



**Carebridge**  
COMMUNITY SUPPORT

**July/August 2022**

## **Summer has arrived at Carebridge Community Support**

We resumed all of our seniors' wellness programs in person and at full capacity in the spring, with the safety and the wellbeing of seniors in mind. However, we are aware that this summer might be for many the first opportunity to reconnect with friends and family, so wellness programming will reflect that. Some of these programs will be taking the summer off, including our popular Strength and Balance, Fit as a Fiddle and Gentle Fit classes, to give our fantastic instructors a well-deserved break. We will resume these programs in the fall.

Our online programming will also be shifting. We will not be offering Gentle Yoga and Therapeutic Exercise classes this summer, but we will continue to offer our Flex and Flexibility class on Monday and Thursdays at 11 am. They have been a popular and vital option for many local seniors, as we continue to navigate the pandemic, so we will also be offering a new class, Pilates, on Wednesdays also at 11 am. Reintroduced outdoor programming from the spring will continue throughout the summer.

Please visit the Carebridge website and Facebook page for updates and please provide your email, so we can contact you directly about updates to our programming. We have contact information for our current participants, but if we don't have your contact information, 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: [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca) or 613-256-1031 ext. 215.

## **Community Events and Programs**

### **Canada Day in Almonte!**

**Friday, July 1, 2022 11:00 a.m. - 10:00 p.m.**

Head downtown between 11am and 4pm for sidewalk sales and live music! Then from 4pm to dusk head to Gemmill Park (behind the John Levi Community Centre -182 Bridge St.) with friends and family to enjoy food and fun in the park!

Legion Ladies Auxiliary BBQ and Legion Refreshment Gardens  
Kids Crafts, Face Painting and Tattoos from Mississippi Mills Youth Centre  
& T-shirt making with JB Arts

Live Music in the Amphitheatre: The Brindle Cats featuring Jennifer Noxon, Brock Zeman, Claude Munsen, Joe MacDonald Band, AND Matthew Chaffey!

Fireworks at DUSK - Stay in Gemmill Park and watch the fireworks high over the Bay (by Apogee)!



**Carebridge Community Support**

**67 Industrial Drive  
PO Box 610**

**613-256-1031**

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

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

# Seniors' Active Living Centres

Carebridge opened the Stan Mills Centre and the Station Active Living Centre in the fall of 2021 and after some pandemic challenges in early 2022, we opened for all indoor programming. We have shifted programming over the summer, so see the Program Description page with details and the monthly schedules of days and times for 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.

## **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 senior. Please see the Station schedule at the end of the calendar. For inquiries, call (613) 256-1031 ext. 235

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.

## A bicycle built for three: take a ride on our TrioBike

Feel the wind in your hair, take in the sights and sounds of the great outdoors, and enjoy some friendly conversation, but let us do the work! The TrioBike Taxi is an electric-assist trike with a retractable sun shade and comfortable cushions that allows you to feel the thrill of cycling, without doing any pedaling at all. We'd love to take you for a ride, give us a call or email Jay at [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca).

Do you have a senior friend or family member who you would like to personally take for a ride? We would be thrilled to train you on how to operate the TrioBike and loan it out to you for a spin! Contact us for more infor-



Special thanks to the Almonte Civitan Club, Almonte Bicycle Works, Orchard View by the Mississippi, and individual donor for their support in helping us acquire these two TrioBikes.

# 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**

### **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 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**

**Contact Jay Young to register  
jyoung@carebridge.ca**

## 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, like motivation, accountability, and safety.

### Meeting Locations

**Almonte: Almonte Library Parking Lot Wednesdays at 10 am**

**Carleton Place: Station Active Living Centre Wednesdays at 12 pm**

**Pakenham: Pakenham Community Centre Tuesdays at 9 am**



## **5 Wednesdays In July**

The popular summer concert series is back with free outdoor live music concerts in Almonte's Augusta Street Park. Food and music start at 6PM Each evening ends with an Open Mic.

**July 6** The Broken Bridges, Jonas Barter

**July 13** Colby & Cash, Trevor Lubin and the Gladsome Gentlemen

**July 20** David Campbell, Jim & Jr.

**July 27** James O'Halloran Brock Zeman

# July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Z= Virtual program offered via Zoom  See program descriptions for locations				1
4  Flex and Flexibility 11:00 am (Z)	5 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Chair Exercise 1:00 pm	6 Almonte Walkers 10:00 am  Pilates 11:00 am  CP Walkers 12:00 pm	7 Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)	8
11  Flex and Flexibility 11:00 am (Z)	12 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Chair Exercise 1:00 pm	13 Almonte Walkers 10:00 am  Pilates 11:00 am  CP Walkers 12:00 pm	14 Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)	15
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25  Flex and Flexibility 11:00 am (Z)	26 Pakenham Walkers 9:00 am Mah Jongg 10:00 am Dance Fit (Z) 11:00 am Chair Exercise 1:00 pm	27 Almonte Walkers 10:00 am  Pilates 11:00 am  CP Walkers 12:00 pm	28 Mah Jongg 10:00 am  Flex and Flexibility 11:00 am (Z)	29

# August 2022

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# July/August 2022

## The Station's Hours of Operation:

Tuesday: 12:00pm - 4:00pm,  
 Wednesday: 9:00am - 12:00pm,  
 Thursday: 12:00pm - 4:00pm  
 Friday: 10:00am – 2:00pm \* Starts April 8th

ROOM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CAFÉ	Coffee & Chat	Coffee & Chat	Coffee & Chat	Bingo
Small Studio	Tech Tutoring: By appointment 1 pm	Music/Singing 10 am	Knitting/Crochet	Crafts
Large Studio	Chair Exercise Class 1 pm		Bridge/Card Games	

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.

# Dispatches From An Age-Friendly Community

## Need a Village?

We all need a village to call our own,  
With great friends and neighbours and places to roam.

We all need a village that helps us in need,  
With beds to plant food and good places to read.

We all need a village that helps us to learn,  
To experience new things of personal concern.

We all need a village that supports us to age,  
Where we count as people no matter what stage.

We all need a village that will lend a hand.  
Help make North Lanark an age-friendly land.

By: Barb Sheldrick



# 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 100+ volunteers, it would be very difficult to offer many of our programs!

We are looking for volunteers for:

**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– to register for the program or express interest as a volunteer, contact Jeff Mills at [jmills@carebridge.ca](mailto:jmills@carebridge.ca) or 613-256-1031 x.263

If you want to **learn more** or are interested in volunteering or becoming a community leader for a new program, please contact Jay Young: [jyoung@carebridge.ca](mailto:jyoung@carebridge.ca) or 613-256-1031 ext. 215. Jay can provide you with the Carebridge volunteer package and determine your interest.

## VOLUNTEER DRIVERS NEEDED



# Volunteer's Needed!

Carebridge Community Support needs **Volunteer Drivers** to take seniors and adults with disabilities to appointments. **We pay a per-kilometer rate to cover the cost of gas and a lunch rate if you have to wait with a client over a 4-hour period of time.**

You choose your own hours and how much or how little you wish to drive and you decide where you want to drive e.g. just in town, only as far as a neighbouring community, or as far as Ottawa. You are the valued volunteer so you call the shots!

Being a volunteer driver is a great way to meet other people, give back to your community, and help someone who is no longer able to drive.