

Registration Form 2022

Welcome to Seniors' Centre Without Walls (SCWW) Saskatchewan

Date: _____ 202__

First Name _____ Last Name _____

Your Mailing Address _____

Postal Code: _____

OPTIONAL: Rural land location. Leave blank if you prefer not to answer.

_____.

Phone # that you will use for the classes: _____

Your Email Address _____

1. Do you give permission to share your contact information which may be phone number and email address, and at times mailing address; with our partner organizations and our outreach staff and volunteers for things such as mailing out handouts, art supplies, and other class activities? Please circle Yes or No. Comments:
2. Can you help with volunteering please circle: be an occasional host - be a friendly phone call visitor to lonely seniors - help with designing advertising posters - be a presenter on a topic you pick - do wellness phone call checks to members who have not been on a class for awhile, Other:
3. Age Range (please circle) 55 to 65 66 -75 76 and over
4. Date of birth is optional: Month: _____, Day _____, Year optional _____.

5. Where do you live, please circle: rural area, small community under 5,000 people, small town 5000 to 25,000 people, city 26,000 to 99,000, city over 100,000.

6. Do you live in a House, condo, apartment, other: _____.

7. Do you live: alone, with others, prefer not to answer

8. What region of the Saskatchewan do you live please circle?
North, East, South, West, Central.

For our grant outcomes: OPTIONAL: leave blank if you prefer not to answer:

9. OPTIONAL - Would you consider yourself low income: Yes No.

10. OPTIONAL: Please circle: male, female, other, prefer not to disclose

11. OPTIONAL: leave blank if you prefer not to answer: would you like to declare as a person of minority, person living with a disability, Indigenous, newcomer, LGBTQ2, Black or otherwise marginalized facing other barriers, other_____.

12. How will you take the classes, please circle: on a cell phone, on a landline, on an ipad, on a computer or laptop.

13. Is your phone hands free? Yes No

14. We would like to have your Emergency Contact on file in case we should ever need it:

Emergency Contact Name: _____

Phone # _____ Email: _____

Relationship to you: _____

15. Do you have needs that might affect your participation?

- Hearing Vision (need large print) (Braille) Other:

16. Do You want your phone number to be added to the computer invite list so that you get a phone call to every class: Please circle: Yes or No

NOTE: if you are not on this list then you will need to phone in on your own at class time and will not get an invite from us.

17. Do you want to take the telephone art classes with Christy.

Supplies will be mailed out at no cost. Must preregister. **MUST ATTEND ALL CLASSES IF YOU REGISTER.**

Please circle: Yes or No.

18. Do you want to take the Brain Engaging Classes with Catherine?

Supplies will be mailed out at no cost. Must preregister. **MUST ATTEND ALL CLASSES IF YOUR REGISTER.**

Please circle: Yes or No.

The World Health Organization has identified that people's feelings of loneliness and isolation have increased due to Covid 19. The Senior Centre Without Walls program is a great way to feel more connected to the community and to meet new friends. Answering these questions will help us to know if our program is assisting with the feelings of loneliness and isolation, when we do a follow up survey at the end of the program.

19. How often in the past month have you felt lonely and/or isolated?

Please circle: Not at all, somewhat, a lot of the time

Comments:

20. How many minutes of physical movement have you done in the past week? This includes household chores, walking, stretches, and any other form of movement: Please circle Minutes in the past week:

Under 15 minutes, 15 to 30 minutes, 30 minutes, 30 to 60 minutes

Over 60 minutes, other:_____.

21. In the past month have you felt socially connected or part of a community? Please circle: Not al all, somewhat, a lot of the time

Comments:

22. What is the date that you took your first class at with Senior Centre Without Walls? Our first class was September, 2020.

Please circle:

- 1. I have been here since the first class. Yes No
- 2. What month and/or year did you join? Month _____ Year_____
- 3. I am new and joining today date:_____.
- 4. How did you hear about our SCWW program and where?

23. Can we email you the handouts and monthly calendar? Yes No

Do you have a printer to print out handouts if needed? Yes No

Do you require paper print copies of the handouts and monthly calendar?

Yes No

24. Would you like a free monthly copy of the magazine called: Grey Matters from the Saskatchewan Seniors Mechanism. I would send your mailing address to them. Yes No

To take classes with SCWW – you are required to register and sign the waiver. Please declare: I have read the disclaimers, and waivers.

Your Name: _____

Your signature: _____

Date: _____

**mail the form back to
Seniors Centre Without Walls
577 Fairford East, Moose Jaw, SK , S6H 0E7
or email to Amber: amberscww@gmail.com**

Thank you Welcome to our program!

PARTICIPANT RELEASE AND WAIVER OF LIABILITY

****PLEASE READ CAREFULLY AND SIGN****

To: SENIORS' CENTRE WITHOUT WALLS (collectively, the "Providers")

On my behalf (the "Participant") I agree to the following:

ASSUMPTION OF RISKS:

I am aware and understand that my voluntary participation in activities arranged through the Providers for the benefit of the Participant (the "**Activities**") may be dangerous and involve the risk of serious injury, disability, death, or property damage.

I understand and acknowledge that these risks may result from or be compounded by the actions, omissions, or negligence of the Providers' employees, volunteers or others. I ACKNOWLEDGE THAT I AM VOLUNTARILY PARTICIPATING IN THE ACTIVITIES WITH KNOWLEDGE OF THE DANGERS INVOLVED AND AGREE TO ACCEPT AND ASSUME ALL RISKS OF INJURY, ILLNESS, DISABILITY, DEATH, OR PROPERTY DAMAGE ARISING FROM MY ENGAGING IN THE ACTIVITIES, WHETHER CAUSED BY THE NEGLIGENCE OF THE PROVIDERS OR OTHERWISE.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT:

I acknowledge that the Providers are obtaining the within release, waiver and indemnity on their own behalf. In consideration of the Providers permitting me to participate in the Activities, I agree:

- (a) **TO WAIVE ANY AND ALL CLAIMS** that the Participant has or may in the future have against Providers and their respective directors, officers, employees, agents, volunteers and independent contractors (collectively, the "**Releasees**") arising directly or indirectly from participation or involvement in the Activities or any activity associated with or incidental thereto.
- (b) **TO INDEMNIFY AND HOLD HARMLESS** the Releasees of and from any and all claims, liabilities, losses, damages, actions or causes of action whatsoever asserted against the Releasees or any of them by the Participant or any other person arising out of or in any way related to the Activities.
- (c) **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, injury or expense whatsoever that the Participant may suffer as a result of their participation in the Activities, including any wrongful act or omission or NEGLIGENCE, BREACH OF CONTRACT OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE BY THE RELEASEES, INCLUDING, WITHOUT LIMITATION,

NEGLIGENCE CAUSED FROM THE ACTIVITIES DESCRIBED UNDER THE HEADING ASSUMPTION OF RISKS REFERENCED ABOVE.

- (d) **THAT THIS RELEASE** shall be effective and binding on the parties hereto, their directors, officers, employees, agents, volunteers and independent contractors and, upon the heirs, next of kin, executors, administrators and assigns thereof.
- (e) **THAT THE TERMS** of this Release shall apply, and have priority over any previous agreement or written agreement, representation, term or condition to the contrary.

[SIGNATURE PAGE TO FOLLOW]

ACKNOWLEDGEMENT

THE PARTICIPANT CONFIRMS AND DECLARES THAT THEY HAVE READ AND UNDERSTAND THE TERMS OF THIS WAIVER, THAT THEY HAVE SIGNED THIS WAIVER VOLUNTARILY AND WITHOUT ANY UNDUE INFLUENCE OR COERCION, THAT THEY WILL COMPLY WITH THE TERMS OF THIS WAIVER AND THAT THEY ACKNOWLEDGE AND AGREE THAT BY SIGNING THIS FORM IT IS GIVING UP CERTAIN LEGAL RIGHTS MAY HAVE, INCLUDING THE RIGHT TO SUE.

DATED the ____ day of _____, 20_____.

Name of Participant (please print)

Signature of Participant

Address

Disclaimer: Seniors Centre Without Walls Saskatchewan Inc.

By viewing our website or participating in any activities including but not limited to programs, outside organizational programs, and/or classes, products, services, newsletters, calendars, emails and/or other communications you are agreeing to accept all parts of this Disclaimer. If you do not agree then STOP and do not access our website and/or programs.

For Educational and Informational Purposes Only.

The information provided in our program and outside organizations and from guest speakers, facilitators, or on the website is for informational purposes only and solely for you to participate in at your own risk.

Not Medical, Mental Health, or Religious Advice.

Seniors Centre Without Walls, any affiliated community partners, facilitators, guest speakers are not a doctor/physician, nurse, physician's assistant, advance practice nurse, or any other medical professional ("Medical Provider"), psychiatrist, psychologist, therapist, counselor, or social worker ("Mental Health Provider"), registered dietician or licensed nutritionist, or member of the clergy.

Any consultant, speaker, coach, and yoga practitioner, on our program or that of outside programs are NOT providing health care, financial or legal advice or any other type of advice or directions, medical or nutritional therapy services, or attempting to diagnose, treat, prevent or cure any physical, mental or emotional issue, disease or condition. The information provided is for informational purposes only and for you to use at your own risk. Any information in our programs, classes, outside programs, website, newsletter, but not limited to those: pertaining to your health or wellness, exercise, relationships, business/career choices, finances, or any other aspect of your life is not intended to be a substitute for the professional medical advice, diagnosis or treatment provided by your own Medical Provider or Mental Health Provider.

Do not disregard medical advice or delay seeking medical advice because of information you have listened to on our programs. Do not start or stop taking any medications without speaking to your own Medical Provider or

Mental Health Provider. If you have or suspect that you have a medical or mental health problem, contact your own Medical Provider or Mental Health Provider promptly.

Not Legal or Financial Advice.

The Seniors Centre Without Walls is not an attorney, accountant or financial advisor, nor are we holding ourselves out to be. The information contained in our programs, website, newsletters, classes within and from outside organizations is not intended to be a substitute for legal or financial advice that can be provided by your own attorney, accountant, and/or financial advisor. We cannot be held responsible for any errors or omissions, and we accept no liability whatsoever for any loss or damage you may incur. Always seek financial and/or legal counsel relating to your specific circumstances as needed for any and all questions and concerns you now have, or may have in the future.

You agree that the information on our website, newsletter, classes, within and outside our organization, guest speakers, classes but not limited to those: is not legal or financial advice.

Personal Responsibility.

You acknowledge that you are participating voluntarily in using our website, attending classes within our organization, attending other organization classes, attending classes with or without a host and or quest speaker and that you are solely and personally responsible for your choices, actions and results, now and in the future. You accept full responsibility for the consequences of your use, or non-use, of any information provided on or through our programming, our classes, outside agencies, internal agency, newsletters, classes with or without hosts, our website, but not limited to those and you agree to use your own judgment and due diligence before implementing any idea, suggestion or recommendation from our programs, and classes and outside agency classes and programs, to your life, family or business.

Assumption of Risk.

As with all situations, there are sometimes unknown individual risks and circumstances that can arise during use of our programs and classes including any classes from guest speakers, facilitators, and outside agencies and community partners, but not limited to those. The Seniors Centre Without Walls is not responsible or liable for any risk and you

understand that any mention of any suggestion or recommendation or participation in our programs, outside programs, classes, through speakers, host, facilitators both internal and outside partners and organizations is to be taken at your own risk, with no liability on our part, recognizing that there is a rare chance that illness, injury or even death could result, and you agree to assume all risks.

Limitation of Liability.

By using our programs, and participation, you agree to absolve the Seniors Centre Without Walls and all and any community partners, facilitators, guest speakers, host, but not limited to those, of any liability or loss that you or any other person may incur from use of the information, products or materials that you listen to or receive. You agree that the Seniors Centre Without Walls will not be liable to you, or to any other individual, company or entity, for any type of damages, including direct, indirect, special, incidental, equitable or consequential loss or damages, for use of or reliance on our programs. You agree that the Seniors Centre Without Walls does not assume liability for accidents, delays, injuries, harm, loss, damage, death, lost profits, personal or business interruptions, misapplication of information, physical or mental disease or condition or issue, or any other type of loss or damage due to any act or default by us or anyone acting as our agent, consultant, affiliate, joint venture partner, employee, shareholder, director, staff, team member, or anyone otherwise affiliated with my business or me, who is engaged in delivering content on or through our classes and programs.

Indemnification and Release of Claims.

You hereby fully and completely hold harmless, indemnify and release the Seniors Centre Without Walls and any of our agents, consultants, affiliates, joint venture partners, employees, shareholders, directors, staff, team members, or anyone otherwise affiliated with my business or me from any and all causes of action, allegations, suits, claims, damages, or demands whatsoever, in law or equity, that may arise in the past, present or future that is in any way related to our program.

Errors and Omissions.

You agree that the Seniors Centre Without Walls is not responsible for the views, opinions, or accuracy of facts referenced on or through our programs and/or website, or of those of any other individual or company affiliated with our business in any way.

No Endorsement.

References or links to classes, individuals, speakers, content to the information, opinions, advice, programs, products or services of any other individual, business or entity does not constitute our formal endorsement. We are merely sharing information for your own risk of use only. We are not responsible for the website content, e-mails, classes, programs, content, videos, social media, programs, products and/or services of any other person, business or entity that may be linked or referenced in our programs. Conversely, should our name appear in any other individual's, businesses or entity's website, program, product or services, it does not constitute my formal endorsement of them, their business or their website either.

By using and participating in our programs, classes, website, you are agreeing to all parts of the above Disclaimer. If you have any questions about this Disclaimer, please contact us at

Seniors Centre Without Walls

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