



## New & Returning Older Adult Wellness Programs

We're thrilled to announce that Carebridge will be offering free, COVID-safe health and wellness programs to adults 55+ in Lanark County beginning this April!

Many of these programs will be offered virtually via Zoom, a free to use web-based video conferencing tool. All you need to participate is a computer, tablet, or cell phone with a camera so we can see you. No computer? No problem! You can also phone in to any of our social programs and presentations. Please note that for virtual fitness classes, we must be able to see you.

As COVID-19 restrictions permit, we will also begin offering physically distanced walking groups in Almonte, Carleton Place, and Pakenham, as well as beginners bike rides in Almonte, and bread baking at the community oven! See calendar for dates and times.

Join us on Monday, April 12th at 11:30am for a Virtual Open House, where you will meet the Carebridge Wellness Team, hear more about the various programs we will be offering, and learn tips, tricks, and etiquette for using Zoom.

For more information or to register for any of these programs, please contact Emma Revell, Wellness Coordinator, at [erevell@carebridge.ca](mailto:erevell@carebridge.ca) or 613-451-5397.

We look forward to connecting with you and helping you to stay safely engaged and active!

**Carebridge Community Support**

**67 Industrial Drive**

**PO Box 610**

**Almonte, ON K0A 1A0**

**613-256-1031**

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

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

**CarebridgeCommunitySupport**

# April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Virtual Social/ Presentation (accessible by phone or Zoom)</p> <p>Z= Zoom Fitness (must have a camera)</p>		<p><b>For more info or to register contact:</b></p> <p><b>Emma Revell</b> <b>Wellness Coordinator</b> <b>erevell@carebridge.ca</b> <b>613-451-5397</b></p>	1	2  <b>Good Friday</b>  <b>No programs</b>
5  <b>Easter Monday</b>  <b>No programs</b>	6  Strength & Balance 1:00pm (Z)	7	8  Strength & Balance 1:00pm (Z)	9
12 Meet the Wellness Team Virtual Open House 11:30am  Yoga with Amber 2:00pm (Z)	13  Strength & Balance 1:00pm (Z)	14	15  Strength & Balance 1:00pm (Z)	16  Chair Exercise 10:00am (Z)
19  Coffee Break 9:00am  Yoga with Amber 2:00pm (Z)	20  Strength & Balance 1:00pm (Z)	21	22  Strength & Balance 1:00pm (Z)	23  Chair Exercise 10:00am (Z)  Falls Prevention 1:00pm
26  Coffee Break 9:00am  Yoga with Amber 2:00pm (Z)	27  Strength & Balance 1:00pm (Z)	28	29  Strength & Balance 1:00pm (Z)	30  Chair Exercise 10:00am (Z)  Armchair Travel 1:00pm

# May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 <div style="border: 1px solid purple; padding: 5px; display: inline-block;">Coffee Break 9:00am</div>  Yoga with Amber 2:00pm (Z)	4   Strength & Balance 1:00pm (Z)	5   	6   Strength & Balance 1:00pm (Z)	7   Chair Exercise 10:00am (Z)
10 <div style="border: 1px solid purple; padding: 5px; display: inline-block;">Coffee Break 9:00am</div>  Yoga with Amber 2:00pm (Z)	11 Pakenham Walking Group 9:00am  Strength & Balance 1:00pm (Z)	12 Almonte Walking Group 10:00am  CP Walking Group 12:00pm  Bread Baking 1:00pm	13   Beginners Bike Rides 9:30am  Strength & Balance 1:00pm (Z)	14   Chair Exercise 10:00am (Z)
17 <div style="border: 1px solid purple; padding: 5px; display: inline-block;">Coffee Break 9:00am</div>  Yoga with Amber 2:00pm (Z)	18 Pakenham Walking Group 9:00am  Strength & Balance 1:00pm (Z)	19 Almonte Walking Group 10:00am  CP Walking Group 12:00pm  <div style="border: 1px solid purple; padding: 5px; display: inline-block;">Men's Mental Health 2:00pm</div>	20   Beginners Bike Rides 9:30am  Strength & Balance 1:00pm (Z)	21   Chair Exercise 10:00am (Z)
24   <b>Victoria Day</b>  <b>No programs</b>	25 Pakenham Walking Group 9:00am  Strength & Balance 1:00pm (Z)	26 Almonte Walking Group 10:00am  CP Walking Group 12:00pm  Bread Baking 1:00pm	27   Beginners Bike Rides 9:30am  Strength & Balance 1:00pm (Z)	28   Chair Exercise 10:00am (Z)  <div style="border: 1px solid purple; padding: 5px; display: inline-block;">Armchair Travel 1:00pm</div>
31 <div style="border: 1px solid purple; padding: 5px; display: inline-block;">Coffee Break 9:00am</div>  Yoga with Amber 2:00pm (Z)		<b>For more info or to register contact:</b>  <b>Emma Revell</b> <b>Wellness Coordinator</b> <b>erevell@carebridge.ca</b> <b>613-451-5397</b>		Virtual Social/ Presentation (accessible by phone or Zoom)  Z= Zoom Fitness (must have a camera)

# 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 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.

## **Wellness Presentation Series**

Each month, tune in as we welcome experts from various fields to inform and inspire us on a variety of interesting topics! Upcoming presentations include Falls Prevention and Men's Mental Health.

## Outdoor In-Person Programs (Beginning in May)

### **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: Stan Mills Centre, 375 Country St.

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. Begins in May.

**\*Note that outdoor in-person programs will be limited to 5 participants total if LGL Health Unit is in the White-Shutdown zone of the government of Ontario's COVID-19 framework. Virtual programming will continue as usual.**

For more information or to register for any of these programs, please contact Emma Revell, Wellness Coordinator, at [erevell@carebridge.ca](mailto:erevell@carebridge.ca) or 613-451-5397