



Volunteering

Are you a Senior who would like to spend some time Volunteering?

FCSS has a variety of programs which require volunteers, whether it be sitting on a conference planning committee with local youth or teaching some of your existing skills with other seniors. There are numerous volunteering opportunities with varying time commitments and hours to suit different individuals.

Give us a call if you would like to make a difference in your community, help others or assist the causes you care about!

780-514-2204

“Building a Resilient Community”



Drayton Valley & District FCSS HOME SUPPORT PROGRAM

Helping seniors with mobility and other health issues to live independently!

Providing the following services:

Housekeeping Assistance

For more information please call

780-514-2204

Please note that that **ALIVE 55 memberships expire after one year and must be renewed annually.**



ALIVE 55

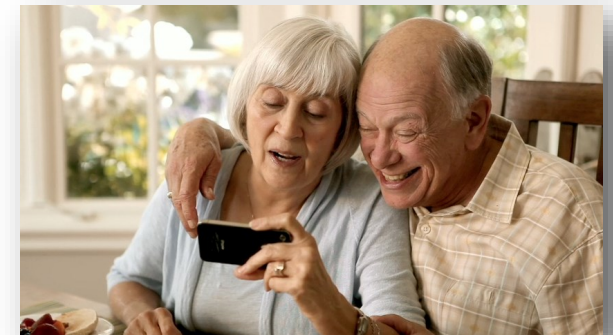
Activity

Learning

Involvement

Vitality

Enjoyment





What is ALIVE 55?

ALIVE 55 is open to all residents of Drayton Valley, Brazeau County, Wetaskiwin County and Parkland County, ages 55 and up.

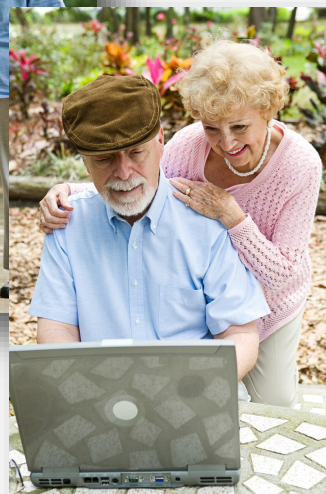
The program is committed to removing barriers and enabling those 55 and up to have access to existing wellness programs in Drayton Valley and area as well as providing additional programming *to encourage participation, education, and to reduce isolation.*

Memberships are provided at no cost to the individual, however, for some program activities there may be a subsidized fee charged to cover expenses.

Participants can register at the front desks off the Ricochet Aquatic Centre or the Omniplex, Monday to Friday, between the hours of 8 am & 4 pm.

Programs & Services

- Intergenerational Programs
- Snow Angels Program
- Volunteer Opportunities
- A Variety of Workshops
- Seniors' Appreciation Day
- Volunteer Income Tax Program
- Information and referral about
 - ◆ Alberta Seniors' Benefits
 - ◆ Special Needs Assistance
 - ◆ Dental & Optical Assistance Programs



WELLNESS PROGRAM SCHEDULE

The ALIVE 55 Wellness Program offers a variety of classes for all abilities at Ricochet Aquatic Centre and the Omniplex. There is no cost to most of the activities but at times we may charge a nominal fee.

GENTLE AQUACIZE FREE

ALIVE 55 members can choose 2 of these 3 weekly classes to attend:

Ricochet Aquatic Centre

Monday and Wednesday	10:00 – 10:45 am
Wednesday	6:00 – 6:45 pm

FITNESS & STRENGTH TRAINING FREE

Omniplex

Tuesday and Thursday	10:00 – 11:00 am
NO CLASSES MID JUNE to MID SEPTEMBER	

WALKING / RUNNING TRACK .. FREE Omniplex

Monday to Friday	6:00 am - 10:00 pm
Saturday and Sunday	8:00 am - 8:00 pm

Contact Us!

Drayton Valley & District FCSS

Rotary House

4743 - 46 Street
Drayton Valley, Alberta

780-514-2206

fcssadmin@draytonvalley.ca
Visit us online!
www.draytonvalley.ca