

An \* indicates programs are open to the general public.  
No \* indicates you must live at that facility to attend the FIM program at that site.

- **Allan New Horizons\***  
215 Main Street  
Allan, SK S0K 0C0  
Contact: Donna Kemp (306)257-4115 or [dkemp2000@hotmail.com](mailto:dkemp2000@hotmail.com)  
Toni Leray (306)257-4363 or [lt.leray@sasktel.net](mailto:lt.leray@sasktel.net)
- **Asquith Seniors Exercise Group\***  
239 Asquith Street  
Asquith, SK S0K OJO  
Contact: Lorna Gutsch (306)329-4726 or [hgutsch@hotmail.com](mailto:hgutsch@hotmail.com)
- **Bethany Pioneer Village\***  
Grid 777, Regional Park Road  
Middle Lake, SK S0K 2X0  
Contact: Lisa Irbeck (306)367-2033 or [bethanyv@sasktel.net](mailto:bethanyv@sasktel.net)
- **Borden Motion Movers\***  
Borden Community Centre, 303 - 1<sup>st</sup> Avenue  
Borden, SK S0K 0N0  
Contact: Audrey Baker (306)997-4828
- **Bruno Seniors Exercise Group\***  
Prairie View, 750 Ursuline Avenue  
Bruno, S0K 0S0  
Contact: Lois Koob Sowa (306)369-2933 or [lonlo@live.ca](mailto:lonlo@live.ca)
- **Caleb Village Exercise Group**  
910 Main Street  
Humboldt, SK S0K 2A1  
Contact: Tracey Ross (306)682-3939 or [activities.humboldt@sasktel.net](mailto:activities.humboldt@sasktel.net)
- **Carlton Exercise Group**  
The Carlton, 14 Baun Street  
Lanigan, SK S0K 2M0  
Contact: Joyce Powell (306)365-4645 or [j.rpowell@sasktel.net](mailto:j.rpowell@sasktel.net)
- **Chateau Villa**  
151 Beaudry Crescent  
Martensville, SK S0K 2T1  
Contact: Erin Sackman (306)281-4475 or [chateauvilla@sasktel.net](mailto:chateauvilla@sasktel.net)

- **Clavet Women's Group\***  
Clavet United Church  
Clavet, SK S0K 0Y0  
Contact: Florence Gareau (306)227-2019 or [gareau.cf@sasktel.net](mailto:gareau.cf@sasktel.net)
  
- **Cudworth Seniors Group\***  
Cudworth Recreation Centre, Main Street  
Cudworth, SK S0K 1B0  
Contact: Zoria Lieffers (306)256-3641 or [zlieffers@gmail.com](mailto:zlieffers@gmail.com)
  
- **Delisle Exercise Group\***  
Delisle Town Hall  
Delisle, SK S0L 0P0  
Contact: Sylvia Chave (306)493-2955 or [frodo@sasktel.net](mailto:frodo@sasktel.net)
  
- **Diamond Jubilee Exercise Group**  
202 – 4<sup>th</sup> Avenue East  
Watrous, SK S0K 4T0  
Contact: Velma Koolen (306)946-3996 or [koolenkrew@sasktel.net](mailto:koolenkrew@sasktel.net)
  
- **Domremy Seniors Exercise Group\***  
Golden Age Drop-in Centre, 109 – 1<sup>st</sup> Street North  
Domremy, SK S0K 1G0  
Contact: Denise Robert (306)423-6273
  
- **Drake Exercise Group\***  
Drake Community Centre, 330 Saskatchewan Avenue  
Drake, SK S0K 1H0  
Contact: Joanne Bergen (306)365-7681 or [ejbt@sasktel.net](mailto:ejbt@sasktel.net)
  
- **Duck Lake Walking Group\***  
Senior Citizens Club, Victoria  
Duck Lake, SK S0K 1J0  
Contact: Lesley Shoemaker (306)467-2171 or [lesley.shoemaker@saskatoonhealthregion.ca](mailto:lesley.shoemaker@saskatoonhealthregion.ca)
  
- **The Elizabeth Retirement Community**  
1212 – 12th Street  
Humboldt, SK S0K 2A1  
Contact : Irene Mickelson (306)682-6662 or [bumblebees@sasktel.net](mailto:bumblebees@sasktel.net)
  
- **Foyer de Bellevue Care Home\***  
Main Street, Bellevue, SK S0K 3Y0  
Contact: Lina Kovacs (306)423-6103 or [linakovacs@inet2000.com](mailto:linakovacs@inet2000.com)
  
- **Gathering Place (The) \***  
701 6<sup>th</sup> Avenue  
Humboldt, SK S0K 2A0  
Contact: Irene Mickelson (306)682-6662 or [bumblebees@sasktel.net](mailto:bumblebees@sasktel.net)

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- **Govan Exercise Group\***  
Govan Community Centre  
Govan, SK S0G 1Z0  
Contact: Brenda Fritzler (306)484-4612 or [brenda58@hotmail.com](mailto:brenda58@hotmail.com)
  
- **Hague Seniors Group\***  
Hague Seniors Centre, 210 Main St  
Hague, SK S0K 1X0  
Contact: Margaret Janzen (306)232-5285 or [janzenm@sasktel.net](mailto:janzenm@sasktel.net)
  
- **Hanley Seniors Group\***  
Hanley Seniors Centre, 107 Lincoln Street  
Hanley, SK S0G 2E0  
Contact: Jean Reeves (306)544-2205 or [jeanreeves5@gmail.com](mailto:jeanreeves5@gmail.com)
  
- **Harry Ford Centre**  
**\*Not currently running**  
1516 – 7<sup>th</sup> Avenue  
Humboldt, SK S0K 2A0  
Contact: Kereen Lazurko (306)655-2285 or [kereen.lazurko@saskatoonhealthregion.ca](mailto:kereen.lazurko@saskatoonhealthregion.ca)
  
- **Humboldt Uniplex \***  
Jubilee room, 619 – 6<sup>th</sup> Street  
Humboldt, SK S0K 2A0  
Contact: Irene Mickelson (306)682-6662 or [bumblebees@sasktel.net](mailto:bumblebees@sasktel.net)
  
- **Kinsmen Court**  
601 – 5<sup>th</sup> Avenue  
Humboldt, SK S0K 2A0  
Contact: Irene Mickelson (306)682-6662 or [bumblebees@sasktel.net](mailto:bumblebees@sasktel.net)
  
- **Langham Exercise Group\***  
Affinity Community Hall, 120 Railway Street  
Langham, SK S0K 2L0  
Contact: Lana Buddecke (306)260-1663 or [ljbuddecke@yahoo.com](mailto:ljbuddecke@yahoo.com)
  
- **Lanigan Exercise Group\***  
Lanigan Town Hall, 21 Downing Drive  
Lanigan, SK S0K 2M0  
Contact: Barb Nickel (306)365-2521 or [fivecents@sasktel.net](mailto:fivecents@sasktel.net)
  
- **Martensville Exercise Group\***  
**\*Not currently running**  
New Horizons Seniors Drop Inn Centre, 106 – 4<sup>th</sup> Avenue North  
Martensville, SK S0K 2T0  
Contact: Kereen Lazurko (306)655-2285 or [kereen.lazurko@saskatoonhealthregion.ca](mailto:kereen.lazurko@saskatoonhealthregion.ca)

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- **Nokomis Seniors Group\***  
Nokomis Centennial Hall, 103 – 3<sup>rd</sup> Avenue West  
Nokomis, SK S0G 3R0  
Contact: Janice Edwards (306)528-4324 or [dje@sasktel.net](mailto:dje@sasktel.net)
  
- **North View Mennonite Haven**  
201 Centennial Boulevard  
Warman, SK S0K 4S0  
Contact: Dianne Erfle (306)382-8953 or [erf@sasktel.net](mailto:erf@sasktel.net)
  
- **Osler Exercise Group\***  
Osler Community Hall, 212 – 2<sup>nd</sup> Avenue  
Osler, SK S0K 3A0  
Contact: Patty Friesen (306)239-2133 or [oslermcpastor@sasktel.net](mailto:oslermcpastor@sasktel.net)
  
- **Pineview Exercise Group**  
Pineview Mennonite Nursing Home  
Rosthern, SK S0K 3R0  
Contact: Irma Neudorf (306)232-4605 or [bineudorf@sasktel.net](mailto:bineudorf@sasktel.net)
  
- **Prairie Meadow Place Exercise Group**  
Averon Prairie Place, 510 – 4<sup>th</sup> Avenue  
Rosthern, SK S0K 3R0  
Contact: Irma Neudorf (306)232-4605 or [bineudorf@sasktel.net](mailto:bineudorf@sasktel.net)
  
- **Rosthern Seniors Exercise Group\***  
Rosthern Seniors Centre, 3010 - 4<sup>th</sup> Street  
Rosthern, SK S0K 3R0  
Contact: Margaret Janzen (306)232-5285 or [janzenm@sasktel.net](mailto:janzenm@sasktel.net)
  
- **St. Joseph in motion Club\***  
Sunset View Lodge, 165 Dubray Avenue  
St. Louis, SK S0J 2C0  
Contact: Majella Gareau (306)422-6192 or [majgareau@gmail.com](mailto:majgareau@gmail.com)
  
- **St. Michael's Haven Exercise Group**  
619 – 5<sup>th</sup> Avenue  
Cudworth, SK S0K 1B0  
Contact: Cindy Frey (306)256-3444 or [stmichaelshaven@sasktel.net](mailto:stmichaelshaven@sasktel.net)
  
- **Semans Drop-In Centre Inc.**  
Main Street  
Semans, SK S0A 3S0  
Contact: Lois Mortenson (306)528-7825 or [loisandbarry@yourlink.ca](mailto:loisandbarry@yourlink.ca)
  
- **Strasbourg Fitness Group\***  
Strasbourg Memorial Hall, 113 Pearson Street  
Strasbourg, SK S0  
Contact: Diane Kindratiuk (306)725-8101 or [mdkondratiuk@hotmail.com](mailto:mdkondratiuk@hotmail.com)

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- **Viscount in *motion*\***  
 Viscount Community Centre, 102 Drake Avenue  
 Viscount, SK S0K 4M0  
 Contact: Fay Johnson (306)946-9844 or [russjohnson@sasktel.net](mailto:russjohnson@sasktel.net)
- **Wakaw Seniors Group\***  
 Community Hall, 201 Main Street  
 Wakaw, SK S0K 4P0  
 Contact: Bonnie Anderson (306)232-8230 or [bonnie.anderson@sasktoonhealthregion.ca](mailto:bonnie.anderson@sasktoonhealthregion.ca)
- **Waldheim Exercise Group\***  
 Jubilee Centre, 3005 – 2<sup>nd</sup> Ave W  
 Waldheim, SK S0K 4R0  
 Contact: Vivian Neufeldt (306)945-7506 or [vivmhep@gmail.com](mailto:vivmhep@gmail.com)
- **Warman Forever...in *motion* Exercise Group\***  
 Legends Complex, 701 Centennial Boulevard North  
 Warman, SK S0K 4S0  
 Contact: Coralie Bueckert (306)933-2210 ext 204 or [coralieb@warman.ca](mailto:coralieb@warman.ca)
- **Watrous Seniors Exercise Group\***  
 209 Main Street  
 Watrous, SK S0K 4T0  
 Contact: Betty Carlson (306)946-2400 or [carlsonrb@sasktel.net](mailto:carlsonrb@sasktel.net)
- **Westridge Exercise Group**  
 301 – 3<sup>rd</sup> Street West  
 Watrous, SK S0K 4T0  
 Contact: Velma Koolen (306) 946-3996 or [koolenkrew@sasktel.net](mailto:koolenkrew@sasktel.net)
- **Westview Exercise Group**  
 1<sup>st</sup> Street West  
 Wynyard, SK S0A 4T0  
 Contact: Irene Arngrimson (306)554-2330
- **Wynyard Walking/Exercise Club\***  
 Recreation Centre, 435 Bosworth Street  
 Wynyard, SK S0A 4T0  
 Contact: Sigourney Anderson (306)554-3661 or [recreation.wynyard@sasktel.net](mailto:recreation.wynyard@sasktel.net)  
 or Beverley Keyser (306) 560-7354 (c) or [bev.k@sasktel.net](mailto:bev.k@sasktel.net)
- **Young Seniors Exercise Group\***  
 Young Seniors Center  
 Young, SK S0K 4Y0  
 Contact: Elaine Frey (306) 259-4407

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This list is intended for use regarding **Forever...in *motion*** fitness classes only.

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

Kereen Lazaruko  
Recreation Therapist  
Older Adult Community, **Forever...in motion**  
Royal University Hospital  
3602 – 103 Hospital Drive  
Saskatoon, SK S7N 0W8  
Ph: (306)655-2285 Fax: (306)655-1053  
[kereen.lazaruko@saskhealthauthority.ca](mailto:kereen.lazaruko@saskhealthauthority.ca)

Kimberly Willison  
Senior Recreation Therapist  
Older Adult Community, **Forever...in motion**  
Royal University Hospital  
3602 – 103 Hospital Drive  
Saskatoon, SK S7N 0W8  
Ph: (306)655-2286 Fax: (306)655-1053  
[kimberly.willison@saskhealthauthority.ca](mailto:kimberly.willison@saskhealthauthority.ca)

**WE ARE MOVING!!**

**Location & phone number after November 5, 2018:**

Older Adult Community Care Centre  
2325 Preston Avenue, Market Mall Shopping Centre  
Saskatoon, SK S7J 2G2

Phone: (306)844-4080