

Silver Threads Programs

Classes, workshops & events geared to our Senior Citizen population 55+ in and around our community. (Community membership required)



WORKSHOPS & SPECIAL EVENTS check calendar

TRIVIA & TOPICS to talk

Get your brain moving while we discuss real topics of interest, riddles, brain teasers and games.

ARCA - Wellness Centre
4th Friday of the month
Drop in - 10am
Free with Membership

CYBER SENIORS

6 weeks workshops all about digital technology. Gadgets, computers, email, smart phones - learn how.

Partner with RPL
pre-registration, Seniors
Free with Membership

DAY TRIPS

From time to time we host day trips to other events or facilities within the city or surrounding towns.

Small cost may be involved.
Pre-registration.
Watch upcoming calendars for dates!

CHAIR YOGA

Not just about movement, stretching and poses from the chair; its about the mind too. Join us for 1 hr.

Core Ritchie Gym
Drop in - Fri 12:45pm
Free with Membership

MONTHLY LUNCHEON

2nd Tuesday of every month we host a Luncheon. Join us at 12:30pm.

Core Ritchie Gym
pre-register with a Care Bear or call ARCA
Free with Membership

COOK & EAT

We cook it and then we sit down to eat it together! Once a month come for nutrition, safety & companionship.

Partner with REACH.
pre-registration, Seniors
Free with Membership

CRAFT To GIVE BACK

2 hours of crafting fun twice a month. Join our adventure as we craft and then give away to those in need. Coffee on us too.

St Matthew Meeting Room
pre-registration - Mon
Free with Membership

Community MEMBERSHIP

Come get involved at ARCA with your community membership. Al Ritchie Community Association memberships are \$5 / family per year (Sept 1 -Aug 31)



St Matthew
Anglican Church



EXERCISE

Get movin' with our certified fitness instructor Naomi. Balls, bands, light weights and movement both standing + in chair. Followed by coffee & chat.
Core Ritchie Gym
Drop in - Wed 12:45pm
Free with Membership

CHECK WEBSITE CALENDAR FOR DATES & TIMES

Pre-register: 2250 Lindsay St, 306.522.3930 or arcaseniors@sasktel.net