



**Saskatchewan Senior Fitness Association
Regina Sport District Newsletter**

www.ssfa.ca

September 2026

Upcoming Events:

1. Fall Prevention Presentation

Regina Sport District of Saskatchewan Senior Fitness Association is pleased to coordinate a presentation by Robert Weitzel of Saskatchewan Safety Council, addressing the risk factors to avoid falls. This is a learning event during Seniors Week, October 5-9. Tripping, slipping, sliding, falling and the like: these are more prevalent as we age, AND, more frequently, result in broken bones, sprains, etc. Robert will give us tips and tricks on how to prepare our surroundings to avoid these hazards.

from 10:30 to 11:30 a.m.

Friday, October 9

At the Regina Senior Citizens Centre

in the lounge

2134 Winnipeg Street

(The presentation will be followed by ice cream courtesy of the Regina Senior Citizens Centre)

Please register by Monday, October 5. Call Sandra at **306-378-7445 or email sfkb62@hotmail.com.**

2. Mosaic Stadium Tour

Tuesday, October 13, 1-2 p.m. Registration is needed. Please call [306-949-4202](tel:306-949-4202) or email wick_p@hotmail.com.

3. Walking Soccer

Drop in **Fridays** from **10-11 a.m.** at **AffinityPlex Indoor Soccer Centre, 1700 Elphinstone Street (Exhibition Grounds)**

Fall Season 2026 dates—Oct. 16, 23 and 30; Nov. 6 and 13; Dec. 4 & 18

Winter season 2027 dates—January 8, 22 and 29; Feb. 5, 12 and 26; March 5, 12, 19

Cost \$10/person for SSFA annual membership

\$10/person Saskatchewan Soccer Association seasonal membership

\$5 each Friday

To register please phone [306-949-4202](tel:306-949-4202) or email wick_p@hotmail.com

Come and enjoy a fun and fitness morning.

4. Seniors Week, October 5-9

The Regina Senior Citizens Centres are celebrating Seniors Week by hosting demonstration and “introduction to” physical and intellectual activities like line dance, pickleball, pool room games, cribbage, etc. at their **two locations, 2404 Elphinstone Street and 2134 Winnipeg Street**. Their **phone numbers are 306-539-3847 and 306-525-2154 respectively**. Fun, learning and social.

5. Short Mat Bowling

Drop-in bowling is offered at King’s Corner Church gym at **13th Avenue and King Street** on **Mondays and Wednesdays at 1 p.m.** Enter through the south door. You can check it out at no cost the first time. If you are interested in continuing, more information will be provided. **Please arrive before 1 p.m.**

We welcome your attendance and input at our next meeting.

Bring a friend to the Regina District meeting.

Friday, September 25 from 1-3 p.m.

Regent Place Library, 331 Albert Street.

