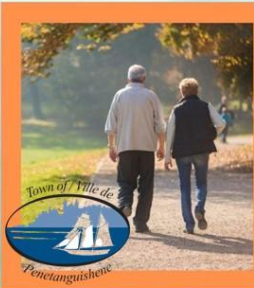


Seniors Community
OUTREACH

Helping Seniors Age Well at Home
Information, Services, Programs
and Events for Seniors

Senior Walk & Lunch



Thursday September 19, 2024
Walk—10:45am to 11:45am
Lunch—12:00pm
Cost—FREE

Seniors walk at the Midland YMCA then a healthy lunch at the Penetanguishene Public Library. Register in person at the library with your valid library card or call (705) 549-7164.



Seniors BBQ
Thursday, September 5th

\$ 7.00 per person

Town of Penetanguishene Seniors BBQ
Thursday, September 5th—11am to 2pm
At the Penetanguishene Centennial Museum. Contact the town at (705) 549-7453 or email cbelcourt@penetanguishene.ca

Open Event to the Community!
EVENING DANCE FEATURING



Kitty AND THE BOYZ

THURSDAY SEPTEMBER 26
7 PM - 10 PM
in the Community Hall



Join Askennonia Senior Centre and the community for a night of dancing with live band Kitty and the Boyz playing. Visit the Centre for early bird tickets at \$15 or \$20 after August 30th.

Stride and Social Wellness Walks

Every Tuesday—9am to 10am

Join South Georgian Bay Community Health Centre for their Stride and Socialize Wellness Walks in Wasaga Beach. Meet new friends, and boost your well-being. Visit www.southgeorgianbaychc.ca/programs or call (705) 422-1888

DID YOU KNOW?

Abilities Rehabilitation Services offers cognitive screening for seniors identifying cognitive impairment, the initial step to gauge the need for additional tests or evaluations. Contact Abilities today by calling (705) 527-5757 or visit www.abilitiesrehab.ca.

Community **REACH** **Volunteers Needed**



Volunteers Needed

Did you know that Community Reach is one of the 55 charities supported by Delta Bingo and Gaming in Penetanguishene? These proceeds make a huge impact on the delivery of accessible rides for the residents of North Simcoe. Volunteers work in two-hour shifts and can choose the day(s) that fits with their schedule. For more information about volunteering with Community Reach, please call (705) 528-6999 or email admin@communityreach.ca.



THE SENIORS CARE EXERCISE PROGRAM

The Seniors CARE Exercise Program is a group program targeting frail seniors that focuses on improving mobility, strength, coordination, and balance. Each class includes physical exercises, brain games, and an education component covering a variety of topics. This program is delivered by Registered Kinesiologists. Visit www.nsfht.ca/programs or call (705) 526-7804

Wendat Community Programs

Social and Congregate Dining

The in-house cook prepares nutritious meals at very low cost to eligible seniors who wish to share a meal in the stimulation of a social group environment and to those seniors who participate in the Day Program. Visit www.wendatprograms.com or call (705) 526-1305

Community **REACH**

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

