



January - March 2022

## Welcome to 2022 at Carebridge Community Support

As a new year commences, we are hopeful that we will resume all of our seniors' wellness programs in person and at full capacity. However, with an increase in COVID cases across the province and a return to previous restrictions, we must pause all of our indoor activities for at least 3 weeks, until we have been informed by the province and the local health unit that it is safe to increase capacity limits and resume classes.

We will inform you of any updates as soon as the situation changes, but do not expect cancelled programs to resume until January 24, at the earliest. Also, we will not be resuming congregate dining and social outings until later in the year. We are actively seeking instructors for online programming, including a return to our popular Low-Impact Zumba and Drumming classes and Tai Chi. We will inform all of our participants when these classes will become available. 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 look forward to more consistent programming in the future. Please visit the Carebridge website and Facebook page for updates. As provincial directives change, if you would like to be updated, please provide your email, we can contact you. 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



**Men's Mental Health Zoom Meetings**— January 27- Bell Let's Talk  
**Virtual Seniors' Active Living Fair— Navigating the Healthcare System**— online information sessions with healthcare professionals, planned for March 2022

**Seniors' Centre Without Walls**— conference call program to reduce social isolation, planned for Winter 2022

Carebridge Community Support  
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[facebook.com/](https://facebook.com/)

# Seniors' Cultural Events

## Almonte In Concert- Almonte Old Town Hall

**Sunday, Jan 16th at 2pm** On Love, Loss, and Remembrance - a tribute in song to Michael Macpherson. Soprano Mireille Asselin, pianist Frédéric Lacroix, and violinist & violist Brenna-Hardy Kavanagh.

**Postponed until April 24**

**Saturday, March 5th at 7:30pm** Virtuosity and Romance, with Cheng<sup>2</sup> Duo

(link:<https://almonteinconcert.com/saturday-march-5-at-730-p-m/>)



## Neighbourhood Tomato Community Farm Project Online Workshops

The popular online workshop series that began in spring 2021 continues with several excellent speakers, following up on the wonderful presentations on regenerative agriculture in November and December by Alberto Suarez-Esteban of Nature's Apprentice Farm. Please see poster at the end of the calendar for more information and to register for the workshops.

## Get A Grip

The Get A Grip program, led by Carebridge Community Support, with support from the United Way East Ontario, will help 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 Mills Community Support website, or by cash or cheque at any distribution point. Distribution points include local libraries and home support offices across Lanark County.



# Seniors' Social and Exercise Programs

## Carebridge Active Living Centres

Based on the most recent COVID-19 guidelines, we were able to open the Stan Mills Centre and the Station Active Living Centre in the fall of 2021. However, due to rising cases, we will be postponing all in-person activities. Ongoing program developments will be updated on the Carebridge website and Facebook page, as well as the Carleton Place municipal web page and the Station ALC Facebook page. See the Program Description page for details about all our programming and the monthly schedules for days and times for programs.

### 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.

## 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:

- 1) Newsletter and social media editor– 2 hrs/wk– updates and design of print and social media
- 2) 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
- 3) 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. Jay can provide you with the Carebridge volunteer package and determine your interest.

# 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 10:30 am

**Temporarily Online Coffee Chat 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 at 10 am

## 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 Spots: (for times see schedule)

Almonte: Almonte Library Parking Lot at 10 am

Carleton Place: Station Active Living Centre at 12 pm

Pakenham: Pakenham Community Centre at 9 am

## Virtual Programs Offered via Zoom

### **Armchair Travel**

We may not be able to travel right now, but we can reminisce and daydream about future adventures! Join us on the last Friday of every month to talk all things travel. We'll discuss our favourite trips, destinations on our bucket lists, and share other tales from the road. Last Friday of month at 1 pm

### **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 pm

### **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

### **New Online Programs:**

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

**Flex and Flexibility– Mondays/Thursdays at 11 am**

**Dance Fit– Tuesdays at 11 am**



# Dispatches From An Age-Friendly Community

## Dispatch from Age-Friendly Pakenham “Bridging Generations”- Sherryl Smith, Coordinator

Back in 2015 Mills Community Support (Carebridge) initiated a series of 3 workshops in Pakenham with funding through the Seniors Secretariat. The purpose of these workshops was well described by an area resident, Sherryl Smith. Her invitation to neighbours and friends expressed it well.

“I just had a significant birthday (70) and it made me consider the inevitable fact that I am getting “oldish”. None of us wants to admit to being ‘a senior’ but...We also love living in Pakenham and plan to stay here as we get really old! Will that be possible? What will we need to do to make that possible? Others are probably thinking along these same lines....so we have organized an opportunity to discuss what Pakenham already offers and what we can build on. What are the opportunities to make this a supportive and age-friendly community? What will life be like in Pakenham in 2021?”

Well, here it is 2021 and that initial gathering of ideas and issues, spurred on with support from Carebridge and Mississippi Mills staff, has kept a strong group of committed volunteers going and accomplishing a lot! We call ourselves *Bridging Generations* because our effort is a whole community approach, based on an Age Friendly process. As Margaret Wheatley, the great authority on leadership and change said; “There is no power for change greater than a community discovering what it cares about”

Ontario Ministry of Agriculture and Rural Affairs recognized our efforts and invited us to present at their Teeny Tiny Summit in 2018 because they saw *Bridging Generations* as “Genuinely community led, with a community volunteer organization taking it on and delivering it. High level of engagement from other community members. Clear action items identified with responsibilities assigned and a plan coming together. Has a simple process with strong impact”

And here is the list of Bridging Generations’ accomplishments over the past 5 years :

- Organized 3 Forums/Potluck dinners to discuss age-friendly issues with community (2016-17)...and plan a renewal in 2022
- Organized WaterWays - a one day educational event about waste water solutions (August 2017)
- Advocated for a pharmacy in Pakenham (active in 2017)
- Advocated for the 2 crosswalks on #29 (completed fall 2019)
- Presented our success at the *Teeny Tiny Summit* in Tweed (2018)
- Advocated for and supported a senior’s gathering space in the renovated Pakenham Library

And we continue to:-

- Coordinate *The Feeling Good* speakers’ series with Pakenham Library – hope to start again in January 2022
- Work with Mississippi Mills Council to develop a Loop Trail around Pakenham to enhance outdoor recreation
- Collaborate with Pakenham PS School Council to ensure the school stays open and remains a vibrant part of our community
- Support the Pakenham Business and Tourism Association e.g. Business owners Forum 2018, sign at the Bridge, Country Christmas
- Assess our working group membership as needs evolve e.g. involve younger people, LGL Public Health, the MM Library, School Council, Seniors Club
- Advocate for health and community support services in Pakenham – ongoing through our affiliate membership in the LGL Ontario Health Team

# Dispatches From An Age-Friendly Community

And we're not done yet. We have plans for the future which include:

- Partner with Mississippi Mills Council to develop a Vision for Pakenham's 'Village Vitality', part of the Community Official Plan strategy

"If you design for the young, you exclude the old; design for the old and you include the young"

Check us out on Facebook or email

[BridgingGenerations624@gmail.com](mailto:BridgingGenerations624@gmail.com)



## **It Takes a Village at Any Age- Barb Sheldrick**

Most people have heard the saying, "it takes a village to raise a child". There isn't a lot of agreement about where this comes from, but it likely came from some communal society in Africa or from native peoples. Blogger Courtney Byrne explains the concept in great detail. The village is a place that invites its young to feel ownership and pride in their town. A place that encourages kids to ride their bicycles into the downtown core and get an ice-cream cone without fear. If you are walking home at night and you need help, you would not hesitate to call on a neighbor for assistance or if you wanted a recipe for something, you could ask a neighbor instead of the internet. It is a walkable place where you engage in activities within its core and not miles away. It speaks to the responsibilities, values and life lessons that a village shares. According to Byrne, choosing your "village" is more important than choosing your living space or kitchen back-slash. Wise words.

Now imagine a village that supports us as we age. In 2015, the World Health Organization (WHO) released a global framework for healthy aging. It describes what is termed, an age-friendly community where people want to grow older. It has many of the same characteristics as the aforementioned village. Age-friendly communities foster healthy and active aging. They enable older people to age safely, be free from isolation and loneliness, to continue to develop and contribute to their community in meaningful ways. They offer affordable, safe housing, opportunities to volunteer and hold office and participate in community planning. In other words, it is a community that meets people's needs for daily living throughout the life span, and promotes independent and active living and learning.

The benefits are clear. This will ensure that you have a large group of long-term residents who contribute their time, energy and wealth of experience to the lives of their communities. They will shop at local businesses, support youth programs and local services.

Here in North Lanark, a group of us are working on becoming a WHO designated age-friendly community. Through consultation with seniors and others, we are learning more and more about the wonderful age-friendly attributes we already enjoy and what are the areas that need some help. Stay tuned for more about a village at any age.

# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	4 Pakenham Walking Group 9:00 am  Mah Jongg 10:30 am  Strength & Balance 1:00 pm	5 Almonte Walking Group 10:00 am  CP Walking Group 12:00 pm	6 Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	7  Fit As A Fiddle 10:30 am
10 Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	11 Pakenham Walking Group 9:00 am  Mah Jongg 10:30 am  Strength & Balance 1:00 pm	12 Almonte Walking Group 10:00 am  CP Walking Group 12:00 pm	13 Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	14  Fit As A Fiddle 10:30 am
17 Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	18 Pakenham Walking Group 9:00 am  Mah Jongg 10:30 am  Strength & Balance 1:00 pm	19 Almonte Walking Group 10:00 am  CP Walking Group 12:00 pm	20 Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	21  Fit As A Fiddle 10:30 am
24 Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	25 Pakenham Walking Group 9:00 am  Mah Jongg 10:30 am  Strength & Balance 1:00 pm	26 Almonte Walking Group 10:00 am  CP Walking Group 12:00 pm	27 Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	28  Fit As A Fiddle 10:30 am  Armchair Travel 1:00 pm (Z)
31 Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	<b>New Online Dance Fit 11:00 am (Z) Every Tuesday</b>		<b>New Online Flex and Flexibility 11:00 am (Z) Every Mon/Thurs</b>	Z= Virtual program offered via Zoom  See program descriptions for locations

# February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pakenham Walking Group 9:00 am Mah Jongg 10:30 am Strength & Balance 1:00 pm	2 Almonte Walking Group 10:00 am  CP Walking Group 12:00 pm	3 Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	4 Fit As A Fiddle 10:30 am
7  Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	8 Pakenham Walking Group 9:00 am Mah Jongg 10:30 am Strength & Balance 1:00 pm	9 Almonte Walking Group 10:00 am  CP Walking Group 12:00 pm	10 Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	11 Fit As A Fiddle 10:30 am
14  Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	15 Pakenham Walking Group 9:00 am Mah Jongg 10:30 am Strength & Balance 1:00 pm	16 Almonte Walking Group 10:00 am  CP Walking Group 12:00 pm	17 Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	18 Fit As A Fiddle 10:30 am
21  Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	22 Pakenham Walking Group 9:00 am Mah Jongg 10:30 am Strength & Balance 1:00 pm	23 Almonte Walking Group 10:00 am  CP Walking Group 12:00 pm	24 Therapeutic Exercise (Z) 10:00am  Strength & Balance 1:00 pm	25 Fit As A Fiddle 10:30 am  Armchair Travel 1:00 pm (Z)
28  Gentle Fit 10:00 am  Gentle Yoga 2:00 pm (Z)	<b>New Online</b> <b>Dance Fit</b> <b>11:00 am (Z)</b> <b>Every Tuesday</b>		<b>New Online</b> <b>Flex and Flexibility</b> <b>11:00 am (Z)</b> <b>Every Mon/Thurs</b>	Z= Virtual program offered via Zoom  See program descriptions for locations

# March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Pakenham Walking Group 9:00 am</p> <p>Mah Jongg 10:30 am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>2</p> <p>Almonte Walking Group 10:00 am</p> <p>CP Walking Group 12:00 pm</p>	<p>3</p> <p>Therapeutic Exercise (Z) 10:00am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>4</p> <p>Fit As A Fiddle 10:30 am</p>
<p>7</p> <p>Gentle Fit 10:00 am</p> <p>Gentle Yoga 2:00 pm (Z)</p>	<p>8</p> <p>Pakenham Walking Group 9:00 am</p> <p>Mah Jongg 10:30 am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>9</p> <p>Almonte Walking Group 10:00 am</p> <p>CP Walking Group 12:00 pm</p>	<p>10</p> <p>Therapeutic Exercise (Z) 10:00am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>11</p> <p>Fit As A Fiddle 10:30 am</p>
<p>14</p> <p>Gentle Fit 10:00 am</p> <p>Gentle Yoga 2:00 pm (Z)</p>	<p>15</p> <p>Pakenham Walking Group 9:00 am</p> <p>Mah Jongg 10:30 am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>16</p> <p>Almonte Walking Group 10:00 am</p> <p>CP Walking Group 12:00 pm</p>	<p>17</p> <p>Therapeutic Exercise (Z) 10:00am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>18</p> <p>Fit As A Fiddle 10:30 am</p>
<p>21</p> <p>Gentle Fit 10:00 am</p> <p>Gentle Yoga 2:00 pm (Z)</p>	<p>22</p> <p>Pakenham Walking Group 9:00 am</p> <p>Mah Jongg 10:30 am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>23</p> <p>Almonte Walking Group 10:00 am</p> <p>CP Walking Group 12:00 pm</p>	<p>24</p> <p>Therapeutic Exercise (Z) 10:00am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>25</p> <p>Fit As A Fiddle 10:30 am</p> <p>Armchair Travel 1:00 pm (Z)</p>
<p>28</p> <p>Gentle Fit 10:00 am</p> <p>Gentle Yoga 2:00 pm (Z)</p>	<p>29</p> <p>Pakenham Walking Group 9:00 am</p> <p>Mah Jongg 10:30 am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>30</p> <p>Almonte Walking Group 10:00 am</p> <p>CP Walking Group 12:00 pm</p>	<p>31</p> <p>Therapeutic Exercise (Z) 10:00am</p> <p>Strength &amp; Balance 1:00 pm</p>	<p>Z= Virtual program offered via Zoom</p> <p>See program descriptions for locations</p>



# Gardening Workshops

## “Growing Hope”

Winter 2022

**1) January 25 @ 7 pm- David Hinks, Master Gardener**

**Starting Seeds Indoors**

David will provide descriptions of materials required, timing of planting for different vegetables, care of seedlings and preparing seedlings for transition to the outdoor garden.

**2) February 22 @ 7 pm– Scott Sigurdson, Co-Owner, Indian Creek Orchard Gardens**

**Starting Seeds- A Virtual Tour**

Join Scott in his greenhouse as he shares and demonstrates the organic propagation methods in use on his farm and discusses how they can be adapted to home gardens of any size.

**3) March 22 @ 7 pm– Allan Goddard, Certified Horticultural Therapist  
Horticulture Therapy and Wellbeing**

Allan will be discussing the therapeutic effects that horticulture and time in the garden can have for our wellbeing, particularly mental health benefits.

For more information or to register for these winter workshops, email Jay Young at [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca). You will receive a Zoom link and details once registered.

Visit our Facebook page [here](#) for all the latest information about the NTCF Project.

**Neighbourhood Tomato Community Farm**

***Growing Food, Building Community***



# FEBRUARY 2022

## The Station's Hours of Operation:

Tuesday: 12:00pm - 4:00pm,  
 Wednesday: 9:00am -12:00pm,  
 Thursday: 12:00pm - 4:00pm

ROOM	TUESDAY	WEDNESDAY	THURSDAY
<b>CAFÉ</b>	Coffee & Chat 12:30pm - 3:30pm	Coffee & Chat 9:30am - 11:30am	Coffee & Chat 12:30pm - 3:30pm
<b>Small Studio</b>	Tech Tutoring: By appointment.	Social Knitting 10:00am - 12:00pm	
<b>Large Studio</b>	Bridge/Card Games 1:00pm - 3:30pm		Bridge/Card Games 1:00pm - 3:30pm

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.