

Membership

SSFA membership (with voting privileges at our annual general meeting) is open to all Saskatchewan residents 50 years of age and older.

Associate membership (with no voting privileges at our AGM) is available to Saskatchewan residents 49 years of age and younger.

An annual membership fee includes administrative fee and allows members to participate in SSFA activities.

Volunteers Wanted

Opportunities are available in each district for persons wanting to help our organization grow and serve its members.



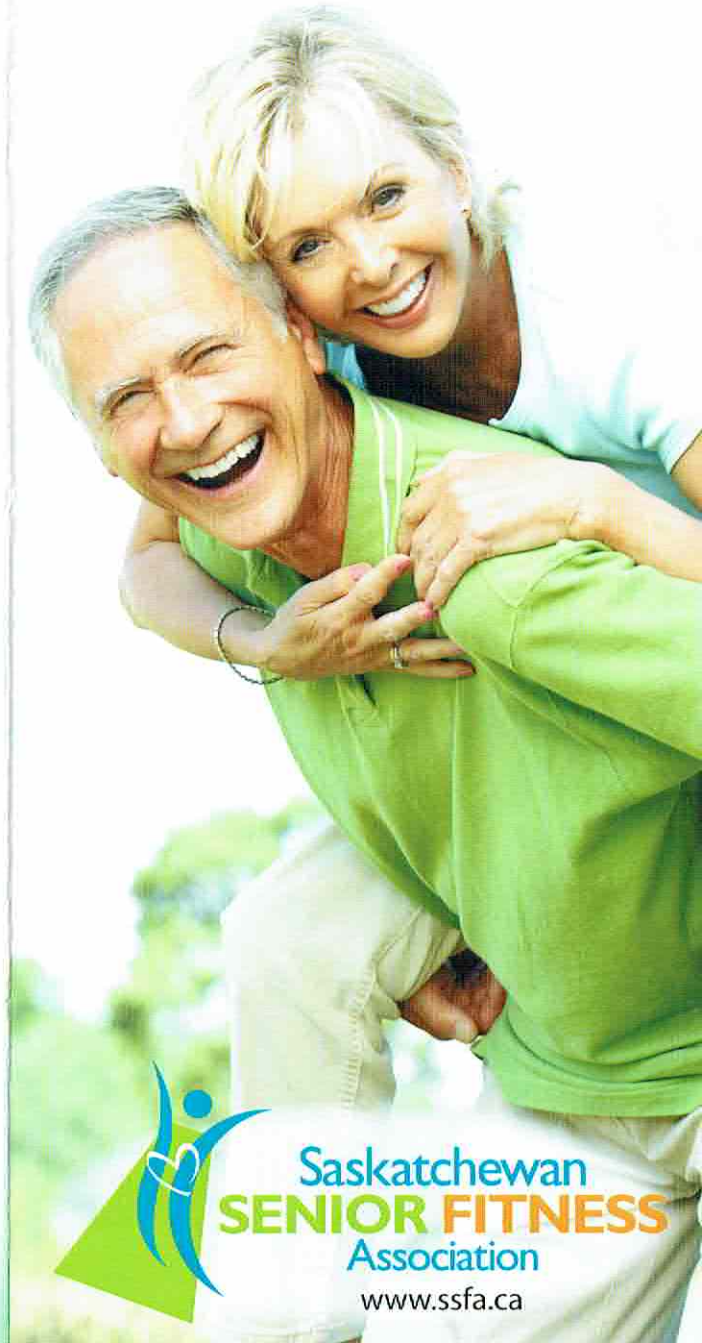
We invite you to contact your district for further information on becoming an SSFA member.

www.ssfa.ca



05/17

You can do it!



What is the SSFA?

The Saskatchewan Senior Fitness Association, Inc. (SSFA) is a non-profit volunteer organization which strives to promote active living, wellness and participation among our province's adults 50 years of age or older.

What we do

Our goal is to improve the total well-being of older adults by organizing physical, cultural, social and intellectual activities for this segment of the population.



SSFA 55+ Games

In addition to taking advantage of organized sports and leisure activities throughout the year, SSFA members may participate in their districts' SSFA games held each spring/summer. Every two years, qualifying participants from the district games are eligible to take part in the Provincial 55+ Games, with qualifying participants then invited to compete at the national level. For a complete list of our events, visit our website at www.ssfa.ca.

Walking Program

We promote walking programs at the district level and facilitate presentations on the health benefits of walking.

Workshops and Seminars

An ongoing variety of workshops and seminars are offered as an opportunity to learn new skills and become more active physically, intellectually and socially.

Districts

Southeast Connection District
southeast.connection@ssfa.ca

Regina Sport District
regina.sport@ssfa.ca

South West District
south.west@ssfa.ca

Parkland Valley District
parkland.valley@ssfa.ca

Prairie Central District
prairie.central@ssfa.ca

Saskatoon Sport District
saskatoon.sport@ssfa.ca

Rivers West District
rivers.west@ssfa.ca

Lakeland District
lakeland@ssfa.ca

Northern Sport, Culture and Recreation District
northern@ssfa.ca

For detailed information on programs and events in your district, visit our website www.ssfa.ca