

SENIORS' WEEK 2025



JUNE 2-7



WELCOME SENIORS



BIENVENUE AUX SENIORS



BIENVENIDO ADULTO MAYORES

**MALIGAYANG PAGDATING SA ATING
MGA NAKATATANDANG MAMAMAYAN**



THANK YOU SENIORS!

Seniors' Week is a celebration of seniors who are the foundation of our community. It is a tribute to their wisdom, resilience and strength, that continues to inspire us.

EVENTS CALENDAR

A WEEK-LONG CELEBRATION OF EVENTS!

This year Seniors' Week is full of activities and events seniors 65+ and their companion can register to take part in. Family members are welcome to attend.

Registration is required for some of the events. To register call the Allan & Jean Millar Centre at 780-778-3637 ext.0.

MONDAY

- ✦ **KICK OFF LUNCH**
- ✦ **FLOWER ARRANGING**

TUESDAY

- ✦ **BLOOMING TOUR**
- ✦ **FUNCTIONAL FITNESS 4 LIFE**
- ✦ **SPRUCEVIEW LODGE FASHION EVENT**
- ✦ **BINGO**

WEDNESDAY

- ✦ **TABLETOP CURLING TOURNAMENT**
- ✦ **RESOURCE TRADE FAIR**

THURSDAY

- ✦ **INTERGENERATIONAL LEGO CART RACES**

FRIDAY

- ✦ **NATURE WALK**
- ✦ **SPRUCEVIEW LODGE KIDS TALENT SHOW**

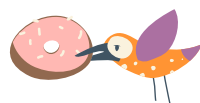
SATURDAY

- ✦ **PANCAKE BREAKFAST**
- ✦ **DINNER AND ENTERTAINMENT**



MONDAY JUNE 2

KICK OFF LUNCH DOORS OPEN 11:30AM



WHITECOURT SENIORS CIRCLE

It's time to kick off a week dedicated to our wonderful seniors. We're gathering not only to enjoy a delicious meal but to honour the journeys, experiences, and wisdom that our seniors bring to our lives.

Cost: 60+ years \$3.00 / 18-59 years \$20.00.

Registration required. ID #9985

FLOWER ARRANGING 3:00PM



WHITECOURT SENIORS CIRCLE

Get ready to tap into your creativity and connect with nature in this hands-on session. With a variety of fresh flowers and greenery provided, you'll have the chance to design your own unique arrangement.

Cost: 60+ years \$5.00. Space is limited.

Registration required. ID #9995



TUESDAY JUNE 3

BLOOMING TOUR

9:30AM

DEPARTING FROM THE
ALLAN & JEAN MILLAR CENTRE

Cruise by some of Whitecourt's best kept yards on the Dial-A-Bus. Space is limited; registering early is recommended.

Cost: 60+ years FREE

Registration required. ID #9988



FUNCTIONAL FITNESS 4 LIFE

10:30-11:15AM

ALLAN & JEAN MILLAR CENTRE

A great class for the older adult or those new to fitness! This is a joint friendly, full body workout aimed at improving muscular strength and endurance, flexibility and range of motion. Modifications can be made for all levels of fitness.

Cost: FREE / Drop in, registration not required.



SPRUCEVIEW LODGE EVENT

11:00am-1:30pm Fashion from 'Pieces' for sale in Legacy Room

1:30pm Summer Fashion Show in Courtyard

Cost: FREE / Drop in

BINGO

DOORS OPEN: 5:00PM, GAMES START: 6:45PM

WHITECOURT SENIORS CIRCLE

Community BINGO is hosted by the Whitecourt Seniors Circle and runs throughout the year; with the exception of July and August.

Cost: Varies / Drop in, registration not required.

WEDNESDAY JUNE 4

TABLETOP CURLING TOURNAMENT

9:30AM-12:00PM

WHITECOURT SENIORS CIRCLE

This fun tabletop game recreates all the action of ice curling but has you using your fingers instead of brooms.

Cost: FREE / Drop in, registration not required.



RESOURCE TRADE FAIR

2:00-3:30PM

WHITECOURT SENIORS CIRCLE

Join us for a Resource Trade Fair for seniors, a one-stop event designed to connect older adults with the services, programs, and information that matters most to them. Whether you're looking for health resources, financial advice, senior-friendly activities, or just want to explore what's available in the community - this fair has something for everyone!

Cost: FREE / Drop in



THURSDAY JUNE 5

INTERGENERATIONAL LEGO CART RACES

1:00-3:00PM

WHITECOURT SENIORS CIRCLE

Seniors team up with youth in groups of two to create a cart made of Lego. After 15 minutes, teams will race their carts against the clock. Prizes awarded for the fastest, and most original creation. All materials supplied.

Races will be followed by ice cream sundaes with students.

Cost: FREE / Drop in



FRIDAY JUNE 6



NATURE WALK

9:30-10:30AM

CARSON PEGASUS PROVINCIAL PARK

Meet up at Carson Pegasus Provincial Park to enjoy a walk through the trail system. Walking poles will be supplied. Walks will be led by Whitecourt Staff.

Cost: FREE

Registration required. ID #9990



SPRUCEVIEW LODGE EVENT

1:30pm Kids Talent Show taking place in the Dining Room

Cost: FREE / Drop in

SATURDAY JUNE 7

PANCAKE BREAKFAST

9:00-10:30AM

WHITECOURT SENIORS CIRCLE

Club of Whitecourt

Rotary



Cost: FREE / Drop in, registration not required.

Donated by the Rotary Club of Whitecourt



THERE'S MORE....

**END THE WEEK WITH OUR SENIORS' WEEK
DINNER AND ENTERTAINMENT**

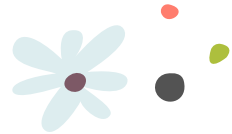
SATURDAY JUNE 7

DINNER AND ENTERTAINMENT

DOORS OPEN: 5:00PM

DINNER: 6:00PM

ENTERTAINMENT: 7:00-9:00PM



WHITECOURT SENIORS CIRCLE

Join our final event during this week of celebration. We have the cowboy poet BJ Smith. BJ is a winner of the Academy of Western Artists Will Rogers Award for best cowboy poetry CD of the year. His performances have been featured at Cowboy Poetry Gatherings and Festivals across western Canada, the USA, and on cruise liners.

Cost: 65+years \$10.00

18-65 years \$25.00

Gluten free meal options are available upon request.

Registration required. ID #9997



WHITECOURT.CA  

For more information or to register for Seniors' Week Celebrations, call the Allan & Jean Millar Centre at 780-778-3637.