

WOOLWICH SENIORS ASSOCIATION



ACTIVITY NOTICES

BINGO
JANUARY 11TH, 2024
7:00 PM
LIONS HALL

AGING WELL LIVING FAIR
WEDNESDAY FEBRUARY 7, 2024
BRESLAU COMMUNITY CENTRE
9:00 AM - 2:00 PM

VALENTINES SOCIAL
FRIDAY FEBRUARY 9TH, 2024
1:00 - 5:00 PM
ELMIRA LEGION
TICKETS \$15 PER PERSON

AGM
WEDNESDAY MARCH 27, 2024
DETAILS TO FOLLOW

OFFICE HOURS
MONDAY TO FRIDAY
8:30 AM - 1:30 PM



VALENTINES SOCIAL
FRIDAY FEBRUARY 9, 2024

ELMIRA LEGION

1:30 - 4:30 PM

TICKETS: \$ 15 EACH

ENJOY COFFEE, TEA, PUNCH, SNACKS.

AN AFTERNOON OF

FUN & SURPRISES !!

WOOLWICH SENIORS ASSOCIATION

TIDBITS FROM THE PRESIDENT

Everyone should attend the free **Aging Well in Woolwich Seniors' Fair** at least once. It offers so much info on what is available in our township and region, how to access it, costs, etc. Mark your calendars for **Wednesday, February 7th**. There are booths, give aways and even a free lunch. This year it is being held in Breslau. Registration is required.

Gail Eby. President

YVONNE'S CORNER

Cards sent on behalf of the Woolwich Seniors Association:

Get Well Soon

Jeanette Schaefer
Maureen Phillips

This past year, 49 cards were sent to members on your behalf:

- 25 Sympathy
- 19 Get Well
- 5 Thinking of You

As well, 7 members passed away.



With support received through the Government of Canada's New Horizons for Seniors program, **STEM Camp** is pleased to provide more digital courses for older adults. **These courses are provided free of charge** and are designed to train, assist and/or educate seniors on a variety of subjects such as how to book a VIA Rail ticket, renew their driver's license, book a LifeLabs appointment, order a mobility scooter, fill prescriptions and more. A strong emphasis is placed on educating seniors to recognize financial scams.

No signup and no fee.

They can be found at:

<https://techsmartsenior.stemcamp.ca>

This project is funded in part by the Government of Canada.



Elmira Lions
presents

BINGO

with special guests
WOOLWICH SENIORS

THURSDAY
JANUARY 11, 2024
7:00 pm **Lions Hall, Elmira**
40 south St W

Doors open at 6:00 PM
Close at 9:30 - 10:00 PM **Cash Prizes**
\$750 - \$1000

Refreshments and bingo supplies may be purchased at the snack bar.
Must be 18 years to play.

DID YOU KNOW.....

Scotland chose **the unicorn** as its national animal. In Celtic mythology, the fictional creature is connected with both chivalry and dominance as well as purity and innocence.

Did you know that Scotland has a National Unicorn Day? It's on the 9 April every year!

DID YOU KNOW?



Research Volunteers Needed!

Participate in a Virtual Lifestyle Intervention for Better Brain Health

- Are you aged 65-85?
- Are you concerned about your memory and other thinking abilities?
- Do you have access to internet at home?

If you answered "yes" to these questions, you may be eligible

The program will last 6 months, with follow-up at 12 months, and can be done entirely from the comfort of your own home



Your involvement



- 3 virtual sessions (totaling 4 hours) per week for 6 months
- Groups of 6-8 participants



- Exercise and education on healthy lifestyle related to brain health



- Two virtual assessments of memory and other thinking abilities (up to 65 min each) at baseline, 6, and 12 months



This study has received clearance through University of Waterloo and Baycrest research ethics boards



For more information about this study and to find out if you are eligible please contact us at:



telephone: (519) 888-4567 ext.41080

email: Leadtrial@uwaterloo.ca





BECOME A VOLUNTEER



Are you 55+ looking to give back and stay involved?

Visit [NextStageVolunteering.com](https://www.NextStageVolunteering.com)

- Search for Age-Friendly Volunteer Opportunities
- Learn About the Benefits of Volunteering
- Rediscover Your Purpose and Passion
- Stay Active and Improve Your Overall Well-Being
- Connect and Expand Your Social Network
- Flexible Opportunities for Every Lifestyle
- Support a Cause You Care About

Find your next volunteer opportunity

[NextStageVolunteering.com](https://www.NextStageVolunteering.com)

Funded by the
Government of Canada's
Community Services Recovery Fund



AGING WELL IN WOOLWICH INFORMATION & ACTIVE LIVING FAIR



Wednesday February 7th, 2024

9am-2pm

Breslau Community Centre
(100 Andover Dr, Breslau ON)

You **MUST** register for this event by
January 7th, 2024

Please contact 519-664-1900/ 1-855-664-1900 to RSVP

Special Guest Speakers:

Canadian Mental Health Association



Woolwich Counselling

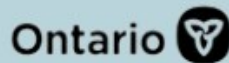


Agenda:

Theme: Mental Health & Reducing Social Isolation

9– 9:15am	Opening Remarks
9:15– 9:45am	Speaker: CMHA
9:45-10:15am	Speaker: Woolwich Counselling
10:15-11am	Stretch Break/ Coffee/ Vendors
11am-11:20pm	SMART Exercise
11:20am– 12:20pm	Speaker: Community Health Panel
12:20-12:30pm	Door Prizes
12:30-1:15pm	Complementary Lunch
1:15-1:30pm	Closing Remarks & Door Prize Draws
1:30-2:00pm	Vendors

This event is hosted by The Township of Woolwich in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.





Zoom Workshop
Thursday Jan. 11
9:30 - 10:30
a.m.

Food For Our Hearts, Brains & Souls

Nutrition and the quality of food we eat is important at any age. As we get older, our bodies need higher amounts of some nutrients, but often require less energy. This can lead to challenges getting all of the nutrients needed to enhance our health. Learn about evidence-based recommendations to support healthy eating to optimize living independently and as well as possible, as a seasoned adult.

Presented by Heather Keller - Professor and Schlegel Research Chair in Nutrition & Aging
Schlegel-UW Research Institute for Aging, and Department of Kinesiology & Health Sciences

Presented by: **Waterloo Region Age-friendly Network**

To register for this online session please contact
carolyn.cormier@kitchener.ca



Virtual, no cost, workshops



LET'S TALK ABOUT MENTAL HEALTH: LEARNING SKILLS TO SUPPORT OTHERS

Virtual adult workshop
 Wednesday, Jan. 24 2024, 7-8 pm
 Fee: No cost

Mental health impacts everyone. Whether you're struggling with challenges caused by the pandemic or ongoing mental health concerns, conversations on this topic are essential.

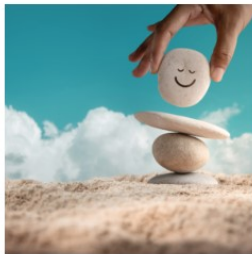
In honor of Bell Let's Talk Day, this workshop will explore every day mental health issues people face while sharing how these symptoms are heightened by COVID-19. Join us to learn how to navigate conversations to support others, as well as practical coping strategies to manage your own mental well-being.



COPING WITH THE WINTER BLUES

Virtual adult workshop
 Thursday, Jan. 25 2024, 1-2 pm
 Fee: No cost

If your mood is as gloomy as the "blahs of winter", join us to explore ways to ease that seasonal slump and reduce the winter blues.



OVERCOMING PERFECTIONISM: HOW TO GAIN A MORE BALANCED MINDSET

Virtual adult workshop
 Wednesday, Feb. 7 2024, 7-8 pm
 Fee: No cost

This workshop will explore how perfectionistic thinking and fear of failure impacts lives.

We will discuss strategies to cope, manage, and overcome the perfectionistic mindset so that we can enjoy the freedom and peace that comes with a well-balanced perspective and life approach.

<https://woolwichcounselling.org/>

To register, please use the online registration [form for workshops and groups](#). You can also call [519-669-8651](tel:519-669-8651) or email us at info@woolwichcounselling.org. There are limited spots for small group therapy sessions and some workshops, so please register early. Registration closes two weeks prior to the start of the event.

Virtual, no cost, workshops



UNDERSTANDING AND PREVENTING EATING DISORDERS

Virtual adult workshop
 Wednesday, Feb. 14 2024, 6:30-8 pm
 Fee: No cost

Eating disorders impact an estimated 2.7 million people in Canada and are often misunderstood.

This workshop will help you learn how to help others who may be affected. It will help you recognize the early signs of disordered eating, respond in a compassionate manner, and learn about supportive resources.



COPING WITH WORRIES IN OLDER AGE

Virtual adult workshop
 Wednesday, Feb. 21 2024, 1-2 pm
 Fee: No cost

We recognize there are often many worries that we face in older age. In this workshop we will discuss how our response to these worries will impact our wellness and learn practical strategies for how to cope with the uncertainties we encounter.

Together we will discuss how to manage our fears and become more resilient as we enjoy life in older age.



PRACTICING POSITIVE THINKING AND GRATITUDE

Virtual adult workshop
 Wednesday, Mar. 13 2024, 7-8 pm
 Fee: No cost

The skill of positive thinking and learning to practice gratitude can have a significant impact on your physical, emotional, and mental health. With practice, you can enjoy the physical and emotional health improvements that come with optimism.

Join us to explore how to benefit from positive thinking, and how to approach difficult circumstances in life from a healthier perspective.

<https://woolwichcounselling.org/>

To register, please use the online registration [form for workshops and groups](#). You can also call [519-669-8651](tel:519-669-8651) or email us at info@woolwichcounselling.org. There are limited spots for small group therapy sessions and some workshops, so please register early. Registration closes two weeks prior to the start of the event.

JANUARY 2024 WOOLWICH SENIORS ASSOCIATION

519-669-5044 email: contact@woolwichseniors.ca www.woolwichseniors.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		2 8-9:30 Pickleball** 9:00 Snooker 12:00 Yoga for Seniors 1:00 Mahjongg 1:00 Quilting/Ladies' Snooker 1:00 Pickleball** 2:00 Euchre 8:00 Pickleball**	3 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba 1:00 Bid Euchre 1:00 Pickleball** 3:15 Gentle Exercise	4 8-9:30 Pickleball** 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi** 11:30 Resistance Band** 1:00 Solo 1:00 / 8:00 PM Pickleball**	5 8:45 Gentle Exercise 9:00 Snooker/Bridge 10:00 Line Dancing 12:00 Chair Yoga** 1:00 Quilting/Board Games 1:00 / 7:00 Pickleball** 3:15 Gentle Exercise	6
7 9:00 Snooker 9:00 Pickleball**	8 8-9:30 Pickleball** 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball** 8:00 Pickleball**	9 8-9:30 Pickleball-CANCEL 9:00 Snooker 12:00 Yoga for Seniors 1:00 Mahjongg 1:00 Quilting/Ladies' Snooker 1:00 Pickleball** 2:00 Euchre 8:00 Pickleball**	10 8:45 Gentle Exercise 9:00 Snooker 10:00 Book Club 11:00 Zumba 1:00 Bid Euchre 1:00 Pickleball** 3:15 Gentle Exercise	11 8-9:30 Pickleball** 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi** 11:30 Resistance Band** 1:00 Solo 1:00 Pickleball** 8:00 Pickleball**	12 8:45 Gentle Exercise 9:00 Snooker/Bridge 10:00 Line Dancing 12:00 Chair Yoga** 1:00 Quilting/Board Games 1:00 / 7:00 Pickleball** 3:15 Gentle Exercise	13
14 9:00 Snooker 9:00 Pickleball**	15 8-9:30 Pickleball** 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball** 8:00 Pickleball**	16 8-9:30 Pickleball** 9:00 Snooker 12:00 Yoga for Seniors 1:00 Mahjongg 1:00 Quilting/Ladies' Snooker 1:00 Pickleball** 2:00 Euchre 8:00 Pickleball**	17 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba 1:00 Bid Euchre 1:00 Pickleball** 3:15 Gentle Exercise	18 8-9:30 Pickleball** 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi** 11:30 Resistance Band** 1:00 Solo 1:00 Pickleball** 8:00 Pickleball**	19 8:45 Gentle Exercise 9:00 Snooker/Bridge 10:00 Line Dancing 12:00 Chair Yoga** CANCEL 1:00 Quilting/Board Games 1:00 / 7:00 Pickleball** 3:15 Gentle Exercise	20
21 9:00 Snooker 9:00 Pickleball**	22 8-9:30 Pickleball** 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball** 8:00 Pickleball**	23 8-9:30 Pickleball** 9:00 Snooker 12:00 Yoga for Seniors 1:00 Mahjongg 1:00 Quilting/Ladies' Snooker 1:00 Pickleball** 2:00 Euchre 8:00 Pickleball**	24 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba 1:00 Bid Euchre 1:00 Pickleball** 3:15 Gentle Exercise	25 8-9:30 Pickleball** 9:00 Snooker 9:30 Crocheting/knitting 10:00 Tai Chi** 11:30 Resistance Band** 1:00 Solo 1:00 Pickleball** 8:00 Pickleball**	26 8:45 Gentle Exercise 9:00 Snooker/Bridge 10:00 Line Dancing 12:00 Chair Yoga** 1:00 Quilting/Board Games 1:00 Pickleball** 3:15 Gentle Exercise 7:00 Pickleball CANCEL	27
28 9:00 Snooker 9:00 Pickleball**	29 8-9:30 Pickleball** 9:00 Snooker 10:00 Crokinole 10:00 Line Dancing 1:00 Bridge 1:00 Pickleball** 8:00 Pickleball**	30 8-9:30 Pickleball** 9:00 Snooker 12:00 Yoga for Seniors 1:00 Mahjongg 1:00 Quilting/Ladies' Snooker 1:00 Pickleball** 2:00 Euchre 8:00 Pickleball**	31 8:45 Gentle Exercise 9:00 Snooker 11:00 Zumba 1:00 Bid Euchre 1:00 Pickleball** 3:15 Gentle Exercise			

Pay at TOW front desk for Tai Chi; Resistance Band; Chair Yoga and Pickleball