



FROM THE PRESIDENT'S PEN

After a very successful 2023, Saskatoon Sport District is now working on the registrations for the Provincial 55+ Games and Canada 55+ Games.

Our membership total for 2023 was 828. Thank you to all our Activity Coordinators for working so hard to keep the membership at an all- time high.

All Activity Coordinators will have information, Provincial 55+ Games Registration Forms, Waiver Forms, membership cards for renewals and also Canada 55+ Games info and Registration Forms. They are also online.

The Provincial Games is OPEN REGISTRATION again. The Canada Games are set by the Rule Book that you can check online.

All expenses are the responsibility of the participant for the Provincial and Canada Games. Please make your cheques for the Games Registrations and membership renewals to: SASKATCHEWAN SENIOR FITNESS ASSOCIATION. The Credit Union will not accept cheques payable to SSFA,

To those members going to the 55+ Games, good luck and enjoy.

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 for the Saskatoon Sport District SSFA Committee and Activity Coordinators was last held on April 11. We plan to have the next meeting on May 23.

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.

COMMITTEE & ACTIVITY COORDINATOR INFORMATION

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

Directors at Large – Joyce Tremmel has passed away. She was a Director for many years.

Curling – Linda Lund has accepted the Coordinator position as Gwen Kaminski has resigned. Thanks Gwen for all the years as Coordinator.

PROVINCIAL 55+GAMES

Scheduled for North Battleford on June 11, 12 & 13. Registrations will be June 10 and 11. Some Events may start on June 11, depending on the number of registrations. We will be advised.

The Host City is providing the following Events:

5 Pin Bowling, Lawn Bowling, 8 Ball, Cribbage, Golf, Kaiser, Photography, Pickleball, Poetry & Short Story Writing, Slo-Pitch, Swimming and Track & Field

Theme of the Games is ACTIVE AGING – MIND & BODY.

To enter you must have a current membership for 2024-2025. Your Coordinators have the information.

Registration Fee is \$50.00 that includes the Opening and Closing ceremonies plus the Banquet.

Registration Fee is also \$50.00 for non-participants if they will attend the Opening and Closing ceremonies and the Banquet. The Host will be checking.

Registration Fee is \$6.00 for Photography and \$6.00 for Poetry & Short Story Writing submissions. You do not have to attend and just submit your entry to your Coordinator. If you wish to attend, please do the \$50.00 Registration Fee. You may also register in a participating Event by paying the \$50.00 Registration Fee.

Remember – SSFA Provincial is again OPEN REGISTRATION to all members. So, anyone who wishes to participate may enter.

Saskatoon Sport District SSFA Committee will provide the District with red Golf and V-Neck shirts as per the information on the Registration Form. If you have a shirt from previous games that is wearable please use. We ask that you wear black slacks if possible but don't purchase if you do not have future use.

Please ensure that you will have your Health Form with you when you register in North Battleford. If you forget, you will be asked to complete one as it will be inserted in your name tag holder.

Accommodation information is on the Provincial 55+ Games website.

To date there are no entries for Photography. Dig out your camera and use your photography skills and enter. Cell phone cameras also take excellent photos.

CANADA 55+ GAMES 2024

The 2024 Canada 55+ Games will be held in Quebec City on August 27 to 30. The Host City will be offering the following events: Bowling(Duckpin), Contract Bridge, Cribbage, Darts, Duplicate Bridge, 8 Ball, Floor Shuffleboard, Golf, Ice Curling, Ice Hockey (Men & Women), Pickleball, Scrabble, Slo-Pitch, Swimming, Tennis, Track &Field.

Bonus event: 5 km and 10 km run

Demonstration event: Sandbag Baseball

Registration Fees: Participant \$172.46, Non Participant \$126.47. Hockey and Slo-Pitch team \$344.93, Curling and Golf \$172.46.

Accommodations will be at Hotel Classique

Assigned Province/Assigned Territory: Saskatchewan

Address: 2815 boulevard Laurier, Quebec QC, G1V 4H3

<https://www.google.ca/maps/place/Hotel+Classique@46.7674309>

Phone 1-800-463-1885

Room Rate per night

Single & double occupancy with king size bed: \$159+taxes= \$189.22

Single & double occupancy with 2 double beds: \$165 + taxes = \$196.36

Single and double occupancy for a suite: \$185 + taxes = \$220.15

Additional person: \$20 + taxes = \$23.70

Group Booking code: The hotel will give you one when you phone.

Reservations by phone only at 1-800-463-1885.

The SSFA Provincial Board will supply green Golf/Polo or V-Neck shirt – new for 2024 to replace the green T-Shirt. Also available will be a green Jacket for \$85. All shirts and jackets will have SASKATCHEWAN on the back. Black slacks recommended for unity.

Once again, all expenses related to the Canada 55+ Games are the responsibility of the participant.

Presently, Saskatoon Sport District has three Hockey teams and two Curling teams registered. There are also a number of members expressing interest in going to the Canada Games. Please ensure you have a cheque when registering at the North Battleford Games. We do not have time to do a lot of follow up. Coordinators have some registration forms, plus they are online at Canada 55+ Games. If you complete the form early, it will save time.

SUMMER ACTIVITIES 2024

BOCCE BALL – nothing until COVID-19 is gone.

BOWLING 5-Pin – Eastview Bowl, 2929 Louise Street at 2:30 pm every second Thursday.

BOWLING Lawn – contact Coordinator.

BOWLING Short Mat – season over until fall.

CROSS COUNTRY SKIING – See you next winter.

CURLING – Linda Lund

CYCLING – contact Vi Mizuno for starting date when the snow melts, biking included.

DARTS – contact Sheila Kennedy to get started again.

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

GOLF – tournaments & clinics in the spring/summer at Silverwood Golf Course.

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

SHUFFLE BOARD – FLOOR – play over until September

SLO-PITCH – will start when weather is favorable until October

SWIMMING – contact Denise Gilewicz

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

TRACK & FIELD – contact Judy for the program

VOLLEYBALL – play ended until September

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

YOGA – Vi Mizuno is coordinating it for now. Contact Vi for details.

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 - Vi Mizuno	vi1@shaw.ca	306-341-2364
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

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	vi1@shaw.ca	306-341-2364
Darts	Sheila Kennedy	shebkenedy@sasktel.net	306-229-1985
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
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	cherylsedgewick@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	vi1@shaw.ca	306-341-2364