

Seniors Community
OUTREACH

Helping Seniors Age Well at Home

Information, Services, Programs
and Events for Seniors

Stay Active - Stay Connected!



Independent Living Services Personal Support Services

Offered to adults with physical disabilities and seniors in Simcoe County. They offer 24/7 or scheduled support for activities of daily living such as washing, bathing, transferring, skin care, meal preparation and homemaking.

Home & Vehicle Modifications

The Assistive Technology & Aging at Home program can connect you or your loved one with resources and funding opportunities to make your home safer and more accessible, like grab bars, stair lifts, and modifications for your home or vehicle.
Contact Holly at (705) 715-8577

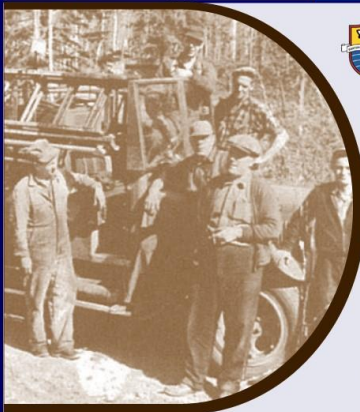
Springwater Public Library

How to Deal with Chronic Pain
Tuesday Sept 17th—2pm—Elmvale
This workshop is for adults of all ages who live with chronic pain. This could include arthritis, migraines, fibromyalgia, pain from an accident, multiple sclerosis, Crohn's disease or lupus. Focus will be on understanding chronic pain & tools to help manage pain.
Registration required.

Call (705) 422-0900 ext.108
or email dsm@sgbchc.ca



HOW TO DEAL WITH CHRONIC PAIN



Heritage Advisory Committee Heritage Social Event

Saturday Sept 28, 2024
11:00am to 3:30pm
Township of Tiny
Community Centre
(91 Concession Rd 8 E)

This event is a drop-in opportunity to record stories of the township's past, document/scan historical photographs for preservation in the township's archival boxes, and reminisce with other residents while enjoying some light refreshments. All visitors are encouraged to bring their historical photographs, artifacts, and memorabilia.

For more information, contact the Township at (705) 526-4204

Askennonia Senior's Centre

Writer's Circle

2nd & 4th Thursday of each month @ 1pm
If you enjoy the written word and dream of writing yourself, join The Writer's Circle and hone your writing skills.

Chair Pilates

Mondays & Thursdays 10:30 am
Core Strength is so important as we get older. All members are welcome. Cost \$3.50/class using fitness card.

Chair Yoga

Wednesdays 9:30 am—Fridays at 9 am
Enjoy all the benefits of yoga, but from or beside a chair. Great for breathing, balance & flexibility. No mat is required.

Visit reception or call (705) 526-7609 to register. All members welcome.



VON Simcoe County invites you to join the

SMART Program (Seniors Maintaining Active Roles Together)

Port McNicoll Community Centre - Tuesday's and Thursday's at 9:30 a.m.
Oakwood Community Centre - Thursday's at 10:00 a.m.
45 minute low impact gentle exercise program specifically designed for adults 55+ to help build muscle strength, balance, endurance, flexibility and mobility. This program is offered FREE of charge
To register please contact the Georgian Bay SMART office at (705) 355-2200 or walk-ins welcome!

TAY TOWNSHIP—Active Living in Tay - Fall 2024

Low Impact Training
Mondays - Sept 16 to Dec 16 10:45am to 11:45am
Chair Yoga
Thursdays - Sept 19 to Dec 19 - 5:30pm to 6:30pm
To register, www.tay.ca/register or (705) 534-7248



TINY TOWNSHIP—Coffee & Connect

Oct 29th to Dec 3rd - 9:30am to 11:30am
Wyebridge Community Centre
This free program allows older adults to learn about technological devices such as phones, tablets & computers.
Contact Tiny Township at (705) 526-4204.

TOWN OF PENETANGUISHENE—Free Genealogy Workshops

Penetanguishene Centennial Library beginning September 10th. Register for one or multiple courses.
www.pencenmuseum.com or (705) 549-2150



Community REACH WE ♥ OUR VOLUNTEERS

At Community Reach we LOVE our volunteers as they make such a huge difference in the lives of so many North Simcoe residents. Our drivers continually tell us what a rewarding experience this is as they take clients to medical appointments, shopping and social activities within the four North Simcoe communities. Drivers are compensated for their mileage.
Give us a call to learn more about volunteering!

850 Hartman Dr #104, Midland, ON L4R 0B6
(705) 528-6999 www.communityreach.ca



Funding for this project is provided by the Ministry of Employment and Social Services to help seniors age well at home.

Funded by the
Government of Canada's
Age Well at Home Initiative

Financé par l'initiative
Bien vieillir chez soi du
Gouvernement du Canada

