

Century Club

- » An association of older adults who have reached the age of 90 years and beyond.
- » Members are determined to live as fully and actively as possible to the age of 100 and beyond.
- » Century Club encourages physical and mental activity, social interaction and spiritual well-being.

If your community wishes to start a Century Club, please contact SSM office
306.757.1898



February 2023



**CENTURY CLUB OF
SASKATCHEWAN**

Join Us



Please fill in the following application and return to:

SSM
(Saskatchewan Seniors Mechanism)
112-2001 Cornwall Street
Regina, SK S4P 3X9

Name _____

Address _____

Telephone _____

Date of Birth _____

Email (if applicable) _____

Optional (Name of person you wish to accompany you to events)

There is no charge for membership

Who We Are

This club provides a network for seniors who have reached the age of 90 years and who wish to establish new friendships and provide mutual support. Members hope, through example, to demonstrate the value of living for 100 years or more. There is no charge for registration and ongoing membership in the Century Club.

There is provision for local branches to be established within the Century Club. At the present time there are branches in

- » Regina
- » Moose Jaw
- » Saskatoon

Century Club is administered by SSM. Saskatoon Council on Aging gives leadership to the Saskatoon Branch.

Benefits

- » Friendship
- » Contact with other 90+
- » Annual Birthday Greetings
- » Gray Matters Magazine, quarterly
- » Invitations to special events

Live For 90 to 100 Years

Exercise regularly

- Helps manage weight, strengthen bones, build muscle, benefit the immune system and reduce stress.
- Jog, walk, bike, or do exercises on a chair.
- Do 15–30 minutes five times per week.

Get an annual check-up

- The best time to catch health problems is right at the beginning. Be aware of your family history.
- Having a well-managed chronic health problem is not likely to prevent you from living a long time. Eat a healthy well-balanced diet.
- Eating fruits, vegetables, protein (meat, nuts, beans) and carbohydrates (whole grain cereal and bread, oatmeal, pasta) with a little fat (i.e. olive oil) is important.

Connect with others

- Social interaction will help prevent feelings of isolation and loneliness. Individuals who connect with friends and family, on a regular basis, are usually healthier than those who do not.