

## Saskatoon Council on Aging - Fall 2021 Classes!

[Be a member to receive more exciting news and events for older adults.](#)

Art, writing, iPhone photography . . . visit [Classes for Older Adults](#)

### OTHER EVENTS

#### **Mayfair Hub Club: Astrophotography – Sept 16, 1pm**

ONLINE VIA ZOOM, Free to attend

Join Tim Yaworski, professional photographer and member of the Royal Astronomical Society of Canada, as he shares some of his images of the night time views of the Land of the Living Skies, Saskatchewan. He will give a glimpse of the beauty of astrophotography and give some tips and tricks on how to get started in this style of photography. [CLICK HERE TO REGISTER](#)

#### **Grand Old Opry Zoomer Style: Sept 24, Western Development Museum**

Doors open 5 pm.

Featuring Rob MacDonald MC, Jay Semko Opry Judge, special guest: "Minnie Pearl" Join us for a country and western showcase highlighting the talents of older adults 55 plus! The Grand Old Opry Zoomer Style will feature a gala evening of cocktails, western style dinner and an exciting lineup of performers. Vote for your favourite! Tickets \$100, partial tax receipts issued. A fundraiser to support programs and services for older adults.

[CLICK HERE For more information and tickets](#)

#### **Healthy Eating for Older Adults with Alyson Little, Registered Dietitian October 6, 1 pm**

ONLINE VIA ZOOM No cost

As we age and our bodies change so do our nutrition needs. Registered Dietitian Alyson Little discusses ways we can navigate these changes: digestion, metabolism, nutrient requirements, bone health and more.

[CLICK HERE TO REGISTER](#)