



Carebridge

COMMUNITY SUPPORT

Spring 2024

67 Industrial Dr.
PO Box 610



Meet the team: (left to right) Violet Bova - Community Coordinator, Stephanie Lee - Senior Services Coordinator, Riley Thompson - Care Coordinator & Team Leader, and Jay Young - Wellness & Community Development Coordinator

Senior Services

- Social Outings
- Congregate Dining
- Frozen Meals
- Foot Care
- Exercise Programs
- Assisted Living
- Medical/Non-medical Transportation



613-256-1031
www.carebridge.ca



Winter Social Outings Recap

Diefenbunker

On January 18th we visited the Diefenbunker. We were met at the doors by staff and started on the Guided Tour. The tour guide led us around to each display with something to learn about each section of the Diefenbunker. We learned interesting details like how John Diefenbaker refused to ever step foot in the Diefenbunker.

After the tour, we gathered in the cafeteria and enjoyed the catered lunch from Tea and Cake. There were many wholesome conversations and laughs enjoyed by all!



Attendees seated to enjoy some brunch with maple syrup.

Wheeler's Pancake House

We enjoyed pancakes at Wheeler's on a chilly day in March. We also explored the chainsaw museum and visited with animals. The trees are tall and beautiful. Even the route the was scenic.



Attendees enter in the Diefenbunker through the entrance tunnel.

SENIORS' ACTIVE LIVING CENTRES

We offer regular in-person programming for local seniors at both our Seniors' Active Living Centres 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, for information about all of our programming.

In partnership with the Town of Carleton Place, we will be continuing to offer social outings. On April 19th we will be gathering our local citizens together for a trip to the Aquatarium in Brockville. On May 16th, we will go to the Tulip Festival in Ottawa. On June 20th, we will head to the Rideau Carleton Casino! We will also be resuming our monthly nature hikes on the 2nd Thursday of the month, starting on May 9th.

Supper Socials - Held on the last Friday of the month at the Almonte Legion, please be sure to reserve your spot! As of April, a new cancellation policy will be put in place. Any attendees who fail to give 48 hours notice will be charged full price for their spot.

Nature Hikes - 2nd Thursday
(resuming May 9th)

April 19th - Brockville Aquatarium
May 16th - Canadia Tulip Festival
June 20th - Rideau Carleton Casino

To register for outings and Supper Socials, please contact

vbova@carebridge.ca or
613-256-1031 ext. 216.

For exercise programs, please contact
jyoung@carebridge.ca or
613-256-1031 ext. 215



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

At the Stan Mills Centre, we offer mah jongg, exercise classes, and special events, such as concerts and congregate dining.

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. As well, the Station hosts a Book Club every 2nd Monday of the month.

Please see the Station schedule at the end of the calendar for details. Friday activities are coordinated by the Carleton Place Civitan Club.



The Stan Mills Centre
375 Country Street
Almonte, ON
K0A 1A0



The Station Active Living
Centre
132 Coleman Street,
Carleton Place, ON
K7C 4M7

FROZEN MEALS AND TRANSPORTATION FEE INCREASE

Carebridge Community Support has been working hard over the years to deliver high-quality services to our Seniors at the lowest possible prices. We know that today, it is becoming increasingly hard to make do with every dollar of your hard-earned money.

We continually strive to give you our best service and endeavour to keep our costs low, however, we are making an increase to the below programs:

Frozen Meals

Frozen meals - \$10.00/each

Frozen soup - \$7.00/each

Transportation

In Town drives - \$10.00/roundtrip

Out of Town drives - \$0.70/kilometer

slee@carebridge.ca

613-256-1031 ext. 239



FROZEN MEALS

CONVENIENT... DELICIOUS...
AFFORDABLE...

We stock a wide variety of Home-Style frozen meals.

\$10.00/meal
\$7.00/soup

Featuring
Chicken, beef, pork, ham,
fish and pasta

☎ 613-256-4700

✉ slee@carebridge.ca

🌐 www.carebridge.com

📍 67 Industrial Dr. Almonte

Our freezer's
shelves are full of
goodness for you
to heat
(microwave or
oven) and eat!

Best of all -

FREE DELIVERY!

Or pick up your
order at our office!

Footcare Program

Regular Visit
\$50

Initial Visit
\$55.00

Home Visit
\$60



MORE INFORMATION:

☎ 613-256-4700

🌐 www.carebridge.com

📍 67 Industrial Dr., Almonte

VOLUNTEER

Carebridge volunteers are an integral part of our team and we value all of them. Without our volunteers, it would be very difficult to offer many of our programs! We need volunteers in all of these areas, so if you have some time, we would love to hear from you.

Volunteer Opportunities

Administration/front office assistants - admin work, foot care scheduling, communication with clients

Transportation services - drivers- 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 Stephanie.

slee@carebridge.ca
613-256-1031 ext. 239

PROGRAM DESCRIPTIONS...

IN-PERSON PROGRAMS

Almonte Indoor Programs

Fit as a Fiddle

Great for beginners or an option for those with limited mobility and range of motion or balance issues. A complete workout sitting in a chair with cardio, strength training, and stretching, as well as a light lunch.

Stan Mills Centre
Friday 10:30am

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
Tuesday/Thursday 1pm
Tuesday 2:30pm

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, Barb, will instruct and educate you about this ancient game.

Stan Mills Centre
Asian Mah Jongg Tuesdays 10 am
North American Mah Jongg
Thursday 10am

Relaxing Yoga for Seniors

This class is aimed at beginners. It is a gentle yoga class 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
Wednesday 11am

ONLINE PROGRAMS

Virtual Exercise Programs Offered via Zoom

Flex and Flexibility

Join us for an exercise class to improve your flexibility and increase your strength through an online platform. Similar to our popular Strength and Balance class, but from the comfort of your own home.

Monday 11am
Thursday 11am

Chair Yoga

Chair yoga incorporates seated and standing poses while focusing on movements designed to improve flexibility, strength, and balance. This practice promotes overall well-being and can be easily modified to suit varying fitness levels.

Tuesday 10am

Pilates

The benefits of Pilates include increased muscle strength and tone. Focusing on core muscles of your abdomen, lower back, hips and buttocks, for balanced muscular strength on both sides of your body, and enhanced muscular control of your back, limbs and improves stabilization of your spine.

United Church, Almonte, Thursday 1pm

Chair Yoga

Chair yoga incorporates seated and standing poses while focusing on movements designed to improve flexibility, strength, and balance. This practice promotes overall well-being and can be easily modified to suit varying fitness levels.

Almonte Civitan Hall, Thursday 2:30pm

Carleton Place Indoor Programs

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, Tuesday 1pm

Chair Yoga

Chair yoga incorporates seated and standing poses while focusing on movements designed to improve flexibility, strength, and balance. This practice promotes overall well-being and can be easily modified to suit varying fitness levels.

The Station, Monday 2pm

Pilates

The benefits of Pilates include increased muscle strength and tone. Focusing on core muscles of your abdomen, lower back, hips and buttocks, for balanced muscular strength on both sides of your body, and enhanced muscular control of your back, limbs and improves stabilization of your spine.

Wednesday 11am
Fridays 10am

To register for all these programs, please contact us at jyoung@carebridge.ca or 613-256-1031 ext.215

April

2024

Monday

Tuesday

Wednesday

Thursday

Friday

1
Easter Monday


2
Asian Mah Jongg
10 am
Chair Yoga (z)
10am
Chair Exercise - 1pm

3
Pilates (z)
11 am
Relaxing Yoga
for Seniors
11am

4
Mah Jongg
10 am
Flex & Flexibility (z)
11am
Pilates - 1pm
Chair Yoga - 2:30pm

5
Pilates (z)
10 am
Fit As a Fiddle
10:30 am

8
Flex & Flexibility (z)
11 am
Chair Yoga
2pm

9 Asian Mah Jongg
10 am
Chair Yoga (z) - 10am
Chair Exercise - 1pm
Strength & Balance
1 pm + 2:30pm

10
Pilates (z)
11 am
Relaxing Yoga
for Seniors
11am

11 Mah Jongg
10 am
Flex & Flexibility (z)
11am
Strength & Balance
1pm
Pilates - 1pm
Chair Yoga - 2:30pm

12
Pilates (z)
10 am
Fit As a Fiddle
10:30 am

15
Flex & Flexibility (z)
11 am
Chair Yoga
2pm

16 Asian Mah Jongg
10 am
Chair Yoga (z) - 10am
Chair Exercise - 1pm
Strength & Balance
1 pm + 2:30pm

17
Pilates (z)
11 am
Relaxing Yoga
for Seniors
11am

18 Mah Jongg
10 am
Flex & Flexibility (z)
11am
Strength & Balance
1pm
Pilates - 1pm
Chair Yoga - 2:30pm

19
Pilates (z)
10 am
Fit As a Fiddle
10:30 am

22
Flex & Flexibility (z)
11 am
Chair Yoga
2pm

23 Asian Mah Jongg
10 am
Chair Yoga (z) - 10am
Chair Exercise - 1pm
Strength & Balance
1 pm + 2:30pm

24
Pilates (z)
11 am
Relaxing Yoga
for Seniors
11am

25 Mah Jongg
10 am
Flex & Flexibility (z)
11am
Strength & Balance
1pm
Pilates - 1pm
Chair Yoga - 2:30pm

26
Pilates (z)
10 am
Fit As a Fiddle
10:30 am

29
Flex & Flexibility (z)
11 am
Chair Yoga
2pm

30 Asian Mah Jongg
10 am
Chair Yoga (z) - 10am
Chair Exercise - 1pm
Strength & Balance
1 pm + 2:30pm

May

2024

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Pilates (z) 11 am Relaxing Yoga for Seniors 11am	2 Mah Jongg 10 am Flex & Flexibility (z) 11am Strength & Balance 1pm Pilates - 1pm Chair Yoga - 2:30pm	3 Pilates (z) 10 am Fit As a Fiddle 10:30 am
6 Flex & Flexibility (z) 11 am Chair Yoga 2pm	7 Asian Mah Jongg 10 am Chair Yoga (z) - 10am Chair Exercise - 1pm Strength & Balance 1 pm + 2:30pm	8 Pilates (z) 11 am Relaxing Yoga for Seniors 11am	9 Mah Jongg 10 am Flex & Flexibility (z) 11am Strength & Balance 1pm Pilates - 1pm Chair Yoga - 2:30pm	10 Pilates (z) 10 am Fit As a Fiddle 10:30 am
13 Flex & Flexibility (z) 11 am Chair Yoga 2pm	14 Asian Mah Jongg 10 am Chair Yoga (z) - 10am Chair Exercise - 1pm Strength & Balance 1 pm + 2:30pm	15 Pilates (z) 11 am Relaxing Yoga for Seniors 11am	16 Mah Jongg 10 am Flex & Flexibility (z) 11am Strength & Balance 1pm Pilates - 1pm Chair Yoga - 2:30pm	17 Pilates (z) 10 am Fit As a Fiddle 10:30 am
20 Victoria Day! 	21 Asian Mah Jongg 10 am Chair Yoga (z) - 10am Chair Exercise - 1pm Strength & Balance 1 pm + 2:30pm	22 Pilates (z) 11 am Relaxing Yoga for Seniors 11am	23 Mah Jongg 10 am Flex & Flexibility (z) 11am Strength & Balance 1pm Pilates - 1pm Chair Yoga - 2:30pm	24 Pilates (z) 10 am Fit As a Fiddle 10:30 am
27 Flex & Flexibility (z) 11 am Chair Yoga 2pm	28 Asian Mah Jongg 10 am Chair Yoga (z) - 10am Chair Exercise - 1pm Strength & Balance 1 pm + 2:30pm	29 Pilates (z) 11 am Relaxing Yoga for Seniors 11am	30 Mah Jongg 10 am Flex & Flexibility (z) 11am Strength & Balance 1pm Pilates - 1pm Chair Yoga - 2:30pm	31 Pilates (z) 10 am Fit As a Fiddle 10:30 am

June

2024

Monday

Tuesday

Wednesday

Thursday

Friday

3

Flex & Flexibility (z)
11 am
Chair Yoga
2pm

4

Asian Mah Jongg
10 am
Chair Yoga (z) - 10am
Chair Exercise - 1pm
Strength & Balance
1 pm + 2:30pm

5

Pilates (z)
11 am
Relaxing Yoga
for Seniors
11am

6

Mah Jongg
10 am
Flex & Flexibility (z)
11am
Strength & Balance
1pm
Pilates - 1pm
Chair Yoga - 2:30pm

7

Pilates (z)
10 am
Fit As a Fiddle
10:30 am

10

Flex & Flexibility (z)
11 am
Chair Yoga
2pm

11

Asian Mah Jongg
10 am
Chair Yoga (z) - 10am
Chair Exercise - 1pm
Strength & Balance
1 pm + 2:30pm

12

Pilates (z)
11 am
Relaxing Yoga
for Seniors
11am

13

Mah Jongg
10 am
Flex & Flexibility (z)
11am
Strength & Balance
1pm
Pilates - 1pm
Chair Yoga - 2:30pm

14

Pilates (z)
10 am
Fit As a Fiddle
10:30 am

17

Flex & Flexibility (z)
11 am
Chair Yoga
2pm

18

Asian Mah Jongg
10 am
Chair Yoga (z) - 10am
Chair Exercise - 1pm
Strength & Balance
1 pm + 2:30pm

19

Pilates (z)
11 am
Relaxing Yoga
for Seniors
11am

20

Mah Jongg
10 am
Flex & Flexibility (z)
11am
Strength & Balance
1pm
Pilates - 1pm
Chair Yoga - 2:30pm

21

Pilates (z)
10 am
Fit As a Fiddle
10:30 am

24

Flex & Flexibility (z)
11 am
Chair Yoga
2pm

25

Asian Mah Jongg
10 am
Chair Yoga (z) - 10am
Chair Exercise - 1pm
Strength & Balance
1 pm + 2:30pm

26

Pilates (z)
11 am
Relaxing Yoga
for Seniors
11am

27

Mah Jongg
10 am
Flex & Flexibility (z)
11am
Strength & Balance
1pm
Pilates - 1pm
Chair Yoga - 2:30pm

28

Pilates (z)
10 am
Fit As a Fiddle
10:30 am



The Station's Hours of Operation:

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Coffee & Chat 12 pm - 4 pm	Coffee & Chat 9 am - 12 pm	Knitting/ Crochet 12 pm - 4 pm	Refer to Friday Schedule
Chair Yoga 2 pm	Knitting/ Crochet 12 pm - 4 pm	Music/ Singing 10 am	Bridge/ Card Games 1 pm - 4 pm	Refer to Friday Schedule
	Chair Exercise Class 1 pm		Chair Exercise Class 1 pm	Refer to 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.