



Carebridge

COMMUNITY SUPPORT

Fall 2022

Autumn events and activities at Carebridge Community Support

We are excited to welcome back some of our most popular in-person programs after a summer break and to announce new online offerings to expand your wellness needs. Some of these programs took the summer off, including our popular Strength and Balance, Fit as a Fiddle and Gentle Fit classes, to give our fantastic instructors a well-deserved break. We will resume most of these programs in the fall., except Gentle Fit.

Our online programming will also be shifting. Gentle Yoga and Therapeutic Exercise classes will not be returning, but we will continue to offer our Flex and Flexibility class on Monday and Thursdays, Dance Aerobics on Tuesdays and Pilates on Wednesdays, all at 11 am. We will continue with our walking groups, which resumed in the spring and will continue until the snow falls. And we are planning congregate dining and music events, while social outings are also scheduled to resume later in the fall.

Please visit the Carebridge website and Facebook page for updates. 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 at jyoung@carebridge.ca or 613-256-1031 ext. 215 and provide your email, so we can contact you directly about updates to our programming.

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 volunteers, it would be very difficult to offer many of our programs!

VOLUNTEER



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

Grocery delivery program– program lead, drivers, callers, shoppers– 2 hrs/wk

Drivers– transportation services– to take seniors and adults with disabilities to appointments. We pay a per-kilometer rate for the cost of gas and a lunch rate if you have to wait with a client over 4 hours. You choose your own hours, how much you wish to drive and where you want to drive.

If you are interested in volunteering or becoming a community leader for a new program or just want to provide your input, please contact Jay Young: jyoung@carebridge.ca or 613-256-1031 ext. 215.

Carebridge Community Support

67 Industrial Drive
PO Box 610

613-256-1031

www.carebridge.ca

facebook.com/

Program Descriptions

Indoor In-Person Programs

Asian and North American 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

Asian Mah Jongg Tuesdays at 10 am

North American Mah Jongg Thursdays at 10 am

Fit as a Fiddle

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

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

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.

Meeting Locations

Almonte: Library Parking Lot Wednesdays at 10 am

Carleton Place: The Station Wednesdays at 12 pm

Pakenham: Community Centre Tuesdays at 9 am

Virtual Exercise Programs Offered via Zoom

Flex and Flexibility

Join us 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

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. **Starts September 13.**

Tuesdays at 11 am

Pilates

Join us for our new summer program. The health benefits of Pilates include increased muscle strength and tone, particularly the 'core muscles' of your abdominal muscles, lower back, hips and buttocks for balanced muscular strength on both sides of your body. enhanced muscular control of your back and limbs and improved stabilization of your spine.

Wednesdays at 11 am

Let us know what programs, both online and in-person, that you would like to see Carebridge offer. We intend to resume the popular Falls Prevention course. We are seeking instructors for this course and our Gentle Fit program in Carleton Place, so please stay tuned.

Contact Jay Young to register jyoung@carebridge.ca



Seniors' Active Living Centres

After a busy summer, we are excited to return to more consistent programming for local seniors at both our Seniors' Active Living Centres. Please see the Program Description page with details and the monthly schedules of days and times, as well as the Station schedule at the end of the calendar, for all 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. We will continue to begin new programs for the Country St tenants and many other local seniors. Stay tuned!

Returning programs– Fit as a Fiddle Fridays at 10:30 am

New programs– We are planning congregate dining and music events, while social outings are also scheduled to resume later in the fall. Please contact us for more information.

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 provides in-person programming for local seniors. Please see the Station schedule at the end of the calendar. For inquiries, call (613) 256-1031 ext. 235

New programs

Book Club– begins September 12th @ 2-3:30 pm– Being Mortal by Atul Gawande (until Christmas)

We plan to meet every 2nd Monday of the month

Speakers' series- September 26– Community OPP with Crime Stoppers- Senior Scams

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

Get A Grip

The Get A Grip program, led by Carebridge Community Support and Community and Primary Health Care (CPHC), helps Lanark County seniors get a grip on slippery winter walking conditions, for free. This program will give a pair of anti-slip and easy to use ice grippers into the hands – and onto the boots – of any resident of Lanark County over the age of 65.

Anyone under the age of 65 can get a grip while helping a senior in their community, by buying a pair of ice grippers at \$25, which is well under retail cost. A portion of this purchase helps fund the free-to-seniors distribution program in an ingenious “pay it forward” model. Anyone who can afford to participate by paying it forward is encouraged to help with the program.

Community members can also support the program by making donations to the Get A Grip for Christmas campaign, either online via the Carebridge Community Support website, or by cash or cheque at any distribution point.





Fall 2022

The Station Hours of Operation:

Tuesday: 12:00pm - 4:00pm,
 Wednesday: 9:00am - 12:00pm,
 Thursday: 12:00pm - 4:00pm
 Friday: 10:00am – 2:00pm

| 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.

September 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|-----------------------------|
| Z= Virtual program offered via Zoom See program descriptions for locations | | | 1 | 2 |
| 5 Labour Day | 6 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Strength & Balance 1:00 pm | 7 Almonte Walkers 10:00 am Pilates (Z) 11:00 am CP Walkers 12:00 pm | 8 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm | 9 Fit As A Fiddle 10:30 am |
| 12 Flex and Flexibility 11:00 am (Z) | 13 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 10:00 am Strength & Balance 1:00 pm | 14 Almonte Walkers 10:00 am Pilates (Z) 11:00 am CP Walkers 12:00 pm | 15 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm | 16 Fit As A Fiddle 10:30 am |
| 19 Flex and Flexibility 11:00 am (Z) | 20 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 10:00 am Strength & Balance 1:00 pm | 21 Almonte Walkers 10:00 am Pilates (Z) 11:00 am CP Walkers 12:00 pm | 22 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm | 23 Fit As A Fiddle 10:30 am |
| 26 Flex and Flexibility 11:00 am (Z) | 27 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 10:00 am Strength & Balance 1:00 pm | 28 Almonte Walkers 10:00 am Pilates (Z) 11:00 am CP Walkers 12:00 pm | 29 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm | 30 Fit As A Fiddle 10:30 am |


October 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 3 Flex and Flexibility 11:00 am (Z) | 4 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 5 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | 6 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm | 7 Fit As A Fiddle 10:30 am |
| 10 Thanksgiving | 11 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 12 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | 13 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm | 14 Fit As A Fiddle 10:30 am |
| 17 Flex and Flexibility 11:00 am (Z) | 18 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 19 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | 20 Mah Jongg Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm | 21 Fit As A Fiddle 10:30 am |
| 24 Flex and Flexibility 11:00 am (Z) | 25 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 26 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | 27 Mah Jongg Flex and Flexibility 11:00 am (Z) Strength & Balance 1:00 pm | 28 Fit As A Fiddle 10:30 am |
| 31 Flex and Flexibility 11:00 am (Z) | | | | Z= Virtual program offered via Zoom See program descriptions for locations |

November 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|---|--|--|---|
| | 1 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 2 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | 3 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) | 4 Fit As A Fiddle 10:30 am |
| 7 Flex and Flexibility 11:00 am (Z) | 8 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance | 9 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | 10 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) | 11 Remembrance Day Fit As A Fiddle 10:30 am |
| 14 Flex and Flexibility 11:00 am (Z) | 15 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance | 16 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | 17 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) | 18 Fit As A Fiddle 10:30 am |
| 21 Flex and Flexibility 11:00 am (Z) | 22 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 23 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | 24 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) | 25 Fit As A Fiddle 10:30 am |
| 28 Flex and Flexibility 11:00 am (Z) | 29 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 30 Almonte Walkers 10:00 am Pilates 11:00 am CP Walkers 12:00 pm | | Z= Virtual program offered via Zoom See program descriptions for locations |

December 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---------------------------------------|
| Z= Virtual program offered via Zoom See program descriptions for locations | | 1 Almonte Walkers 10:00 am Pilates (Z) 11:00 am CP Walkers 12:00 pm | 2 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) | 3 Fit As A Fiddle 10:30 am |
| 5 Flex and Flexibility 11:00 am (Z) | 6 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 7 Almonte Walkers 10:00 am Pilates (Z) 11:00 am CP Walkers 12:00 pm | 8 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) | 9 Fit As A Fiddle 10:30 am |
| 12 Flex and Flexibility 11:00 am (Z) | 13 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 14 Almonte Walkers 10:00 am Pilates (Z) 11:00 am CP Walkers 12:00 pm | 15 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) | 16 Fit As A Fiddle 10:30 am |
| 19 Flex and Flexibility 11:00 am (Z) | 20 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Strength & Balance 1:00 pm | 21 Almonte Walkers 10:00 am Pilates (Z) 11:00 am CP Walkers 12:00 pm | 22 Mah Jongg 10:00 am Flex and Flexibility 11:00 am (Z) | 23 Fit As A Fiddle 10:30 am |
| 26 | 27 | 28 | 29 | 30 |
| <h2>Happy Holidays</h2>  | | | | |