



Becoming and staying physically active as we age is a great goal!

Be part of a physical activity program designed specifically for senior adults and meet some new friends along the way at *Forever In Motion!*

For more information, please contact us.

Office hours:  
Mon-Fri 8:30am to 4:30pm,  
closed from 12:00-1:00pm

Circle Drive Alliance Church  
3035 Preston Ave S  
Saskatoon, SK S7T 1C2  
(in Stonebridge)

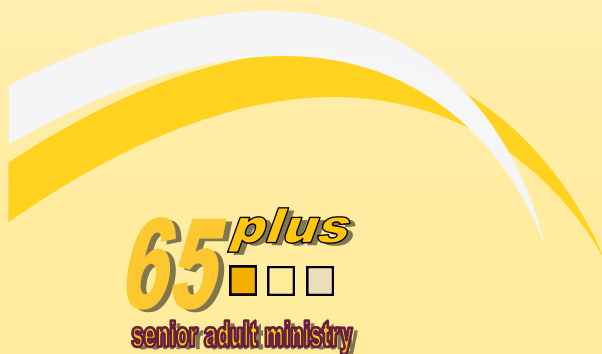
Phone: (306) 373-5445

Email: [care@cdac.ca](mailto:care@cdac.ca)

Website: [www.cdac.ca/65-plus](http://www.cdac.ca/65-plus)



## REGISTRATION FORM



**Building Relationships For Good**

**GET IN!  
GET GOING!  
GET CONNECTED!**

## What is Forever...in *motion*?

**Forever...in *motion*** is a health promotion initiative that helps older adults become and stay physically active through volunteer led physical activity groups.

## It's all in the stats!

71% of older adults in the Saskatoon Health Region are not active enough for health benefits. (Fast Consulting, 2008)

People with physical limitations and chronic conditions can benefit the most from being physically active.

Many falls and chronic health conditions such as high blood pressure and heart disease can be prevented by participating in regular physical activity.

It is never too late to start; older adults have the MOST to gain!

Participating regularly in a **Forever...in *motion*** program can improve your endurance, strength, balance, and flexibility as well as encourage a healthy lifestyle.

## When and where are the classes?

- Monday and Thursday mornings at Circle Drive Alliance Church
- 10:30 to 11:30am
- Fall session dates:  
September 27 to June 27

## What should I wear and bring?

Wear comfortable, non-restrictive clothing and bring along a water bottle.

## How much does it cost?

Nothing...now that's a deal!

## What if I can't make it to every session?

Although we ask that you register to assist us on the planning side - this is a drop in program so come when you can.

## Can I invite a friend?

Yes! They can complete the registration form when they arrive.

## How do I register?

Complete the information below and return to the Information Desk on Sunday, to the church office during the week, or scan and email the form to [care@cdac.ca](mailto:care@cdac.ca)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age Group:

Under 60    60-70    70-80    80+

I have completed the 2018 PAR-Q+  
Physical Readiness Questionnaire

I understand this is a physical activity program designed for older adults and led by volunteers officially trained through Forever...in *motion*. I will not hold either the volunteers, church staff or Circle Drive Alliance Church responsible for any injuries or health issues deriving from this activity.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

For Office Use Only

\_\_\_\_ ACS   \_\_\_\_ PAR-Q