



**Carebridge**  
COMMUNITY SUPPORT

**April - June 2022**

## **Spring Has Sprung at Carebridge Community Support**

We are excited to have resumed all of our seniors' wellness programs in person and at full capacity. However, we still operate our in-person programming with the safety and the wellbeing of seniors in mind.

Also, we will not be resuming congregate dining and social outings until later in the year. We have begun more online programming, including a Flex and Flexibility class and Dance Fit. We continue to offer Gentle Yoga on Monday afternoons and Therapeutic Exercise classes on Thursday mornings via the Zoom platform, which many of you are likely now familiar with. They have been a popular and vital option for many local seniors, as we continue to navigate the pandemic.

We will reintroduce our outdoor programming this spring as the weather improves, including our popular walking groups, the return of the Beginners' Biking Group and the Take a Hike program, which will lead local seniors on a walkabout at some of our favourite local hiking locations.

Please visit the Carebridge website and Facebook page for updates and please provide your email, so we can contact you directly about updates to our programming. We have contact information for our current participants, but if we don't have your contact information, if you are interested in our wellness programs or would like to share your thoughts about which activities you would like to see, please contact Jay Young: [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca) or 613-256-1031 ext. 215.

## **Upcoming Seniors' Community Events and Programs**

### **Join Us for a New Coffee Break Series**

We are pleased to announce a new monthly program for seniors. Join us for coffee and conversation! The Carebridge Coffee Breaks will take place on the first Wednesday each month at 10:30 am at the Stan Mills Centre at 375 Country Street in Almonte. Participants can also join virtually by Zoom. Pre-registration for each session is required. Please call Jay Young at 613-256-1031 ext. 215 or email [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca) to reserve a space or get virtual access information.

This series is presented in collaboration with Age Friendly North Lanark.

### **Concert for Ukraine— May 1**

**Time: 4:00PM - 6:00pm**



Mississippi Mills for Ukraine present The Ewashko Singers & more to be confirmed. Cost: \$30 Tickets at [TicketsPlease.ca](https://ticketsplease.ca).

**Carebridge Community Support**

**67 Industrial Drive**

**PO Box 610**

**613-256-1031**

**[www.carebridge.ca](http://www.carebridge.ca)**

**[facebook.com/](https://facebook.com/)**

# Seniors' Active Living Centres

Carebridge opened the Stan Mills Centre and the Station Active Living Centre in the fall of 2021 and after some pandemic challenges in early 2022, we are now open for all indoor programming. See the Program Description page with details and the monthly schedules of days and times for all of our programming.

## The Stan Mills Centre, Almonte

Carebridge Community Support operates the seniors' residences at 375 and 411 Country St with the Stan Mills Centre located between the two facilities. This facility provides a communal space for residents, while allowing the opportunity for local seniors to gather in social settings, as we transition from pandemic measures.

## The Station, Carleton Place

The Town of Carleton Place, in coordination with Carebridge Community Support, provides an Active Living Centre for seniors at the former Train Station building- 132 Coleman Street. This well-known community hub will provide in-person programming for local seniors as of November 9. The Station ALC is open for programming Tuesday and Thursday - 12pm -4pm and Wednesday - 9am-12pm. For inquiries, call (613) 256-1031 ext. 235

To register for any of these programs, please contact Jay Young Wellness Coordinator- [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca) or 613-256-1031 ext. 215.

## A bicycle built for three: take a ride on our TrioBike

Feel the wind in your hair, take in the sights and sounds of the great outdoors, and enjoy some friendly conversation, but let us do the work! The TrioBike Taxi is an electric-assist trike with a retractable sun shade and comfortable cushions that allows you to feel the thrill of cycling, without doing any pedaling at all. We'd love to take you for a ride, give us a call or email Jay at [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca).

Do you have a senior friend or family member who you would like to personally take for a ride? We would be thrilled to train you on how to operate the TrioBike and loan it out to you for a spin! Contact us for more information.



Special thanks to the Almonte Civitan Club, Almonte Bicycle Works, Orchard View by the Mississippi, and individual donor for their support in helping us acquire these two TrioBikes.

# Seniors' Cultural Events

April 2, 7:30pm: Ladom Ensemble presents "Beyond Borders"

[\(https://almonteinconcert.com/saturday-april-2-at-730-p-m/\)](https://almonteinconcert.com/saturday-april-2-at-730-p-m/)

April 24, 2pm: Mireille Asselin (soprano), Frédéric Lacroix (piano) and Brenna Hardy-Kavanagh (violin/viola)

"On Love, Loss, and Remembrance - a concert in memory of Michael Macpherson"

[\(https://almonteinconcert.com/sunday-january-16-at-200-p-m/\)](https://almonteinconcert.com/sunday-january-16-at-200-p-m/)

Livestream tickets for purchase as well.. Vaccinations and masks will still be required for attendance.



## Neighbourhood Tomato Community Farm Project Workshops

The popular online workshop series that began in spring 2021 has celebrated our 1st anniversary and continues with more excellent workshops.

**April 23**– Allan Goddard, Foster Tree Program, Location TBD @ 1 pm

**May 1**– Great Veggie Grow Off Launch Event– Almonte Public Library @ 10 am

For more information or to register, contact Jay Young at [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca).

# Online Program Descriptions

## Virtual Programs Offered via Zoom

### **Flex and Flexibility**

Join our instructor, Kim Russell, owner of New Start Fitness in Campbellford, for an exercise class to improve your flexibility and increase your strength from the comfort of your own home. Mondays and Thursdays at 11 am

### **Gentle Yoga**

Join Amber Young, Registered Massage Therapist and owner of Surya Daya Yoga & Wellness, for an accessible mindfulness-based yoga class. We'll start each session by connecting with our breath, exploring mindfulness-based practices, and then you will be guided through some very gentle postures and basic movement. Each session will end with a guided relaxation. Mondays at 2:30 pm

### **Dance Aerobics**

Join Kim for Aerobic exercise with some Latino disco and just fun moves. Promotes fitness without adding stress to joints or muscle tissue. You will love exercising to amazing tunes. Tuesdays at 11 am

### **Therapeutic Exercise**

Join Amber for an online chair supported therapeutic exercise class. Each week will focus on different areas of the body to help you to thrive. This class is accessible for all levels, to explore the foundations of movement, respecting the ways our bodies change through time. Thursdays at 10 am

Contact Jay Young to register [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca)

# In-Person Program Descriptions

## Indoor In-Person Programs

### **Fit as a Fiddle**

Get your body moving with our Fit as a Fiddle exercise program. Great for beginners or a great option for those with limited mobility and range of motion or balance issues. A complete workout sitting in a chair includes cardio, strength training, and stretching.

Stan Mills Centre , Almonte Fridays 10:30 am

### **Mah Jongg**

Join a dynamic group and learn about this interesting game that you have probably already heard about, but were afraid to ask. Our volunteer leader, Barb, will instruct and educate you about this ancient game.

Stan Mills Centre , Almonte Tuesdays at 10 am

### **Strength & Balance**

Strength & Balance involves a combination of cardio, strength, balance, and flexibility exercises. All you need are running shoes and some light weights.

Almonte Civitan Hall Tuesdays/Thursdays at 1 pm

### **Gentle Fit**

A balance of gentle exercises and mindful movement for those new to exercise classes or those returning. A gentle way to good health.

St. James Anglican Church, Carleton Place Mondays at 10 am

### **Chair Exercise**

A gentle alternative to Strength & Balance, chair exercise is a great option for those with limited mobility and range of motion or balance issues. A complete workout while sitting in a chair, this class includes cardio, strength training, and stretching.

**The Station, Carleton Place Tuesdays at 1 pm**

**See Station Drop-in Schedule at end of calendar**

## Outdoor In-Person Programs

### **Walking Groups**

Join us for some fresh air, low-impact exercise, and socialization at one of our walking groups. Regular walking has many benefits, including reducing blood pressure, cholesterol, and risk of depression, plus the added benefits of participating in a group, like motivation, accountability, and safety.

#### Meeting Locations

Almonte: Almonte Library Parking Lot Wednesdays at 10 am

Carleton Place: Station Active Living Centre Wednesdays at 12 pm

Pakenham: Pakenham Community Centre Tuesdays at 9 am

### **Beginners Bike Rides**

New to biking? Haven't been out in a few years but want to get back into it? Meet us on Thursday mornings at the Almonte branch of the Mississippi Mills Public Library for short, leisurely rides through town. Offered in partnership with RIMM Rovers, this group is ideal for those who are not quite ready for longer rides on country roads. Almonte Library Parking Lot Thursdays at 10 am

### **Take a Hike**

Hit the trail with us on the last Friday of each month as we explore all of the natural beauty that Lanark County has to offer. We'll opt for gentle hikes with little to no elevation, so hikers of all fitness levels are welcome and encouraged to participate! Last Friday of the month.



# Dispatches From An Age-Friendly Community

## Dispatch: Age Friendly Businesses

What is an Age-Friendly Business?

An Age-Friendly Business is a business that can cater to the different and specific needs of individuals of all ages. Therefore, an age-friendly business is accessible to older adults and people with disabilities to allow them to “visit, shop, and participate fully”. An age-friendly business is accessible to everyone and considers everyone’s needs for their unique experiences and differences.

Age-Friendly Business Prompt Questions (from <https://agefriendlybusinessacademy.com>):

Is your business easy to navigate?

Can a person get around independently?

Are staff available to provide assistance if needed?

Is signage easy-to-read?

Age-Friendly Business Criteria and Checklist:

Walkways, entrances, parking

Handicapped parking provided

Designated ramps on site

Handrails on site

Easy to open doors

Wide aisles

Signage

Signs are easy to read

Font is big enough

Signs are simple

Exit signs are clearly visible

Layout

Accessible elevators and escalators

Counters at a lower height

Bathroom that is accessible to all

Rest areas for customers

Adequate lighting provided



The North Lanark community strives to have all its residents included and valued within all aspects of society. The Age-Friendly Directory has been created to allow age-friendly businesses or those that serve a seniors’ population to provide us with their information to disseminate to the community.

There is a survey provided on the Carebridge website that has questions that guide the user to assess whether they have what is required to be designated an age-friendly business or inform the community about their age-friendly services. Here is the link to the survey <https://www.surveymonkey.com/r/2M7Z36H> and the link to the Age Friendly Directory [https://carebridge.ca/web/default/files/Website%20Files/1\\_Seniors'%20Services/North%20Lanark%20Age-Friendly%20Directory%20January%202022.pdf](https://carebridge.ca/web/default/files/Website%20Files/1_Seniors'%20Services/North%20Lanark%20Age-Friendly%20Directory%20January%202022.pdf)

# Volunteers– The Heart of Carebridge

Carebridge volunteers are an integral part of our team and we value each and every one of them. Without our 100+ volunteers, it would be very difficult to offer many of our programs!

We are looking for volunteers for:

**Newsletter and social media editor**– 2 hrs/wk– updates and design of print and social media

**Grocery delivery**– drivers, callers, shoppers– 2 hrs/wk– to register for the program or express interest as a volunteer, contact Jeff Mills at [jmills@carebridge.ca](mailto:jmills@carebridge.ca) or 613-256-1031 x.263

**Volunteer Link Ambassadors** (social prescription program)- training, on call- assist seniors to access social programs as prescribed by their health care providers

If you want to **learn more** or are interested in volunteering or becoming a community leader for a new program, please contact Jay Young: [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca) or 613-256-1031 ext. 215.

## VOLUNTEER DRIVERS NEEDED



# Volunteer's Needed!

Carebridge Community Support needs **Volunteer Drivers** to take seniors and adults with disabilities to appointments. **We pay a per-kilometer rate to cover the cost of gas** and **a lunch rate if** you have to wait with a client over a 4-hour period of time.

You choose your own hours and how much or how little you wish to drive and you decide where you want to drive e.g. just in town, only as far as a neighbouring community, or as far as Ottawa. You are the valued volunteer so you call the shots!

Being a volunteer driver is a great way to meet other people, give back to your community, and help someone who is no longer able to drive.

# April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Z= Virtual program offered via Zoom  See program descriptions for locations				1  Fit As A Fiddle 10:30 am
4 Gentle Fit 10:00 am  Flex and Flexibility 11:00 am (Z)  Gentle Yoga 2:30 pm (Z)	5 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm	6  Almonte Walkers 10:00 am  CP Walkers 12:00 pm	7 Therapeutic Exercise (Z) 10:00am  Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm	8  Fit As A Fiddle 10:30 am
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25 Gentle Fit 10:00 am  Flex and Flexibility 11:00 am (Z)  Gentle Yoga 2:30 pm (Z)	26 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm	27  Almonte Walkers 10:00 am  CP Walkers 12:00 pm	28 Therapeutic Exercise (Z) 10:00am  Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm	29  Fit As A Fiddle 10:30 am  Take A Hike, Time TBD

# May 2022

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2 Gentle Fit 10:00 am  Flex and Flexibility 11:00 am (Z)  Gentle Yoga 2:30 pm (Z)	3 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm	4 Almonte Walkers 10:00 am  CP Walkers 12:00 pm	5 Beginners' Bike Rides 9:00 am  Therapeutic Exercise (Z) 10:00am Strength & Balance 1:00 pm	6  Fit As A Fiddle 10:30 am
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# June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Almonte Walkers 10:00 am  CP Walkers 12:00 pm	2 Beginners' Bike Rides 9:00 am  Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	3  Fit As A Fiddle 10:30 am
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# APRIL, 2022

## The Station's Hours of Operation:

Tuesday: 12:00pm - 4:00pm,  
 Wednesday: 9:00am - 12:00pm,  
 Thursday: 12:00pm - 4:00pm  
 Friday: 10:00am – 2:00pm \* Starts April 8th

ROOM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CAFÉ	Coffee & Chat	Coffee & Chat	Coffee & Chat	Bingo
Small Studio	Tech Tutoring: By appointment 1 pm	Music/Singing 10 am	Knitting/Crochet	Crafts
Large Studio	Chair Exercise Class 1 pm		Bridge/Card Games	

Participants must have an Active Living Centre Membership.  
 To obtain a membership, please call the Carleton Place Arena (613)257-1690,  
 or drop-in to the station during any of the hours posted above.