



Carebridge

COMMUNITY SUPPORT

Fall 2023

Fall activities at Carebridge Community Support

We're excited about our lineup of fall activities for you. In September, we will resume some of our most popular programs, including our Strength and Balance and Fit as a Fiddle classes. We welcome Sylvia Jensen, as our new instructor for the Strength and Balance classes, with guidance from our former instructor, Ruth DuBois. We will also be re-introducing some of your favourite social programs. Supper Socials will resume and more social events, like concerts at the Stan Mills Centre in Almonte and trips to popular local venues. Our very popular mah jongg groups will continue at the Stan Mills Centre through the fall as well. With the introduction of a new Community Coordinator to our team, we will have more support to continue to offer many exciting new and old programs for you all to enjoy.

We will continue our outdoor programming into the fall until the weather turns, including all of our popular walking groups and re-introduce our monthly Take a Hike outings, which will lead local seniors on a walkabout at some of our favourite local hiking locations.

We continue to offer several online exercise classes, including our Flex and Flexibility and Pilates classes. In the fall, we will bring back Gentle Yoga, a popular online class from our pandemic programs, led by local yoga instructor, Amber Young. A yoga class will also begin at the Stan Mills Centre later in the fall.

Please visit the Carebridge website and Facebook page for updates. If you are interested in our wellness programs, please contact us at jyoung@carebridge.ca or 613-256-1031 ext. 215 and provide your email, so we can contact you about updates to our programming.

Bicentennial Events

As the weather cools, we continue to seek out opportunities to come together, so we have compiled a list of fall events in our local communities. In this, our Bicentennial year, there is still plenty to do.



Mississippi
Mills

- | | |
|-----------------|---|
| September 9 | OPP Golden Helmets (Bicentennial event) |
| September 23 | The Story of Almonte— Part 2 (Bicentennial event) |
| September 29/30 | Unveiling of the Seven Gifts |
| October 14 | Yellow Bus Farm Tour 2 and Harvest Dinner |
| November 17-26 | The Mill Workers' Musical |
| December 1 | Light Up The Night |
| December 2/3 | Santa Claus Parades— Pakenham/Almonte |

Carebridge Community Support

67 Industrial Drive
PO Box 610

613-256-1031

www.carebridge.ca

facebook.com/

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.

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. Please contact us for more information at 613-256-1031 ext. 215.

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. For inquiries, call Linda Berg at (613) 256-1031 ext. 235.

In partnership with the Town of Carleton Place, we will be offering social outings to exciting events, like a casino trip in September, a tour of the fall colours in October, our popular Christmas light tour in November and a shopping trip to Bayshore Shopping Centre in December.

To register for any of these outings, please contact us at jyoung@carebridge.ca or 613-256-1031 ext. 215.

Autumn Harvest Bounty



As harvest season begins, we want to highlight efforts in our community to support food security and healthy eating for seniors.

A Meal For All— free breakfasts Thursdays at the Almonte Presbyterian Church Thursdays 8:30—10:30

Civitan Community Luncheons— 1st Thursday of each month— 11:30— 1:30 Civitan Hall, Almonte

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 space.

For more information, contact us at 613-256-1031 ext. 215

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Z= Virtual program offered via Zoom See program descriptions for locations				1 Pilates (Z) 10 am
4 Labour Day	5 Pakenham Walkers 9 am Mah Jongg 10 am	6 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	7 Mah Jongg 10 am Flex and Flexibility 11 am (Z)	8 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
11 Flex and Flexibility 11 am (Z)	12 Pakenham Walkers 9 am Mah Jongg 10 am	13 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	14 Mah Jongg 10 am Flex and Flexibility 11 am (Z)	15 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
18 Flex and Flexibility 11 am (Z)	19 Pakenham Walkers 9 am Mah Jongg 10 am Strength & Balance 1 pm	20 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	21 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	22 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
25 Flex and Flexibility 11 am (Z)	26 Pakenham Walkers 9 am Mah Jongg 10 am Strength & Balance 1 pm	27 Almonte Walkers 10 am Pilates (Z) 11 am CP Walkers 12 pm	28 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	29 Pilates (Z) 10 am Fit As A Fiddle 10:30 am


October 2023

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

November 2023

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

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Z= Virtual program offered via Zoom See program descriptions for locations				1 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
4 Flex and Flexibility 11 am (Z)	5 Mah Jongg 10 am Strength & Balance 1 pm	6 Pilates (Z) 11 am	7 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	8 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
11 Flex and Flexibility 11 am (Z)	12 Mah Jongg 10 am Strength & Balance 1 pm	13 Pilates (Z) 11 am	14 Mah Jongg 10 am Flex and Flexibility 11 am (Z) Strength & Balance 1 pm	15 Pilates (Z) 10 am Fit As A Fiddle 10:30 am
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25	26	27	28	29
Happy Holidays				
				

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

VOLUNTEER



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.

Grocery delivery program– program lead, drivers, shoppers

Foot care– scheduling, administration, front office assistants

Congregate dining– drivers, chaperones, event preparation

Social events– drivers, chaperones

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 or 613-256-1031 ext. 215.



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

ROOM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CAFÉ	Coffee & Chat 12pm – 4 pm	Coffee & Chat 9am – 12 pm	Knitting/ Crochet 12pm – 4 pm	Refer to Friday Schedule
Small Studio		Music/ Singing 10 am	Bridge/Card Games 1pm – 4 pm	Refer to Friday Schedule
Large Studio	Chair Ex. Class 1 pm		Stretch/ Strength (Yoga Mat)	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.

In-Person Program 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 10:30 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 1 pm

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 10 am

North American Mah Jongg Thursdays 10 am

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.

Begins in October

Pakenham Indoor Programs

Gentle Yoga

Join us 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.

Begins in October

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 1 pm

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 1 pm

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

Outdoor 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 12 pm

Almonte: Almonte Library Wednesdays 10 am

Pakenham: Stewart Community Centre Tuesdays 9 am

Take a Hike

Hit the trail with us on the third Friday of each month, as we explore all of the natural beauty that Lanark County has to offer. Join us for gentle hikes with little to no elevation, so hikers of all fitness levels are welcome and encouraged to participate!

Contact Carebridge to register at 613-256-1031 ext. 215

Online Program Descriptions

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.

Mondays and Thursdays 11 am

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.

Wednesdays 11 am, Fridays 10 am

Gentle Yoga

Join us 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.

Begins in October

To register for these programs, please contact us at jyoung@carebridge.ca or 613-256-1031 ext. 215.

Out and About



Social Outings

We're very excited to get back into the community with our social outings for seniors in our Carebridge vans. Please see the list of social outings below. Contact us to register at jyoung@carebridge.ca or 613-256-1031 x. 215.

September 21st: Rideau Carleton Casino, Gloucester

October 19th: Fall Colours Tour, Renfrew

November 23rd: Christmas Lights Tour, Nepean

December 7th: Christmas Shopping at Bayshore Shopping Centre, Ottawa

Also included in these offerings are monthly Nature Hikes on the 3rd Friday until the snow flies. We will start with the **Mill of Kintail on Friday September 22** and at **High Lonesome Nature Reserve on Friday October 20**.

We also intend to continue musical offerings at the Stan Mills Lounge and wish to resume our popular Supper Socials at the Legion. Please contact us at jyoung@carebridge.ca or 613-256-1031 ext. 215.