



# Carebridge

COMMUNITY SUPPORT

## Winter 2024



### MacLaren Orchard

The weather seemed especially warm on October 19th as we made our way to MacLaren Orchard in Renfrew County. After smelling all the delicious apples, we headed off to Burnstown to enjoy the Bittersweet Fine Craft & Art. Before a scenic route home, we ate lunch at Neat Cafe.



### Wesley Clover Park

On November 23rd we loaded up two buses from Premier and headed off to Wesley Clover Park for the Christmas Lights Tour. The evening was filled with lots of laughter and great conversation. The lights were a sight to see. Attendees were able to explore the park before heading home.

## Carebridge Community Support

67 Industrial Dr.  
PO Box 610

613-256-1031

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







## 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 offering social outings to exciting events, like a trip in January to the Diefenbunker, a play in February at the Perth Studio Theatre, and a trip to the National Gallery of Art in March.

To register for any of these outings, please contact us at **[vbova@carebridge.ca](mailto:vbova@carebridge.ca)** or **613-256-1031 ext. 216**.



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



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



### 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, and special events, such as concerts and congregate dining, in the Stan Mills Lounge.

### 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.



# GET A GRIP

The Get A Grip program 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 the Carebridge office.

Please contact us at 613-256-1031 ext. 215 for more information or drop by the Carebridge office at 67 Industrial Dr. Almonte to pick up a pair.



# VOLUNTEERS – THE HEART OF CAREBRIDGE



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.

**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 us at

**[slee@carebridge.ca](mailto:slee@carebridge.ca)**  
**613-256-1031 ext. 239**





## FROZEN MEALS

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

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

**\$8.50/meal**

**\$7.00/soup**

Featuring

Chicken, beef, pork, ham,  
fish and pasta

☎ 613-256-4700

✉ [slee@carebridge.ca](mailto:slee@carebridge.ca)

🌐 [www.carebridge.com](http://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](http://www.carebridge.com)

📍 67 Industrial Dr., Almonte



## Social outings

We're very excited to be offering our social outings again and have had great turnouts. We have been busy planning what our next outings will be.

**January 18th - Diefunbunker**

**February 15th - Perth Studio Theatre**

**March 14th - National Gallery of Art**



**Carebridge**  
COMMUNITY SUPPORT  
Caring Connects Us

## Meals

As the cold season continues, we want to highlight the efforts in our community to help fill the baskets of people around us. This adds to the security and needs of individuals in our community.

**A Meal for All** - free breakfasts Thursdays at the Almonte Presbyterian Church 8:30-10:30am.

**Civitan Community Luncheons** - Resuming in March. Civitan Hall, Almonte 11:30- 1:30pm.

**Carebridge Grocery Delivery Program** - ongoing seniors grocery delivery service in Mississippi Mills

**Supper Socials** - 4th Friday of the month at the Almonte Legion, please contact us to reserve your spot.

**For more information, please contact us**  
**613-256-1031 ext. 216 or**  
**[vbova@carebridge.ca](mailto:vbova@carebridge.ca)**



# IN-PERSON PROGRAMS DESCRIPTIONS

## 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, Almonte,  
Fridays 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  
Tuesdays/Thursdays 1pm

### **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, Almonte  
Asian Mah Jongg Tuesdays 10 am  
North American Mah Jongg Thursdays 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, Almonte,  
Wednesdays 11am

## Pakenham Indoor programs

### **Chair Yoga**

Adapted for individuals with limited mobility, this gentle yoga is ideal for older adults. It incorporates seated and standing poses while focusing on movements designed to improve flexibility, strength, and balance. Chair yoga helps maintain and enhance mobility while providing support through the use of a chair for stability. This practice promotes overall well-being and can be easily modified to suit varying fitness levels.  
Day/time to be determined

## 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, Carleton Place Tuesdays 1pm

### **Stretch and Strength Class**

A gentle exercise class to get bodies moving and increase strength for seniors. Similar to the popular Strength and Balance class in Almonte, Linda Berg will be leading seniors through basic exercises to improve their health.

The Station, Carleton Place Thursdays 1pm

**See The Station Drop-in Schedule in calendar for full schedule of activities.**

# ON LINE 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 and Thursday 11am.

### **Chair Yoga**

Adapted for individuals with limited mobility, this gentle yoga is ideal for older adults. It incorporates seated and standing poses while focusing on movements designed to improve flexibility, strength, and balance. Chair yoga helps maintain and enhance mobility while providing support through the use of a chair for stability.

This practice promotes overall well-being and can be easily modified to suit varying fitness levels.

Tuesdays 10am

### **Pilates**

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, as well as enhanced muscular control of your back and limbs and improved stabilization of your spine.

Wednesday 11am, Fridays 10am

**To register for these programs, please contact us at [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca) or 613-256-1031 ext.215**



January

2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Mah Jongg 10 am	3 Pilates (z) 11 am	4 Flex & Flexibility 11 am  Mah Jongg 10 am	5 Fit As a Fiddle 10:30 am  Pilates (z) 10 am
8 Flex & Flexibility 11 am (z)	9 Mah Jongg 10 am  Chair Yoga 10am	10 Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	11 Flex & Flexibility 11 am  Mah Jongg 10 am	12 Fit As a Fiddle 10:30 am  Pilates (z) 10 am
15 Flex & Flexibility 11 am (z)	16 Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	17 Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	18 Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	19 Fit As a Fiddle 10:30 am  Pilates (z) 10 am
22 Flex & Flexibility 11 am (z)	23 Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	24 Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	25 Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	26 Fit As a Fiddle 10:30 am  Pilates (z) 10 am
29 Flex & Flexibility 11 am (z)	30 Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	31 Pilates (z) 11 am  Relaxing Yoga for Seniors 11am		



February

2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	2  Fit As a Fiddle 10:30 am  Pilates (z) 10 am
5  Flex & Flexibility 11 am (z)	6 Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	7  Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	8 Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	9  Fit As a Fiddle 10:30 am  Pilates (z) 10 am
12  Flex & Flexibility 11 am (z)	13 Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	14  Pilates (z) 11 am  Relaxing Yoga for Seniors 11am  <i>happy Valentines Day</i>	15 Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	16  Fit As a Fiddle 10:30 am  Pilates (z) 10 am
19  	20 Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	21  Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	22 Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	23  Fit As a Fiddle 10:30 am  Pilates (z) 10 am
26  Flex & Flexibility 11 am (z)	27 Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	28  Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	29 Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	



March

2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Fit As a Fiddle 10:30 am  Pilates (z) 10 am
4  Flex & Flexibility 11 am (z)	5  Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	6  Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	7  Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	8  Fit As a Fiddle 10:30 am  Pilates (z) 10 am
11  Flex & Flexibility 11 am (z)	12  Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	13  Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	14  Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	15  Fit As a Fiddle 10:30 am  Pilates (z) 10 am
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25  Flex & Flexibility 11 am (z)	26  Strength & Balance 1 pm  Mah Jongg 10 am  Chair Yoga 10a	27  Pilates (z) 11 am  Relaxing Yoga for Seniors 11am	28  Strength & Balance 1 pm  Flex & Flexibility 11 am  Mah Jongg 10 am	29  Good Friday





**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.