

Seniors' Week 2024

Celebrating Cochrane and Area Seniors

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 (Legion Branch No. 15) **R**
- 2 PM Country Music Jam (Legion Branch No. 15)

MONDAY
JUNE 3

- 11 AM Zumba Gold (SOTB)
- 1 PM Senior Movie (Moviehouse) **T**
- 1 PM Coffee and Conversation (SOTB)
- 1:30 PM Alberta 55 Plus Cornhole & Table Games (SOTB)
- 3 PM Engaging Men (SOTB)

TUESDAY
JUNE 4

- 9 AM Service Canada Presentation on Canadian Dental Plan and Other Benefits (FCSS) **R**
- 10 AM Yoga (SOTB)
- 1 PM Crib (SOTB)
- 1:30 PM Introduction to Job Search for Seniors with FCSS & Prospect Human Services (FCSS) **R**
- 1:30 PM Alberta 55 Plus Cornhole and Carpet Bowling (SOTB)
- 1:30 PM Alberta 55 Plus Pickleball intro; Cornhole (SLS Curling Pad)
- 6:30 PM Bridge (SOTB)
- 7 PM Seniors Speed-Friending Hosted by Quirk Social (Found), \$20 **T**

WEDNESDAY
JUNE 5

- 10 AM Qijong (SOTB)
- 10 AM Chair Fitness (SOTB)
- 10:30 AM Nutrition Tour & How Else We Can Help (Save On Foods) **R**
- 10:30 AM Seniors Benefits and Credits Workshop with Canada Revenue Agency (FCSS) **R**
- 1:30 PM Stockmen's Memorial Foundation and FCSS Present a Speaker and Art Exhibit - Roland Gissing: The People's Painter (SMF) **T**
- 1:30 PM Alberta 55 Plus Floor Shuffleboard & Floor Curling (SOTB)
- 1:30 PM Jammers (SOTB)
- 6 PM Introduction to Job Search for Seniors with FCSS & Prospect Human Services (FCSS) **R**

MORE INFO

Caregivers, People Living with Disabilities or Dementia

Visit www.cochrane.ca/seniorsweek for more information on activities and giveaways.

Funders



THURSDAY

JUNE 6

- 8:30 AM- 4:30 PM Free Services and Drop-in Coffee and Doughnuts (Hear Canada)
- 8:30 AM - 10:30 AM Drop-in Coffee & Connection with Happy Hour Deals at Found Book Store (Found)
- 9:15 AM Zoomer Zone (SOTB)
- 10:30 AM Gentle Yoga (SOTB)
- 1 PM Line Dancing (SOTB)
- 1 PM Mahjong (SOTB)
- 1 PM Introduction to Soap Stone Carving for Seniors (Cochrane Public Library) **R**
- 3 PM Nutrition Tour & How Else We Can Help (Save On Foods) **R**
- 5 PM - 8 PM Drop-in Pub Night at the Snowbirds Chalet 50+ Club, Bragg Creek
- 7 PM Euchre (SOTB)

FRIDAY

JUNE 7

- 10 AM Chair Fitness (SOTB)
- 10 AM Alberta 55 Plus Bocce (Samuel Spicer Park)
- 11 AM - 3 PM Drop-in Cultivate Cochrane Solar Roller Visit and Microgreen Growing (Behind SLS)
- 12:30 PM Seniors on the Bow Spaghetti Hot Lunch \$3 (SOTB) **R**
- 2:30 PM Alberta 55 Plus Card & Table Games (SOTB)
- 7 PM Seniors Singles Mix & Mingle **T** Hosted by Quirk Social (Found), \$20

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 Cochrane:** 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.

SATURDAY

JUNE 8

- 9 AM - 2 PM Embracing Our Roots: A Journey Through Filipino Heritage, Then and Now, Drop-in (Station)

BUSINESS DISCOUNTS

Legacy Story Project Recordings (Week long)

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 (Week long)

10% off select items for Seniors 55+.

Mabel & Marie's (Week long)

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

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

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.

MORE DETAILS

For full schedule and registration details:

- Call 403-851-2250
- www.cochrane.ca/seniorsweek
- Scan the QR code
- Visit FCSS, SOTB, Stockmen's Memorial Foundation or the Cochrane Public Library

