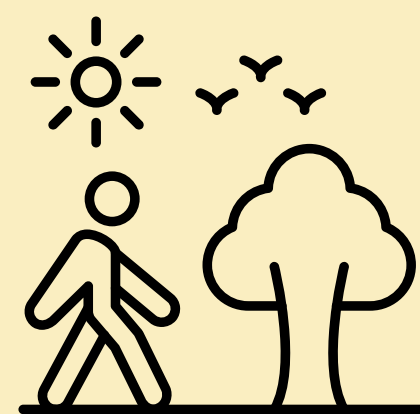
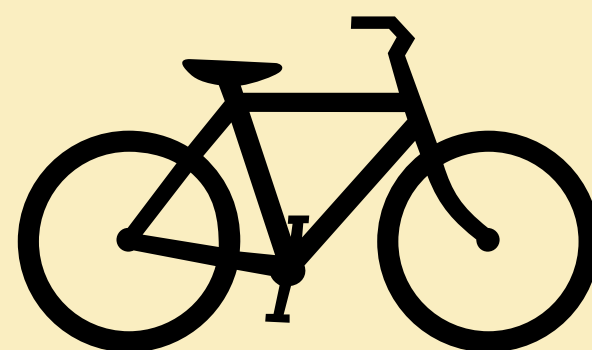
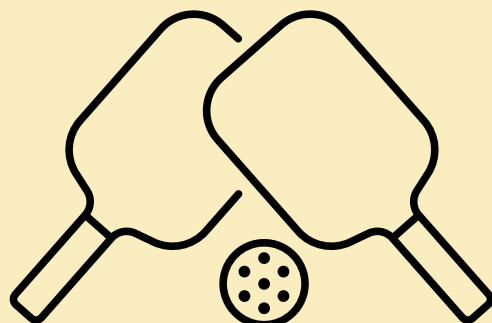


Older Adults Healthy Aging Series

2026

The Summer 'TRY'-ATHLON
Get moving, stay connected!



Try Aquatics! Free Experiences at Harbour Pool

- June 17-24th Lane swim and Aquasize opportunities
- See posters at Harbour Pool or call 780-992-6162 with questions

Try Disc Golf! Drop-in at West Rivers Edge

- July 13th 2:00-3:30pm
- *Equipment provided*

Try Pickleball! Drop in at Carscadden Park Courts

- July 14th 5:00-8:00pm and/or July 16th 2:00-5:00pm
- *Equipment provided*

Try Cycling! Meet at Millers Ice Cream

- August 20th 10:30-11:30am *Bring your own bike*

Try Nature Walking! Meet at Fort Sask Tennis Courts

- September 17th 10:30-11:30am *Dress for the weather*

See reverse side for
your **BINGO** card!



Family & Community
Support Services
CITY OF FORT SASKATCHEWAN

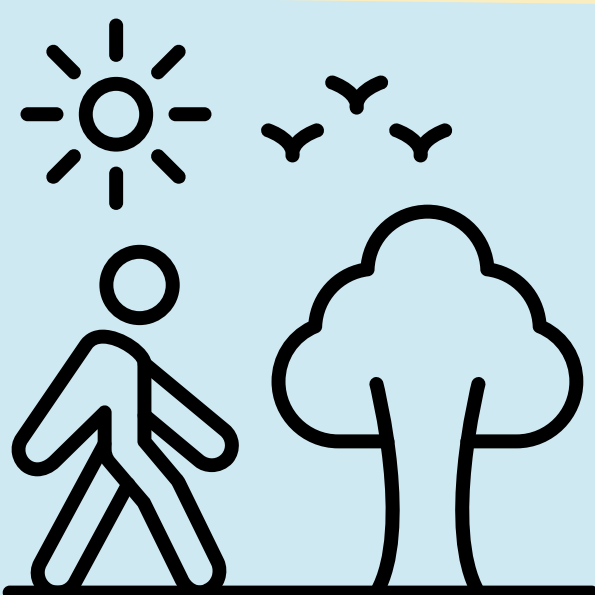


Healthy Aging Series

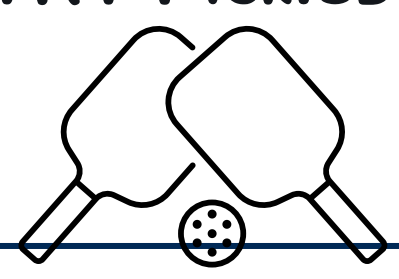
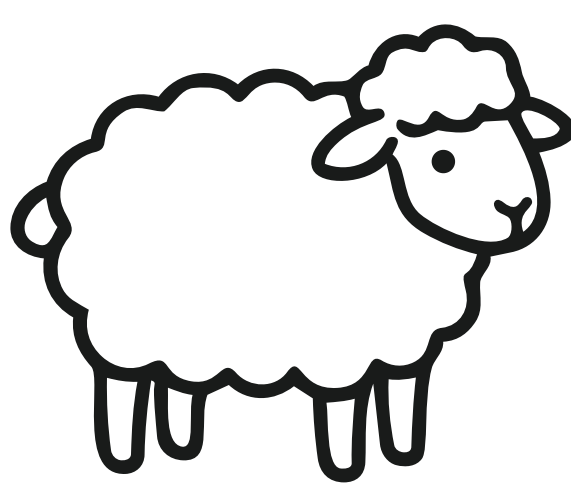


BINGO!

- 1. Complete a line
- 2. Submit completed card to City Hall*
 - (Deadline to enter draw is **October 1st , 2026**)
- 3. You're entered into draw to win a prize



Name _____ Contact _____

Pet a dog, cat, or sheep	Tend to a garden	Visit a new spot in Fort Sask	Reconnect with a friend or family member	TRY  Nature Walking
Read a book	Teach someone something	TRY aquatics at Harbour pool 	Give something away	Play with your children or grandchildren
Reflect on your proudest achievement	TRY Pickleball 		Volunteer, mentor, or coach	Share a life skill or lesson
Declutter one room	Write a poem, short story, or letter	Meditate, Pray, or just breathe mindfully	TRY Disc Golf	Create a budget
TRY Cycling 	Discover a new musical artist, listen to the full album	Give a compliment to a stranger	Engage in art or a craft 	Dance!

Personal information is collected and used under the authority of Section 4(c) of the Protection of Privacy Act for the purpose of administering participant's entry into the Healthy Aging Series BINGO prize draw.
Questions regarding the collection of this information may be directed to the Access to Information Coordinator, City of Fort Saskatchewan, at 780-992-6200

Questions? Contact FCSS at 780-992-6267