

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
Toni Leray (306)257-4363 or 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
- **Bethany Pioneer Village***
Grid 777, Regional Park Road
Middle Lake, SK S0K 2X0
Contact: Sinikka Purmonen (306)367-2033 or bethanyv@sasktel.net
- **Borden Motion Movers***
Borden Community Centre, 303 - 1st 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
- **Caleb Village Exercise Group**
910 Main Street
Humboldt, SK S0K 2A1
Contact: Tracey Ross (306)682-3939 or 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
- **Clavet Women's Group***
Clavet United Church
Clavet, SK S0K 0Y0
Contact: Florence Gareau (306)227-2019 or 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

- **Delisle Exercise Group***
Delisle Town Hall
Delisle, SK S0L 0P0
Contact: Sylvia Chave (306)493-2955 or frodo@sasktel.net

- **Diamond Jubilee Exercise Group**
202 – 4th Avenue East
Watrous, SK S0K 4T0
Contact: Velma Koolen (306)946-3996 or koolenkrew@sasktel.net

- **Domremy Seniors Exercise Group***
Golden Age Drop-in Centre, 109 – 1st 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

- **Duck Lake Walking Group***
Stobart Community School, 556 Front Street
Duck Lake, SK S0K 1J0
Contact: Lesley Shoemaker (306)467-2171 or lesley.shoemaker@saskatoonhealthregion.ca

- **Foyer de Bellevue Care Home***
Main Street, Bellevue, S0K 3Y0
Contact: Lina Kovacs (306)423-6103 or linakovacs@inet2000.com

- **Gathering Place (The) ***
701 6th Avenue
Humboldt, SK S0K 2A0
Contact: Irene Mickelson (306)682-6662 or bumblebees@sasktel.net

- **Govan Exercise Group***
Govan Community Centre
Govan, SK S0G 1Z0
Contact: Brenda Fritzier (306)484-4612 or 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

Updated January 2018

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

- **Hanley Seniors Group***
Hanley Seniors Centre, 107 Lincoln Street
Hanley, SK S0G 2E0
Contact: Jean Reeves (306)544-2205 or jeanreeves5@gmail.com

- **Harry Ford Centre**
***Not currently running**
1516 – 7th Avenue
Humboldt, SK S0K 2A0
Contact: Kereen Lazurko (306)655-2285 or kereen.lazurko@saskatoonhealthregion.ca

- **Humboldt Uniplex ***
Jubilee room, 619 – 6th Street
Humboldt, SK S0K 2A0
Contact: Irene Mickelson (306)682-6662 or bumblebees@sasktel.net

- **Kinsmen Court**
601 – 5th Avenue
Humboldt, SK S0K 2A0
Contact: Irene Mickelson (306)682-6662 or 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

- **Lanigan Exercise Group***
Lanigan Town Hall, 21 Downing Drive
Lanigan, SK S0K 2M0
Contact: Barb Nickel (306)365-2521 or fivecents@sasktel.net

- **Martensville Exercise Group***
***Not currently running**
New Horizons Seniors Drop Inn Centre, 106 – 4th Avenue North
Martensville, SK S0K 2T0
Contact: Kereen Lazurko (306)655-2285 or kereen.lazurko@saskatoonhealthregion.ca

- **Nokomis Seniors Group***
Nokomis Centennial Hall, 103 – 3rd Avenue West
Nokomis, SK S0G 3R0
Contact: Janice Edwards (306)528-4324 or dje@sasktel.net

- **North View Mennonite Haven**
201 Centennial Boulevard
Warman, SK S0K 4S0
Contact: Dianne Erfle (306)382-8953 or erf@sasktel.net

Updated January 2018

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

- **Osler Exercise Group***
 Osler Community Hall, 212 – 2nd Avenue
 Osler, SK S0K 3A0
 Contact: Patty Friesen (306)239-2133 or oslermcpastor@sasktel.net
- **Pineview Exercise Group**
 Pineview Mennonite Nursing Home
 Rosthern, SK S0K 3R0
 Contact: Irma Neudorf (306)232-4605 or bineudorf@sasktel.net
- **Prairie Meadow Place Exercise Group**
 Averon Prairie Place, 510 – 4th Avenue
 Rosthern, SK S0K 3R0
 Contact: Irma Neudorf (306)232-4605 or bineudorf@sasktel.net
- **Rosthern Seniors Exercise Group***
 Rosthern Seniors Centre, 3010 - 4th Street
 Rosthern, SK S0K 3R0
 Contact: Margaret Janzen (306)232-5285 or janzenm@sasktel.net
- **Rosthern Walking Group***
 Pineview Mennonite Nursing Home
 Rosthern, SK S0K 3R0
 Contact: Bonnie Anderson (306)232-8230 or bonnie.anderson@saskatoonhealthregion.ca
- **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
- **St. Michael's Haven Exercise Group**
 619 – 5th Avenue
 Cudworth, SK S0K 1B0
 Contact: Wendy Reaser (306)256-3444 or stmichaelshaven@sasktel.net
- **Strasbourg Fitness Group***
 Strasbourg Memorial Hall, 113 Pearson Street
 Strasbourg, SK S0
 Contact: Diane Kindratiuk (306)725-8101 or mdkondratiuk@hotmail.com
- **Viscount in motion***
 Viscount Community Centre, 102 Drake Avenue
 Viscount, SK S0K 4M0
 Contact: Fay Johnson (306)946-9844 or russjohnson@sasktel.net
- **Wakaw Seniors Group***
 Community Hall, 201 Main Street
 Wakaw, SK S0K 4P0
 Contact: Bonnie Anderson (306)232-8230 or bonnie.anderson@saskatoonhealthregion.ca

Updated January 2018

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

- **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

- **Watrous Seniors Exercise Group***
209 Main Street
Watrous, SK S0K 4T0
Contact: Betty Carlson (306)946-2400 or carlsonrb@sasktel.net

- **Westridge Exercise Group**
301 – 3rd Street West
Watrous, SK S0K 4T0
Contact: Velma Koolen (306) 946-3996 or koolenkrew@sasktel.net

- **Westview Exercise Group**
1st 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 Hoytfox (306)554-3661 or recreation.wynyard@sasktel.net
Or Beverley Keyser (306) 560-7354 (c) or bev.k@sasktel.net

- **Young Seniors Exercise Group***
Young Seniors Center
Young, SK S0K 4Y0
Contact: Elaine Frey (306) 259-4407

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

Kereen Lazurko
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.lazurko@saskatoonhealthregion.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@saskatoonhealthregion.ca

Updated January 2018

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