



FROM THE PRESIDENT'S PEN

It has been another busy year for the Saskatoon Sport District SSFA Committee members and Activity Coordinators. Your Coordinators were very busy preparing and then registering participants for the SSFA Provincial 55+ Games in North Battleford. After the Games, qualifying participants were registered for the Canada 55 + Games in Quebec City. Saskatoon Sport District was well represented at both Games with many bringing home cherished medals.

Once again, our membership continues to grow and has already exceeded the 828 members that we had last year.

Thank you to the Committee members and Coordinators for your continued efforts to ensure our organization's success.

Also, thank you to the members for promoting SSFA and encouraging outsiders to join! That is what success is built on.

During Seniors Week, Spotlight on Seniors will be held on October 8 (details inside).

We are looking for a Director of Programs, please give the position some thought.

When writing a cheque, please make it payable to: Saskatchewan Senior Fitness Association. The Credit Union will not accept cheques payable to the abbreviated SSFA.

CHANGE OF ADDRESS

If you have a change of address or any change in status, please advise Madeleine Saunders at petenmad@shaw.ca or contact Sheldon by phone at 306-242-9452.

NEWSLETTER- IMPORTANT NOTICE

If you receive your SSFA newsletter by mail, but **you do have an email address**, please notify Madeleine Saunders of your email address at petenmad@shaw.ca. Sending the newsletter via email saves us money and also enables us to communicate with you more often.

SSFA WEBSITE - www.ssfa.ca

You can find information specific to Saskatoon on the website. On the main page, click on “Districts” at the top of the page, and then click on “Saskatoon Sport District” to access our district’s information. We will be updating our website from time to time at Saskatoon Sport District. Follow the Saskatoon Sport District on Facebook at www.facebook.com/groups/163539817396213

The updated SSFA Rulebook is at www.ssfa.ca/assets/Documents/SSFA-Rulebook-New.pdf

COMMITTEE MEMBERS & ACTIVITY COORDINATORS

A meeting of Saskatoon Sport District SSFA Committee and Activity Coordinators was last held on September 18th. We plan to have the next meeting on November 20th at 1:30 pm at Preston Park 2.

SASKATOON COUNCIL ON AGING (SCOA)

SCOA provides many services and programs for seniors, including volunteering. You may call their office at 306-652-2255 or visit them at 2020 College Drive (Saskatoon Field House) or by email at admin@scoa.ca. Their website is www.scoa.ca

ARCHIVES

Saskatoon Sport District is looking for a person and/or persons to volunteer to archive our materials to keep our history up to date. A small group could do wonders for this project.

SPOTLIGHT ON SENIORS

Scheduled for October 8, 2024 at TCU Place 9 am to 3 pm, admission is \$15 cash only at the door. Lunch available for purchase. This is hosted by Saskatoon Council on Aging (SCOA) and TCU Place. This is one of SCOA’s fundraising events. Spotlight on Seniors is a wellness & lifestyle showcase for Adults 55 years and older.

COMMITTEE & ACTIVITY COORDINATOR INFORMATION

In the Saskatoon Sport District SSFA Committee we have a few changes:

June Lamers has stepped down as Director of Finance and 5 Pin Bowling. June has volunteered for many years and enjoyed every moment as a member of Saskatoon Sport District. She tirelessly organized our fundraising events, sold tickets and performed many other chores for us. Thank you, June, for all your time and effort spent on behalf of SSFA.

Darts is deleted from our activity list as we have not been active in this sport for a few years.

Director at Large, Lorraine Hill, from Regina Sport District, has joined our District. She has spent many years as a volunteer and thus brings an abundance of knowledge and experience to the table.

Please check the last page of the newsletter for the list of Committee Members and Activity Coordinators as there are changes in phone numbers and email addresses.

CANADIAN NATIONAL SENIORS DAY

Each year during Seniors Week, October 1st is declared National Seniors Day. It is a perfect occasion for Canadians to join in the celebration with older adults. Let them know how much one cares and recognize their achievements. On this day, it is emphasized that all Canadians have an opportunity to acknowledge the life-long contributions our seniors have made. National Seniors Day is also referred to as International Day of Older Persons. Related to this is the "Protecting Canada's Seniors Act" that amends the Criminal Code to add vulnerability due to age as an aggravating circumstance for sentencing purposes.

PROVINCIAL 55+GAMES

The 2025 SSFA PROVINCIAL 55+ Games are scheduled for Swift Current. More details will be given as we receive them. There will be an increase in the registration fee to \$75.00. The 2024 Provincial Games held in June were very successful and well organized. 596 registered for North Battleford with Saskatoon having 155. Our participants won 158 medals, with Track and Field garnering 75.

Thank you to all members who participated and congratulations to the medal winners. The new activity of Photography was well received and hopefully will become a permanent activity.

CANADA 55+ GAMES 2024

The 2026 CANADA 55+ GAMES will be held in Winnipeg in August. When details are received, we will pass them on.

The Quebec City Canada 55+ Games just completed in August were deemed very successful. A common complaint was transportation to and from the venues. Participants talked about how well they were treated and how much they enjoyed the food. Statistics from the Games are not available. The Saskatchewan contingent was made up of 178 plus 64 guests, the highest number in years. Thank you to all the members who registered, most of whom came home with medals. Some also brought COVID home. Duckpin Bowling did not seem to be a challenge as most bowlers won a medal.

FALL & WINTER ACTIVITIES 2024-2025

BOCCE BALL – nothing until COVID-19 is gone.

BOWLING 5-Pin – Fairhaven Bowl -- 3401 – 22 Street West. 10:30 every second Wednesday
- Eastview Bowl -- 2929 Louise Street at 2:30 pm every second Thursday.

BOWLING Lawn – over until spring

BOWLING Short Mat – season starts Oct. 15, 1 – 3 pm at Royal Canadian Legion on Spadina Crescent.

CRIBBAGE – Doreen Uhl

CROSS COUNTRY SKIING – See you during winter.

CURLING – Linda Lund

CYCLING –see you in the spring

8 BALL – contact Dennis Puff for a schedule. Those who wish to play Snooker may play.

GOLF – see you in the spring

HOCKEY – Mike Cherwenuk

KAISER – at Fairfield Seniors Center, 103 Fairmont Court; 1:00 pm on the first and third Tuesday of each month.

PICKLEBALL –see saskatoonpickleball.org for up-to-date venues and playing time schedules.

PHOTOGRAPHY – Contact Massey Mizuno

POETRY & SHORT STORY – Joanne Sorenson

SHUFFLEBOARD –FLOOR – play started September 4 at St. Joseph’s Parish Hall on 7th Street and Broadway Avenue every Wednesday at 1:00 pm until April

SLO-PITCH – will start when weather is favorable in April

SWIMMING – contact Denise Gilewicz

TENNIS – Coordinator required. Lakewood Indoor Tennis Club Mon. – Fri. 9:30 – 11:00 am.

TRACK & FIELD – contact Judy Warick for the program

VOLLEYBALL – to start in October

WALKING – we encourage everyone to walk every day. Require Coordinator.

YOGA – Vi Mizuno is coordinating it for now but we are in need of an instructor.

Everyone is welcome to participate in as many activities as your time and energy permits. Most activities have a small fee.

For dates and times of these activities, please contact the Activity Coordinators on the following page.

SASKATOON SPORT DISTRICT SSFA COMMITTEE - 2024-2025

President - Sheldon Kraus	ssfakraus@gmail.com	306-242-9452
Vice-President - Judy Warick	judywarick@sasktel.net	306-373-3604
Secretary - Marilyn McCloy Cornish	marilyncornish@gmail.com	306-652-8150
Treasurer - Ron Spizziri	rockrod@shaw.ca	306-244-9478
Director of Finance – Earl Synkiw	ewsynkiw@sasktel.net	306-242-7213
Director of Member Relations - Madeleine Saunders	petenmad@shaw.ca	306-715-1579
Marketing Representative - Dawna Neilson	dawnaneilson@sasktel.net	306-242-6848
Directors of Programs		
Director of Courtesy & Recognition - Yvonne Pryor		306-291-4542
Directors at Large:		
Jean Healey	jeanhealey48@gmail.com	306- 934-3567
Pat Harbidge	harb02@sasktel.net	306-343-7231
Marilyn McCloy Cornish	marilyncornish@gmail.com	306-652-8150
Therese Synkiw	tsynkiw@sasktel.net	306-242-7213
Lorraine Hill	don.lorraine@sasktel.net	306-249-1063

ACTIVITY COORDINATORS - 2024 - 2025

Bocce Ball	Barbara Gessner		306-384-6481
Bowling - Five Pin - E	Sheldon Kraus	ssfakraus@gmail.com	306-242-9452
Bowling – Five Pin - F	George Gresty	redgresty@sasktel.net	306-220-2722
Bowling - Short Mat	Joe Chermishnok	chermishnokaj@gmail.com	306-716-5534
Bowling - Lawn	Joe Chermishnok	chermishnokaj@gmail.com	306-716-5534
Cribbage	Doreen Uhl	doreenuhl@yahoo.ca	306-251-2889
Cross Country Skiing	Massey Mizuno	banff23@gmail.com	306-261-5755
Curling – Ice	Linda Lund	linda.l@sasktel.net	306-220-4400
Cycling - Biking	Vi Mizuno	1266vi@gmail.com	306-341-2364
8 Ball	Dennis Puff	dkpuff@sasktel.net	306-361-3270
Hockey – Ice	Mike Cherwenuk	Mike.cher71@gmail.com	306-250-1818
Golf	Dawna Neilson	dawnaneilson@sasktel.net	306-242-6848
	Murray Inverarity	m_inverarity@yahoo.com	306-291-9683
Kaiser	Sue Lomond	slomond@sasktel.net	306-321-5945
Photography	Massey Mizuno	banff23@gmail.com	306-261-5755
Pickleball	Dennis Fetter	fetterds@gmail.com	306-477-1304
	Bob Froese	rfroesewaldeim@sasktel.net	306-717-1492
	Karen Bauche	kbauche@hotmail.com	306-222-9135
Poetry & Short Story	Joanne Sorenson	josore@sasktel.net	306-955-3127
Shuffleboard - Floor	Kay Lacoursiere	lacourkay@yahoo.ca	306-652-1028
Slo-Pitch	Fay Sedgewick	cherylfaysedgewick@sasktel.net	306-260-5560
Swimming	Denise Gilewicz	dbgilewicz@gmail.com	306-716-6202
Tennis			
Track & Field	Judy Warick	judywarick@sasktel.net	306-373-3604
Volleyball	Diny Kennedy	dinykennedy@gmail.com	306-221-0805
Yoga	Vi Mizuno	1266vi@gmail.com	306-341-2364