



YELLOWHEAD HERITAGE CLUB

September 2026

As we say farewell to another summer, is it just my imagination or are they getting shorter. Listening to other folks this year, it seems I might not be the only one. Getting away on holidays, to a lake or taking in the many events in and around the city can keep you pretty busy. Never mind keeping up with yard work, grandchildren and friends!

Some of the things Heritage Club members did this summer:

- Attended the Heritage Club Golf Tournament and/or Picnic
- Organized and attended a high school class reunion
- Drove to Winnipeg...just because!
- Cottage visits and camping at several different lakes
- Drove to Regina...just because!
- Trips to Toronto (including a Blue Jays game), Ottawa, Niagara Falls and Montreal
- Babysitting grandchildren...
- Mahjong fun at White Bear
- Visits to Farmer's Markets, Folkfest and the Fringe
- Meeting up with family and friends!

So now what? It seems that retired folks manage to keep busy. Being in community, trying new things and staying active has been proven to support longevity. What can you add to your activities that might be fun? Is there something new you want to learn? Looking at our group and all we do, I'd have to say...keep it up. Its what keeps us young and engaged!

Mavis



Heritage Club Christmas Party

Wednesday, December 16, 2026

Western Development Museum

Cocktails 5:30

Dinner 6:00

Full Turkey Dinner

Please bring a donation for the
Saskatoon Food Bank

Door Prizes

50/50 Draw

Cost

\$55.00 per person

RSVP Heather

306-222-9078

saskatoonheritageclub@gmail.com

Regular Club Events

Breakfast Buddies meet every Tuesday morning at 8:30 at Smitty's in Market Mall. Come when you can - plan to join us for breakfast, conversation and laughs! **All are Welcome!**

The Ladies Lunch

Held at 1:00 on the last Wednesday of the month, no gathering in December

September 30
October 28
November 25

Sardinia Restaurant
1620 Idylwyld Drive N
January 27
February 24
March 31

Houston Pizza
329 Herold Road



More Organizations to Check Out

There are many ways for older adults to keep busy, learn something new or just try a new activity. Take a look at just a few!

SCOA – Saskatoon Council on Aging

Is a community based not-for-profit dedicated to supporting older adults aged 55+. They offer

events, programs and classes. They encourage older adults to come out to one of the many Hub Clubs offered in the city. Last year, several Heritage Club members participated in Globe Walk, a program offered through SCOA that encourages us to stay active during the winter months. Their next big event is Spotlight on Seniors on Tuesday October 6 from 9:00 to 3:00 at TCU Place. Check out scoa.ca

SSFA – Saskatchewan Senior Fitness Association

Membership allows you to participate in as many activities as your time and energy will allow. The annual fee is \$20.00 per year. Some activities include bowling, lawn bowling, cribbage, cross country skiing, curling, 8 ball, golf, hockey, kaiser, pickleball, slo-pitch, swimming, track & field, and volleyball. You might even want to participate in the Prov 55+ Games. Visit ssfa.ca

SSCL – Saskatoon Seniors for Continued Learning

Non-credit, university level classes for people 55 and over. Classes are offered in the fall, winter, and spring. There are NO prerequisites, textbooks, essays or exams. Popular courses span a variety of topics and interests. Membership is \$5.00 annually and \$45.00 per course. For additional information visit artsandscience.usask.ca

Forever in Motion

A health promotion initiative by the Saskatchewan Health Authority helping older adults stay active through trained volunteer-led physical activity groups. Attend one of the many groups offered all over the city. Check out saskhealthauthority.ca

Saskatoon Public Library

The library offers a variety of programs for older adults that might interest you. Get help with you managing your cell phone or computer. Make a new friend at Coffee and Connection Wednesdays for 1:00 to 3:00 at the Francis Morrison Library. Learn more at saskatoonlibrary.ca



Saying Farewell

We wish to send our condolences to the family and friends of
John Richardson

Every effort is made to ensure that no one is missed. However, if you notice an omission, please let us know at saskatooncpcheritageclub@gmail.com. We are committed to ensuring every one of our fellow colleagues are remembered.

Need Some Help???

Have some jobs that need doing? Maintenance around your residence getting you down. Maybe it's time to hire some of those tasks out. Shirley would like to share a home handyman that might be able to help you out. Check him out, give him a call. You could also give Shirley a call for more information. Darcy might be your guy!



Your Heritage Club Committee

President: Heather Spence
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Vice-President: Shirley Stewart
306-227-1947
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Sec/Treasurer: Sandy Kew
306-220-9526
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Newsletter: Mavis McPhee
306-290-8244
mavis.m@sasktel.net

Members at Large: Maxine McLeod
Ross Spence

Club email: saskatooncpcheritageclub@gmail.com

Please know that we are always open to feedback, ideas and suggestions. Next newsletter in November. We'd love to hear from you!

And did you Know?

- Saskatchewan is one of the most active tornado areas in Canada, averaging 12-18 per year. In 2012 there were 33 tornados.
- The federal riding of Prince Albert is the only constituency in Canada to have had three Prime Ministers represent it: Sir Wilfrid Laurier (1896), William Lyon Mackenzie King (1926-1945) and John Diefenbaker (1957-1963).
- Saskatchewan has a provincial tree: It's the white birch tree. It was designated in 1988.
- The ONLY 2 Fuddruckers in all of Canada are in Saskatoon and Regina.
- Per capita, Saskatchewan produces the most NHL players compared to any other province.
- Regina's Wascana Centre park (2300 acres) is larger than Vancouver's Stanley Park AND New York's Central Park, COMBINED

Reminder... Your Membership Fees for 2027 will be due in January!

Keep your membership active. Your yearly fee is still just \$12.00 with \$2.00 of the fee being directed towards various charities each year.

To help us stay in touch with you, when renewing your membership, please provide your updated contact information including: your name, address, phone number and email address. Email addresses have become especially important now, as we are now unable to mail newsletters.

Aside from connecting with old friends, or maybe making a new one, there are additional benefits for being a member. Check out the National Heritage Club webpage at www.heritageclub.ca As well, on the website, all our past Yellowhead newsletters are available.

Membership Application for Heritage Club

Also, if you know of any Canada Post employees who might be interested in joining, please share membership information with them. All you need is 20 years of service, whether that was part-time or full time, and you are welcome to join the club. The larger and more active our club is, the better it is, as it provides us with more opportunities for events and fellowship. Spouses and partners are also encouraged to join the club! The more the merrier!

Heritage Club Registration

First Name _____

Last Name _____

Gender _____

Status (Active or Retired) _____

Address: _____

Phone _____

E-Mail _____

CPC Start Date _____

Total Years of Service _____

Membership Fee is \$12.00 per year.

Applications and dues can be paid by e-transfer to:

saskatooncpchitageclub@gmail.com

If you prefer, cheques can be made out to the ***Yellowhead Heritage Club*** and mailed to:

Yellowhead Heritage Club
c/o Heather Spence
831 Delaronde Way
Saskatoon, Sk. S7J 3Y8

And now for our favorite joke of the month...



Retirement is so wonderful; you just got to love it! It's getting to do absolutely nothing without worrying about ever getting caught or suspended!