

COMMUNITY PROFILE



Assiniboia 2015-2016

Working together to get more
kids, more active, more often.

Last updated: 2019-03-13



saskatchewaninmotion.ca/assiniboia



Table of Contents

Background	...2
Town of Assiniboia	...3
Demographics	...4
Physical Activity Facilities	...7
Data Collection Results	...10
Physical Activity of Children & Youth	...12
Priorities	...15
Appendix	
A – Community Action Plan Models	...16
B – Priority Next Steps & Action Groups	...18

BACKGROUND

The following community profile identifies the many assets Town of Assiniboia has to offer and the opportunities that exist to make a real difference for children and youth in the community, schools and families. It is intended to help lay the foundation for community leaders to develop, implement and evaluate an Action Plan to help achieve the Saskatchewan *in motion*: Active Saskatchewan 2020 goal to get more kids, more active, more often in the town of Assiniboia.

Purpose:

Gathering data, talking to residents, and compiling a community profile will help identify strengths and assets as well as opportunities to guide the identification of priorities and actions for a long term action plan that meets the needs of the community in our efforts to increase the health and physical activity levels of Town of Assiniboia, children and youth.

Process:

Gathered existing data - Demographic and other data about the Town of Assiniboia was gathered from existing sources such as census reports, the Canadian Health Survey and previously compiled profiles.

Consultation process – over 150 community members (including youth) provided information through surveys, focus groups, interviews and one on one conversations

Moving Together Symposium – All data was compiled and presented to over 45 community leaders at the Coming Action Symposium. Community leaders were provided the opportunity to review the collected information and helped fill in the gaps. Time was also provided to add to the opportunities that had been identified.

Information analysis:

The information in this profile is compiled following three models for community action planning;

1. Community Action Model



2. 30-30-30 Solution



3. Asset Based Action Planning (Strengths, Assets and Opportunities) For more information on these three models, see **Appendix A**

Town of Assiniboia

The Town of Assiniboia is located in South Central Saskatchewan, approximately 105 km south of the City of Moose Jaw and 72 km north of the International Boundary. In fact, Assiniboia is within two hours of most major centers in the province. It is served by Highways 2 (north/south) and 13 (east/west). The peaceful community of Assiniboia invites you to the heart of the Golden South. Assiniboia is rich with heritage, resources and a strong sense of community. It is the service center of the south.

Distance to other major centres: (one way)

Swift Current – 195 km

Moose Jaw - 105 km

Regina – 176 km

Saskatoon – 332 km

DEMOGRAPHICS

Town of Assiniboia

POPULATION			
Total Population (2011)	2,418	Diversity	
Total private dwellings	1,241	Total visible minority	1.5%
No certification	33%	Aboriginal identity	2.36%
High School Certificate	22%	Family Information	
College	16%	1 person household	38%
Apprenticeship	16%	1 family without children	35%
University degree	9%	1 family with children	18%
University certificate	4%	Lone parent – significant more lone female parent than lone male parent	9%
Field of Study – equals 99%		Other	0%
None	56%	Transportation to Work	
Health, recreation, fitness	8%	Car as driver	80%
Other	10%	Walk or bike	16%
Business, Management and Public Administration	8%	Car as Passenger	4%
Architecture, Engineering Education	9%	Other	0%
	8%		
Employment			
Employed	56%		
Unemployed	2%		
Not in labor force	42%		
Occupation			
Sales & service		28%	
Trades, transport & equipment operators		18%	
Business, finance & administration		12%	
Management		13%	
Social science, education, government services & religion		9%	
Other		10%	
Health		10%	

GOVERNMENT

Municipal	Mayor Bob Himbeault Council Members: Randy Godson Chuck Rust Brian Embury Mike Krauss Jody Juell Patti Batty
Provincial	Constituency of Wood River – Yogi Huyghebaert, MLA
Federal	Cypress Hills - Grasslands David Anderson MP

SCHOOLS

Assiniboia is part of the Prairie South School Division #210 in Saskatchewan

Public School Division

Elementary

Middle School 7th Avenue School (K - 4)

Secondary Assiniboia Elementary School (5 - 8)

Assiniboia Composite High School (9 - 12)

Post-Secondary Southeast Regional College - Assiniboia Campus

HEALTH CARE

Assiniboia is a part of the Five Hills Health Region in Saskatchewan

Facility	
Assiniboia Union Hospital	
Prairie Villa Inc. (Level 1 - 2)	
Ross-Payant Centennial Home (Level 3 – 4)	
Medical Centre	

HEALTH STATUS			
	Total	Male	Female
Well Being			
Perceived health, very good or excellent (%)	56.0	56.4	55.6
Perceived mental health, very good or excellent (%)	67.5	68.9	66.1
Perceived life stress (%)	18.5	16.3	20.7
Health Conditions			
Overweight or obese (%)	54.4	65.0	44.0
Overweight (%)	32.9	42.6	23.2
Obese (%)	21.6	22.4	20.8
Arthritis (%)	22.7	18.9	26.6
Diabetes (%)	5.3	5.3	5.3
Asthma (%)	10.8	7.9	13.7
High Blood Pressure (%)	19.9	19.2	20.7
Mood disorder (%)	6.7	F	12.1
Pain or discomfort, moderate to severe (%)	17.6	15.3	19.9
Pain or discomfort that prevents activities (%)	17.0	12.9	21.0
Low birth weight (% of live births)	6.1	5.5	6.8
Chronic obstructive pulmonary disease (COPD) (%)	9.3	F	9.6
Injuries within the past 12 months causing limitation of normal activities (%)	-	-	-
Injuries in the past 12 months, sought medical attention (%)	-	-	-
Hospitalized stroke event rate (per 100,000 pop'n)	115	135	96
Hospitalized acute myocardial infarction event rate (per 100,000 pop'n)	271	376	173
Injury hospitalization rate (per 100,000 pop'n)	880	1039	689
Cancer incidences (pre 100,000 pop'n)	399.0	440.7	373.7
Personal Resources			
Sense of community belonging (%)	75.8	77.3	74.3
Life satisfaction, satisfied or very satisfied (%)	91.9	94.1	89.7

HEALTH STATUS Continued			
	Total	Male	Female
Well Behaviors			
Current smoker, daily or occasional (%)	28.0	28.0	28.0
Current smoker, daily	23.2	21.6	24.9
Heavy drinking (%)	21.4	30.6	12.5
Leisure-time physical activity, moderate active or active (%)	50.5	47.8	53.0
Fruit and vegetable consumption, 5 times or more per day (%)	33.5	24.2	42.3
Bike helmet use (%)	-	-	-

PHYSICAL ACTIVITY FACILITIES

Assiniboia

OUTDOOR SPACES	INDOOR
Ball diamonds (9)	Agri-plex
Outdoor rinks (1)	Schools (3)
Football Field (1)	Prince of Wales Cultural and Recreation Centre
Basketball court (1)	Assiniboia Civic Centre
Tennis court (1)	Curling Rink
Playgrounds (3)	Olympia Movie Theatre
Outdoor Pool	Assiniboia Regional Golf Club
Spray Park	Assiniboia Regional Campground
Sand Volleyball Court (1)	

DESCRIPTION OF MAJOR FACILITIES	
FACILITY	DESCRIPTION
Agri-plex	<ul style="list-style-type: none"> The Assiniboia Agri-plex is an indoor riding arena for western and rodeo riding located on the Assiniboia Fairgrounds. The facility is 150 x 100, includes a sand floor (100 x 100), a complimenting cement floor (50 x 100), washrooms and concession. Rodeo Arena and Race Track The Assiniboia Rodeo Arena and Race Track are located on the Assiniboia Fairgrounds. The grandstands seat approximately 900. The facility includes sound booth, buckshoots, and ½ mile dirt race tracks.
Assiniboia Aquatic Centre & Splash Park	<ul style="list-style-type: none"> The Aquatics Centre is located adjacent to the Assiniboia Civic Centre, Regional Campground and Centennial Park in the Assiniboia & District Regional Park. 5 Metre, 6 Lane, Outdoor Pool Change Rooms (disabled accessible) with storage Non-turbulent Lane Markers Manual Timing Hy-tek Meet Manager Software Splash Park adjacent to pool.
Assiniboia Regional Golf Course	<ul style="list-style-type: none"> 9 hole course, 36 Par Clubhouse with restaurant, and pro shop
Assiniboia Civic Centre	<ul style="list-style-type: none"> The ice surface is 190 x 78 cemented Outside dimensions of the building are 216 x 115 Seating capacity is 1,000 with standing room of 300 The facility has 6 dressing rooms The arena includes a concession from October to March annually

<p>Prince of Wales Cultural and Recreation Centre</p>	<p>The 62,000 sq. ft. facility includes:</p> <ul style="list-style-type: none"> • Olympia Theatre • Curling arena • Auditorium /Gymnasium • Public Library • Regional College • Fitness centre • Public meeting rooms (3,000 sq. ft.), and kitchen facilities, washrooms, common areas and unsigned areas
<p>Olympia Theatre</p>	<ul style="list-style-type: none"> • Sloped seating for 150 people • Stage, curtains, and a portable sounds/microphone system is available for events. • Movies play Friday, Saturday and Sunday evenings at 7pm. • Olympia Theater is located inside the Prince of Wales Culture & Recreation Centre.

Assiniboia Community, Recreation and Sports Groups

- Assiniboia Lacrosse – Prairie Gold
- Assiniboia Minor Ball Association
- Bull Dogs Baseball (Senior)
- Assiniboia Twiliter Baseball League
- Assiniboia Slo-Pitch League
- Aquarian Swim Club
- Assiniboia Curling Club
- Southern Jr. B Rebels Hockey
- Southern Sr. Rebels Hockey
- Assiniboia Minor Hockey Association
- Assiniboia Recreation Hockey
- Assiniboia Bucks Hockey Club
- Pure-Dance-Club
- Assiniboia Skating Club
- Assiniboia Handgun & Rifle Club
- Assiniboia Archery
- Tot Spot
- Assiniboia & District Wildlife Federation
- Assiniboia – Palliser Library
- Assiniboia Crooked Arrow Archery
- Assiniboia Martial Arts
- Assiniboia Gymnastics
- Assiniboia Volleyball Club
- MEND
- 1st Assiniboia Scouts & Guides
- Assiniboia Ruff Riders Motorcycle Club
- Assiniboia & District Art Council
- Assiniboia Union Hospital – Recreation Dept.
- Assiniboia Auxiliary for Long Term Care Homes – Recreation Services
- Assiniboia Auxiliary for Long Term Care Homes – Ross-Payant Activities
- Assiniboia 55 Club
- Assiniboia Music Festival Association
- Assiniboia & District Historical Society
- Assiniboia Shurniak Art Gallery

Support Organizations and Service Clubs

- Assiniboia -Wa Shrine Club
- Knights of Columbus
- Assiniboia Kinsmen Club
- Assiniboia Kinettes Club
- Assiniboia K-40s Club
- Assiniboia Kinsmen Club
- Assiniboia Legion
- Rotary Club of Assiniboia
- St. Johns Lodge
- Southern Cruisers Car Club



The Town of Assiniboia has a good number of amenities and a variety of programming that exists in their community to support physical activity. There is good support from service clubs as well as strong volunteerism as shown through community coaches, program leaders, **in motion** action team, recreation board and event volunteers. The schools in Assiniboia are engaged and have seen increased participation in High School sports and kids regularly walk/cycle to school. The community of Town of Assiniboia has a relatively small footprint and residents reported the community as being easy to walk and cycle. The community has many destinations throughout, an established business area and supportive infrastructure (crosswalks, marked crossings, and signage). There is municipal staff members allocated to recreation and a Town of Assiniboia webpage and Facebook page exists.

There are a variety of excellent indoor and outdoor facilities located within and close to the schools in the Town of Assiniboia. The community will have a new arena in the coming years and residents report that they feel safe at public facilities. It was reported that there is a good variety of programs for younger age children and several sport, culture and recreation programs to join. There are some options for adult physical activity but it's limited. An identified gap was family type programs, intergenerational programs, as well as youth/teen options.

POLICY	
Strengths & Assets:	<ul style="list-style-type: none"> • Good official community plan • Snow removal policy • Assiniboia has a Parks, Recreation, Culture & Tourism Board along with full time recreation staff for parks, town owned facilities including the arena, outdoor pool, and Prince of Wales center, and manage facility bookings • Designated Safe Community
Opportunities:	<ul style="list-style-type: none"> • Review existing town policies with lens of increasing physical activity • Enhance & formalize joint use agreement with schools • Evaluate rental costs of Prince of Wales Center

ENVIRONMENTS	
Strengths & Assets	<ul style="list-style-type: none"> • Residents view community as walkable (smaller footprint) • School are well located • Beautiful green spaces and places • Quality and quantity of facilities • Access to playgrounds • Central grocery store/established downtown core • Walking and cycling infrastructure (Crosswalks, marked crossings, signage) • Tennis court • Basketball court • Outdoor pool & spray park • Golf Course
Opportunities:	<ul style="list-style-type: none"> • Access to used or new equipment (exchange program; rentals; etc.,) • Bike racks downtown and public facilities • Improve playground (cement pad) at Assiniboia Elementary School • Improve quality of sidewalks including curve stomps, cracks and trimming of bushes/greenery. Sidewalk maintenance • Improved street quality (potholes) • Centralized youth center • Consider amenities – benches, lighting, garbage receptacles • Skate park development – incorporate youth in process
PROGRAMS	
Strengths & Assets:	<ul style="list-style-type: none"> • Over 40 sport and recreational clubs and associations • Variety of structured programs for children, youth and adults • Public and private opportunities provided • Free and low cost opportunities available (skating and swimming) • Variety of community special events • Variety of program providers (public/private) • Support programs offered by service groups, community business partners • Summer Day camps provided • Volunteer support
Opportunities:	<ul style="list-style-type: none"> • Consider ways to provide free and low cost try it opportunities for adults and their families • Multi-generational programming • Programming at the same time slot for parents as kids involved in organized programming • Centralized scheduling of programs and better communication among service providers and to public • Explore seasonal indoor/outdoor activities in the winter months • Explore options for teens and tweens

AWARENESS	
Strengths & Assets:	<ul style="list-style-type: none"> • Community registration night • Regional and provincial partners • Town web site/Facebook • Local media – newspaper • School Communications • Service organizations • Community billboards – electronic sign • Community business partners
Opportunities:	<ul style="list-style-type: none"> • Develop a coordinated communication/promotion plan • Special Events • Signage • Promote active and safe routes • Energize <i>in motion</i> action team
UNDERSTANDING	
Strengths & Assets:	<ul style="list-style-type: none"> • People feel a strong connection to the community • Strong community leadership • Data has been collected to inform decision making • Support of Mayor and Town Council • Dedicated health region support • Strong regional and provincial partners
Opportunities:	<ul style="list-style-type: none"> • Parent Education • Safe Communities and Active and Safe Route to School • Active travel • Maximize the support of regional and provincial partners • Encourage and celebrate success

A STRONG FOUNDATION:

1. Facilitates that Support Physical Activities
2. Beautiful Green Spaces and Places
3. Political Will
4. Assiniboia *in motion*

Strengths:

Engaged Schools – *in motion* schools, increased participation at the High School, kids walking/biking to school, PE classes, School Events – Walk to School Day

Volunteers – community coaches, program leaders, service clubs, churches, *in motion* action team, recreation board, event volunteers

Small Footprint – community is walkable, destinations throughout the community, established business area, supportive infrastructure (crosswalks, marked crossings, and signage)

Variety of Programming – indoor/outdoor programming, variety of age groups, access, organized sport – hockey, baseball, football, inventory of programs, offered by many groups

Facilities – variety indoor/outdoor, inventory of facilities, New Arena, good maintenance and upkeep, public facilities feel safe

Community is active – community members choose active travel options, facilities are used, good participation in sport groups, good active participation at community events (family day), parks and green spaces used, playgrounds (Need stat from profile)

Community Plans supporting Physical Activity Opportunities – Official Community Plans, Safe Communities Action Plan, Infrastructure Master Plan

Theme Areas

Seasonal Activities – activity for all seasons, indoor/outdoor

Promotion, Communication, and Events

Active Spaces – trails, school grounds, pocket parks

Walkable/Cycle able Community – active and safe routes, sidewalk maintenance, amenities, safety

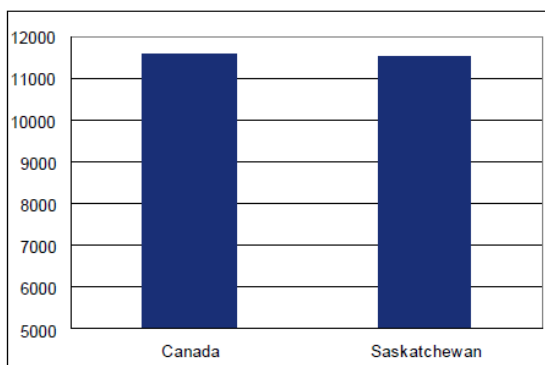
Youth Engagement – activity options, advisory, school options

Families – events, activities, bowling alley, low cost, accessible

PHYSICAL ACTIVITY OF CHILDREN AND YOUTH

The following reports the best available evidence on the physical activity levels of Saskatchewan children and youth. Although provincial in scope, previous Saskatchewan *in motion* research has shown little or no variation on physical activity levels between communities and regions of Saskatchewan. The CFLRI CANPLAY Study is a joint project of all federal provincial/territorial governments.

The Canadian Fitness and Lifestyle Research Institute's CANPLAY study (Canadian physical activity levels among youth study) has measured physical activity levels of children and youth using pedometers to measure daily steps. Although the majority of the analyses focus on combined data collected in years five and six of collection (2009- 2011), some analyses also reflects trends over time.

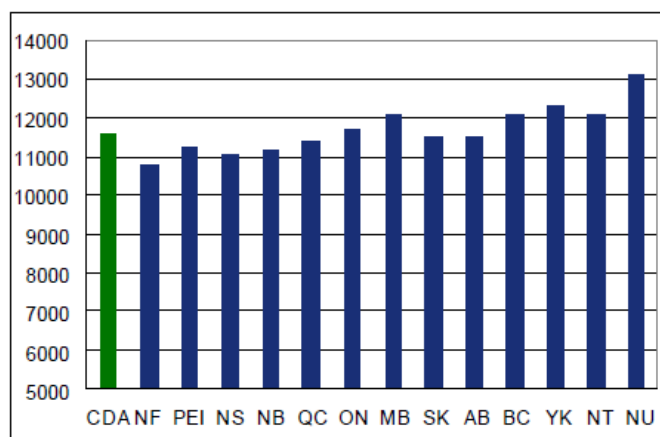


Average daily steps of children and youth, Canada and Saskatchewan, 2009-2011

The CANPLAY study shows that Canadian children, aged 5 to 19, take approximately 11,600 daily steps on average. Children and youth in Saskatchewan take a similar number of steps as the national average, at roughly 11,500 steps.

Province and Territory:

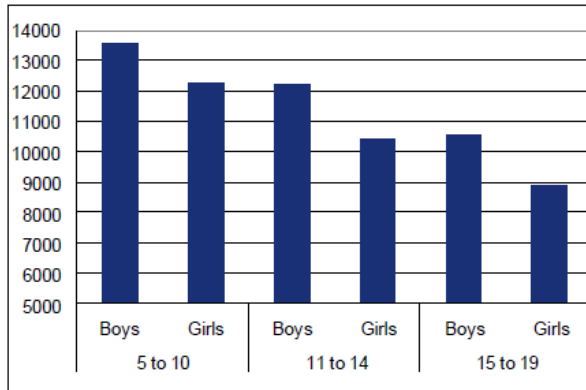
Children and youth in Saskatchewan take roughly the same number of steps as children living elsewhere in Canada, with the exception that they take fewer steps than children and youth living in Nunavut (however, it should be noted that data in Nunavut was collected using a different methodology).



Average daily steps of children and youth by province/territory, 2009-2011

Child characteristics:

Average daily steps of children and youth in Saskatchewan by age and sex of child, 2009-2011



Boys in Saskatchewan take more daily steps on average than girls do (almost 1,600 more steps), which is similar to the relationship found nationally. Daily steps decrease by increasing age group.

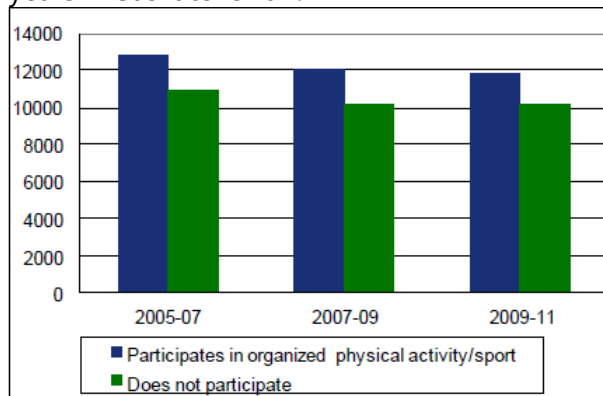
In Saskatchewan, this is particularly evident when comparing younger children to older teens. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Saskatchewan, only boys aged 11 to 14 years take significantly more steps than girls of the same age, however, the age-related decrease in steps generally appears for both boys and girls.

In all years of the CANPLAY study in Saskatchewan, boys took more steps than girls (currently 1,600 more steps). The age-related decrease in steps appears within all study years, and also appears for both boys and girls. The gender differences within specific age groups vary over time. During the first couple of years of the CANPLAY study (years 1 and 2 combined), younger boys (aged 5 to 10) and older boys (aged 15 to 19) took significantly more steps than girls of the same ages, however, in later years of the study, significant gender differences only appeared among 11 to 14 year olds.

Sport Participation:

The relationship between a child’s participation in organized sport and physical activity and a greater number of steps appears within all study years in Saskatchewan.

In Saskatchewan, children who participate in organized physical activities and sport take significantly more daily steps on average compared to children who do not participate in these types of activities (roughly 1,700 more steps). This relationship is similar to that found nationally.



Average daily steps of children and youth in Saskatchewan by child’s participation in

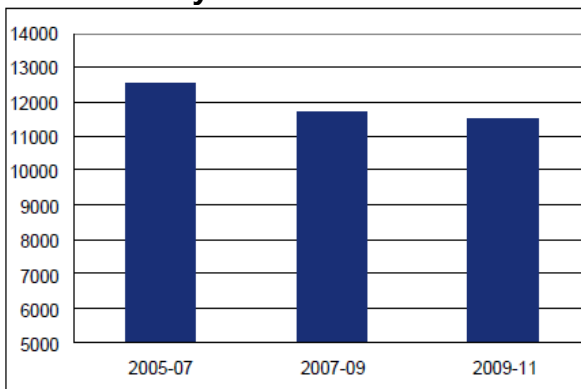
Parent and household characteristics:

In Saskatchewan, there is no significant association between children’s daily steps and household income. This differs from the population as a whole, where nationally: children from the highest income household ($\geq \$100,000$ per year) take more daily steps on average than those from households with incomes between \$40,000 and \$59,999.

In Saskatchewan, there is a relationship between children’s daily steps and parent’s education level. Children whose parents have a university education take more steps than those children whose parents have less than a high school education. The lack of a relationship between a child’s daily steps and parent’s education level existed in Saskatchewan in earlier years of the study, however, children whose parents have a university education take more steps than those children whose parents have less than a high school education in years 5 and 6 combined.

A relationship between a child’s daily steps and a parent’s activity level in Saskatchewan existed during the first couple of years of the study (years 1 and 2 combined) and during year 5 and 6 combined. In addition, children whose parents consider themselves *slightly more* active than their peers take more steps on average than those who parents consider themselves *just as* active as their peers.

Trends in activity level over time:



Compared to the first two years of the CANPLAY study (years 1 and 2), there has been a decrease in overall steps taken by children and youth residing in Saskatchewan (as illustrated in figure 4). This section looks at trends over time in this province.

Average daily steps of children and youth in Saskatchewan, trends, 2005-2011

More than 75 opportunities for action were generated by citizens through the data collection and Moving Together Symposium process. Symposium members prioritized early action and leaders will be invited to join the *in motion* action team to identify actions needed to move forward on priorities.

All-inclusive scheduling/event calendar

- Inventory of all programs offered in Assiniboia
- Identify best method to centralize and share information
- Interface to share and update in real time (Example, TV for public places – high visibility)

Community Registration Night (Information Night)

- Coordination of information among various delivery groups
- Inventory of all delivery groups in Assiniboia and identify key contacts
- Discuss with council and draft a letter to be received by delivery groups (Answer Why)
- Encourage meeting of all groups to discuss benefits, scheduling and goal of Fall 2016

Increased agreements between agencies/groups that “own” existing spaces – multi-use

- Facility inventory including assets, parameters, mandate, limitations, and user-fee expectations
- Explore solutions/best practices and opportunities for multi-use
- Develop a master schedule to identify availability

Learn-to Activities for Adults (with their children) and Intergenerational Activities

- Seek instructors willing to teach activities for adults and children
- Encourage community to learn and try new activities
- Explore hosting “Learn to” events once a month (3 activities/session)

COMMUNITY ACTION PLANNING MODELS

Saskatchewan *in motion* Community Action Model:



Built on a foundation of successful models for behaviour change, the Saskatchewan *in motion* Community Action Model is a simple, clear and focused approach to guide community action planning toward behaviour change.

The Community Action Model will help you to;

- Identify a starting line for long term strategies,
- Build momentum,
- Validate existing work,
- Celebrate early success toward long term goals, and
- Identify solutions to bumps along the way.

The model includes six elements to consider when creating an *in motion* community. The elements are dependent on each other for success, therefore it is not a step by step process, rather a series of building blocks that when put together in your own unique way will help you achieve your objectives.

Understanding: Gaining a clear understanding of the physical inactivity issue in your community.

Awareness: Raising public awareness and support to increase physical activity and for your activities.

Programs: Providing quality, accessible programs that build skills and confidence for lifelong activity participation.

Environments: Ensuring the physical and social environments in your community provide fun, safe, convenient and easy access to a wide range of physical activity opportunities.

Policy: Advocating for healthy public policy that facilitates action and ensures the sustainability of your action plan

Behavior Change: Describes the positive behavior you want to see more of.

30-30-30 A Shared Responsibility:

Saskatchewan *in motion* responds to the inactivity crisis affecting our children & youth with a simple solution.



Parents, Educators and Community Leaders must share responsibility to ensure our kids are active a minimum of 30 minutes each at home, at school and in the community.

Asset Based Action Planning:

Saskatchewan *in motion* follows an approach that seeks to uncover and use the strengths within communities as a means for sustainable behavior change.

The first step in the process is to assess the resources of a community through an inventory or through another process of talking to the residents to determine what types of **strengths, assets and opportunities** are available. The next step is to support communities, to discover what they care enough about to act on. The final step is to determine how citizens can act together to achieve those goals.

PRIORITIES and NEXT STEPS

All-inclusive scheduling/event calendar
<p>DESCRIPTION: Create a community calendar that provides all physical activity opportunities and programming in one highly accessible spot which is regularly updated. Opportunity to view all current and upcoming events at any time including updates on cancellations, changes, etc. Work with service groups to determine programming times that do not limit or compete with other offerings at the same time for a similar age group.</p>
<p>NEXT STEPS</p> <ul style="list-style-type: none"> • Inventory of all programs offered in Assiniboia • Identify best method to centralize and share information • Interface to share and update in real time (Example, TV for public places – high visibility) • Organize an opportunity for all service groups to meet

Community Registration Night (Information Night)
<p>DESCRIPTION: One evening held once in the Fall and the Spring where residents register for all upcoming community programs. This evening will also allow residents to ask questions and find out more information on what is available in their community while all service groups are present in one location.</p>
<p>NEXT STEPS</p> <ul style="list-style-type: none"> • Inventory of all program delivery groups in Assiniboia and identify key contacts • Discuss with council and draft a letter to be received by delivery groups (Answer Why it's necessary/great opportunity) • Encourage meeting of all groups to discuss benefits, scheduling and goal of Fall 2016 • Coordination of information among various delivery groups

Increased agreements between agencies/groups that “own” existing spaces – multi-use

DESCRIPTION: Residents seek to build stronger partnerships between agencies and community groups to allow for multi-use of facilities as a way to increase participation.

NEXT STEPS:

- Facility inventory including assets, parameters, mandate, limitations, and user-fee expectations
- Explore solutions/best practices and opportunities for multi-use
- Develop a master schedule to identify availability

Learn-to Activities for Adults (with their children) and Intergenerational Activities

DESCRIPTION: Opportunities for adults and children to have the option to try different activities without committing to a structured program. Allow for participants to try a multitude of different activities in one evening as a way to learn and try something new. The purpose of this type of event is to learn and for participants to try a new activity in a non-threatening, non-committal environment. There is also an opportunity for intergenerational programming which will include individuals of all ages participating together (i.e. Learn to knit, learn to garden, walking program to school, etc.).

NEXT STEPS

- Seek instructors willing to teach activities for adults and children
- Encourage community to learn and try new activities
- Explore hosting “Learn to” events once a month (3 activities/session)
- Work with Senior housing to develop intergenerational programming options