



# Carebridge

## COMMUNITY SUPPORT

**Winter 2024/2025**

67 Industrial Dr.  
PO Box 610



**Meet the team: (left to right)**  
**Violet Bova - Community Development Coordinator\***  
**Footcare, Jenni Poulin - Manager of Senior Services, Riley Thompson - Senior Services Coordinator\***  
**Transportation/Frozen Meals, and Katie Brady - Care Coordinator & Assisted Living Team Leader**

**Are you interested in joining our mailing list for updates on trips, events and programs? Send in your email to [jpoulin@carebridge.ca](mailto:jpoulin@carebridge.ca)**

## Senior Services

- Social Outings
- Congregate Dining
- Frozen Meals
- Foot Care
- Exercise Programs
- Assisted Living
- Respite
- Medical/Non-medical Transportation

613-256-1031  
[www.carebridge.ca](http://www.carebridge.ca)



Mississippi  
Mills

**Serving Senior Citizens of Mississippi Mills**



## SOCIAL OUTINGS RECAP

### Dangerous Liaisons & Dinner

On November 10th, we gathered a group of local citizens to go see *Dangerous Liaisons* at the Ron Maslin Theatre in Kanata.

After the play, attendees went for dinner before heading back to the area.



*Attendees line up at the chairlift for a ride up the mountain. Photo credit Suzanne Chartier*



*Attendees seated at the Ron Maslin Playhouse awaiting the start of *Dangerous Liaisons*.*

### Calabogie Fall Colours Tour

Not only did we have a beautiful day to ride chairlifts, but we also got to make a stop at MacLaren Orchards in Burnstown. After enjoying the beautiful mountain top at Calabogie Peaks, we stocked up on fresh apples, pies, cider, and other goodies.



*Attendees stand outside the Ron Maslin Playhouse while visiting to see *Dangerous Liaisons*. Photo credit Linda Berg*



# CONGREGATE DINING TRIPS AND OUTINGS



## Supper Socials

Held on the **4th Tuesday** of the month at the Almonte Legion, aside from Decembers date. Meals provided by the Ladies Auxiliary. \$15/person! 50/50 tickets sold at each dinner!

The next dates are **December 20th, January 28th, and February 25th**. There will be live entertainment for each Supper Social. Please be sure to reserve your spot! Cancellations must be made 2 business days prior to the event. Failure to do so will result in the attendee being charged full price for their spot to cover the fee Carebridge pays per attendee. Thank you for your understanding!

## Upcoming Trips and Outings

Our trips most consistently run on the 3rd week of each month. This may vary depending on our trip location and availability. Emails or calls to attendees are made on the last business day prior to the trip to give a basic itinerary for the day.

Each trip is attended with at least one trip leader who is trained in CPR/First Aid. We travel by school bus! Cancellations must be made 2 business days prior to the trip to avoid a cancellation fee.

### December – Lansdowne Christmas Market \$10

Thousands of Christmas lights and decorations twinkle and sparkle to create that festive atmosphere that is accompanied by holiday entertainment, local flavours, and, of course, some holiday shopping!

### January – The Museum of Nature – \$15

Rewilding – Step into a world where art and nature intertwine.

Thirteen Canadian artists bring the concept of rewilding to life, highlighting the vital role that nature plays in our communities through their compelling works of art.

**February – Do you have an idea for a group trip? We want to hear from you! Please contact the office at the email below.**

**To register for outings and Supper Socials, please contact**  
**vbova@carebridge.ca or 613-256-1031 ext. 216**



# SENIORS' ACTIVE LIVING CENTRES

## 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.

## The Stan Mills Lounge, Almonte

Carebridge Community Support operates the seniors' residences at 375 and 411 Country St with the Stan Mills Lounge 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.

At the Stan Mills Lounge, we offer mah jongg, exercise classes, and special events, such as concerts and congregate dining.

**If you are interested in booking the lounge for your own event, please contact the main office.**

**613-256-1031 ext. 239 or**  
**rthompson@carebridge.ca**



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



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



# EXERCISE PROGRAM DESCRIPTIONS...

**Did you know we also have Zoom classes available? Join us, from the comfort of your home, for a morning workout! To register for Virtual Classes please email [seniorservices@carebridge.ca](mailto:seniorservices@carebridge.ca)**

## Virtual Classes on 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 11am**

**Wednesday 11am**

**Friday 11am**

### **Chair Yoga**

Chair yoga incorporates seated and standing poses while focusing on movements designed to improve flexibility, strength, and balance. This practice promotes overall well-being and can be easily modified to suit varying fitness levels.

**Tuesday 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.

**Thursday 11am**

## In Person Exercise Classes

### **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:**

Stan Mills Lounge:

Monday 10-11am

Almonte Civitan Hall:

Tuesday/Thursday 1-2pm

#### **Pakenham:**

Pakenham Arena:

Thursday 3-4pm

#### **Carleton Place:**

St. James Church:

Thursday 10-11am

Carleton Place Arena:

Friday 10-11am

### **Gentle Fit**

Gentle Fit is a low impact aerobics, and exercises designed to build muscle strength, improve balance and promote flexibility. Suitable for seniors requiring a less intense and more gradual approach to working out. The ability to walk with or without a mobility aid is necessary but many of the exercises can also be done in a chair. Information about how to avoid falls and what to do if one falls will be provided on a weekly basis as part of the program.

#### **Almonte:**

Stan Mills Lounge:

Tuesday 1-2pm

### **Fit As A Fiddle**

Great for beginners, 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.

#### **Almonte:**

Almonte Civitan:

Tuesday 2:30-3:30pm

Stan Mills Lounge:

Friday 10:30-11:30am

### **Relaxing Yoga**

This is a class 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.

#### **Almonte:**

Stan Mills Lounge:

Wednesday 11am-12pm

### **Chair Yoga**

Chair yoga incorporates seated and standing poses while focusing on movements designed to improve flexibility, strength, and balance. This practice promotes overall well-being and can be easily modified to suit varying fitness levels.

#### **Carleton Place:**

St. James Church:

Wednesday 1-2pm

#### **Pakenham:**

Pakenham Arena:

Wednesday 3:30-4:30pm

#### **Clayton:**

Linn Bower:

Wednesday 10-11am

#### **Almonte:**

Stan Mills Lounge:

Wednesday 9:30-10:30am

Thursday 10-11am

### **Pilates**

The benefits of Pilates include increased muscle strength and tone. Focusing on core muscles of your abdomen, lower back, hips and buttocks, for balanced muscular strength on both sides of your body, limbs and improves stabilization of your spine.

#### **Almonte:**

Almonte United Church:

Wednesday 1:30-2:30pm

Stan Mills Lounge:

Wednesday 3:15-4:15pm

### **Tai Chi**

This class helps people to improve balance, both mentally and physically, which helps significantly reduce the rate of falls experienced by older adults. Other benefits include improving relaxation, vitality, posture, and the immune system.

#### **Almonte:**

Stan Mills Lounge:

Saturday 9-10am - First Level

**For more programs in Carleton Place at The Station Active Living Centre, please see back page.**



**To register for any of these programs, please go to [ticketsplease.ca](https://ticketsplease.ca) and select Carebridge Exercise Programs. Registration is open until December 18th.**



# EXERCISE PROGRAM SCHEDULE...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>Carleton Place:  1-2pm Chair Yoga with Raquel @ St. James Church</div> <div>Pakenham:  3:30-4:30pm Chair Yoga with Raquel @ Pakenham Arena</div> <div>Clayton:  10-11am Chair Yoga with Raquel @ Linn Bower</div>	<div>Carleton Place:  10-11am Strength &amp; Balance with Shawna @ St. James Church</div> <div>Pakenham:  3-4pm Strength &amp; Balance with Raquel @ Pakenham Arena</div>	<div>Carleton Place:  10-11am Strength &amp; Balance with Raquel @ Carleton Place Arena</div>	
<div>Virtual:  11am-12pm Flex &amp; Flexibility</div>	<div>Virtual:  10-11am Chair Yoga</div>	<div>Virtual:  11am-12pm Flex &amp; Flexibility</div>	<div>Virtual:  11am-12pm Pilates</div>	<div>Virtual:  11am-12pm Flex &amp; Flexibility</div>	
<div>Almonte:  10-11am Strength &amp; Balance with Shawna @ Stan Mills Lounge</div>	<div>Almonte:  1-2pm Gentle Fit with Ruth @ Stan Mills Lounge</div> <div>1-2pm Strength &amp; Balance with Sylvie @ Almonte Civitan</div> <div>2:30-3:30pm Fit As a Fiddle with Sylvie @ Almonte Civitan</div>	<div>Almonte:  9:30-10:30am Chair Yoga with Pat @ Stan Mills Lounge</div> <div>11am-12pm Relaxing Yoga with Pat @ Stan Mills Lounge</div> <div>1:30-2:30pm Pilates with Rosemarie @ Almonte United Church</div> <div>3:15-4:15pm Pilates with Rosemarie @ Stan Mills Lounge</div>	<div>Almonte:  10-11am Chair Yoga with Raquel @ Stan Mills Lounge</div> <div>1-2pm Strength &amp; Balance with Sylvie @ Almonte Civitan</div>	<div>Almonte:  10:30-11:30am Fit As a Fiddle with Linda @ Stan Mills Lounge</div>	<div>Almonte:  9-10am Tai Chi – Second Level with Jeela @ Stan Mills Lounge</div> <div>10:30-11:30am Tai Chi – First Level with Jeela @ Stan Mills Lounge</div>

Classes will not be running on Monday, February 17, for Family Day.



# ASSISTED LIVING & RESPITE...

If you are in need of assisted living supports in your home, or you would like to start the process of entering a long term care facility, Ontario Health at Home will work with you to start the process. Just dial 310-2222 (no area code required). This service will automatically direct your call to the nearest office from your calling location.

If you are in need of support in the home for yourself or a loved one, you can apply for Carebridge's Respite Services. Respite is provided by a PSW for up to 3 hours per week, Monday, Tuesday and Wednesday. The fee for this service is \$10.00 per hour.

**For more information about the Assisted Living or Respite Program please email**

**kbrady@carebridge.ca or call 613-256-1031 ext. 245**

## Health811

Health Connect Ontario brings patients to a single source where they can easily:

- Speak to or chat online with a registered nurse
- Get help with finding a primary care provider if they don't have one
- Get an initial assessment and health advice
- Use a symptom assessment tool to understand their health concerns and how to access care
- Get connected to mental health and addictions services
- Find local health services, such as home and community care or caregiver support
- Get connected to a specialized health professional if they have concerns about food and healthy eating, breastfeeding or how to quit smoking
- Get general guidance through their health care journey

By calling 811, Ontarians will be able to speak to a qualified health professional, such as a registered nurse, day or night, in English and French, with translation support also offered in other languages. Any calls made to Telehealth Ontario will be automatically re-directed to the new service.

<https://news.ontario.ca/>

## VIAL OF LIFE...

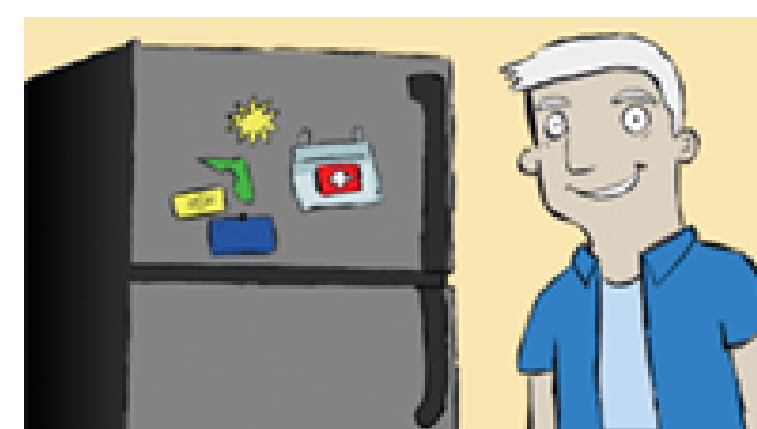


### Vial of Life

The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is unable to speak or remember their information

- 1 **Fill out the Vial of Life form inside the bottle**
- 2 **Place the Vail of Life on your fridge or freezer**
- 3 **Place one decal on refrigerator or freezer door**

- Place decal on door of fridge or freezer depending on your chosen location



- 4 **Place the second decal on front door**



- Place the decal on the front door so it can easily be seen by anyone responding to an emergency.
- Emergency responders recognize the decals and will look for the information

**Please come into the office for more information...**



# 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.

**LET'S STAY SAFE AND  
ON OUR FEET THIS WINTER**

**BOOT GRIPPERS AVAILABLE**  
for Lanark citizens

**FREE** over the age of 55  
\$25 a pair for people under 55  
Can be picked up or purchased at our  
Senior Services Office

## 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 are interested in volunteering, we would love to hear from you!

**Transportation services** – we are looking for drivers for **Seniors Medical Appointments** and for **Trips and Outings**. 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.

**Spotters for Exercise Programs** – be an extra set of eyes to make sure participants are safe.

**Trip Leaders** – lead a trip with local citizens to exciting destinations. Must have First Aid and CPR.

**Telephone Assurance callers** – call our local citizens and check up on them, have a little chat and use a guided sheet to answer questions about services in the area.

If you are interested in volunteering or becoming a community leader for a new program or just want to provide your input, please contact the office.



**seniorservices@carebridge.ca**  
**613-256-4700**



# Footcare Program

Regular Visit  
\$50

Initial Visit  
\$55.00

Home Visit  
\$60



## MORE INFORMATION:

- 613-256-1031 ext. 216
- vbova@carebridge.ca
- www.carebridge.ca
- 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!

# FROZEN MEALS

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

NEW VEGETARIAN OPTIONS AVAILABLE

- Curry chickpea
- Teriyaki stirfry
- Vegan Mexican chili
- Ratatouille

**\$10.00/meal**  
**\$7.00/soup**

- 613-256-4700
- seniorservices@carebridge.ca
- www.carebridge.ca
- 67 Industrial Dr. Almonte

# Telephone Assurance PROGRAM

Do you know a senior who could benefit from weekly phone calls from one of our trusted volunteers? As a way to combat loneliness in seniors, we are offering the Telephone Assurance Program where seniors can receive calls up to once a week from one of our friendly volunteers and they can have an opportunity to ask questions about services available in the area.

## What does it include:

- ✓ Weekly phone calls
- ✓ Companionship
- ✓ Opportunity to ask about services available in the area



## Contact Us

613-256-1031 ext. 216  
vbova@carebridge.ca



# MEDICAL & NON MEDICAL TRANSPORTATION

Volunteer Drivers transport you to local and out-of-town medical appointments. A volunteer will come to your door, assist you in and out of the vehicle at your destination and will wait with you if requested. For those who require them, a wheelchair-accessible van is available.

**In Town (Almonte & Carleton Place) \$10.00/roundtrip**  
**Out of Town 0.70/kilometre**  
**Wheelchair accessible van - please call for rate details**

To avoid disappointment, we recommend booking your ride two to three weeks prior to the date of your appointment. Every effort will be made to fill last minute requests.

**TO MAKE A BOOKING, PLEASE CONTACT**



613-256-4700  
www.carebridge.ca  
seniorservices@carebridge.ca







**The Station's Hours of Operation:**

Tuesday 12:00pm - 4:00pm  
Wednesday 9:00am - 12:00pm  
Thursday 12:00pm - 4:00pm

The Station will be Closed from closed from  
December 23rd to January 6th.

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 1 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	Fitness - Azura 10:30am	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.