

Seniors' Week 2024
Celebrating Cochrane and Area Seniors



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ONGOING

JUNE 3-9

Seniors' Week

All activities are free unless otherwise stated. **Ticket pickup locations:** Cochrane Family & Community Support Services (FCSS), Seniors on the Bow (SOTB), Stockmen's Memorial Foundation or the Cochrane Public Library. The Quirk Social tickets can be picked up at Found Book Shop or at www.quirksocial.ca. Business hours apply. Printed schedules are available at ticket locations.

Ride COLT for free

Free COLT services are available for all passengers age 60+ from June 3-9. To book your trip up to one week in advance, download the Ride COLT app, visit ridecolt.ca, or call 403-851-5995. Remember to use the coupon code "SENIOR."

Seniors on the Bow (SOTB) Scavenger Hunt - May 30 - June 6

Teams will receive a package of their scavenger hunt items by May 30. Participants can either register as a group of 4 or as a single to be placed in a group. Prizes will be awarded. Register before May 30 at Seniors on the Bow or by calling 403-932-6002.

Spray Lake Sawmills (SLS) Centre - Free classes for ages 60+

Morning classes, including aquatic classes, are free! Register up to one week in advance to secure your spot as space is limited. Book online or in person at the centre. Excluding Tue and Thu 10am Active Forever. Register: www.slsfamilysportscentre.com or call 403-932-1635 for more information.

R Registration required

T Tickets required

T Tickets required

SUNDAY

JUNE 2

- 11:30 AM Kick off to Seniors' Week: Free BBQ (Royal Canadian Legion Branch No. 15) **R****
Choice of hamburger, veggie burger or hot dog, with salad and dessert. Beverages available by purchase. Doors open at 11:30am. Lunch served 11:30am-1pm. Deadline to register: May 27. Register at the Legion, Mon-Fri, 4-8pm, Sat 1-6pm.
- 2 PM Country Music Jam (Royal Canadian Legion Branch No. 15)**
A Country Music Jam, open to the public.

MONDAY

JUNE 3

- 11 AM Zumba Gold (SOTB)**
- 1 PM Seniors Movie "The Notebook" (Cochrane Movie House) **T****
Includes free popcorn and a drink. Tickets available at locations noted at the top.
- 1 PM Coffee and Conversation (SOTB)**
- 1:30 PM Alberta 55 Plus Cornhole & Table Games (SOTB)**
- 3PM Engaging Men (SOTB)**
Join for conversation and activities in this mens only group.

TUESDAY

JUNE 4

- 9 AM Service Canada Presentation: The Canadian Dental Plan and Other Benefits (FCSS) **R****
Information session on the Canadian Dental Care Plan and other benefits offered by the Canadian Pension Plan and Old Age Security. Session is 1.5hrs. To register call 403-851-2250 or www.cochrane.ca/programguide.
- 10 AM Yoga (SOTB)**
- 1 PM Crib (SOTB)**
- 1:30 PM Introduction to Job Search for Seniors with FCSS & Prospect Human Services (FCSS) **R****
Are you looking for a new job or to get back into the work force and don't know where to start? What you may have done in the past may not work now, but we can help! We will discuss how to use your age, skills and experience along with resume formats. To register call 403-851-2250 or www.cochrane.ca/programguide.
- 1:30 PM Alberta 55+ Cornhole and Carpet Bowling (SOTB)**
- 1:30 PM Alberta 55+ Pickleball Intro; Cornhole (SLS Curling Pad)**
- 6:30 PM Bridge (SOTB)**

TUESDAY
JUNE 4
CONTINUED

7 PM Seniors Speed-Friending Hosted by Quirk Social (Found) - \$20, Age 50+ T
Speed-Friending provides an opportunity to meet new friends in a fun and casual environment! Attendees will engage through easy-going and direct conversations, along with ice breakers, resulting in new connections and friendships. Found's drink bar will be open with a variety of beverages to purchase. Purchase tickets in-person at Found Book Shop or online at www.quirksocial.ca.

WEDNESDAY
JUNE 5

10 AM Qigong (SOTB)

10 AM Chair Fitness (SOTB)

10:30 AM Nutrition Tour and How Else Can We Help (Save On Foods) R
A tour with Dietitian Maryke on how to shop for health on a budget, how Save On Foods can help you maintain your independence, and the additional services the store provides. Goodie bags for attendees. To register call 403-932-3222 ext. 221.

10:30 AM Seniors Benefits and Credits Workshop with Canada Revenue Agency (FCSS) R
Learn about benefits, credits and deductions. Session is 1.5hrs. To register call 403-851-2250 or www.cochrane.ca/programguide.

1:30 PM Stockmen's Memorial Foundation and FCSS Present a Speaker and Art Exhibit - Roland Gissing: The People's Painter (SMF) T
Learn about Cochrane's historic painter, Roland Gissing, from one of his descendants while being surrounded by his works. Immigrating from England to the Canadian West to pursue the life of a cowboy, Gissing honed his skills as a painter before putting down roots in Cochrane. He brought to life the beauty of the Canadian west in his oil paintings. Tickets available at locations noted at the top.

1:30 PM Alberta 55+ Floor Shuffleboard & Floor Curling (SOTB)

1:30 PM Jammers (SOTB)
Do you play an instrument, sing or just like music? You are welcome to bring an instrument, sing or tap your toe.

6 PM Introduction to Job Search for Seniors with FCSS & Prospect Human Services R (FCSS)
Are you looking for a new job or to get back into the work force and don't know where to start? What you may have done in the past may not work now, but we can help! We will discuss how to use your age, skills and experience along with resume formats. To register call 403-851-2250 or www.cochrane.ca/programguide.

THURSDAY
JUNE 6

8:30 AM - 4:30PM Free Services and Drop-in Coffee and Doughnuts (Hear Canada)
Drop-in for free coffee and doughnuts anytime between 8:30am-4:30pm to learn more about Hear Canada's services. Register in advance to get a free hearing screening or hearing aid service on June 6. Call 403-410-6352 to book an appointment.

8:30 AM - 10:30 AM Seniors Drop-in Coffee and Conversation (Found)
Join us in the comfy Found Books lounge to enjoy a drink and conversations. Featuring a full beverage menu with happy hour deals.

9:15 AM Zoomer Zone (SOTB)
A strength and conditioning class using weights, bands and other equipment focused on muscle conditioning.

10:30 AM Gentle Yoga (SOTB)

1 PM Line Dancing (SOTB)

1 PM Mah Jong (SOTB)

THURSDAYJUNE 6
CONTINUED

- 1 PM Introduction to Soapstone Carving for Seniors (Cochrane Public Library) R**
Join Michael Emery of Unique Soapstone Experiences as we explore the wonders of soapstone, a medium celebrated for its softness, making it perfect for beginners and those looking to express their creativity without the physical strain. No previous experience required. Refreshments and supplies provided. Limited space, to register visit www.cochranepubliclibrary.ca/seniorsoapstone.
- 3 PM Nutrition Tour and How Else Can We Help (Save On Foods)**
A tour with Dietitian Maryke on how to shop for health on a budget, how Save On Foods can help you maintain your independence, and the additional services the store provides. Goodie bags for attendees. To register call 403-932-3222 ext. 221.
- 5 PM - 8 PM Drop-in Pub Night at the Snowbirds Chalet 50+ Club (Snowbirds)**
Celebrate Seniors' Week at the Snowbirds Chalet 50+ Club in Bragg Creek. Members & non-members will enjoy snooker on 6'x12' table, shuffleboard, darts and great conversation! Beverages available for purchase, cash only.
- 7 PM Euchre Card Game (SOTB)**

FRIDAY

JUNE 7

- 10 AM Chair Fitness (SOTB)**
- 10 AM Alberta 55+ Bocce (Samuel Spicer Park)**
- 11 AM - 3 PM Cultivate Cochrane Solar Roller Visit and Microgreen Growing (Behind SLS)**
Learn how easy and inexpensive it can be to grow delicious, nutritious microgreens in your own kitchen! Drop by the Solar Roller to check out what is growing in the portable educational greenhouse. Cultivate Cochrane staff will be on hand with materials and instructions so you can take home a microgreen starter kit of your own. Limited kits available. Behind SLS Centre, by Riverside and curling entrance.
- 12:30 PM Spaghetti Lunch - \$3 (SOTB) R**
To register: 403-932-6002 or at Seniors on the Bow.
- 2:30 PM Alberta 55+ Card & Table Games (SOTB)**
- 7 PM Seniors Singles Mix & Mingle Hosted by Quirk Social - \$20 (Found) T**
Meeting new people in a romantic way can be challenging at any age! Join us for ice breaker games, door prizes and an opportunity to meet other single seniors from the Cochrane area. Found's drink bar will be open with a variety of beverages available for purchase. Purchase tickets at Found Book Shop or online at www.quirksocial.ca.

SATURDAY

JUNE 8

- 9 AM - 2 PM Embracing Our Roots: A Journey Through Filipino Heritage, Then and Now (Station)**
Celebrate Filipino heritage month and recognize the contributions seniors make to Filipino culture. Open to all seniors in the community. Join for Filipino food, traditional dances, entertainment and stories of transitioning to Cochrane.

**BUSINESS
DISCOUNTS**

WEEK LONG

Legacy Story Project Recording

What's a legacy story project? An audio or video of the story of your life. 25% off Legacy Recordings if you book during Seniors' Week. Call Maryke at 403-690-4580 or visit website for more details: www.marykeschouten.ca

The Social Spot Marketplace

10% off select items for Seniors 55+.

Mabel & Marie's

\$5+GST coffee and baked good of your choice. Afternoon coffee and a slice of homemade pie for \$6+GST in Bragg Creek.

**BUSINESS
DISCOUNTS**
CONTINUED

Found Book Shop (Thursday, June 6, 8:30-10:30 AM)

Happy hour deals, a variety of beverages available for purchase including \$2 hot americano and tea! 10% off all products such as books, vinyls and candles.

**CAREGIVERS,
PEOPLE
LIVING WITH
DISABILITIES
OR DEMENTIA**

Dementia-Friendly Peer Group

Open to those living with dementia and their care partners to socialize and share in engaging activities. To find out more about their Seniors' Week event or monthly get togethers, contact bernard.piche.c@shaw.ca.

Giveaway - Invisible Disability Sunflower Lanyard (FCSS)

Recognized in airports for those who want to self-identify as having an invisible disability and may need extra help, time or understanding while travelling. We have lanyards for both caregivers or those living with a disability. Limited supply available. Pick up at Cochrane FCSS.

Giveaway - Fidget Blankets (FCSS)

Fidget blankets are a lap-size quilt that provide sensory and tactile stimulation for restless hands. These are great for someone living with dementia or other conditions. Blankets have been sewn by Seniors on the Bow. Stop by Cochrane FCSS during Seniors' Week to pick up a free blanket.

Giveaway - Private Home Care Respite Hours (FCSS)

Are you a senior caregiver or an adult providing care for a senior? Drop-in to Cochrane FCSS during Seniors' Week to pick up a package of resources and enter into a draw for free respite hours from Rocky View Private Health Care.

LOCATIONS

- **Cochrane Movie House:** 218 Fifth Avenue W.
- **Cochrane Public Library:** 405 Railway Street W.
- **Cochrane Royal Canadian Legion Branch No. 15:** 114 Fifth Avenue W.
- **Family & Community Support Services (FCSS):** 209 Second Avenue W.
- **Found Book Shop:** 208 First Street W.
- **Hear Canada:** 1113, 320 Fifth Avenue W.
- **Mabel & Marie's:** 4, 16 White Avenue, Bragg Creek
- **Samuel Spicer Park:** West McManus Road
- **Save on Foods:** 65 Bow Street
- **Seniors on the Bow (SOTB):** 800 Griffin Road E, Second Floor
- **Snowbirds Chalet 50+ Chalet:** 19 Balsam Avenue, Bragg Creek
- **Spray Lake Sawmills (SLS) Centre:** 800 Griffin Road E.
- **Stockmen's Memorial Foundation (SMF):** 101 RancheHouse Road
- **The Social Spot Marketplace:** 218, 1 Street W.
- **The Station at Cochrane Crossing:** 360 Railway Street W.

**MORE
INFO**

For more activity details:

- Call 403-851-2250
- www.cochrane.ca/seniorsweek
- Scan the QR code

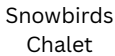


THANK YOU TO OUR FUNDERS & PARTNERS!

SENIORS' WEEK FUNDERS



SENIORS' WEEK PARTNERS



Maryke Schouten
with the
Legacy Story
Project