

### Strollin' & Polin'

Take in and enjoy the many benefits of pole walking. Join this friendly social program for those 50+, as your instructor leads you through a warm-up, walking and strength and stretch component during this hour-long session. Poles are provided and are optional during this program.

#### Saskatoon Field House

Oct 7-30	M/W/F	01:15 PM-02:15 PM	\$47.50	FH4365-01
Nov 1-25	M/W/F	01:15 PM-02:15 PM	\$47.50	FH4365-02
Nov 27-Dec 18	M/W/F	01:15 PM-02:15 PM	\$47.50	FH4365-03

## ARTS, CULTURE & RECREATION

### New! Adult Learn to Skate

16+ yrs. It is never too late to learn to skate. Designed for beginners who want to learn how to balance on skates, start, stop and skate forwards and backwards. Participants advance at their own pace in a relaxed atmosphere. Each participant must provide their own skates and helmet; without these they will not be allowed on the ice.

#### Cosmo Arena

Oct 9-Nov 27	W	04:00 PM-04:45 PM	\$93.75	CA4378-01
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### Asian Fusion

Learn how to prepare Chinese fusion dishes. This class includes preparation of Korean fried noodles, Japanese mirin pork chops with tomato and Vietnamese pineapple shrimp.

#### Cosmo Civic Centre

Sep 15	Su	05:00 PM-08:00 PM	\$74.25	CC4307-01
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### New! Asian Fusion II

Learn to prepare Asian cabbage rolls, okra rolls and basil rice just like the pros do in this fun class.

#### Cosmo Civic Centre

Oct 6	Su	05:00 PM-08:00 PM	\$74.25	CC4307-03
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### New! Asian Fusion III

Gain the confidence to cook signature dishes in no time including wonton soup, Singapore noodles and lemon chicken.

#### Cosmo Civic Centre

Dec 8	Su	05:00 PM-08:00 PM	\$74.25	CC4307-10
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### New! Asian Fusion Wonton Wrapping

Learn the skill of wonton wrapping to help you prepare delicious Japanese dumplings in addition to a quinoa chicken salad.

#### Cosmo Civic Centre

Nov 3	Su	05:00 PM-08:00 PM	\$74.25	CC4307-06
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### Flavours of Mexico

Bring the authentic taste of Mexico home. Learn to craft tortilla soup, enchiladas verdes, pibil pork and habanero salsa without having to book any flights.

#### Cosmo Civic Centre

Sep 22	Su	05:00 PM-08:00 PM	\$74.25	CC4307-02
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### Flavours of Mexico II

The flavours of Mexico travel to Saskatoon with this class that includes pablano cream, tostadas de tinga de pollo and a creamy caramel flan.

#### Cosmo Civic Centre

Oct 27	Su	05:00 PM-08:00 PM	\$74.25	CC4307-05
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### Flavours of Mexico III

Learn to prepare classic dishes from Mexico using easily found ingredients including lime soup, pozole and morita salsa.

#### Cosmo Civic Centre

Nov 24	Su	05:00 PM-08:00 PM	\$74.25	CC4307-08
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### New! Sushi Making II

Take your preparation of sushi to the next level. In this class you will learn how to make sushi rice, sushi cones and chicken/tofu miso soup.

#### Cosmo Civic Centre

Oct 20	Su	05:00 PM-08:00 PM	\$74.25	CC4307-04
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### Thai Cooking

Come and create some delicious Thai food. This class includes instruction on creating vermicelli soup, curry chicken and pad thai noodles.

#### Cosmo Civic Centre

Dec 1	Su	05:00 PM-08:00 PM	\$74.25	CC4307-09
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### Vietnamese Cooking I

Learn to prepare delectable Vietnamese dishes. This class includes preparation of fresh cold rolls, Vietnamese spring rolls and stir-fried rice noodles.

#### Cosmo Civic Centre

Nov 17	Su	05:00 PM-08:00 PM	\$74.25	CC4307-07
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### Digital Photography

Learn the basics of digital photography. Class will include: how a digital camera works; types of digital cameras; image storage; and the basic principles of photography. There will be a chance to receive feedback on your photography skills and problem solving in a group setting. Participants require a digital camera (with manual).

#### Lakewood Civic Centre

Oct 17-24	Th	07:00 PM-09:00 PM	\$55.00	LW4309-01
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## SPECIALIZED WELLNESS PROGRAMS

### Minds in Motion®

A community-based fitness and social activity program incorporating physical activity and mental stimulation for those with early symptoms of Alzheimer's disease and other dementias to enjoy with a friend or family member.

Develop new friendships in a relaxed atmosphere with others living similar experiences. Class limited to 22 participants. For more information call 306-683-6322. To register call 306-975-3354.

#### Saskatoon Field House

Oct 8-Dec 10	Tu	01:30 PM-03:30 PM	\$30.00	FH4510-01
Oct 10-Dec 12	Th	01:30 PM-03:30 PM	\$30.00	FH4510-02

*Minds in Motion® is provided in partnership with the City of Saskatoon, Minds in Motion, the Alzheimer Society of Saskatchewan and Community Initiatives Fund.*

### The First Step Program™

This program offers supervised exercise and education components for individuals looking to make exercise a regular part of their life and is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol and/or chronic kidney disease. For more information or to register call 306-975-3121.

#### Saskatoon Field House

Sep-Dec	Tu, Th, Sa	Mornings
	Tu, Th	Evenings



### Stroke and Parkinson's Exercise Program

These programs are supervised by an exercise therapist through the Saskatchewan Health Authority with the aim to improve functional ability through improving fitness. The program includes stretching, strengthening, balance and mild aerobic activities. For more information or to register, call 306-655-4595.

#### Saskatoon Field House

Sep-Dec	Tu, Th	01:00 PM-02:30 PM
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#### Stroke Exercise

Sep-Dec	M, W, F	02:00 PM-03:15 PM
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*The First Step Program™ and the Stroke and Exercise Program are provided in partnership with the City of Saskatoon, LiveWell and Saskatchewan Health Authority.*