

Seniors Connections



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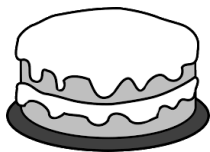
HAPPY ANNIVERSARY TO THE SENIORS CONNECT CENTRE

by Jane Vinet

It's hard to believe that the Seniors Connect Centre celebrates its first anniversary in September. Over the past year the centre has flourished with over a thousand visitors to the Seniors Connect Drop-In Program which runs Monday, Tuesday, and Wednesday from 10am to 3pm. There have been countless programs both at the Seniors Centre and at other locations around Nanaimo offering everything from chair yoga, light exercise, to cooking and art classes. All the exercise classes are senior led and very well attended. On the third Monday of each month, they host "3M Music Night" at the centre. Local musicians (almost all of whom are 55+) share the gift of music with an acoustic program, encouraging participants to join in or become part of the entertainment line-up. Recently, some of the users of the centre got together to hold Spanish conversation classes during Drop In and the popularity of the program required a relocation to be able to accommodate the class!

Seniors Connect partners with many other organizations in the community to share important community programs such as Advanced Care Planning, It's Not Right Training and Fraud Awareness workshops. Watch for these popular programs to be offered again this season.

In the fall, the Centre will be hosting everything from hula hooping, "Mason Jar – Salad Making Classes" How to Train Your Own Service Dog and more, so keep checking the Seniors Connect Event Calendar at www.seniorsconnect.ca. Seniors Connect aims to reduce the social isolation of older adults in Nanaimo and thanks to the participants, volunteers, and community collaboration – it is achieving that goal.



"SENIORS CELEBRATE" Month is October 2017 – Live, Learn, Play and Have Fun!

Nanaimo Seniors Connect is pleased to announce that October 2017 has now been officially proclaimed by the City of Nanaimo as "**Seniors Celebrate!**" month, highlighting positive, healthy aging, and celebrating the many important roles that seniors play in our lives and community. Additionally, the newly-created "Community Champion" awards will launch. The awards will recognize seniors in Nanaimo who go above and beyond helping other seniors, as leaders, volunteers, advocates, and more. Nomination forms will be available in the next issue.



National Senior Citizens Day

Kicking off on **October 1** which is **National Seniors Day**, free events will be featured throughout the month of October at various locations. Highlights include:

- ♦ Films and discussion – Exploring aging, love, life, food and more
- ♦ "Learn How to Ride the Bus" session with the Regional District of Nanaimo
- ♦ Living History Series – Local seniors sharing stories about their personal and local history
- ♦ Tea and Nanaimo Museum Tours
- ♦ Seniors Celebrate Days at Country Club and Port Place Mall
- ♦ Music, art, fitness, dance, slow flash mobs...and much more!
- ♦ Nanaimo Seniors Services Network Health and Wellness Fair (Nov. 1)

Stay tuned in the next issue for all the dates and details!

THE CONNECTION BETWEEN METABOLISM AND WEIGHT – and how exercise helps.

(From Mayo Clinic)

When you hear the word "metabolism" used today, it's usually in reference to weight issues. You may hear someone say,



3 M PROGRAM 3rd Monday Monthly Music FREE

Call for reservation
250-591-2924
Limited Seating.
When: 3rd Monday
7:00 – 9:00 pm
Doors open @ 6:45
Where : 150 B Wallace Street,
Nanaimo



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while maximizing the experience.

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Beban Park
**November
1st**
Mark your
calendar now!

LIVING HISTORY FALL SERIES



6:30 pm, October 4, 11, 18, 25

at

St Paul's Anglican Church
100 Chapel St, Nanaimo

LIFELINE HAS A CHECK-IN SERVICE !



Are you .. or anyone
you know, HOME
ALONE ?

For additional peace of
mind, we provide friendly phone
calls to "check-in" on your
wellbeing.

Call 250-740-2624 for details.

\$\$ - DISCOUNT CORNER - \$\$				
Note: LifeLine does not guarantee correctness of data				
STORE	%	AGE	DAY OF WEEK	NOTE
Art Knapp	20%	60+	Wednesday	Off regular priced items
Shoppers Drugmart	20%	55+	Thursday	Need Optimum Card
Salvation Army Thrift Store	30%	55+	Thursdays	
Value Village	30%	60+	Tuesdays	
Bulk Barn	10%	60+	Wednesday	
Michaels	10%	60+	Everyday	
M&M Meat Shop	5% or 10%	60+	Tuesday	5% regular; 10% if order is over \$30
Rexall Pharmacy	20%	60+	Tuesdays	
McDonalds	N/A	60+	Everyday	Coffee -\$1.25
Pomme Natural Market	10%	60+	Wednesday	Selected items only
Pomme Natural Market	20%	All	Last Wednesday of month	
Landmark Cinema - Avalon	20%	65+	Monday	\$9.99 other days
Cineplex - Galaxy -	\$9.99	65+	Everyday	

"I can't lose weight because I have a slow metabolism." However, other factors — such as **how much you eat and exercise** — play a much bigger role in your weight than your metabolism does.

Did you know?

- 1) Eating breakfast every day can jump-start your metabolism.
- 2) Weight loss — especially when it's rapid — actually slows your metabolism because it takes less energy for your body to function at a lower weight. So, as you lose weight, you need to take in fewer calories or get more physical activity to burn more calories to keep losing pounds.
- 3) Age can slow your metabolism. In general, as you age, you gain fat and lose muscle. Some people also become less active. However, you can do the opposite and take on more physical activity to make up for your slower metabolism.
- 4) Some medications can affect your metabolism — either dangerously speeding it up or slowing it down.

The bottom line for weight loss?

You can help your metabolism and lose weight by changing the balance between what you consume and what you burn off, through a healthy diet and regular physical activity.

**I WANT TO BE LIKE A CATERPILLAR.
EAT A LOT.
SLEEP FOR A WHILE.
WAKE UP BEAUTIFUL.**

SELF CARE FOR CAREGIVERS

(From McMaster Aging Portal)
Did you know that 80% of older adults with long-term health conditions are cared for at home by family and friends? While informal caregivers take a huge amount of stress off the healthcare system, they take on a lot personally, often to the point where they end up needing care or treatment themselves. Self-care is so important for everyone but it's important that caregivers take care of themselves so they can better help

others. Self-care tips for caregivers include the following:

1. **Get enough sleep.**
2. **Make time to exercise** and remain physically active.
3. **Fuel your body with nutritious foods.**
4. **Review your own medications** with your doctor or pharmacist to ensure they are safely meeting your personal wellness goals.
5. **Stay social** - personal connections play an important role in healthy aging.
6. **Get support** through support groups and access handbooks, toolkits and other resources online or in person. Case managers and support workers can help connect caregivers to services available in their community.

MORE FROM CHURCH BULLETINS

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

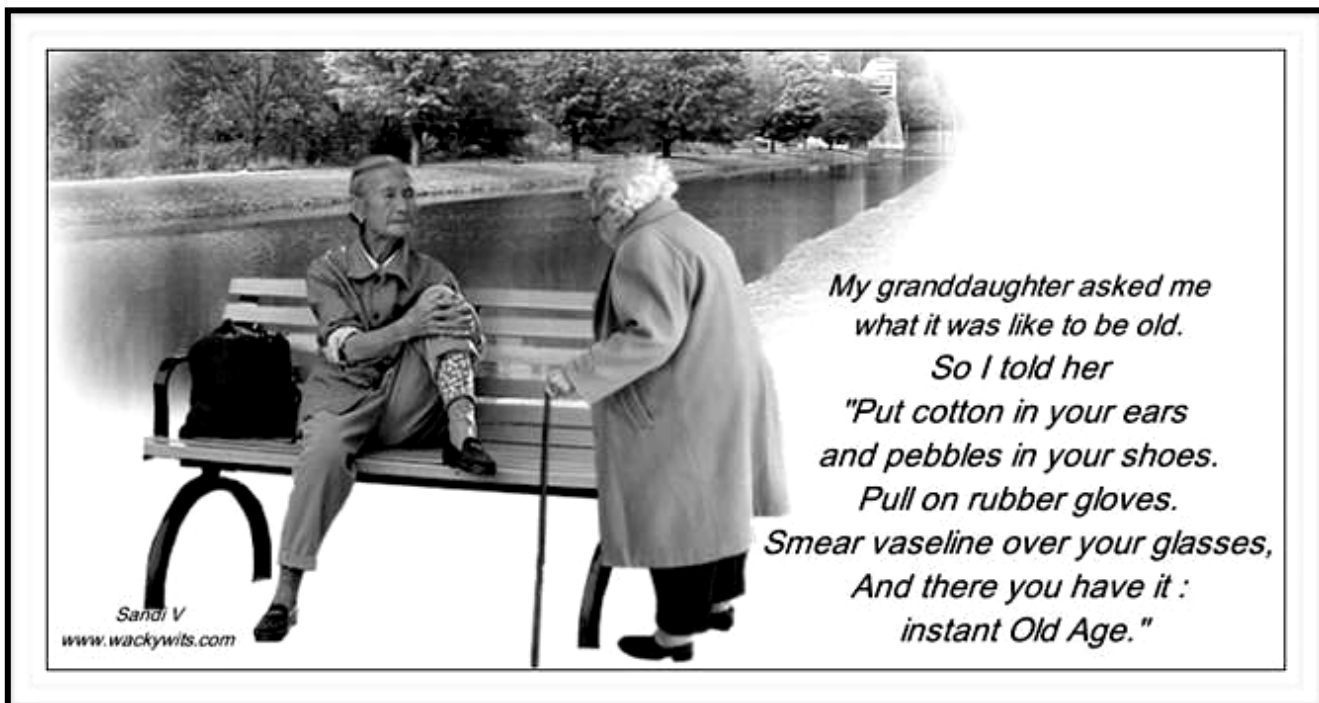
Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow..

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.



Sep 25 – Oct 13 – SENIORS CONNECT CENTRE CALENDAR

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p>♦ Drop in 10am – 3pm</p>	<p>♦ Drop in 10am – 3pm</p>	<p>♦ Drop in 10am – 3pm</p> <p>♦ Seniors' Resiliency Drop-In with Cristina 1:30PM–3PM</p>	<p>♦ VIU Elder College Program – Learn all about Elder College for Folks 50+ 11AM–12PM</p> <p>♦ Seniors iPhone Workshop with Customer Services Librarian, Katey Stickle 2:00pm–3:30pm</p>	<p>♦ Light Exercise with Brian for Adults 55+ 1pm – 2pm</p>
Oct 2	3	4	5	6
<p>♦ Drop in 10am – 3pm</p>	<p>♦ Drop in 10am – 3pm</p>	<p>♦ Drop in 10am – 3pm</p>	<p>♦ Chair Yoga with Sheila Crampton 10:45am–11:30am</p> <p>The Bone Game (Lahal) with Joseph 1:00pm–2:30pm</p>	<p>♦ Connecting Through Art Creativity with Dan 10AM–12PM</p> <p>♦ Light Exercise with Brian for Adults 55+ 1pm – 2pm</p>
9	10	11	12	13
<p>CENTRE CLOSED</p> <p>Happy Thanksgiving</p>	<p>♦ Drop in 10am – 3pm</p>	<p>♦ Drop in 10am – 3pm</p>	<p>♦ Tax Deductible Information for Prescription and Non-Prescription Items 9am–10:30am</p> <p>♦ Chair Yoga with Sheila Crampton 10:45am–11:30am</p> <p>♦ First Nations Beading 1:30pm–2:45pm</p>	<p>♦ Aging Gracefully with Kelly M 9:30am–10:30am</p> <p>♦ Light Exercise with Brian for Adults 55+ 1pm – 2pm</p>

Please note workshops are subject to change, please visit our website www.nanaimoseniorsconnect.ca for full details
The Seniors Connect Centre is located at **150-B Wallace Street, Nanaimo BC**
Free workshops for Adults 55+ - Register by calling the Seniors Connect Centre **250-591-2924**.