centre

***This one is for the Birds**
Join together to make a tea cup bird feeder and cookies for your birds.
3:00 - 4:00 PM
Main Hall
Community Centre

Thursday, June 6

Walking Club – Bright Party
Come for a walk and partake in the silly games and activities from our FCSS programmer. Dress in your best "BRIGHT gear" Compliments of the Abbey Centre.
10:00 - 11:00 AM
3rd Floor Running Track
Abbey Centre

***50th Anniversary & Open House of The Blackfalds Seniors' Club**
Celebrate the Blackfalds Seniors' Club's 50th Anniversary with an open house, music, games, snacks and socializing with awesome Seniors.
Bring a lawn chair to enjoy the outdoor games and festivities (will be hosted inside if undesirable weather).
12:00 - 4:00 PM
Community Centre

Friday, June 7

***Golden Dance Grooves**
Let's get groovin' and movin'!
Join us for a one-hour dance fitness class! We will learn some new moves to old songs you know and love. Our goal is to keep your fun and fitness levels up! We'll guarantee a good time and lots of laughs.
Equipment needed: Good indoor shoes, and a bottle of water.
Every fitness level is welcome.
10:00 - 10:45 AM
Main Hall
Community Centre

***Bingo with the Best**
BINGO! This fun afternoon activity is facilitated by Blackfalds youth for the enjoyment of Blackfalds Seniors'... what could be better?
Many prizes to be won!
A special collaboration with the Golden Circle Outreach worker will provide us with refreshments and highlight the programs and services offered to Blackfalds Seniors.
2:00 - 3:00 PM
Main Hall
Community Centre

BLACKFALDS FCSS
FAMILY & COMMUNITY SUPPORT SERVICES

***Please RSVP to Blackfalds FCSS by phone at 403.600.9066 or through email at fcss@blackfalds.ca**

All programs are free of charge!

For more information about our 50+ community programs, please visit our website at www.blackfalds.ca/vibrant50