

## Century Club

- An association of seniors who have reached the age of 90 years, and
- Are determined to live in as full and active a style as possible to the age of 100 and beyond,
- Pursuing physical activity, mental agility, social and spiritual creativity



### Ideals

To tend old friendships as I would  
a garden filled with flowers  
of sweet, perennial growth  
that brighten many hours,  
and yet to count each season drear  
if bright, new buds do not appear.

To walk with laughter till her step  
has grown as one with mine,  
to lift the jewel of joy  
where it may freely shine,  
and yet to stoop where sorrow lies  
and share her tears, or dry her eyes.

To strive with things that call for  
strength,  
for courage that is high,  
to keep a patient faith,  
to fail, and still to try,  
and yet to give in graciously  
when barriers prove too great for me.

– Myra Stilborn  
(Century Club Member)



Century Club is currently administered by  
Saskatchewan Seniors Mechanism.



Century Club  
of  
Saskatchewan

## 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 on-going membership in the organization.

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

- Regina
- Saskatoon



*Saskatoon Council on Aging gives leadership to the Saskatoon Branch.*

## Benefits

- Friendship
- Contact with other centenarians
- Annual Birthday Greetings
- Quarterly newsletter 'Gray Matters'
- Invitations to special events



## Your Story

If you wish, please enclose your story with the registration. For example, you may include family history, childhood memories, occupation(s), special interests, hobbies, etc. We are very interested in documenting the heritage of Saskatchewan through the life experiences of the centenarians of this province. You are an important part of Saskatchewan's history!

## To Join

Please fill in the following application and return to:

Saskatchewan Seniors Mechanism  
112-2001 Cornwall Street  
Regina, SK S4P 3X9  
359-9956

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Email: (if applicable)  
\_\_\_\_\_

Optional: Name of person you wish to accompany you to events  
\_\_\_\_\_