

Newsletter & Updates



Fall 2026



George Bothwell Library, Regina

Welcome back to our fearless and most valued Leaders and participants!

September marks the return of many of our **Forever...in motion** sites. We are so excited to see communities gather, reconnect, and flourish. Please reach out to staff if there are changes with your class times and days or leaders. Interested in what it takes to Lead? We want to hear from you too! New leader training opportunities are noted inside.

Visit our website for updated class information, newsletter, and brochures.

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/foreverin-motion>

- | | | | | | |
|--|---|---|---|---|--|
| <p>2 Recreation-
A Chance
to Re-
Create
a Zest for
Life</p> | <p>3 Volunteer
Spotlight</p> | <p>4 Leader
Practical
Days –
SCOA
Spotlight
on Seniors</p> | <p>5 Vision
Changes
and Fall
Prevention
for Older
Adults</p> | <p>6 Testimo-
nials
from the
Floor –
Regina
and area</p> | <p>8 Leader
Updates &
Resources</p> |
|--|---|---|---|---|--|

Recreation: A Chance to Re-Create a Zest for Life

The word recreation is often associated with leisure, hobbies, and fun activities. But when we look a little deeper, recreation can be understood as an opportunity to re-create ourselves; to renew energy, rediscover purpose, and rekindle our enthusiasm for life.

It is easy to get caught up in routines, responsibilities, changes in our health, and stress. Over time, demands can leave us feeling disconnected from activities and relationships that bring us joy. Recreation offers a valuable and therapeutic antidote when chosen thoughtfully and planned intentionally. Whether walking in greenspaces, enjoying music, completing a fitness class, learning a new skill, or laughing with friends – recreational experiences help us **reconnect with what makes us feel alive**.

Recreation is more than simply passing time; it engages the mind, body, and spirit in meaningful ways. Through participation, we can experience **accomplishment, creativity, social connection, and personal growth**. Trying something new can spark curiosity and confidence, while revisiting favourite pastimes can remind us of treasured memories and strengths. In this way, recreation becomes a *pathway to renewal*.



Recreation does not have to be complicated or time-consuming. Small, enjoyable moments woven into daily routines can make a meaningful difference. Listening to a favourite song while having morning coffee, completing a mindfulness practice, tending to a houseplant, taking a short walk, calling a friend, or spending a few minutes on a creative activity are all simple ways to bring recreation into everyday life. Joining a book club, attending a community event, participating in a new physical activity group, or volunteering can also provide opportunities for connection and purpose.

The beauty of recreation is that it looks different for everyone. What matters most is finding activities that are enjoyable, meaningful, and personally fulfilling. These moments of engagement help us move beyond merely existing and encourage us to truly **thrive**.

This fall, consider setting aside time for an activity that brings you joy. Explore something new, reconnect with an old passion, or share an activity with someone you care about. Recreation is not just about filling time, it is about re-creating a zest for life, one meaningful moment at a time.

Submitted by: Vallyn Sielski, CTRS, Recreation Therapist

Forever...in *motion* Leader Spotlight – Jane Uchacz, Saskatoon, SK

Jane is in her 5th year of leading **Forever...in motion** classes, currently leading at Nutana Legion and Ilarion Residence and pole walking at Market Mall. Historically, Jane supported the **Bridge to Forever...in motion** and DELIGHT programs and led classes at Market Mall.

Unique things about your classes? Ensuring participants understand the movements and sharing what muscles are used.

A recent win? Many sites around Saskatoon pause during summer months – exactly when Nutana Legion started as a site, offering a new community and opportunities for participants to keep moving.

Inspiration to Lead? The exercisers telling me what they liked about my class.

Common challenges participants face? Being okay to look or move differently than others. I encourage people to listen to their body and to do what they can – whether from standing or seated.

Challenges faced as a Leader? Increasing number of participants at a new site. I looked for support from fellow leaders and staff and encouraged the Legion to share advertising.

Goals for the future? To keep on exercising!

Words for those considering a physical activity group? Come. Do what you're comfortable with – there are many benefits of exercise.



Jane (left), Kathryn (right)

Forever...in motion Leader Spotlight – Kathryn Cameron, Saskatoon, SK

Kathryn is in her 2nd year of leading **Forever...in motion** classes, currently leading at Harry Landa Court and pole walking at Market Mall. Historically, Kathryn supported the **Bridge to Forever...in motion** and DELIGHT programs and led classes at Spadina Towers and Market Mall.

Unique things about your classes? Awareness and acceptance of those navigating chronic health conditions and planning appropriate exercises. I personally have issues and so we work as a team!

A recent win? One of my classes making a commitment to attend – and recruiting others!

Inspiration to Lead? Kimberly W seeing my potential and eagerness to learn more about exercise and follow the SPRA training program. I now teach Aqua and Older Adult fitness.

Common challenges participants face? Access to programs due to their abilities. I offer lots of encouragement and fun and share about my own physical limitations to support them in continuing.

Challenges faced as a Leader? Burnout due to a shortage of Leaders and feeling the need to see through my commitments as a Leader. I balance my passions and health with rest and laughter, relying on my FIM friends for support and friendship.

Goals for the future? Continued growth and knowledge on the benefits of healthy living – especially exercise – and working together with other team members.

Words for those considering a physical activity group? Try it. You might never know how much fun it is!

Forever...in motion Practical Hands-On Leader Training Days

This practical training program is for all **current Forever...in motion Leaders** who would like a review of exercises and muscle groups.

Please bring:

- A water bottle and wear comfortable clothing and running shoes
- Snacks for the day and bag lunch as we will only take a ½ hour lunch break
- Your leader training manual (Note: The most updated version of the manual is March 2025. We will have some available to purchase for \$15 (cash only)
- A set of light weights and band, if you would like to practice the exercises with us

Space is limited and will fill up quickly, so register early to avoid disappointment. Your registration ensures we have appropriate materials and supplies prepared. This training is for **Leaders only**, providing opportunity for ongoing education and peer support of other Leaders.

SASKATOON & AREA:

Wednesday, September 16th, 2026

9:00 a.m. – 3:30 p.m.

Cost: FREE! – Leader registration required

Location: Westgate Alliance Church

3315 Centennial Drive, Saskatoon, SK

To register, please call 306-844-4080 or e-mail at foreverinmotion@saskhealthauthority.ca

REGINA & AREA:

Tuesday, September 1 at 12:30pm – 4:00pm

Thursday, September 3 at 11:00am-2:45pm

Wednesday, September 9 at 8:45am-12:15pm

Cost: FREE! – Leader registration required

Location: Core Ritchie Neighbourhood Centre

445 – 14th Avenue, Regina, SK

To register, please call (306) 766-7163 or marisol.molinasmith@saskhealthauthority.ca

SASKATOON COUNCIL ON AGING SPOTLIGHT ON SENIORS

Spotlight on Seniors is an event designed to both educate and entertain older adults in Saskatoon and the surrounding area. It covers a wide range of topics, from hobbies and investments to careers, vacations, education, and retirement. Anything that has an impact on the lives of older adults is included in this showcase.

Join us at TCU Place, Saskatoon, for Spotlight on Seniors and get connected with the latest products and services for older adults 55+!

TUESDAY, OCTOBER 6th, 2026

Grand Salon, TCU Place (#35-22nd Street East, Saskatoon)

Tickets are \$15 at the door (cash only)

[Click here to visit the SCOA Spotlight on Seniors event page for more details](#)



Forever...in motion booth, 2025

Vision Changes and Fall Prevention for Older Adults

As we age, some normal changes in vision can occur:

- Difficulty focusing on nearby objects, small print harder to read.
- Reduced depth perception, more difficult to judge distances.
- Increased sensitivity to glare.
- Dry eyes.
- Taking longer to adjust when moving between bright and dark environments.

Although these changes are common, vision loss is NOT a normal part of aging. As we get older, the risk of developing eye diseases increases. This is important since decreased vision increases the risk of falling. Some of the most common eye conditions to watch for that can cause vision loss include:

- ☐ **Cataracts:** The eye's natural lens becomes cloudy, causing blurred or cloudy vision. May eventually require surgery.
- ☐ **Glaucoma:** Increased pressure inside the eye damages the optic nerve. Vision loss often begins with reduced peripheral (side) vision, resulting in "tunnel vision." It often develops without symptoms early on and can cause vision loss if left untreated.
- ☐ **Age-related Macular Degeneration:** One of the leading causes of vision loss in older adults in Canada. The macula becomes damaged, which is the central part of the retina responsible for sharp, detailed vision. This can make it difficult to read, write, recognize faces, or drive.
- ☐ **Diabetic Retinopathy:** Diabetes can damage the small blood vessels in the retina and cause blurred vision, dark spots, or vision loss if left untreated.

Protect your vision by having comprehensive eye examinations regularly, or immediately if you notice any of these changes: decreased central or side vision, blurred vision, bright flashes of light or floaters, or loss of side or central vision.

Good vision is essential for everyday activities like reading, writing, walking, and driving. Taking care of your eye health is important to help reduce your risk of falls, remain active and stay independent!

Sherri Wagenhoffer - Senior Physical Therapist

Staying on Your Feet Program

SOYFsaskatoon@saskhealthauthority.ca (306) 655-3418



SPRA Get Moving Grant

The Get Moving Grant aims to support initiatives that advance the areas of focus identified within *A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving* (or, the Common Vision). Initiatives will align with one of the areas of focus of the Common Vision and can be local, regional, or provincial in scope.

The Common Vision is a new, collective way forward that will guide the country towards ways of increasing physical activity and reducing sedentary living. It is a national policy document that is intended to move the country.



This grant supports training expenses and equipment purchase for rural **Forever...in motion** sites.

Application Intake: Oct. 16 – Nov. 12, 2026

[Click here to access SPRA Grants and applications](#)

***Must be a SPRA member in good standing

Testimonials from the Floor – Regina and area Forever...in motion Leaders

These photos capture the friendships, fellowship, and strong community spirit that make FIM special. Enjoy this glimpse into the people and communities behind the program.

- Marisol Molina Smith, Health Educator

We asked Leaders – what motivates you to LEAD?

The Participants: “What inspires me most is their dedication. Despite challenges, they show up, encourage one another, and keep going. It’s a beautiful reminder that it’s never too late to care for our bodies and uplift our well-being. Being part of their journey motivates me just as much as I hope I motivate them—to keep moving, keep smiling, and keep embracing each day with strength and gratitude.”

Cheryl Calambra - Pilot Butte

Motivation: "If you're looking for a way to have fun, stay fit, meet awesome people, learn new things and feel good about yourself, you need to become a FIM leader. Thankfully in the past 10 years I have experienced all these things and so much more, by volunteering for FIM. It's been one of the best things I've done for myself since retiring."

Gaye Kreklewich - White City

Reflection: “I honestly can say that prior to my FIM Training in October 2025 I had not heard of this amazing program. It seems now like fate that I came across the advertisement for new Leaders. In a unique way this program makes me feel closer to my parents that are no longer living. Each class that I teach I think of how beneficial this would have been for their health and wellbeing. I am very grateful to have met other FIM leaders and to be a Leader for some very amazing and dedicated participants in this fabulous program.”

Diane Bodnarchuk - Core Ritchie and Regina Open Doors



Testimonials from the Floor continued...

Making a difference: “My mom had been a FIM participant for many years and at that time, I hadn’t given much thought about the program...I took my training in 2019 and started teaching at the South Leisure Center the following Spring. The extra special part was that for many years my mom was one of the participants and my biggest supporter. She passed in 2024 but up until the day she passed, she still would go for little walks and do some exercises, and I believe the FIM classes were a strong foundation for her to do so. As I teach my class and have a wide variety of ages from mid-60s to 85, I think of my mom often and feel good teaching the class knowing that this program is making a difference to them, just like it did for my mom. To this day we still have a few participants who started the South Leisure class with me and are still growing strong. The participants come a little early and mingle and chat, which now has become a social and exercise class.”

Karen Richardson - South Leisure Centre

Friendships: “FIM leadership has kept me exercising regularly for eight years! I have met so many wonderfully talented, kind and committed people who generously spend their time helping others stay well. Our participants are now my friends. Their feedback about classes is always positive and encouraging. As leaders, we are rewarded when we notice increased strength and flexibility in the group and hear laughter as we spend time together. Thank you, Marisol and staff, for supporting us as we hone our skills and for helping us find new ways to motivate the seniors in our community.”

Andrea Osborne- Strasbourg

Connections: “I continue to build fun, productive relationships with FIM leaders and participates; I’ve met so many great people. I’ve learned to slow down and be calmer with people.”

Brian Liebel - St Cecilia Parish



Welcome to our new *Forever...in motion* Leaders!



Leader Training,
Ebenezer Baptist Church,
Saskatoon



Leader Training,
White Bear First Nation

Volunteer Code of Conduct Update:

Volunteer Services continues to make great strides in aligning practices provincially. As part of this work, the Volunteer Services Code of Conduct has been updated to clearly outline the expectations of all registered volunteers across the Saskatchewan Health Authority (SHA).

The Code of Conduct is an important resource that helps ensure volunteers understand their responsibilities while providing volunteer services. It is based on the SHA Code of Conduct, outlined in the SHA Workplace Expectations Policy (SHA-06-007), nationally recognized best practices, and codes of conduct previously established within the former health regions.

Forever...in motion Peer Leader

Volunteers are an essential part of the SHA Volunteer Workforce, and this update supports a consistent and positive volunteer experience across the province.

- Michelle Beingessner, Manager of Volunteer Services, Regina

SHA Staying on Your Feet Program

The SHA Staying on Your Feet Program (SOYF) combines falls reduction and injury prevention education with fun, evidence-informed exercise to help adults improve strength and balance, reduce injury risk, and ultimately, maintain independence. Delivered by SHA Physical Therapists and Exercise Therapists, in partnership with the *Forever...in motion* staff team, this 12-week program supports and refreshes existing sites and helps establish new opportunities for healthy aging in communities.

SOYF offers programming in and around Saskatoon. Leaders are encouraged to join their classes as SOYF and FIM staff lead exercises and provide falls prevention education. Sessions begin each September, January, and March.

Interested in learning about hosting a SOYF program?

Email foreverinmotion@saskhealthauthority.ca or call (306) 655-4080.

UPCOMING LEADER TRAININGS & EVENTS (SASKATOON & AREA)



Condensed Leader Training – Sept 21st & 25th (*FREE for new trainees & refreshers)

- Location: Venvi The Bentley, Saskatoon, SK.
- Time: 8:00am – 5:00pm (Sept 21 & 25, 2026)

Full Leader Training – September 29th (*FREE for new trainees & refreshers)

- Location: Massey Place Community Church, Saskatoon, SK.
- Time: 9:00am – 3:30pm (Sept 29, Oct 2, 7, 9, & 14, 2026)

For further details and to register for Saskatoon & area **Forever...in motion** Leader Trainings, please contact:

Kereen Lazurko, Recreation Therapist
(306) 844-4082

Kereen.Lazurko@saskhealthauthority.ca

UPCOMING LEADER TRAININGS & EVENTS (REGINA & AREA)

Full Leader Training 1 – Tuesdays Sept 15, 22, 29, & Oct 6 (*FREE for new trainees & refreshers)

- Location: Glencairn Neighbourhood Centre, Regina, SK.
- Time: 9:00am – 3:30pm

Full Leader Training 2 – Wednesdays Nov 18, 25 & Dec 2, 9 (*FREE for new trainees & refreshers)

- Location: Glencairn Neighbourhood Centre, Regina, SK.
- Time: 9:00am – 3:30pm

For further details and to register for Regina & area **Forever...in motion** Leader Trainings, please contact:

Marisol Molina-Smith, Health Educator
(306) 766-7163

Marisol.MolinaSmith@saskhealthauthority.ca

UPCOMING LEADER TRAININGS & EVENTS (regions outside Saskatoon & Regina)

SPRA Leader Training – Sept 14-17, 2026

- Location: North Battleford, SK
- Host: Rivers West District for Sport, Culture and Recreation

SPRA Leader Training – Nov 20-22, 2026

- Location: Swift Current, SK
- Host: City of Swift Current

For further details and to register for rural **Forever...in motion** Leader Trainings, please contact:

Kelsey Michaluk, Youth Leadership Coordinator
(306) 780-9219

kmichaluk@spra.sk.ca www.spra.sk.ca



*****Please reach out if interested in hosting a Leader training in your area.**

RESOURCES

Forever...in motion Leader / Site Updates and Feedback

We want to ensure we have up-to-date and accurate information about your sites, classes, and leaders while providing easy avenues for leaders to ask questions, share ideas, and express concerns.

Please take a few minutes to reach out to staff if you have:

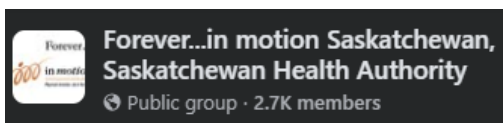
- Leader contact information changes
- Site information changes
- Questions about resources, equipment, education, or challenges



Forever...in motion Merchandise Ordering

[Click here to shop for Forever...in motion merchandise](#)

The best advertising is word of mouth! Represent the group you love with some sweet swag, - shirts, bags, water bottles and more!



Keep moving at home or while you travel!

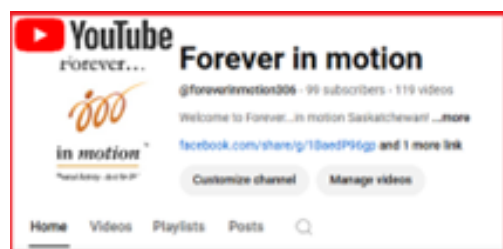
- Join our **Forever...in motion** Saskatchewan group on Facebook. Scroll the page for posted exercise classes and healthy living tips and tricks.

[Click here to view Forever...in motion SK on Facebook](#)

- Use YouTube to follow along to local **Forever...in motion** classes:
- Have a DVD player at home?

FIM has a 45 min and 60 min class filmed for you!

Talk with FIM staff about getting your hands on one.



For more information about Forever...in motion in your region contact:

Saskatoon & area:

(306) 844-4080 or foreverinmotion@saskhealthauthority.ca

Regina & area:

(306) 766-7163 or marisol.molinasmith@saskhealthauthority.ca

Regions outside Saskatoon and Regina:

(306) 780-9219 or kmichaluk@spra.sk.ca

