

SK Senior Fitness Association

Rivers West District

OUR GOAL is to improve the well being of SK. Seniors in our District through physical, cultural, social and intellectual activities.

Is your Community/Organization interested in hosting any of the following Seniors events...?

- | | |
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| <input type="checkbox"/> CAAWS Women and Leadership Workshop | <input type="checkbox"/> Cultural Activity (painting, container gardening, dancing, wood working) |
| <input type="checkbox"/> Communities in Bloom Workshop | <input type="checkbox"/> Physical Activity (walking, bowling pickleball, ring toss) |
| <input type="checkbox"/> Intergenerational Communities Workshop | <input type="checkbox"/> Intellectual Activity (presentations on topics pertinent to Seniors) |
| <input type="checkbox"/> Marketing and Event Planning Workshop | <input type="checkbox"/> Other Activity or Workshop |
| <input type="checkbox"/> Social Media Workshop (Cellular phone and/ or computer usage) | |

District Committee Responsibilities	Host Committee Responsibilities	Participant Responsibilities
<ul style="list-style-type: none"> • Provide financial assistance • Provide organizational guidance • Assist with advertising 	<ul style="list-style-type: none"> • Encourage local people 50+ to attend • Arrange for a facility • Arrange for a caterer • Provide beverage/muffins/fruit at registration 	<ul style="list-style-type: none"> • Must be 50+ years of age • Cost to participate will be \$10 • Lunch cost (if necessary) will be extra

If your Seniors group is interested in hosting an event, contact the SSFA RWD



**SK Senior Fitness Association Rivers West District
Expression of Interest Form (*Please Print*)**

Name of Community: _____

Name of Host Organization: _____

Contact Person: _____

Phone Number: _____ Email: _____

Mailing Address: _____

Name of Event you would like to host: _____

Potential Date: _____ Second Choice Date: _____

Name of Facility: _____

Address of Facility: _____

Cost to Rent Facility: _____

Is there internet available at the facility? Yes or No (Circle)

How many registrations can your community guarantee? _____

Email: rwdscr.cynthiat@sasktel.net

Phone: Cindy at 306-446-6776

Mail: SSFA RWD Box 822 North Battleford SK S9A 2Z3

