



Town of Kindersley

Agenda No. 4.5.1. Resolution No. 217-10

Date: 26 Jul 2010

Moved by Councillor

Janzer

Seconded by Councillor

[Signature]

That the Council of the Town of Kindersley hereby declare September 27 to October 3, 2010 as Senior's Week. This week includes the International Day of Older Persons, which is on October 1, 2010.

AND

It is also declared that September 19 to 25, 2010 is Special Care Home Week.

Result of Vote:



Carried



Defeated

Presiding Officer's Initial

[Signature]

For: _____

Against: _____

Pecuniary Interest Declared: _____

Certified a true copy of
Resolution No. 217-10
passed at the regular
meeting of Council held
on the 26th day of

July, 2010

Dated this 27th day of

July, 2010

[Signature]
ADMINISTRATOR

... Get in Touch

Write to us or fax us about your events.
We will publicize them on our web page.

Tell us about your:

1. Creative events
2. Whole community events
3. Learning or "issues" events
4. Intergenerational events



*You are never too old to set another
goal or to dream a new dream.*

- Les Brown

Contact:

Saskatchewan Health
3475 Albert Street,
Regina, SK S4S 6X6

Telephone: (306) 787-1509
Fax: (306) 787-7095

Or visit the Saskatchewan Health Web site at
www.health.gov.sk.ca

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Seniors' Week

— IN SASKATCHEWAN —
September 27 to October 3, 2010



Your special events will make this celebration
a success and show how important Seniors are
every day in every community.



Saskatchewan
Ministry of
Health

Vital • Active • Involved

... Getting Going!

Involve as many people as possible.

Work with other groups.

- Schools
- Youth groups
- Service clubs
- Other seniors groups
- Churches
- Museums



Be creative and learn something new.

- Hold a Seniors' Olympics
- Create a community garden
- Have a Tai Chi workshop
- Host a pancake breakfast
- Organize a garden tour
- Set up a paperback exchange

Use everyone's skills and ideas.

Have a:

- Fashion show
- Theme party
- Intergenerational "cook-off"
- Talent show with a box lunch
- Display of the past
- ...and, and...

Get involved in issues.

Have a speaker or a forum on such topics as:

- Prescription costs
- How much exercise is enough?
- Seniors' housing
- Seniors and the law
- Family caregiving



Remember that small can be beautiful.

Your event should not be work and worry. It should be fun and revitalizing.



Talk up this special week.

Put your event in the local newspaper, on the radio or on TV. Get on a talk show. Take lots of pictures.