

**Better Life Recreation Association (B.L.R.A.)**  
**New Horizons Asquith**

April 13, 2025

Asquith is one of 79 clubs in Saskatchewan that belong to this provincial group which fills the loneliness gap by providing food and hosting social events that allow the sharing of information and ideas. The provincial executives lobby the Ministers of Health and Seniors, and Opposition Critic for Seniors with long term goals to support older adults and their communities.

- Our group has a **monthly meeting**.
- **Cards** are played twice a week, **and Men play pool** three afternoons a week. We always enjoy coffee and cookies after.
- **“Forever in Motion” exercise** takes place Tuesday and Thursday mornings, keeping us all moving in the colder months. They take the summer off to enjoy being outside.
- **Bingo** is held once a month for cash prizes.
- We hold **fundraising barbecues** several times a year and are looking forward to using the new barbecue purchased this year.

All of our friendly programs are run by volunteers. Anyone 50 years plus can join.

Our membership fee is \$25 a year.

This year we're holding our 50 plus anniversary celebration.

Participation in our community helps seniors stay active, stay in their homes longer, and keeps them engaged and healthy.

**Located at 515 Main Street**, our building can be rented for functions and meetings.

Come check us out.