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Happy Seniors Month!

June is Seniors Month in Ontario, a time when we recognize our amazing older adults and the contributions they've made in communities across the province. This year's theme is **Stay safe, active and connected**, and we're focusing on programs and services that enable older adults to remain safe, healthy, and engaged, and live life to the fullest during the COVID-19 pandemic and beyond.

Carebridge is pleased to be offering many programs and services that can help you to remain safe, active and connected this summer. We continue to offer twice-weekly strength and balance classes on Zoom, plus chair exercise and yoga & mindfulness for more gentle options, all accessible from the comfort of home.

Once public health restrictions permit, we'll also be introducing walking groups in Almonte, Carleton Place and Pakenham, plus beginner bike rides, and a monthly hiking group!

Looking for more of a social gathering? Join us every other Monday morning for a virtual coffee chat! Or whip up your favourite bread recipe and bring it down to the Friendship Oven at the Almonte Public Library where we'll have a firemaster on hand to cook it to perfection in the wood fired brick oven.

We want to hear from you! If you have questions about any of the above programs, or have suggestions for programs and events you'd like to see offered, please contact Jay Young: jyoung@carebridge.ca

We look forward to connecting with you and helping you to remain safe and active this summer!

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DISCOVER YOUR CORE GIFT

At some point in your life, you've probably found yourself at a change point, and maybe even felt a little lost and like you could use some direction; maybe you're newly retired or have just moved to a new town. If this is you and you'd like to better understand yourself and your current situation, and even decide on a future direction, we'd like to help.



The *Core Gift Discovery*© process is designed to draw out your unique YOU. Unlike other popular strength-finding assessment tools, the Core Gift process doesn't ask you to choose from pre-determined choices, doesn't compare you to other people, and doesn't place you into pre-determined "This is you" categories as a result of your answers. The result you come up with is designed by you, unique to you, and verified by you.

Your Core Gift is at the centre of who you are, it's the most meaningful thing that you want to bring to the world, in all parts of your life. It can be used to guide decisions about future paths, relationships, and hobbies, and can help you understand why you have such strong reactions, positive or negative, to certain people or situations.

Because your Core Gift is connected to your deepest sense of purpose, when you give your Core Gift you feel an alignment between your personal values and what you choose to do. Purpose research shows that people who know their purpose can be highly motivated.

The process has five steps and takes approximately 1.5 hours to complete, resulting in your individualized *Core Gift Statement*. Carebridge staff have been trained as Certified Master Facilitators, and will ask you a variety of questions designed to produce answers from you that form the raw material for your Core Gift Statement, and will then guide you through steps to help you choose your most important answers and help you discover your Core Gift.

If this is something you'd like to explore further, please contact us at: 613-451-5397. For more information about Core Gifts, please visit www.coregift.org

Staff Corner - Meet Jay Young, Wellness Coordinator



Jay joined Carebridge in August 2020, as the project manager for the Neighbourhood Tomato Community Farm Project and has also assumed the role as the new Wellness Coordinator. In this role, Jay is responsible for promoting the benefits of healthy, active living through positive recreation and leisure activities for older adults in North Lanark.

Prior to joining the team, he was the project manager of Generation SDG (Sustainable Development Goals) for the United Nations Association in Canada, he has been an editor, a writer, an educator and a manager of all types of people in a variety of employment environments, from the House of Commons to Canada's first Forest School.

Jay lives in Clayton, Ontario and is a husband and father of two boys. Jay would love to chat with you and hear your ideas for new and exciting health and wellness programs! He can be reached at jyoung@carebridge.ca.

REASONS TO JOIN A WALKING GROUP

Walking has long been considered an ideal form of physical exercise. It is easy, accessible, requires no special skills or equipment, poses little risk of injury, and can be done virtually anywhere! Additionally, it has been shown to be effective in contributing to overall weight loss, lowering body fat percentage, and decreasing blood pressure. Here are just a few more reasons you should join a walking group today:

1. **Strengthens Social Connections**

Considering many of us feel lonely all or some of the time, especially older adults who live alone, a walking group can help you form new relationships with like-minded individuals, and offer increased motivation and opportunities for socializing.

2. **Boosts Your Mood**

Walking can make you feel better! Research suggests that group exercise releases endorphins, the happy hormone, and that walking in good company and pleasant surroundings helps you sleep better, and can lower your risk of depression and anxiety.

3. **Improves Your Physical Health**

Regular walking has a positive impact on your heart health by lowering your blood pressure and cholesterol, reducing your risk of heart attacks and stroke. It has also been shown to boost bone density and lung function.

4. **It's Safe**

There's safety in numbers, so you can feel comfortable exploring new parts of town without worrying about your personal safety.

The bottom line is: walking is a low-risk, accessible, and healthy option for physical activity, and walking in a group has many added benefits. Join us this summer in Almonte, Carleton Place, or Pakenham for weekly walking groups. See calendar for dates and times or contact Jay for more information: jyoung@carebridge.ca.

Rights Don't Get Old



**WORLD ELDER ABUSE
AWARENESS DAY**

On June 15, stand up for the human rights of older adults.

#WEAAD2021

WEAAD.CA

#RightsDoNotGetOld

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

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.



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 donors for their support in helping us acquire these two TrioBikes.



Carebridge volunteers are an important 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 currently looking for volunteers to lead our weekly walking groups in Almonte & Pakenham, as well as our Beginners Bike Rides!

The walking and cycling groups meet once per week for about one hour. This would be a regular commitment throughout the summer and fall months.

If you are interested in becoming a leader for one of the walking groups or the cycling group, please contact Jay: jyoung@carebridge.ca or 613-451-5397.

June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Z= Virtual program offered via Zoom	1 Strength & Balance 1:00pm (Z)	2	3 Strength & Balance 1:00pm (Z)	4 Chair Exercise 10:00am (Z)
7 Yoga with Amber 2:00pm (Z)	8 Strength & Balance 1:00pm (Z)	9	10 Strength & Balance 1:00pm (Z)	11 Chair Exercise 10:00am (Z)
14 Coffee Break 10:00am (Z) Yoga with Amber 2:00pm (Z)	15 Strength & Balance 10:00am (Z)	16 Almonte Walking Group 10:00am CP Walking Group 12:00pm	17 Beginners Bike Rides 9:00am Strength & Balance 10:00am (Z)	18 Chair Exercise 10:00am (Z)
21 Yoga with Amber 2:00pm (Z)	22 Strength & Balance 10:00am (Z)	23 Almonte Walking Group 10:00am CP Walking Group 12:00pm	24 Beginners Bike Rides 9:00am Strength & Balance 10:00am (Z)	25 Chair Exercise 10:00am (Z) Armchair Travel 1:00pm (Z)
28 Yoga with Amber 2:00pm (Z)	29 Pakenham Walking Group 9:00am Coffee Break 10:00am (Z) Strength & Balance 1:00pm (Z)	30 Almonte Walking Group 10:00am CP Walking Group 12:00pm Bread Baking 2:00pm		

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Z= Virtual program offered via Zoom			1 Canada Day No programs	2 Chair Exercise 10:00am (Z)
5 Yoga with Amber 2:00pm (Z)	6 Pakenham Walking Group 9:00am Strength & Balance 1:00pm (Z)	7 Almonte Walking Group 10:00am CP Walking Group 12:00pm Bread Baking 2:00pm	8 Beginners Bike Rides 9:00am Strength & Balance 1:00pm (Z)	9 Chair Exercise 10:00am (Z) Take a Hike 1:00pm
12 Yoga with Amber 2:00pm (Z)	13 Pakenham Walking Group 9:00am Coffee Break 10:00am (Z) Strength & Balance 1:00pm (Z)	14 Almonte Walking Group 10:00am CP Walking Group 12:00pm	15 Beginners Bike Rides 9:00am Strength & Balance 1:00pm (Z)	16 Chair Exercise 10:00am (Z)
19 Yoga with Amber 2:00pm (Z)	20 Pakenham Walking Group 9:00am Strength & Balance 1:00pm (Z)	21 Almonte Walking Group 10:00am CP Walking Group 12:00pm Bread Baking 2:00pm	22 Beginners Bike Rides 9:00am Strength & Balance 1:00pm (Z)	23 Chair Exercise 10:00am (Z)
26 Yoga with Amber 2:00pm (Z)	27 Pakenham Walking Group 9:00am Coffee Break 10:00am (Z) Strength & Balance 1:00pm (Z)	28 Almonte Walking Group 10:00am CP Walking Group 12:00pm	29 Beginners Bike Rides 9:00am Strength & Balance 1:00pm (Z)	30 Chair Exercise 10:00am (Z) Armchair Travel 1:00pm (Z)

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Civic Holiday No programs	3 Pakenham Walking Group 9:00am Strength & Balance 1:00pm (Z)	4 Almonte Walking Group 10:00am CP Walking Group 12:00pm Bread Baking 2:00pm	5 Beginners Bike Rides 9:00am Strength & Balance 1:00pm (Z)	6 Chair Exercise 10:00am (Z)
9 Yoga with Amber 2:00pm (Z)	10 Pakenham Walking Group 9:00am Coffee Break 10:00am (Z) Strength & Balance 1:00pm (Z)	11 Almonte Walking Group 10:00am CP Walking Group 12:00pm	12 Beginners Bike Rides 9:00am Strength & Balance 1:00pm (Z)	13 Chair Exercise 10:00am (Z) Take a Hike 1:00pm
16 Yoga with Amber 2:00pm (Z)	17 Pakenham Walking Group 9:00am Strength & Balance 1:00pm (Z)	18 Almonte Walking Group 10:00am CP Walking Group 12:00pm Bread Baking 1:00pm	19 Beginners Bike Rides 9:00am Strength & Balance 1:00pm (Z)	20 Chair Exercise 10:00am (Z)
23 Yoga with Amber 2:00pm (Z)	24 Pakenham Walking Group 9:00am Coffee Break 10:00am (Z) Strength & Balance 1:00pm (Z)	25 Almonte Walking Group 10:00am CP Walking Group 12:00pm	26 Beginners Bike Rides 9:00am Strength & Balance 1:00pm (Z)	27 Chair Exercise 10:00am (Z) Armchair Travel 1:00pm (Z)
30 Yoga with Amber 2:00pm (Z)	31 Pakenham Walking Group 9:00am Strength & Balance 1:00pm (Z)			Z= Virtual program offered via Zoom

Program Descriptions

Virtual Programs Offered via Zoom

Coffee Break

Start your week off right with a hot cup of coffee and a chance to chat with your neighbours, all from the comfort of home. Join us every other Monday morning for conversation, laughter, and social connection.

Strength & Balance

Strength & Balance involves a combination of cardio, strength, balance, and flexibility exercises that you can do from the comfort of home! All you need is a laptop or other device with a camera, running shoes, and some light weights. If you don't have weights, you can substitute soup cans, shampoo bottles, or other household items.

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.

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.

Gentle Yoga with Amber

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.

Outdoor In-Person Programs

Walking Group

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:

Almonte: Almonte Library Parking Lot

Carleton Place: The Station Active Living Centre

Pakenham: Pakenham Beach

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.

Bread Baking

BYO dough to the Friendship Oven at the Almonte branch of the Mississippi Mills Public Library where we will have a firemaster on hand every other Wednesday.

Take a Hike

Hit the trail with us on the second* 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!

**with the exception of June when it will be the third Friday*

For more information or to register for any of these programs, please contact Jay Young Wellness Coordinator
jyoung@carebridge.ca
613-451-5397