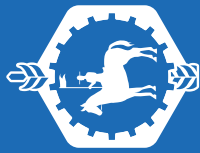




2026

Seniors Calendar



CITY OF
FORT SASKATCHEWAN

The city is situated in Treaty 6 Territory & 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.





Seniors Federal Benefits & Credits

These programs and tax credits are designed to help with living costs, health needs, and aging in place:

- Old Age Security (OAS) & Guaranteed Income Supplement (GIS)
- Canada Pension Plan (CPP)
- Canada Caregiver Credit (CCC)
- Disability Tax Credit (DTC) & Canada Disability Benefit (CDB)
- Medical Expense Tax Credit
- Canada Dental Care Plan

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>New Years Day</i>	2	3
4	5	6	7	8	9	10
11	12	13 Older Adults Info Series 10:00 - 11:00 am CRA Benefits and Credits	14	15 Pioneer House Noon Luncheon	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Digital Literacy & Online Safety

Learn to navigate technology with confidence. Use strong passwords, avoid suspicious links, and ask for help when unsure.

For updated information on scams and fraud, or if you believe you or someone you know has been victim to a fraud, contact the Canada Anti Fraud Centre at **1-888-495-8501**

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Groundhog Day</i>	3	4	5	6	7
8	9 Older Adults Info Series 10:00 - 11:00 am Fraud/Scam Awareness/Prevention	10	11	12	13	14 <i>Valentine's Day</i>
15	16 <i>Family Day</i>	17	18	19 Pioneer House Noon Luncheon	20	21
22	23	24	25	26	27	28



Your Voice, Your Plan: Talk Early About What Matters

Having important conversations early helps older adults make informed decisions and reduce stress for themselves and their families.

Discussing legal, financial, funeral, and health care preferences ahead of time ensures your wishes are respected and avoids confusion during emergencies. Planning now gives everyone peace of mind later.

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 <i>International Women's Day Daylight Savings Time Begins</i>	9 <i>Older Adults Info Series 10:00 - 11:00 am Funeral Pre-Planning</i>	10	11	12	13	14
15	16 <i>St. Patrick's Day</i>	17	18	19 <i>Pioneer House Noon Luncheon</i>	20 <i>First Day of Spring</i>	21
22	23	24	25	26	27	28
29	30	31				



Compassion in Action: Celebrating Caregivers

Caregivers are the backbone of our care system, providing over 80% of support to older adults in Alberta—often unpaid and under-recognized. Whether you're caring for a spouse, friend, or family member, your role matters deeply.

Connect with local support groups or reach out to Caregivers Alberta for coaching, resources, and community programs designed to support your wellbeing and prevent burnout.

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Older Adults Info Series 10:00 - 11:00 am Equipping Caregivers National Caregiver Day	8	9	10	11
12	13 Easter Monday	14	15	16 Pioneer House Noon Luncheon Advance Care Planning Day	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Balanced Living for Better Aging

Wellbeing in older adulthood means caring for your whole self—physically, mentally, socially, spiritually, and financially.

Staying active, connected, and informed helps build resilience and independence, while planning ahead for health and financial needs brings peace of mind. Every part of your wellbeing matters, and support is available to help you thrive.

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Pioneer House Pancake Breakfast
3	4	5	6	7 Caregiver Appreciation Tea Event 1:00 - 3:00 pm	8	9
10	11	12	13	14	15	16
Mother's Day	18	19	20	21 Pioneer House Noon Luncheon	22	23
	Victoria Day	26	27	28	29	30
31	25	24				



Building Bonds at the Men's Shed

June is Men's Mental Health Month—a time to highlight the importance of connection, purpose, and support for men of all ages.

The Fort Saskatchewan Men's Shed is a welcoming space where men gather to share skills, stories, and some laughs. Activities are shaped by the interests of the group—whether it's woodworking, photography, gardening, or simply good conversation. The Shed meets Wednesday evenings, and new members are always welcome.

June 2026

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



Provincial Support Programs

Eligible seniors in Alberta can access provincial benefits including the Alberta Seniors Benefit, Special Needs Assistance, Dental/Optical coverage for seniors, Seniors Home Adaptation and Repair Program, and the Seniors Property Tax Deferral Program.

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pioneer House Beef on a Bun <i>Canada Day</i>	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 <i>International Self Care Day</i>	25
26	27	28	29	30	31	



Stay Safe in the Summer Heat

August can bring high temperatures and poor air quality. Stay cool by wearing light clothing, drinking plenty of water, and avoiding outdoor activity during peak heat. Check the air quality index before heading out, and keep windows closed on smoky days.

If you need a break from the heat, visit a local center or public space to cool off like the library or Pioneer House Club 50.

August 2026

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



Health Screenings & Preventive Care

- **Vision:** Covered Annually for Seniors 65+
- **Hearing:** Audiologists & Hearing Clinics (some coverage available through Alberta Aids to Daily Living (AADL))
 - Cancer Screenings
 - Diabetes
 - Hypertension & Cholesterol
 - Mood & Memory Assessments through Primary Care Network Seniors Clinic
 - Bone Health

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Pioneer House Pancake Breakfast
6	7	8	9	10	11	12 Movie Under the Stars
13	14 <i>Labour Day</i>	15	16	17 Pioneer House Noon Luncheon	18	19
20	21	22	23	24	25	26
27	28	29	30 <i>National Day for Truth and Reconciliation</i>			



Navigating Continuing Care in Alberta

With demand for continuing care projected to grow by 80% over the next decade, seniors need clear guidance on home care, assisted living, and wraparound supports.

Start with a call to Continuing Care Access 780-496-1300 for:

- Personalized Assessment & Case Management
- Streamlined Access to Services
- Guidance on Care Options
- Support for Transitions

October 2026

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



Volunteer and Make a Difference!

Volunteering is a powerful way to stay active, connected, and purposeful. Seniors in Fort Saskatchewan can get involved through programs like Snow Angels, the Nourishment Centre, Meals on Wheels, Not Falling for You Fall Prevention, and local service clubs and social groups.

Whether it's helping a neighbor or supporting community events, your time and talents matter!

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Daylight Savings Time Ends</i>	2	3	4	5	6	7 Pioneer House Perogy Supper
8	9	10	11 <i>Remembrance Day</i>	12	13	14
15	16	17	18	19 Pioneer House Noon Luncheon	20	21
22	23	24	25	26	27	28
29	30					



Navigating the Holidays with Heart

The holiday season can be joyful—but also challenging—for older adults. Feelings of grief, loneliness, or financial stress may surface more strongly this time of year. It's important to prioritize mental health, seek connection, and embrace affordable ways to celebrate.

Whether it's attending a local event, sharing a meal, or simply reaching out to a friend, small acts of kindness and self-care go a long way. Remember: you're not alone, and support is always available.

December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	Pioneer House Noon Luncheon 10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Christmas Eve	Christmas Day	Boxing Day

Help For Seniors:

A Fort Saskatchewan Resource list

Family and Community Support Services of Fort Saskatchewan

10005 100 Avenue

Fort Saskatchewan, Alberta T8L 2C5

780-992-6267

fortsask.ca/FCSS

fcssinfo@fortsask.ca



Help For 24 Hour & 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 & Non-Emergency Numbers FCSS Programming

Caregiver Support Group _____ 780-992-6623
Counselling and Grief Support Services (FCSS) _____ 780-992-6267
Family and Community Support Services _____ 780-992-6267
Home Support (Home Cleaning) _____ 780-992-6202
Snow Assistance _____ 780-992-6202
Senior's Outreach Program _____ 780-992-6623

Fort Saskatchewan Businesses & 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
Family Violence Prevention Program _____ 780-998-5595 ext. 221
Food Bank _____ 780-998-4099
Fort Lions Transportation Society _____ 780-940-5247
Fort Saskatchewan Care Community _____ 780-992-6172

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 _____ 1-800-277-9914
Guaranteed Income Supplement _____ 1-800-277-9914
Legal Aid Alberta _____ 1-866-845-3425
Office of the Public Guardian & Trustee _____ 780-427-2744
Old Age Security Pension _____ 1-800-277-9914
Alberta Seniors Benefit Program _____ 1-877-644-9992
Veterans Affairs Canada (VAC) _____ 1-866-522-2122



**Family & Community
Support Services**
CITY OF FORT SASKATCHEWAN

Fort Saskatchewan Celebrates Seniors

We are grateful for the knowledge, resilience, and community spirit that seniors bring to Fort Saskatchewan. Their stories, experiences, and contributions help shape the heart of our city, and we honour them for the guidance and inspiration they continue to share.



