2025 Seniors Calendar







The city is situated in Treaty 6 Territory and Métis Nation of Alberta District 11. We recognize that we stand upon land that carries the footsteps of many Indigenous Peoples, including the Nehiyawak, Dene, Blackfoot, Saulteaux, Nakota Sioux, and Métis. The City honours the First Peoples of this land and is committed to fostering reconciliation through relationship building, knowledge gathering, and education.

Communication and Dementia

Dementia affects everyone differently, with symptoms varying by person and day. Positive conversations with people living with dementia rely on respectful, sensitive, and consistent communication.

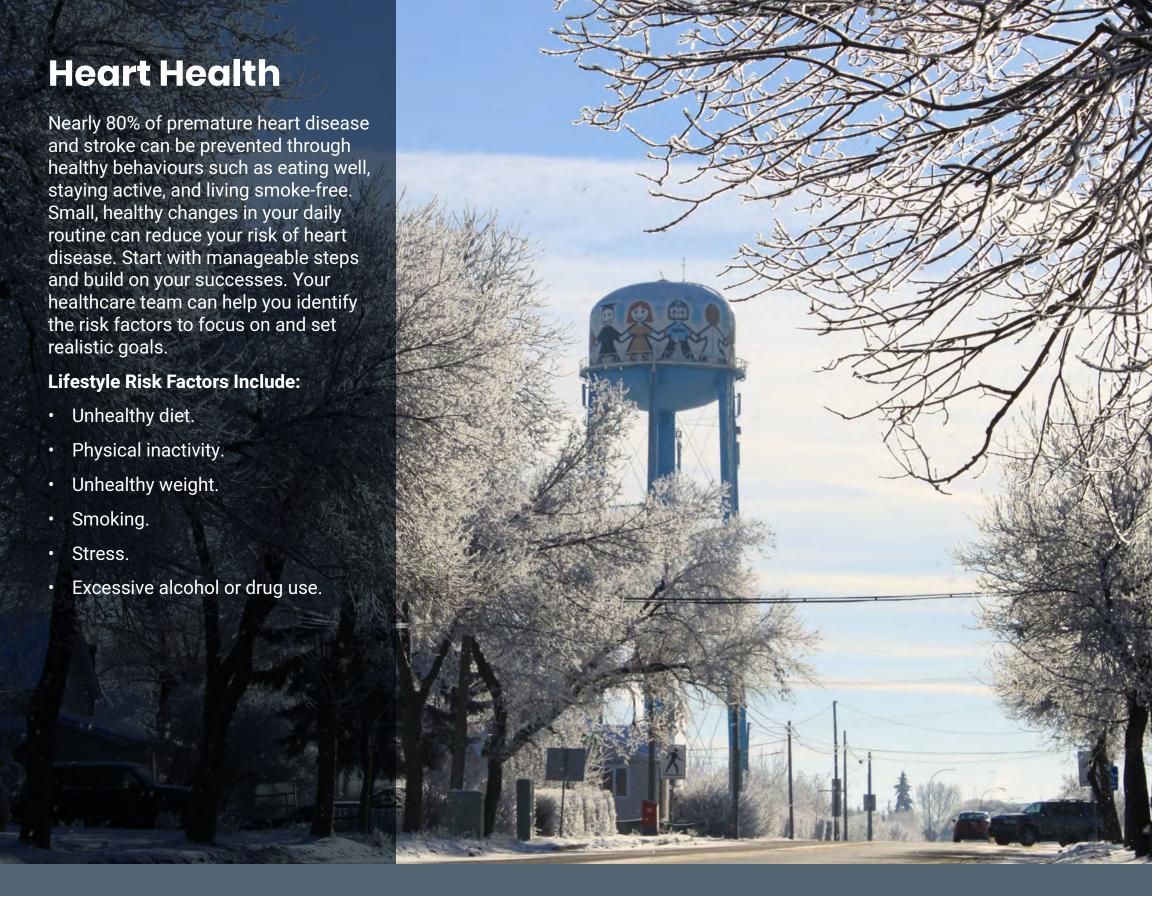
5 Communication Tips:

- 1. Use what you know about the person: their likes and interests.
- **2. Reduce distractions:** be mindful of visual and audio elements in the environment.
- **3. Chat face to face:** speak clearly, maintain eye contact, and use gestures to support your words.
- **4. Be flexible:** patience and adjusting expectations can foster deeper connections.
- **5. Stay positive:** be mindful of your tone and body language, and focus on connecting rather than correcting.



January 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			New Year's Day			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Day	21	22	23	24	25
26	27	28	29	30	31	



February 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Groundhog Day	3	4 World Cancer Day	5	6	7	8
9	10	11	12	13	14	15
	Chinese New Year				Valentine's Day	
16	17 Family Day	18	19	20	21	22
23		25	26	27	28	

Fraud and Scam Prevention

Fraud is the number one crime against older Canadians. Common types include identity theft, credit/debit card fraud, online scams, and phone or door-to-door scams.

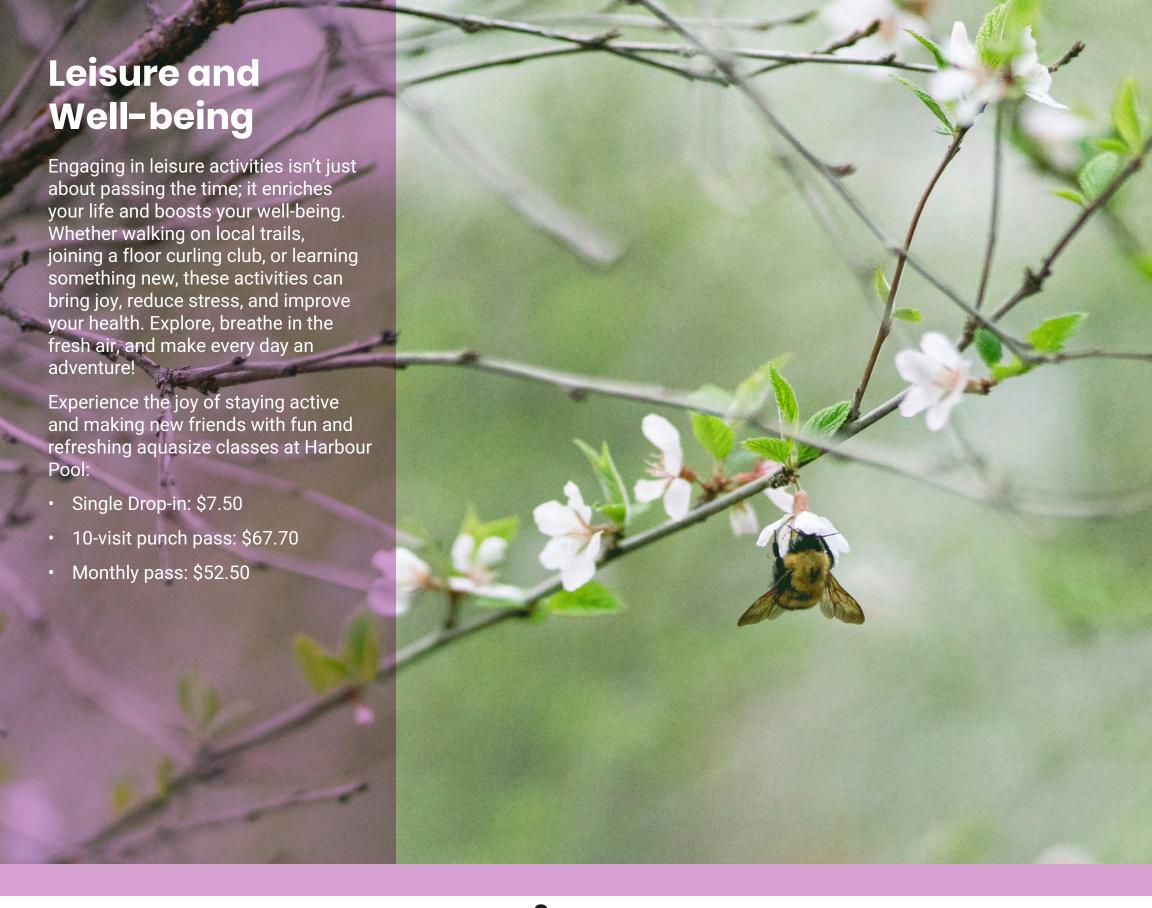
Safety Tips:

- Keep personal documents secure and avoid carrying your birth certificate, passport, or SIN card if not needed.
- Never share your PIN or passwords, and cover your hand when entering your PIN.
- Shred old bills and statements.
- Don't click on pop-ups or respond to unsolicited emails or attachments.
- Never give out personal information unless you're certain of who you're dealing with.
- Avoid signing agreements under pressure. If a deal is "time-limited," it's often best to walk away.
- Be wary of strangers asking for money or refunds for "accidental" payments.
- Check identities and references before hiring someone or agreeing to work.



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Ramadan Starts
2	3	4	5	6	7	8
						International Women's Day
9	10	11	12	13	14	15
Daylight Savings Time Begins				Holi (Festival of Colours, Love, & Spring)		
16	17	18	19	20	21	22
	St. Patrick's Day			First Day of Spring	International Day for the Elimination of Racial Discrimination	
23	•	25	26	27	28	29
30	31 Eil al-Fitr					



April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			World Autism Awareness Day			
6	7	8	9	10	11	12
	World Health Day					
13	14	15	16	17	18	19
	National Caregiver Day		Advance Care Planning		Good Friday	
20	21	22	23	24	25	26
	Easter Monday					
27	28	29	30			

Mental Health

Mental health encompasses emotional, psychological, and social well-being. It affects how we think, feel, and act, especially as we age.

Why It's Important:

Good mental health enhances quality of life, promotes independence, and helps manage physical conditions.

Caring for Your Mental Health:

- **1. Stay connected:** Maintain relationships with family and friends.
- **2. Stay active:** Engage in regular physical activities like walking or gardening.
- 3. Keep your mind engaged:
 Challenge your brain with puzzles, reading, or learning new skills.
- **4. Seek support:** Talk to a healthcare provider if you're feeling down or anxious.
- **5. Practice mindfulness:** Techniques like meditation can reduce stress.



May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19 Victoria Day	20	21	22	23	24
25	26	27	28	29	30	31



June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Senior's Week				World Environment Day		
8	9	10	11	12	13	14
					Elder Abuse Awareness Walk	
15 Father's Day	16	17	18	19	20	21
World Elder Abuse Awareness Day						First Day of Summer
22	23	24	25	26	27	28
					PTSD Awareness Day	
29	30					

Proud of our History

Our city has a rich history dating back to its founding in 1875 as a North-West Mounted Police fort. Originally established to maintain law and order in the region, the fort played a crucial role in the early development of the area. Over the years, it evolved from a small settlement into a bustling community, officially becoming a village in 1899, a town in 1904, and finally a city in 1985.

Fort Saskatchewan is known for its historical significance, including the Fort Heritage Precinct, which showcases over 140 years of history through preserved buildings and artifacts. The city was also home to a large provincial jail, which operated from 1915 to 1981. Today, Fort Saskatchewan is celebrated for its community spirit, beautiful parks, and the unique tradition of a flock of sheep that graze in the downtown area during the summer.

We acknowledge that, prior to the arrival of Europeans, this land was home to the Cree and Nakota nations. They lived here, hunting bison and travelling along the North Saskatchewan River by canoe.



July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Canada Day				National Injury Prevention Day
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 International Self Care Day	25	26
27	28	29	30	31		



August 2025

Sund	day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
						Emancipation Day	
	3	4 Heritage Day	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
31	24	25	26	27	28	29	30



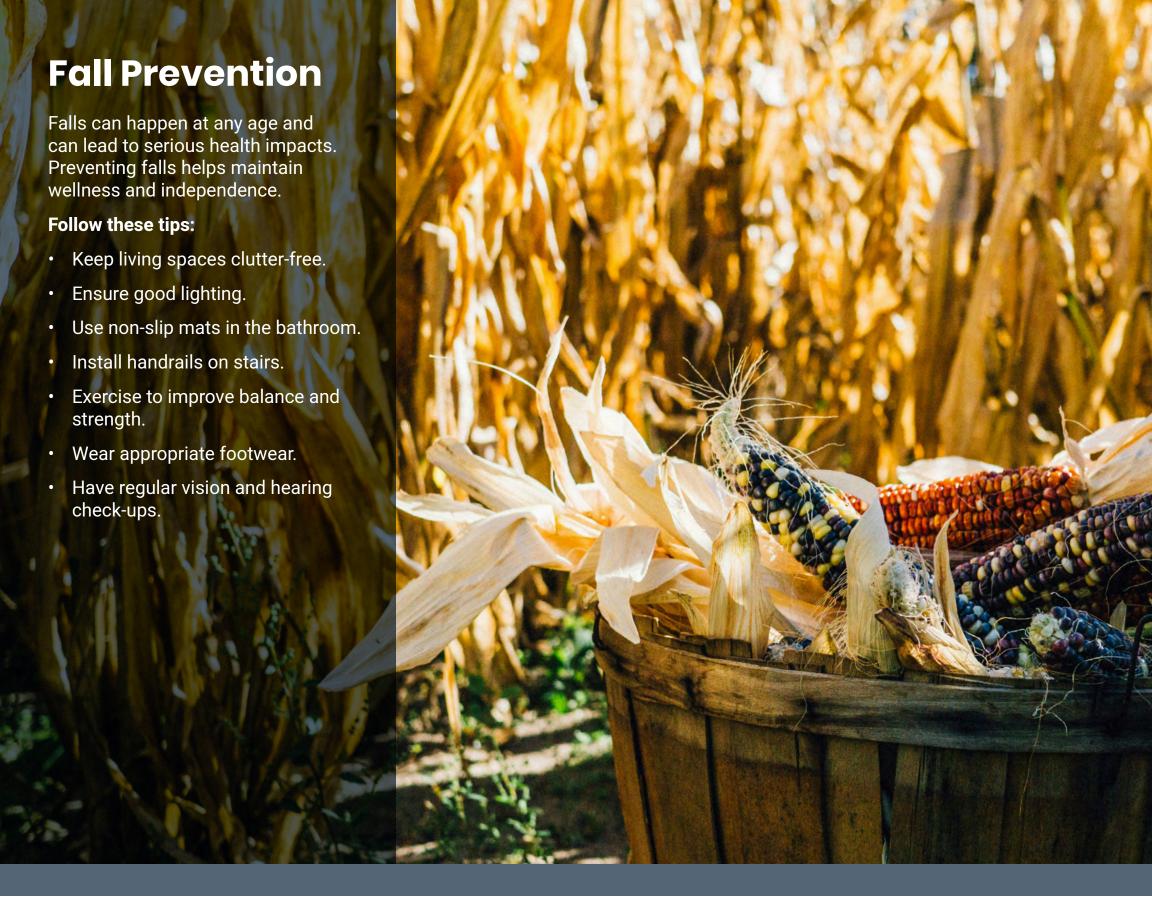
September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day Sheep Leaving Parade	2	3	4	5	6
7	8	9	10 World Suicide Prevention Day	11	12	13
14	15	16	17	18	19	20
21	22 First Day of Fall Rosh Hashanah	23	24	25	26	27
28	29	30 National Day for Truth and Reconciliation				



October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 World Mental Health Day	11
12	13 Thanksgiving	14	15	16	17	18
19	20	21 Diwali	22	23	24	25
26	27	28	29	30	31 Halloween	



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Daylight Savings Time Ends	3	4	5	6	7	8
9	10	11 Remembrance Day	12	13	14	15
16	17	18	19	20	21	22
30	24	25	26	27	28	29

Winter Safety

Winter is beautiful but can pose safety risks.

Stay safe with these tips:

- Dress warmly for the weather.
- Use ice grips for traction and walk like a penguin!
- Use a cane or walking stick for support.
- Give yourself extra time to reach your destination.
- Carry a cell phone for emergencies.
- Keep an emergency kit in your vehicle with items like hand warmers, a blanket, non-perishable food, water, a first-aid kit, and jumper cables.



December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 International Day of Persons with Disabilities	4	5	6
7	8	9	10	11	12	13
14 Hanukkah Begins	15	16	17	18	19	20
21	22	23	24	25	Kwanzaa	27
First Day of Winter	Hanukkah Ends		Christmas Eve	Christmas Day	Boxing Day	
28	29	30	31			
			New Year's Eve			

Help For Seniors:

A Fort Saskatchewan Resource List

Family and Community Support Services of Fort Saskatchewan

10005 100Avenue

Fort Saskatchewan, Alberta T8L 2C5

780-992-6267

fortsask.ca/FCSS

info@fortsask.ca



24 HOUR AND EMERGENCY NUMBERS	
Addiction Helpline (Alberta Health Services)	1.866.332.2322
Crisis/Distress Line (Alberta Health Services)	780.342.7777
Distress Line (Canadian Mental Health)	780.482.4357
Fire, Police, Ambulance	911
Health Link/ Health Advice	811
Home Care (Alberta Health Services)	780.496.1300
RCMP Non.Emergency (24 hour complaint line)	780.992.6100
Victim Services	780.997.7955
REGULAR HOURS AND NON-EMERGENCY NUMBERS FCSS PROGRAMMING	
Caregiver Support Group	780.992.6623
Counselling and Grief Support Services (FCSS)	780.992.6267
Family and Community Services	780.992.6267
Home Support (Home Cleaning)	
Snow Assistance	780.992.6623
Senior's Outreach Program	780.992.6623
FORT SASKATCHEWAN BUSINESSES AND SERVICES	
Adult Day Support Program	780.998.7678
Adult Literacy Program	780.667.8441
City of Fort Saskatchewan	780.992.6200
Dow Centennial Centre	780.992.6400

780.998.5595 Ext. 221

780.998.4099

780.940.5247

Family Violence Prevention Program

Fort Lions Transportation Society

Food Bank _

Fort Saskatchewan Care Community	780.589.5158
Fort Saskatchewan Public Library	780.998.4275
Fort Saskatchewan Transit	780.992.6218
Accessible Parking Placards (Farnese Insurance)	780.998.0252
Harbour Pool	780.992.6162
Health Unit	780. 342.2366
Heartland Housing Foundation	780.400.3500
Home Care	780.342.2333
Meals on Wheels	780.992.6267
Pioneer House Club 50	780.998.3898
Primary Care Network	780.410.8000
Royal Canadian Legion #27	780.998.3466
Wecan Food Basket Society	780.998.5595 ext. 221
OTHER IMPORTANT NUMBERS	
Addictions & Mental Health Services	780.342.3373
Alberta Aids to Daily Living	780.496.1300
Caregivers Alberta	780.453.5088
Alzheimer Society	780.488.2266
Assured Income for the Severely Handicap (AISH)	780.675.6853
Canada Pension Plan	1.800.277.9914
Guaranteed Income Supplement	1.800.277.9914
Legal Aid Alberta	1.866.845.3425
Office of the Public Guardian and Trustee	780.427.2744
Old Age Security Pension (OAS)	1.800.277.9914
Alberta Seniors Benefit Program	1.877.644.9992
Veterans Affairs Canada (VAC)	1.866.522.2122

Thank you to Family and Community Support Services, The City of Fort Saskatchewan and Sealish Digital Media Production for making this project possible.



Family & Community
Support Services
CITY OF FORT SASKATCHEWAN







The City of Fort Saskatchewan is proud to be home to residents that value community and have contributed so greatly to all that we are today. As we grow in numbers and in age, there are resources and services we may be ready to access. Family and Community Support Services hopes that this calendar can provide information as well as connection to those services in the community. Thank you all for choosing Fort Saskatchewan as your home.

"SOMETIMES IT TAKES ONLY ONE ACT OF KINDNESS AND CARING TO CHANGE A PERSON'S LIFE."

-Jackie Chan

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July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 National Injury
		Canada Day				Prevention Day
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 International Self Care Day	25	26
27	28	29	30	31		

For more on our city's history, visit fortheritageprecinct.ca or call 780.998.1783 to book a tou

ry 2025

iesday	Thursday	Friday	Saturday
1 Year's Day	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

Society of Alberta at alzheimer.ca or call 780.488.2266.













