

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

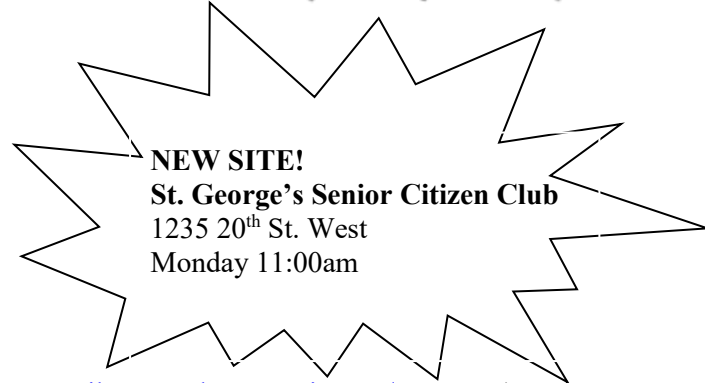
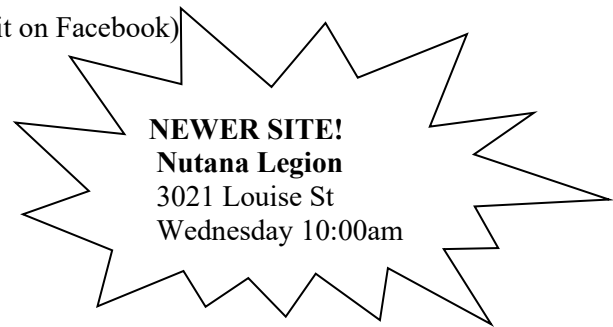
\$ - indicates that there is a cost for this class

- **Augustana Church – FULL**
1201 Broadway Ave
Tuesday/Thursday 10:00am
- **Circle Drive Alliance Church - FULL**
3035 Preston Avenue South
Monday/Thursday 10:30am
- **Cornerstone Church**
315 Lenore Drive
Monday/Thursday 9:30am
- **Cosmopolitan Seniors Centre \$**
614 – 11th Street East
Tuesday/Thursday 10:30am
- **Crossmount**
10 Glen Road, Crossmount
Monday/Wednesday 10:30am
- **Ebenezer Baptist Church**
107 McWillie Ave
Monday/Thursday 10:00am
- **Elim Church - FULL**
419 Slimmon Road
Tuesday/Thursday 10:00am
- **Holy Family Cathedral**
123 Nelson Road
Monday/Thursday 10:00am
- **NEWER SITE!**
Lakeview Church
19 Glazier Road
Wednesdays 12:30pm (Starting in October)
- **Mayfair United Church**
902 – 33rd Street West
Friday 10:00am/Wednesday 1:30pm
- **McClure United Church - FULL**
1825 McKercher Drive
Monday/Thursday 4:00pm
- **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 10am
- **First Mennonite Church - FULL**
418 Queen Street
Tuesday/Thursday 10:00am
- **Forest Grove Church**
502 Webster Street
Wednesday 2:00pm
- **Harry Landa Court**
218 – 805 Ave. P North
Thursdays 1:00pm

NEW SITE!
Massey Place Church
930 Northumberland Ave
Date and times TBD

← **NEW CLASS (WED)**

- **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
- **Nutana Park Mennonite Church - FULL**
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.
Chair Yoga: Tuesdays 10:30am/Thursdays 10:00am and 11:15am
*Registration required. Contact joann.hyde@sasktel.net
- **St. Martyrs Canadiens**
1007 Windsor Street
Tuesday 1:30pm
*Class is in French
- **St. Phillip Neri Parish**
1902 Munroe Ave South
Thursday 1:00pm
- **Silverwood Heights \$** (Registered & On-Line Class—Visit: www.silverwoodcommunity.org/programs)
Silverwood Heights School Gym, 403 Silverwood Road
Monday 6:00pm
- **Urban Poling at Market Mall *Poles provided**
Unit #55 2325 Preston Avenue South, meet at Community Health Centre
Monday-Friday 9:00am AND Monday/Wednesday 1:30pm
- **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 Thursday 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

Phone: (306) 844-4080 or Email: foreverinmotion@saskhealthauthority.ca
Website: <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/forever-motion>

Updated September 2026