



**Carebridge**  
COMMUNITY SUPPORT

**Winter 2023**

## **Winter events and activities at Carebridge Community Support**

We were excited to welcome back some of our most popular in-person programs and to announce new online offerings this fall, including our popular Strength and Balance and Fit as a Fiddle classes, which will continue through the winter. Please note that for our in-person seniors' activities, we follow the local school bus cancellation policies for inclement weather.

Our online programming shifted to match seniors' needs. We now offer our Flex and Flexibility class on Monday and Thursdays at 11 am Pilates on Wednesdays at 11 am and Fridays at 10 am. We are planning to begin our congregate dining and music events this winter, while our social outings resumed over the holidays with a Christmas light tour through Wesley Clover Parks and at favourite locations in Almonte.

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](mailto: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– 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](mailto:jyoung@carebridge.ca) or 613-256-1031 ext. 215.

**Carebridge Community Support**

**67 Industrial Drive  
PO Box 610**

**613-256-1031**

**[www.carebridge.ca](http://www.carebridge.ca)**

**[facebook.com/](https://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**



## 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 and Pakenham groups to resume in April**

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](mailto:jyoung@carebridge.ca)**

# Seniors' Active Living Centres

We returned to more consistent programming for local seniors at both our Seniors' Active Living Centres this past fall with regular in person programming 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 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.

Building on the success of our Christmas light tour, we are actively planning future social outings, including congregate dining and music events. Stay tuned for more details. 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.

We plan to resume the Book Club in the new year that began in September. The group meets 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](mailto: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.



# Jeff Mills' Retirement

## A Visionary and a Doer

Jeff Mills says that when you see inequities, it's hard to walk on by. And he never does. This month, Jeff is retiring after a long career in community development and 16 years at Carebridge Community Support. But of course, we all know that this isn't really farewell. Jeff will never stop supporting our community through his caring nature and good work. And we are all thankful for that!

Jeff's community roots are deep. His father and mentor Stan Mills was a founding member of the Almonte Community Development Cooperation (which evolved into Mills Community Support and then Carebridge). Jeff served on the Board, including as Board Chair for two years, and later joined the Carebridge team.

Community volunteer Lorne Heslop has worked hand-in-hand with Jeff on many projects: "Jeff was a student of community development. He discovered and networked with the best leaders in the field. He encouraged as many people as possible around him to learn with him. I was lucky enough to be a student with him and under him."

"Jeff Mills has touched so many in our community," adds Mississippi Mills Mayor Christa Lowry. "People like Jeff are rare; both a visionary and doer, he dreams of what can be then finds practical ways to make it happen. In so many ways, his leadership, community building and heart has shaped what Mississippi Mills is today."

Carebridge CEO Rob Eves agrees: "Jeff is there to support everyone who comes through our doors. He truly lives Carebridge's values, doing whatever he can for each person he meets. We are so grateful to have had him on our team for so many years. He will be missed."

Jeff has spearheaded many initiatives – too many to mention - from getting NBA support for a new basketball court, to creating community gardens and county-wide programs for Seniors such as Vial of Life and Get a Grip, to the Mississippi Mills Together pandemic response. Most recently, he led the planning for the creation of the Almonte Wellness Trail.

Jeff says he is still working on a few projects, including a memorial splash pad. In 1965, there was a devastating fire in a part of Almonte that had no running water and no fire hydrant nearby. Four children died. "We need to tell the story of the fire and those young children," says Jeff. "It galvanized our community to create awareness and support for investment in safe, affordable housing in Almonte. One can draw a direct line from the origin of Carebridge back to that fire."

Jeff stresses that he doesn't do anything on his own and that a good team of staff and caring citizens makes everything easier. "I think it's natural to try and leave the world in a better place," he sums up. "Great people work at Carebridge and it's nice that we can share a laugh while still doing serious work. I know that will continue."

So do we – with Jeff always helping nearby! Thanks Jeff!



# January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Statutory Holiday</b>	3  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	4  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	5  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	6  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
9  Flex and Flexibility 11:00 am (Z)	10  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	11  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	12  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	13  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
16  Flex and Flexibility 11:00 am (Z)	17  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	18  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	19  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	20  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
23  Flex and Flexibility 11:00 am (Z)	24  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	25  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	26  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	27  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
30  Flex and Flexibility 11:00 am (Z)	31  Mah Jongg 10:00 am  Strength & Balance 1:00 pm			Z= Virtual program offered via Zoom  See program descriptions for locations

# February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pilates (Z) 11:00 am  CP Walkers 12:00 pm	2 Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	3 Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
6  Flex and Flexibility 11:00 am (Z)	7  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	8  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	9  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	10  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
13  Flex and Flexibility 11:00 am (Z)	14  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	15  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	16  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	17  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
20  <b>Family Day</b>	21  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	22  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	23  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	24  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
27  Flex and Flexibility 11:00 am (Z)	28  Mah Jongg 10:00 am  Strength & Balance 1:00 pm			Z= Virtual program offered via Zoom  See program descriptions for locations

# March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Z= Virtual program offered via Zoom  See program descriptions for locations		1  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	2  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	3  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
6  Flex and Flexibility 11:00 am (Z)	7  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	8  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	9  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	10  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
13  Flex and Flexibility 11:00 am (Z)	14  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	15  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	16  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	17  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
20  Flex and Flexibility 11:00 am (Z)	21  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	22  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	23  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)  Strength & Balance 1:00 pm	24  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am
27  Flex and Flexibility 11:00 am (Z)	28  Mah Jongg 10:00 am  Strength & Balance 1:00 pm	29  Pilates (Z) 11:00 am  CP Walkers 12:00 pm	30  Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)	31  Pilates (Z) 10:00 am  Fit As A Fiddle 10:30 am



# JANUARY, 2023

## 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
<b>Cafe</b>	Coffee & Chat <b>12 – 4 pm</b>	Coffee & Chat <b>9 – 12 pm</b>	Knitting/ Crochet <b>12 – 4 pm</b>	Inquire re: Civitan Friday Schedule
<b>Small Studio</b>		Music/Singing <b>10 am</b>	Bridge/Card Games <b>1 – 4 pm</b>	Inquire re: Civitan Friday Schedule
<b>Large Studio</b>	Chair Exercise Class <b>1 pm</b>		Stretch & Strength Class (Yoga Mat) <b>2 pm</b>	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.