

Seniors Connections



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A LONG LIFE

Jeanne Louise Calment had the longest confirmed human lifespan on record: 122 years and 164 days. It seems that fate strongly approved of the way Madam Calment lived her life. Jeanne was born in Arles, France, on 21st February 1875. When the Eiffel Tower was built, she was 14 year-old. It was at this time that she met Vincent van Gogh. "He was dirty, badly dressed and disagreeable," she recalled in an interview given in 1988. When she was 85, she took up fencing, and she was still riding on her bike when she reached 100. When Jeanne was 114, she starred in a film about her life; at 115 she had an operation on her hip, and at 117 she gave up smoking (having started at the age of 21 in 1896). Apparently, she didn't give it up for health reasons, but because she didn't like having to ask someone to help her light a cigarette once she was becoming almost blind. In 1965, Jeanne was 90 years old and had no heirs. She signed a deal to sell her apartment to a 47-year-old lawyer called André-François Raffray. He agreed to pay her a monthly sum of 2,500 francs on the condition that he would inherit her apartment after she died. However, Raffray not only ended up paying Jeanne for 30 years, but died before she did at the age of 77. His widow was legally obliged to continue paying Madam Calment until the end of her days. Jeanne retained sharp mental faculties. When she was asked on her 120th birthday what kind of future she expected to have, she replied: "A very short one." Quotes from Jeanne Calment: "Being young is a state of mind, it doesn't depend on one's body, I'm actually still a young girl; it's just that I haven't looked so good for the past 70 years." "I've only got one wrinkle, and I'm sitting on it." "I've been forgotten by our good Lord." "I'm in love with wine." "Always keep your smile. That's how I explain my long life." "If you can't change something, don't worry about it." "I have a huge desire to live and a big appetite, especially for sweets." "I never wear mascara; I laugh until I cry too often."

"I see badly, I hear badly, and I feel bad, but everything's fine."
 "I think I will die of laughter."
 "I have legs of iron, but to tell you the truth, they're starting to rust and buckle a bit."
 "I took pleasure when I could. I acted clearly and morally and without regret. I'm very lucky."
 (At the end of one interview, in response to a journalist who said he hoped they would meet again the following year): "Why not? You're not that old; you'll still be here."

Know that you are at the perfect age. Each year is special and precious for you shall only live it once. Be comfortable with growing older.
 - Louise Hay

NOMINATE A SENIOR COMMUNITY CHAMPION

Do you know an amazing Nanaimo senior who deserves to be recognized? The newly-created "Community Champion" awards will launch this month. These awards will recognize seniors in Nanaimo who go above and beyond helping other seniors, as leaders, volunteers, advocates, and more. For more information, download the nomination form [here](#), or pick up in person at the Seniors Connect Centre at 150 Wallace St. The deadline to nominate is **Friday, October 13.**

LIVING HISTORY NANAIMO

Wednesdays, October 11, 18, 25: The City of Nanaimo invites you to enjoy speakers sharing stories about their personal lives and Island history from 6:30pm – 8:00 pm. This season the series will take place at the New Assembly Hall at St Paul's Anglican Church, 100 Chapel Street. The sessions are free to attend. Watch for a list of speakers on **Living History Nanaimo Facebook page**

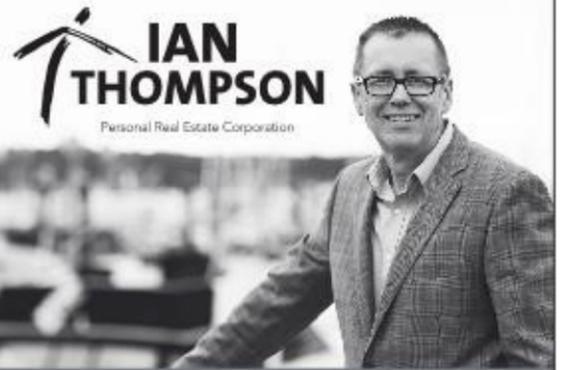
NSSN 9th HEALTH & WELLNESS FAIR

Nanaimo Senior Services Network 9th Annual Health & Wellness Fair returns November 1st. Enjoy a trade show with over 40 exhibitors, health talks, free flu shots and a blood pressure clinic. There will be entertainment, door prizes, Community Champion Awards and a high tea (advance purchase).



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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9th Annual Seniors Health & Wellness Fair

Wednesday, November 1st
 10:00 am – 3:30 pm
 Beban Park Social Centre, 2300 Bowen Rd, Nanaimo

The Place to Research Products & Services for Healthy Aging

- 40+ Exhibitors
- Health Talks
- Flu Shots
- Blood Pressure Checks
- Door Prizes
- Entertainment
- High Tea advance purchase
- Concession
- Community Champion Awards



NSSN.ca
 250.739.5767



\$\$ - 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 -	20%	65+	Monday	\$9.99 other days
Cineplex - Galaxy -	\$9.99	65+	Everyday	

LIVING HISTORY FALL SERIES

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



St Paul's Anglican Church
 100 Chapel St, Nanaimo

YOGA FOR HEALTHY AGING

There is no better exercise for healthy aging than yoga. Those enrolled in the Seniors Connect Chair Yoga class can attest to all of the ways that the program has enhanced their lives, whether it is simply being able to tie their shoes more easily or do a headstand! But did you know that yoga can help with so much more? Learn how yoga can help with depression or help us live more meaningful lives. Sign up for up to six free Chair Yoga classes at the Seniors Connect Centre and learn how this wonderful exercise can change your life.

CARE GIVER FACILITY TRAINING



Family Caregivers of British Columbia

Life Association is partnering with the Family Caregivers of British Columbia to offer Facilitator Training to individuals who are interested in facilitating family caregiver support groups in Nanaimo. Family caregiver support groups provide an opportunity for family caregivers to come together in a safe and supportive environment to share their feelings and experiences. Being part of a support group can help family caregivers feel less isolated and provide the opportunity for mutual support, friendship and information sharing. In this interactive training, we will explore and discuss: The benefits and expectations of a family caregiver support group

- Common caregiver issues and concerns
- The role of the facilitator in a support group
- Characteristics of an effective facilitator and key facilitation skills
- The stages of group development and group dynamics

- Techniques for dealing with challenging situations; and more

The 4.5 hour training session will take place in November at the Nanaimo Family Life Association. For more information and to register call 250-754-3331.



Nanaimo Seniors Connect is pleased to announce that October 2017 has been officially proclaimed by the City of Nanaimo as **"Seniors Celebrate!"** month, highlighting positive, healthy aging, and celebrating the seniors in our lives and community. It was kicked off with a special event on October 1, National Seniors Day, **Seniors Celebrate!** will feature a variety of free events at various locations in Nanaimo. Highlights include: Film screenings with facilitated discussions, a tea social with Nanaimo Museum tours, drum circle, Living History Series, Seniors Celebrate Day at Country Club Mall, art, fitness, dance, slow flash mobs...and much more! The month will officially end with the Nanaimo Seniors Services Network Health and Wellness Fair on November 1 at Beban Park. A list of activities that will be happening at the Seniors Connect Centre and around Nanaimo as everyone helps "Seniors Celebrate!" can be found on the Seniors Connect website - www.nanaimoseniorsconnect.ca. All events are free - RSVPneeded ONLY where noted.

"THE SHOW" ON SHAW TV

"The Show" on Shaw TV returned this fall. Join us for another exciting season of "The Show". We have a great lineup of guests for our Seniors Connect segment. Missed the Seniors Connect segment on Shaw TV, cable 4? You can watch all of the Seniors Connect segments on our www.nanaimoseniorsconnect.ca website.

MORE FROM CHURCH BULLETINS

Please place your donation in the envelope along with the deceased person you want remembered..

The church will host an evening of fine dining, super entertainment and gracious hospitality.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM .. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

And this one just about sums them all up: The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours.



Sep 25 – Oct 13 – SENIORS CONNECT CENTRE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 9 CENTRE CLOSED <i>Happy Thanksgiving</i>	10 ♦ Drop in 10am – 3pm ♦ How to Retain Your Driver's Licence 1pm-2pm 	11 ♦ Drop in 10am – 3pm 	12 ♦ Tax Deductible Information for Prescription and Non-Prescription Items 9am–10:30am ♦ Chair Yoga with Sheila 10:45am–11:30am ♦ First Nations Beading 1:30pm–2:45pm	13 ♦ Aging Gracefully with Kelly 9:30am–10:30am ♦ Light Exercise with Brian 1pm – 2pm
16 ♦ Drop in 10am – 3pm ♦ Positive Aging Table Topics 1pm-3pm ♦ 3M Music Night 7pm-9pm 	17 ♦ Drop in 10am – 3pm 	18 ♦ Drop in 10am – 3pm 	19 ♦ Chair Yoga with Sheila 10:45am–11:30am ♦ Cowichan Knitting with Joanne 1:30pm–2:30pm 	20 ♦ A Helper Dog Can Improve Your Daily Life 10am-11:30am ♦ Light Exercise with Brian 1pm – 2pm
23 ♦ Drop in 10am – 3pm ♦ Positive Aging Table Topics 1pm-3pm 	24 ♦ Drop in 10am – 3pm 	25 ♦ Drop in 10am – 3pm 	26 ♦ Chair Yoga with Sheila 10:45am–11:30am ♦ Seniors Participant Project Council Meeting 12pm-1:30pm ♦ Seniors iPhone Literacy Follow-up Workshop with Katey 2pm-3:30pm 	27 ♦ Free Hearing Screening from Connect Hearing 10am-12pm ♦ Light Exercise with Brian 1pm – 2pm

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.