



## Alberta Seniors' Week is our time to celebrate!

### Respect

The first full week in June is designated as Alberta Seniors' Week, an opportunity for Albertans to show their appreciation for the ongoing contributions older residents make to our province.

Seniors' Week has been recognized since 1986, inspired by the vision of the late Alice Modin. More

than 30 years ago, Modin began a campaign to start a seniors' day in Strathcona County, an initiative that helped pave the way for Seniors' Week.

Every year organizations hold events in communities throughout the province to show their support for seniors by declaring Seniors' Week locally. The week of festivities is kicked off with a provincial launch event hosted by Seniors and

Housing partnering with a community or organization.

The City of Grande Prairie will co-host the 2026 Seniors' Week provincial launch event on June 1.

This special section of Respect has information on celebrations in Lakeland communities along with our pictures from Seniors' Week in previous years. There's something going on in Cold Lake, Bonnyville, St. Paul, and Elk Point at

various times throughout the week. And as always, the St. Paul Regional FCSS is taking its popular show on the road to towns and villages within the County of St. Paul.

If you're inclined to visit a neighbouring community, you'll be welcome at any of the events that didn't require pre-registration. Sunday's pancake breakfast in Elk Point, drop-in events in Cold Lake, and the Bonnyville

seniors' expo are among the activities that are waiting to welcome you.

Please enjoy the ads in this section, too! Along with the Seniors' Week information you'll find many messages of appreciation, and businesses promoting their important services. We're proud to offer our paper as an opportunity for local businesses and agencies to communicate with you.



Seniors Week 2025 in Cold Lake. FILE PHOTO

## What exactly is “subjective age”?

As you get older, your perception of age can change. For example, a 60-year-old might very well feel like they're 40 after a bike ride or a run. Scientists have been interested in the phenomenon known as subjective age for several years. Here's an overview.

### A gap that widens over time

Research conducted by the University of Michigan over nearly a decade found that people under 30 usually feel about the same age as their chronological age. Once they pass this milestone, individuals begin to perceive themselves as being

a few years younger. According to the study, the older they get, the wider this gap becomes. On average, 80-year-olds report feeling about 65 years old.

### A global pattern

This phenomenon isn't unique to the United States. A comparable study conducted in Denmark

revealed similar results. Some experts believe that this trend can be explained by a universal reluctance to identify with an age group that society often stigmatizes. Others argue that a younger subjective age

is an indicator of good physical and mental health.

In any case, it's essential to remember that healthy eating habits, activity levels and social connections all contribute to your

well-being, regardless of your biological age. Do you want to feel youthful? Explore your neighbourhood by bike or on foot, attend the theatre or meet up with friends at a restaurant.



## Thank you Seniors

*Seniors remind us of when connecting simply meant walking next door to say hello. Today, technology can distance us from that true neighbourhood closeness. We are deeply grateful for our seniors' stories, humble examples, and lasting contributions. You help our community learn and grow every day with your kindness and your generous volunteer spirit. We appreciate all of you, who built our community and are still creating a legacy through the "old values" of hard work and responsibility. Thank you for all you have done and continue to do.*

Misty Norton and the team at  
**NORTON DENTURE CARE**  
5112 - 54 Street, Cold Lake, AB  
780-594-3636 • nortondenturecare@gmail.com




## Celebrating Seniors Aging Well

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Unit 2, 1020 - 8 Ave., Cold Lake, AB

# Happy Seniors' Week!




*Thank you to all seniors for your lifetime of contributions to our communities.*

**Scott Cyr, MLA**  
Bonnyville-Cold Lake-St. Paul

CONTACT US:

#2, 4428-50 Ave., Box 5160,  
Bonnyville, AB T9N 2G4

Phone: 780-826-5658 Fax: 780-826-2165  
Email: [bonnyville.coldlake.stpaul@assembly.ab.ca](mailto:bonnyville.coldlake.stpaul@assembly.ab.ca)



## Cold Lake has something going on all week

**Respect**

Seniors Week is five days of fun and useful information in Cold Lake.

District FCSS, Cold Lake Seniors' Society, Age Friendly, and the City of Cold Lake have combined for a full week of programming that includes arts, crafts and sports activities, important information sessions, and plenty of food. Pick and choose your favourites or make a week of it and attend everything you can!



**JUNE 1 to 7** celebrating  
**SENIORS' WEEK**  
**REGISTRY TRI-TOWN**  
4601 - 50 St. #103, Cold Lake, AB  
780-594-5809



Seniors Week 2024 in Cold Lake. FILE PHOTO



Seniors Week 2025 in Cold Lake. FILE PHOTO



Seniors Week 2025 in Cold Lake. FILE PHOTO

All Seniors are invited to attend the following events and activities in celebration of

# Seniors' Week

**JUNE 1-5, 2026 | FREE**

**MONDAY, JUNE 1**

**Seniors' Pancake Breakfast** | Cold Lake and District FCSS | 9:00 am - 10:30 am | *Registration required*

**TUESDAY, JUNE 2**

**Age Friendly BBQ** | 5510 - 56 St., Cold Lake 780-594-5666 | 11:00 am - 1:00 pm

**WEDNESDAY, JUNE 3**

**Wise Owls Presentation on Fraud Prevention for Seniors** | Cold Lake and District FCSS  
2:00 pm - 3:00 pm | *Registration not required*

**THURSDAY, JUNE 4**

**Seniors' First Aid** | Cold Lake and District FCSS | 9:00 am - 10:30 am | *Registration required*  
**Luncheon** | Cold Lake Seniors' Society 780-639-0065 | 11:00 am - 1:00 pm | *Registration required*  
**Floor Curling** | 1:00 pm - 3:00 pm | Cold Lake Seniors' Society 780-639-0065

**FRIDAY, JUNE 5**

**Pickleball** | Cold Lake Energy Centre (Field House)  
9:00 am - 11:00 am  
**Indoor Flower Arranging** | Cold Lake Energy Centre (Fitness Rm. 3) | 10:00 am - 11:00 am | *Registration required*  
**Outdoor Croquet & Bocce** | Cold Lake Energy Centre (Grass Bocce Courts) | 10:30 am - 2:00 pm  
**Bingo** | Cold Lake Energy Centre (Board Rm.)  
11:00 am - 12:00 pm  
**BBQ Lunch** | Cold Lake Energy Centre (Field House) | 12:00 pm - 1:00 pm  
**Outdoor Flower Arranging**  
Cold Lake Energy Centre (Fitness Rm. 3)  
1:30 pm - 2:30 pm | *Registration required*  
**Afternoon Tea** | Cold Lake Energy Centre (Fitness Rm. 2) | 2:30 pm - 3:00 pm  
*Registration required*



To register, please contact: **Cold Lake and District FCSS 780-594-4495 | Cold Lake Energy Centre 780-639-6400**

## Come to Bonnyville for the Seniors' Expo

### Respect

Enjoy a full day of learning and fun at the Bonnyville Seniors' Expo at the Seniors' Drop-In Centre on Thursday June 4.

The expo will use all three of the activity rooms at the drop-in centre. One of the two large halls will have information tables and displays from a wide variety of agencies and service providers. An impressive lineup of speakers and presentations will be offered

in the other large hall.

And the smaller room in between will be the site for hands-on activities.

Lunch is free, but an RSVP is required.

*Please see the ad on this page for complete information.*



Bonnyville 2024. FILE PHOTO



# Bonnyville Seniors Expo

## Celebrating Seniors Week (age 55+)!

### What to expect

- Community resource fair
- Activity room hosted by the Bonnyville Wellness Coalition
- FREE lunch and entertainment

### Special guest speakers including:

- Fraud/scam prevention
- Personal decision maker, power of attorney and guardianship
- Alzheimer's Society
- Age Friendly Cold Lake
- Bonnyville 55+ Link Up
- And so much more!
- Kick back and enjoy a music DJ at the conclusion of presenters.



**June 4, 2026**

**9:00 a.m. - 4:00 p.m.**

**4:00 p.m. - 5:30 p.m. Music DJ**

**Senior Citizens Drop In Centre**

**4813 47 Ave, Bonnyville**



Seniors Week 2025 in Bonnyville. FILE PHOTO



Seniors Week 2025 in Bonnyville. FILE PHOTO

**Come-and-go or stay for the day!**

**RSVP for FREE lunch by calling 587-201-4611 by May 28.**



## St Paul FCSS: On the road again!



Seniors Week 2024 in St. Paul. FILE PHOTO

### Respect

St. Paul Regional FCSS takes its Seniors Week program on tour every year with events in five area communities.


The sessions start mid-morning with friendly conversation, entertainment, games, and important information of use to older adults. A lunch is provided, served by students of local schools.

This year's itinerary is



- June 1: St. Paul
- June 2: Elk Point
- June 3: Mallaig
- June 4: Heinsburg
- June 5: Ashmont
- Call (780) 645- 5311 to register!

The County of St. Paul is celebrating

# SENIORS' WEEK



See our 'Events' page for Seniors' Week activities from June 1-7


Seniors Week 2025 in St. Paul. FILE PHOTO

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Seniors Week 2025 in St. Paul. FILE PHOTO

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## The week starts in Elk Point!

### Respect

The region's first event to kick off Alberta Seniors' Week is the pancake breakfast in Elk Point on Sunday May 31. The breakfast is presented by the Town of Elk Point and County of St. Paul No. 19.

Pancakes and all the traditional breakfast trimmings will be served at Elk Point Seniors' Centre from 8:00 to 10:00 a.m.

St. Paul Regional FCSS will offer its annual seniors' gathering and lunch in Elk Point on Tuesday June 2. See story on page B5 for full details.



Seniors Week 2024 in Elk Point. FILE PHOTO



Seniors Week 2025 in Elk Point. FILE PHOTO



Seniors Week 2025 in Elk Point. FILE PHOTO

## Celebrating our Seniors

The City of Cold Lake proudly recognizes the contributions, wisdom, and spirit of our seniors. From community events to heartfelt recognition, we honour the people who helped build the strong, vibrant community we enjoy today.



## Celebrating Seniors Week

June 1 - 7, 2026



## Tim Hortons.

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## Going shopping? Don't forget to ask about a senior discount!

One of the perks of getting older, besides gaining wisdom, is gaining access to discounted prices on many goods and services. Do you need to go shopping? Here's why you should always ask about a senior discount.

### Save on everyday items

Many retailers offer special pricing for older customers. Pharmacies, supermarkets, pet stores, hardware stores and restaurants frequently

provide these discounts. Some businesses designate specific days or select items for senior savings; others apply discounts year-round. For example, you might qualify for a 10 per cent discount at your favourite coffee place. These offers can help you save a significant amount on everyday purchases.

### Preferential rates that are sometimes overlooked

Did you know that

some airlines reduce ticket prices for older travellers? The same applies to many hotel chains, regional parks and gyms. In fact, many other leisure, resort and travel businesses offer similar discounts. You might even get one at the spa.

Want to take advantage of great deals and save even more? Get into the habit of asking your local merchants if they offer senior discounts.

**ATTENTION SENIORS!**

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**FREE ADMISSION! SENIOR'S WEEK JUNE 2-6**

FOR SENIOR CITIZENS AGE 55 & UP

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Tuesday to Saturday

*Please note: we now have improved accessibility for mobility challenged visitors.*

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COLD LAKE AIR FORCE MUSEUM  
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## Seniors Week 2025



Anyone still hungry? There was plenty to eat the Cold Lake Men's Shed barbecue. SUBMITTED

**Seniors' Week June 1st to 7th, 2026**

*"Old age is like everything else. To make a success of it, you've got to start young."*

- Theodore Roosevelt

**Bonnyville** [town.bonnyville.ab.ca](http://town.bonnyville.ab.ca)  
4917-49 Avenue  
780-826-3496

**NORTH OF THE X**

# Happy Alberta Seniors Week

June 1<sup>st</sup> - 7<sup>th</sup>



*Thank you for reading!*  
**Respect**

*The Lakeland's only locally-owned newspaper!*