SASKATOON SPORT DISTRICT

FALL 2026
NEWSLETTER

FROM THE PRESIDENT'S PEN

Saskatoon Sport District SSFA Committee and Activity Coordinators held approximately ten events for our District 55+ Games. Since they must be held every year, we will start again in the Spring; hopefully, a few more activities will be represented. Thank you to the Activity Coordinators who organized their respective events and thank you to the members who supported the District 55+ Games.

The Director of Programs position has been filled – Mary Lynn Wright has accepted the role and we look forward to working with her. Still require a Vice-President……..anyone?

Saskatoon Sport District Committee and Coordinators encourage walking every day, especially by members who are not doing physical activities. We also now have a Walking Program – you may contact Judy for more details.

The new activity, Stretching and Relaxation, is all organized and ready to go with 20 members registered, but requires an instructor as soon as possible. Please help Shelly out. Start date is October 7, Wednesdays 2 to 3 pm for ten weeks at St. Paul's United Church in Sutherland.

Our present membership is approaching 840. Thank you to the Committee members and Activity Coordinators for all the energetic effort and sometimes difficulty in working with some members. And thank you to our members who are constantly promoting SSFA.

Please be sure to read the article in this newsletter about scamming, as there have been numerous attempts to scam our Committee members, Coordinators and General Membership. The scammers are targeting new Committee members and Coordinators.

CHANGE OF ADDRESS

If you have a change of address or any change in status, please advise Madeleine Saunders at ssfa-mbr-relations@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 ssfa-mbr-relations@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" 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/programs/ssfa_55_games

COMMITTEE MEMBERS & ACTIVITY COORDINATORS MEETING

A meeting of the Saskatoon Sport District SSFA Committee and Activity Coordinators was held on September 15th at 1.30 pm at Aspira Retirement Living Stonebridge Crossing, 102 Wellman Crescent. Next meeting will be on Tuesday, October 13th, same time and place.

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

SENIORS' WEEK

The Government of Saskatchewan has declared the week of September 27 to October 3 to be Seniors' Week in Saskatchewan Seniors' Day is October 1.

SPOTLIGHT ON SENIORS

Tuesday, October 6, 2026 from 9am to 3pm at TCU Place in the Grand Salon on second floor. Approximately 80 venues will be set up, providing information and services for Seniors. A lunch concession will be open from 11.30am to 1.30pm – cash, debit and credit cards will be accepted.

COMMITTEE & ACTIVITY COORDINATOR INFORMATION

In the Saskatoon Sport District SSFA Committee we have a few changes:
When contacting Madeleine Saunders, Director of Member Relations, please use her new SSFA address: ssfa-mbr-relations@shaw.ca.

Director of Programs – Mary Lynn Wright has accepted the position.

Vi Mizuno has resigned from all positions and roles she held in the Saskatoon Sport District.

New Yoga Coordinator is Debra Down.

New Bocce Ball Coordinator is Shirley Leung.

New Kaiser Coordinator is Warren Henn.

New Stretching and Relaxation Coordinator is Shelly Ritchot.

New Tennis Coordinator is Dave Hannah, who wishes to start active tennis in April. You may contact him to add your name to his members' list.

New Activity Mahjong (American) – interest has really grown. Julie reports that approximately 70 participants are signed up.

New Activity Tai Chi has declined in attendance and will no longer be offered next year.

Director at Large – Pat Harbidge has stepped down.

A number of Committee Members and Coordinators are changing to new SSFA email addresses instead of using their own personal e-mail.

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

NOTE OF INTEREST

National Hummingbird Day is celebrated annually on the first Saturday of September. We just celebrated it on September 5th by honoring those tiny, jewel-toned birds and promoting awareness of their conservation. The bird is known for its iridescent feathers, rapid wing beats and unique flying abilities, including hovering and flying backward.

The Hummingbird's vital role is in being a pollinator.

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.

CODE OF CONDUCT

Did you know that SSFA has a Code of Conduct? "The purpose for this Code is to ensure a safe and positive environment by making individuals aware that there is an expectation of appropriate behavior consistent with this Code." (Direct quote from SSFA Code of Contact)

Lately there have been remarks, innuendos, fists butts and facial expressions in our games that are not conducive to a pleasant and welcoming environment. This is **NOT** who we are and we **ALL** need to remember why we are participating in SSFA activities: "to improve the total well-being of Saskatchewan Seniors through participation in regular physical activities, cultural activities, social activities and intellectual activities". (quote from SSFA Mission Statement)

SSFA activities are inclusive, which means everyone gets to participate, no matter your skill or intellect. I see so much camaraderie among players and how we try to include everyone in the game, no matter their ability. Yes, sometimes we forget, but generally it has been wonderful to see.

If you have issues with playing as a team and encouraging one another, you may need to join a more competitive organization. However, it would be a sad thing for all of us. Let's make this a warm and inviting place to play! Thank you for all your support and for being team members in SSFA.

The Code of Conduct can be found at www.ssfa.ca/about.

SCAMS

The e-mail scamming is continuing. Keep in mind that Ron, myself or any SSFA Committee members and Coordinators do not send out e-mails requesting a time to meet, favors, money or gift cards from fellow members. Please be aware of scams and delete any suspicious e-mails. And feel free to phone us to advise that someone has tried to scam you.

MEMBERSHIP

From time to time, we run into problems with a member who abuses, intimidates, harasses, curses, not being respectful etc. First of all, we are all volunteers and everyone must be treated with respect. If members cannot understand and be respectful, they should note that the Saskatoon Sport District Committee and Coordinators will not tolerate any abuse from anyone. Memberships will be revoked by such behavior. At present, there are a couple of members who are on the verge of having their memberships revoked. And there is NO membership fee refund.

SSFA SOCIAL EVENT

The Social Committee has not planned any functions at this time.

SSFA 55+ DISTRICT GAMES

The Districts are encouraged to remain active, hold District Games and continue promoting SSFA in order to keep up the momentum.

Saskatoon Sport District 55+ Games were held over the last few months. Thank you to all the Activity Coordinators and volunteers who organized their respective activities. Also thank you to the members who supported and participated in the Games.

PROVINCIAL 55+ GAMES

To date, there is no Host City for the 2027 SSFA Provincial 55+ Games. The Provincial President is talking to a few communities and, hopefully, one will accept the challenge. Some cities have expressed interest but want the SSFA District to put together the Host Committee.

Joanne Sorenson, Poetry & Short Story Writing Coordinator has chosen the theme of Living The Dream which must be used in the presentations. You may contact Joanne to see if you may enter a particular poem and/or short story.

CANADA 55+ GAMES

The City of Regina and SSFA Regina Sport District have established a Host Committee, setting the date for August 21 to 24, 2028. Regina hosted the first National Canada Games in 1996.

Twelve events are to be offered in Regina: 8 Ball, Five Pin Bowling, Cribbage, Darts, Golf, Ice Curling, Ice Hockey (Men and Women), Pickleball, Slo-Pitch, Swimming, Tennis and Track & Field.

Optional Events: Contract and Duplicate Bridge, Stick Curling and Corn Hole (Host Choice).

Bonus Events: 5 km and 10 km run.

Registration Fees: Participants $200.00 and non-participants $150.00 (Taxes included).

SCOA GLOBE WALK

The SCOA Globe Walk Challenge will once again run from January 1st to April 30th. The theme will be Walking the Highways of Saskatchewan and stopping along the way for points of interest, plus what each town or city represents, promotes, what its main industry is etc.

"AGETECH DISCOVERY DAY" IN SASKATOON

One of our former members, Lance Moen, has sent the following information and asked if we could insert it into our newsletter. A group of volunteers are concerned with improving the lives of older adults. Below is their request.

We are excited to share with you that members of The University of Saskatchewan, The University of Regina, Sask PolyTech and the Virtual Health Hu, in partnership with AGEWELL, are hosting one of ten national events on International Seniors Day this year! On October 1, 2026, we will be celebrating older adults and their caregivers by holding an "Agetech Discovery Day" in Saskatoon! We would like to invite you to come and hear from older adults and local researchers as they share their experiences and insights; discover Saskatchewan's own Virtual Health Hub and how it is transforming healthcare delivery across the province; and learn how you can help shape research that matters to you – both in Saskatchewan and across Canada.

This free event will facilitate an opportunity for older adults and caregivers to discover practical technologies that can enhance independence, health and quality of life. It will include hands-on demos, research spotlights and interactive discussions about how to get involved in research and innovation opportunities.

Learn More!

If you would like to learn more, check out AGEWELL's national initiative here:

https://agewell-nce.ca/age-well-agetech-discovery-day

Register:

To register, call or email Cari or Maria (below) or do so here:

AGE-WELL AgeTech Discovery Day - Virtual Tickets, Thursday, October 1 • Starts at 10 AM CST | Eventbrite

Who do I contact? Dr. Cari Mcllduff cari.mcilduff@usask.ca (306-502-1088) or

Maria Taheri mxp893@usask.ca (639-480-5998)

Where is the event? Alt Hotel, 480 2nd Ave. South, Saskatoon, Sk. S7K 0L3

When is the event? October 1, 2026 from 1-3 pm

STEP UP FOR MENTAL HEALTH WALK/RUN

Over 8,000 participants have signed up for this walk/run which will take place in Saskatoon on September 26th and 27th. Road Marshalls are needed for this event.

If interested in volunteering, contact (and provide t-shirt size) chuntington@321gorunning.ca or Jackiekivol@gmail.com

A volunteer orientation will be provided on Thursday, September 24th.

FALL AND WINTER ACTIVITES 2026/2027

BOCCE BALL – Maybe one more outdoor session this fall. Outdoor sessions to resume in the spring.

BOWLING 5-Pin – Fairhaven Bowl -- 3401 – 22 Street West at 10:00 am every second Wednesday
- Eastview Bowl -- 2929 Louise Street at 2:30 pm every second Thursday.

BOWLING Lawn – will begin late April, early May.

BOWLING Short Mat – played at Royal Canadian Legion on Spadina.

CRIBBAGE – Fairfield Senior Centre, 103 Fairmont Court; every fourth Wednesday of the month.

CROSS COUNTRY SKIING – contact Massey Mizuno.

CURLING – contact Linda Lund to participate.

CYCLING/BIKING – will resume again in April/May.

8 BALL – a tournament is held once a month at The Snooker Shack, A3421 8th Street East. Beginners welcome. For further details, contact Dennis Puff by text or call him at 306-361-3270.

GOLF – Four clinics were held from May to August. are scheduled from May to August.

HOCKEY – at Schroh Arena; contact Mike Cherwenuk.

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

MAHJONG (American) – contact Julie Juarez. New location now at Nutana Royal Canadian Legion plus every Sunday at the Farmers' Market from 1 to 3 pm.

PHOTOGRAPHY - contact Howard Ruston.

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

POETRY & SHORT STORY – contact Joanne Sorenson.

SHUFFLE BOARD –FLOOR – play at St. Joseph's Parish Hall on 7th Street and Broadway Avenue every Wednesday at 1:00 pm.

SLO-PITCH – over for now; will resume when weather is favorable in April or May.

STRETCHING AND RELAXATION – contact Shelly Ritchot.

SWIMMING – contact Denise Gilewicz.

TENNIS – contact Dave Hannah. Will start up in April.

TRACK & FIELD – contact Judy Warick for schedules and venue.

VOLLEYBALL – contact Diny Kennedy.

WALKING – contact Judy Morrison.

YOGA – contact Debra Down.

Everyone is welcome to participate in as many activities as 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 – 2026-2027

President - Sheldon Kraus	ssfakraus@gmail.com	306-242-9452
Vice-President - position currently vacant		
Secretary - Marilyn McCloy Cornish	marilyncornish@gmail.com	306-652-8150
Treasurer - Ron Spizziri	rockrod@shaw.ca	306-244-9478
Director of Member Relations - Madeleine Saunders	ssfa-mbr-relations@shaw.ca	---
Marketing Representative - Dawna Neilson	---	306-242-6848
Director of Programs – Mary Lynn Wright	marylynnwrightssfa@gmail.com	306-203-4742
Directors at Large:		
Jean Healey	jeanhealey48@gmail.com	306-934-3567
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
Nicole Jalbert	---	---

ACTIVITY COORDINATORS – 2026 - 2027

Bocce Ball	Shirley Leung	leungshirley59@gmail.com	306-717-8624
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	Doug Stoll	doug@flo-gate.ca	306-493-7409
8 Ball	Dennis Puff	dkpuff@sasktel.net	306-361-3270
Golf	Jean Healey	ssfagolf9@gmail.com	306-934-3567
	Murray Inverarity	m_inverarity@yahoo.com	306-291-9683
Hockey – Ice	Mike Cherwenuk	mike.cher71@gmail.com	306-250-1818
Kaiser	Warren Henn	retireddianne1@icloud.com	306-370-3037
Mahjong	Julie Fleming Juarez	julie.fj1234@gmail.com	---
Photography	Howard Ruston	howieduit57@gmail.com	306-717-1004
Pickleball	Dennis Fetter	ssfapickleball@sasktel.net	306-477-1304
	Bob Froese		306-717-1492
	Karen Bauche		306-222-9135
	Steve Shore		306-260-8769
Poetry & Short Story	---	---	---
Shuffleboard - Floor	Kay Lacoursiere	lacourkay@yahoo.ca	306-652-1028
Slo-Pitch	Terry Down	trdown@outlook.com	306-321-2205
Stretching & Relaxation	Shelly Ritchot	shelly.ritchot@gmail.com	306-380-0582
Swimming	Denise Gilewicz	dbgilewicz@gmail.com	306-716-6202
Tennis	Dave Hannah	dave.hannah@outlook.com	306-227-8009
Track & Field	Judy Warick	judywarick@sasktel.net	306-373-3604
Volleyball	Diny Kennedy	dinykennedy@gmail.com	306-221-0805
Walking	Judy Morrison	mjkmorrison@shaw.ca	306-374-4085
Yoga	Deb Down	down.debra@hotmail.com	306-242-5437