



Carebridge

COMMUNITY SUPPORT

Spring 2023

Spring events and activities at Carebridge Community Support

After a long winter, we are excited to see the return of warm weather. We will reintroduce our outdoor programming this spring as the weather improves, including the return of all of our popular walking groups and re-introduce our monthly Take a Hike outings, which will lead local seniors on a walkabout at some of our favourite local hiking locations.

We continue to offer several online exercise classes, including our Flex and Flexibility class on Monday and Thursdays at 11 am, as well as Pilates on Wednesdays at 11 am and Fridays at 10 am.

We will be expanding offerings in Pakenham this spring, with the reintroduction of the walking group on Tuesday mornings at 9 am and the start of a chair exercise class on Wednesday mornings at 11 am at the Stewart Community Centre.

Please visit the Carebridge website and Facebook page for updates. If you are interested in our wellness programs, please contact Jay Young at jyoung@carebridge.ca or 613-256-1031 ext. 215 and provide your email, so we can contact you about updates to our programming.

Social Outings and Musical Events

As we emerge from winter hibernation, music and social events become more frequent.



Movie Monday Matinees— Mississippi Mills and Carleton Place seniors— monthly movies at Landmark Cinemas, stay tuned for shopping at Bayshore Shopping Centre

Station Musical Wednesdays at 10 am— seniors' musical gatherings

Almonte In Concert

Saturday, April 15, 2023, 7:30 p.m. Almonte Old Town Hall

Mathieu-Chua Duo: Véronique Mathieu – violin and Stephanie Chua – piano

Tickets available online at <https://almonteinconcert.ticketsplease.ca/product/nannerl/>

Carebridge Community Support
67 Industrial Drive
PO Box 610

613-256-1031
www.carebridge.ca
[facebook.com/](https://www.facebook.com/carebridge)

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 at 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 for full schedule of activities

Relaxing Yoga for Seniors

This class is aimed at beginners. This is a gentle yoga class provided in a supportive environment and is accessible to all. There will be lots of options for each pose, allowing each person to move at their own pace.

Stan Mills Centre, Almonte Wednesdays at 10:30 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

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, Fridays 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.

Meeting Locations

Carleton Place: The Station Wednesdays at 12 pm

Almonte: Almonte Library Wednesdays at 10 am

Pakenham: Stewart Community Centre Tuesdays at 9 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!

Contact Jay Young to register jyoung@carebridge.ca

Seniors' Active Living Centres

We offer regular in person programming for local seniors at both our Seniors' Active Living in Almonte and Carleton Place. 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 information about 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.

We offer mah jongg, chair exercise, yoga and special events in the Stan Mills Lounge. 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, including Friday activities coordinated by the Carleton Place Civitan. For inquiries, call Linda Berg at (613) 256-1031 ext. 235.

As well, the Station hosts a Book Club every 2nd Monday of the month. Please contact Linda for details.

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

Volunteers – The Heart of Carebridge

VOLUNTEER



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!

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

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

Drivers– transportation services– seniors medical 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 Programs and Services

Grocery Delivery Program

Since the pandemic, Carebridge has been providing a grocery delivery service to seniors and others in our community needing help getting good food delivered to their homes. Thanks to the work of a small group of dedicated volunteers, we provide weekly grocery delivery services to our clients.

Day Trips and Special Events

Join us for group outings in our accessible vehicles to movies and shopping, both locally and in the greater Ottawa area., beginning with Movie Monday Matinees at the Landmark Cinemas in Kanata.

Social and Congregate Dining

Social lunches and dinners for delicious food, fun and company are served by volunteers and accompanied by a range of entertainment. Free transportation . We can provide free transportation via our accessible vehicles to these social dinners. Enjoy a volunteer served meal in the company of old and new friends.

Vial of Life Program

The Vial of Life is designed to speak for you when you can't speak for yourself. The vial is a specially labelled container that stores important medical information. In the event of an emergency, first responders can use this information and be fully advised of pre-existing conditions when administering medical treatment. There is no charge for this program, and vials are available at our office.

Contact us at jyoung@carebridge.ca or 613-256-1031 x.215 for more information about any of these programs or services.

In the Garden and From the Table



As garden plans become reality and seeds and bulbs are planted, we want to highlight efforts in our community to support food security and healthy eating for seniors.

A Meal For All– free breakfasts starting this spring. Stay tuned for details.

Civitan Community Luncheons– 1st Thursday of each month– 11:30– 1:30 Civitan Hall, Almonte

Carebridge Grocery Delivery Program– ongoing delivery service in Mississippi Mills

Great Veggie Grow Off– annual inter-community vegetable growing challenge, kick off event in May

Carebridge Dinners– spring seniors dining events, details to follow

For more information, contact us at jyoung@carebridge.ca or 613-256-1031 x.215

April 2023

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

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Relaxing Yoga for Seniors 10 am Flex and Flexibility 11 am (Z)	2 Pakenham Walkers 9 am Mah Jongg 10 am Strength & Balance 1 pm	3 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	4 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	5 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
8 Relaxing Yoga for Seniors 10 am Flex and Flexibility 11 am (Z)	9 Pakenham Walkers 9 am Mah Jongg 10 am Strength & Balance 1 pm	10 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	11 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	12 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
15 Relaxing Yoga for Seniors 10 am Flex and Flexibility 11 am (Z)	16 Pakenham Walkers 9 am Mah Jongg 10 am Strength & Balance 1 pm	17 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	18 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	19 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
22 Victoria Day	23 Pakenham Walkers 9 am Mah Jongg 10 am Strength & Balance 1 pm	24 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	25 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	26 Pilates (Z) 10 am
29 Relaxing Yoga for Seniors 10 am Flex and Flexibility 11 am (Z)	30 Pakenham Walkers 9 am Mah Jongg 10 am Strength & Balance 1 pm	31 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm		Z= Virtual program offered via Zoom See program descriptions for locations

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Z= Virtual program offered via Zoom See program descriptions for locations			1 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	2 Pilates (Z) 10 am
5 Relaxing Yoga for Seniors 10 am Flex and Flexibility 11 am (Z)	6 Pakenham Walkers 9 am Mah Jongg 10 am Strength & Balance 1 pm	7 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	8 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	9 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
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The Station's Hours of Operation:

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

ROOM	TUESDAY	WEDNES- DAY	THURS- DAY	FRIDAY
Cafe	Coffee & Chat 12 – 4 pm	Coffee & Chat 9 – 12 pm	Knitting/ Crochet 12 – 4 pm	Inquire re: Civitan Friday Schedule
Small Studio		Music/Singing 10 am	Bridge/Card Games 1 – 4 pm	Inquire re: Civitan Friday Schedule
Large Studio	Chair Exercise Class 1 pm		Stretch & Strength Class (Yoga Mat) 1 pm	Inquire re: Civitan Friday Schedule

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.