

Information, Services, Programs and Events for Seniors

Special Events

ASKENNONIA 2ND BUS TRIP

BLUE JAYS VS PHILADELPHIA

WED SEPT 4 2024 3:07 PM
BUS LEAVES AT 11:30 AM

Members \$135
Guest \$155



Tickets in the 100 level row

Join Askennonnia Senior Centre to see the Blue Jays on September 4th. Contact Askennonnia at (705) 526-7609 for more details.



Butter Tart Classic PICKLEBALL TOURNAMENT

In support of the Georgian Bay Cancer Support Centre

Georgian Bay Cancer Support Centre in partnership with Taylored Pickleball Academy is calling all Pickleball players. Join them June 8th and 9th at Tiffin Park to help raise awareness and funds for their great charity!

For more information, email info@tayloredpickleballacademy.ca

Test Batches Brewery Suds for Seniors

Thursday's from 1-3 pm

It's time for our mature community members to socialize, play games or just take a break in a warm and inviting space.



Municipal Notices

SENIORS INFORMATION DAY

"A day to support our senior community members in aging with dignity and independence"

📅 Thursday, June 6th 2024

🕒 10:00 a.m. to 2:00 p.m.

📍 Penetanguishene Memorial Community Centre

🆓 Free Entry & Lunch. No registration required.

🎵 Entertainment by Dylan Lock

Information Vendors - Formal Speakers - Door Prizes



Join the Town of Penetanguishene for Seniors Information Day on June 6th, 2024 for a day of informative sessions, opportunities to connect with vendors, chances to win prizes, with live music by Dylan Lock.

Plus, don't miss out on a complimentary lunch!



Contact: Angèle Proulx
Town of Penetanguishene
aproulx@penetanguishene.ca
705-549-7453 ext.231
www.penetanguishene.ca

Food Services & Programs

Georgian Bay Food Network



FOOD DELIVERY SERVICE

Georgian Bay Food Network is offering grocery delivery to seniors with mobility issues, health concerns or transport limitations. Register with the Georgian Bay Food Network by calling 705-528-6946 anytime during business hours. Learn more at www.gbfn.org

Classes & Spring Clean Up

VON SMART®

FREE EXERCISE PROGRAM

Full details at www.tay.ca/events



VON Simcoe County Invites you to join the SMART Program (Seniors Maintaining Active Roles Together)® in Tay Township for adults 55+. Enjoy this FREE 45-minute low impact gentle exercise program at Port McNicoll Community Centre, 558-560 7th Ave on Tuesdays and Thursdays from 9:30am to 10:30am. To register call the Georgian Bay SMART office at 705-355-2200 or walk-ins welcome!



The Wendat Community Program offers social and recreation activities in group settings for seniors who would benefit from a wellness oriented program. Eligibility Criteria:

- Seniors 65 + years living alone in the community or with a caregiver who would benefit from a wellness oriented program
- Resides in the Midland/Penetang or immediate outlying area
- May be experiencing difficulties with day-to-day living and/or socially or geographically isolated and needing some support

Learn more: www.wendatprograms.com

Spring Clean Up Around The House

Independent Living Services Simcoe County can help you around the house this Spring. If you need a hand with spring tasks in and around the house and are in the North Simcoe area, please reach out by calling 705-737-3263. www.ilssimcoe.ca

Community

REACH TRANSPORTATION SERVICES Available Monday to Saturday

Midland Accessible Transportation, in conjunction with the Town of Midland Transit Service, offers rides for Midland residents unable to use public transit due to physical, cognitive, visual, or sensory disability.

Transportation Linking Communities (TLC) Providing rides for any resident of Midland, Penetanguishene, Tiny and Tay that is 18+, without access to transportation for healthcare, shopping and social activities within North Simcoe and out-of-town medical appointments.



850 Hartman Dr #104, Midland, ON L4R 0B6 www.communityreach.ca

→ Keeping seniors healthy by connecting them to medical care, food and social events.

→ Making sure our seniors stay a part of the North Simcoe community.

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

