

## Saskatoon Forever...in *motion* Open Sites

Please call **Forever...in motion** team to confirm dates and times, as they do change on occasion.  
**Classes are currently running unless identified otherwise**

\$ - indicates that there is a cost for this class

- **Augustana Church – FULL (not able to fit more participants)**  
 1201 Broadway Ave  
 Tuesday/Thursday 10:00am
- **Circle Drive Alliance Church**  
 3035 Preston Avenue South  
 Monday/Thursday 10:30am
- **Cornerstone Church**  
 315 Lenore Drive  
 Monday/Thursday 9:30am
- **Cosmopolitan Seniors Centre \$**  
 614 – 11<sup>th</sup> Street East  
 Tuesday/Thursday 10:00am
- **Crossmount**  
 10 Glen Road, Crossmount  
 Monday/Wednesday 10:30am
- **Ebeneezer Baptist Church**  
 107 McWillie Ave  
 Monday/Thursday 10:00am
- **Elim Church**  
 419 Slimmon Road  
 Tuesday/Thursday 10:00am
- **Mayfair United Church**  
 902 – 33<sup>rd</sup> Street West  
 Friday 10:00am
- **McClure United Church**  
 1825 McKercher Drive  
 Monday/Thursday 4:00pm
- **Mount Royal Comm. Assoc.** (Registered Program, visit on Facebook)  
 St. Edwards School, 301 Avenue Q North  
 Tuesday 7:00pm
- **Mount Royal Mennonite Church**  
 610 Avenue O North  
 Tuesday/Thursday 9:30am
- **Emmanuel Baptist Church**  
 1636 Acadia Drive  
 Wednesday/Friday 9:30am
- **Emmanuel Anglican Church @ the Refinery \$**  
 609 Dufferin Ave  
 Mondays 10:00am Register through:  
<https://www.emmanuelrefinery.org/grow-with-us/classes>
- **Erindale Alliance Church**  
 310 Perehudoff Cres.  
 Tuesday/Friday 10:00am
- **Fairfield Seniors Centre \$**  
 103 Fairmont Court  
 Tuesday/Thursday 9:45am
- **First Mennonite Church**  
 418 Queen Street  
 Tuesday/Thursday 10:00am
- **Forest Grove Church**  
 502 Webster Street  
 Wednesday 2:00pm
- **Holy Family Cathedral**  
 123 Nelson Road  
 Monday/Thursday 10:00am

- **Nutana Park Mennonite Church**  
1701 Ruth Street East  
Monday/Wednesday/Friday 10:00am
- **Riverbend Church of God**  
306 Saguenay Drive  
Monday/Wednesday 10:00am
- **St. Martins Church \$**  
2617 Clarence Ave.  
Tuesdays 10:30am/Thursdays 11:15am  
\*Registration required. Contact [joann.hyde@sasktel.net](mailto:joann.hyde@sasktel.net)
- **St. Martyrs Canadiens**  
1007 Windsor Street  
Tuesday 2:00pm
- **St. Phillip Neri Parish**  
1902 Munroe Ave South  
Thursday 1:00pm
- **Silverwood Heights \$** (Registered & On-Line Class—Visit: [www.silverwoodcommunity.org/programs](http://www.silverwoodcommunity.org/programs))  
Silverwood Heights School Gym, 403 Silverwood Road  
Monday 6:00pm
- **Urban Poling at Market Mall**  
Unit #55 2325 Preston Avenue South, meet at Community Health Centre  
Monday/Wednesday/Friday 9:00am  
\*Poles provided
- **Westgate Alliance Church**  
3315 Centennial Drive  
Wednesday/Friday 10:00am

## VIRTUAL/ONLINE

- **Virtual Forever...in motion Facebook class**  
<https://www.facebook.com/groups/716435232463229>  
Live class every second Thursdays at 1:30pm but classes are saved and are available any time
- **Virtual Forever...in motion YouTube class**  
<https://www.youtube.com/@foreverinmotion306>  
Classes are saved and are available any time

For more information on how to start a **Forever...in motion** site, please contact:

<b>Kimberly Willison</b> Senior Recreation Therapist	<b>Kereen Lazurko</b> Recreation Therapist	<b>Catherine Shore</b> Health Educator	<b>Crystal Wright</b> Health Educator
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Phone: (306) 844-4080 or Email: [foreverinmotion@saskhealthauthority.ca](mailto:foreverinmotion@saskhealthauthority.ca)  
Website: <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/forever-motion>