



## Where to Find Us

Just five minutes south of Assiniboine Park, nestled between Sterling Lyon Parkway and McGillivray Boulevard, the main entrance to FortWhyte Alive is at 1961 McCreary Road, with pedestrian and cycling trail access at both Sterling Lyon Parkway and McGillivray Boulevard.



**FortWhyte Alive**  
HUMAN. NATURE.

Programs for

## Older Adults

Food and Fun at FortWhyte

## Cancellation Policy

FortWhyte does not cancel programs. Groups cancelling at least 14 days ahead of their event will not be charged. All groups failing to show, or cancelling within 14 days of the program will be charged 50% of the tour fee.

## Important Notes

1. Please inform the receptionist of your method of payment at the time you check in at our reception desk. Payment at time of arrival can be made by debit card, Visa, Mastercard, or cheque payable to FortWhyte Alive.
2. FortWhyte discount coupons and memberships do not apply to guided program fees.

## How to Book a Program

1. Choose a program.
2. Have the following information ready:  
Group's Name, Contact Name, Phone Number, Fax Number, Address, Number of Participants, Name of Program.
3. Maximum Group Size – 20 people  
Minimum Group Size – 10 people

Email [bookings@fortwhyte.org](mailto:bookings@fortwhyte.org) or call 989-8353 to book your group's program.

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[www.fortwhyte.org](http://www.fortwhyte.org)

Program sponsor:



FortWhyte Alive is proud to offer **Food and Fun at FortWhyte** – a series of programs for older adults. Your program can be adapted for both fully active and mobility limited older adults, as well as smaller portioned lunch and snack menus.



Right at your fingertips, five minutes from the heart of Assiniboine Park, there is a place where you can step off the grey concrete and onto a sheltered forest walkway or a scenic lakeside trail.

## Step Back in Time

(January - April)

Could you take a step back in time and live the life of a pioneer settler? Learn about our forefathers as they broke the virgin prairie sod with their hands and created a new life on the unforgiving land. Enjoy stories of prairie pioneer firsts!

## Birds of a Feather (May - June)

Turn your ears to the treetops to catch the song of an elusive oriole or enjoy the many finches and sparrows that call the Bird Feeding Stations home. With spring, comes the annual miracle of migration. Learn about the many birds that nest or simply pass through our 650 acres of forests, wetlands and lakes.

## Blossoms and Blooms

(July - August)

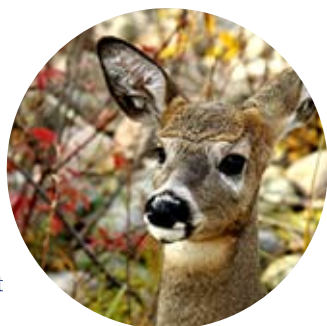
Go “wild” over our wildflowers! From the small, sweet scent of the bedstraw to the large nodding head of the sunflower, we have it all. Learn to recognize the most beautiful wildflowers of the forest and prairies.

## World of the White-tail

(September -

November)

Bucks, does and fawns – our forests are full of these year-round residents. Test your deer knowledge with an interactive presentation on the life cycle and habitat of the White-tailed Deer.



## Fees Per Person:

Program Only .....	\$5.00
Snack and Program .....	\$8.00
Lunch and Program .....	\$13.00
Lunch Only .....	\$8.00
Bison Buggy Rental - half hour.....	\$7.00
- full hour.....	\$10.00

Supervising leaders and volunteers receive a free admission for guided tour. **Minimum group charge number is 10 participants, or \$60 in program fees.**

## Food & Fun Menu:

### Lunch

- Homemade Soup or Salad of the Day
- Half Sandwich (assorted meats & fillings)
- Coffee, Tea, or Small Juice
- Homemade sweet from our fresh daily selections

### Snack

- A Sweet Treat from our fresh daily selections
- Coffee, Tea, or Small Juice

## Amenities for Older Adults

- Our climate-controlled buildings feature bus / vehicle drop-off areas.
- Your Bison Buggy awaits to whisk you to the buffalo viewing mound or around the wooded Carolyn Sifton Trail. Our 6-seater buggies are available for half and full hour rentals.
- Trailside benches are plentiful as you stroll through forest and field. From the top of the buffalo viewing mound to the quiet bird feeding station, we have a beautiful vista from which to enjoy your rest.
- The Nature Shop offers great gifts for nature lovers, with a complete line of bird-feeding supplies, Canadian-made crafts, garden accessories, casual wear and books.
- The Buffalo Stone Café features delicious, light meals, freshly ground coffee and daily baked goods in a relaxing lakeside setting. Food & Fun menu of smaller portions is available.

