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

fcss
Drayton Valley & District
Family and Community
Support Services

Staying active and socially engaged after age 55 is one of the most powerful decisions you can make for your health, independence, and overall life satisfaction.

Activity
Learning
Involvement
Vitality
Enjoyment

ALIVE 55

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 ALIVE 55 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.

ALIVE 55 participants may register at the front desks of the Ricochet Aquatic Centre or Team Auctions Centre Monday to Friday, between the hours of 8 am & 4 pm only.

Please note that ALIVE 55 memberships must be renewed annually.

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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 Program*

Contact Us!

Drayton Valley & District FCSS
Community Services Centre
2, 5050 - 50 Avenue, Drayton Valley, AB

780-514-2204
fcssadmin@draytonvalley.ca
Visit us online!
www.draytonvalley.ca

Wellness PROGRAM SCHEDULE

The **ALIVE 55 Wellness Program** offers a variety of classes for all abilities at Ricochet Aquatic Centre and Team Auctions Centre. There is no cost for most of the activities but at times a nominal fee may be charged.

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	7:00 – 7:45 pm

Also includes access to the pool on Mondays and Wednesdays 8:00 am - Noon!

FITNESS & STRENGTH TRAINING . . . . . FREE

Team Auctions Centre

Tuesday and Thursday 10:00 – 11:00 am

NO CLASSES MID JUNE to MID SEPTEMBER

WALKING / RUNNING TRACK - FREE

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