

You are never too old to start!

Saskatchewan's Kathryn Groshong, from Weyburn, was born on Mother's Day in 1926, reached a milestone – her 100th birthday was celebrated with a Come & Go tea in her honour. In her 70's, she was asked to participate in the 55+ Games, and since she knew how to swim, she decided to “go for it”.

Apart from her many accomplishments, Kathryn continued to participate in the swimming event both at the Southeast Connection SSFA District games, Saskatchewan Senior Fitness Association Provincial Games (SSFA) and the Canada 55+ Games until her 88th birthday. Her last swimming competition was in 2014 at the Canada 55+ Games in Strathcona County, Alberta. Kathryn proudly displays the medals she won at both provincial and national games. She continues to be interested in the games and asks “Where are the next games held?”

An exciting opportunity is coming! The first-ever Canada 55+ Games were held in Regina, Sask. in 1996. The Games are returning to Regina in August 21 to 24, 2028. Come and participate in an event of your choice! This will be an exciting event.