



SOCIAL CONNECTIONS ARE KEY TO HEALTHY AGING



Studies show that people who have close connections and relationships live longer, cope better with health conditions and experience less depression.

Tips to prevent loneliness and stay connected:

Join Community Activities. Think about activities you enjoy and look for ways to get involved. Consider a local seniors club, a place of worship or congregate dining opportunities such as Diners Club.



Volunteer. Not only will volunteering help your community, it is a great opportunity to meet new people and renew a sense of purpose.

Use Technology. Technology such as computers, smart phones or tablets allow you to communicate and stay in touch with your loved ones who live away. Share pictures through email or social media. Have a video conversation with a friend or family member. Join online support groups or clubs. Contact your local library for tech tips.



Take a Class. Learn to paint. Learn to cook. Take an educational or creative writing class. Keep an active mind, and who knows – you may find a new friend in class!

Be Active. Not only does physical activity prevent falls, it is an amazing way to meet people. Call a friend and go for a walk or try an exercise class. For information on programs available call the Timiskaming Health Unit.



Join Senior Centre Without Walls (SCWW). A **FREE** program that can be accessed with simply a phone. A fun way to learn interesting information and participate in brain stimulating activities. A local community centre from the comfort of your home where you can make social connections and create new friendships. For more information or to register, call 1-800-361-5820 or email scww@homesupportservices.ca

Cast a wide net and see what sticks. See **local ideas** on the back!



Ideas of where to start!

Consider joining one of the local **Senior Clubs in Timiskaming**. Community centres for older adults that offers recreational and educational opportunities including card games, potlucks, shuffleboard, dancing and more. Contact a club near you and get involved!



Golden Age Club

Molly Ward @ goldenageclub6795525@gmail.com 705-679-5525

Elk Lake New Prospects Club

Mickey Major @ Mickeymajor1@gmail.com 705-678-2429

Englehart Northland Pioneer Club

Doug & Norma Edwards @ dougnorm@ntl.sympatico.ca 705-544-2906

Hilliardton Blanche River Golden Age Club

Anne Bailey @ ragarden@gmail.com 705-647-1769

Hudson Young at Heart

John Bloetjes @ bloemac@hotmail.com 705-647-1977

Kenabeek Pioneers

John & Jean Byerley @ jbyerlay@hotmail.com 705-563-2487

Larder Lake Senior Canadian Club

Keith Carey @ kcarey.ottotownship@gmail.com 705-642-3180

Matachewan Pioneer Club

Yvette Schaffner @ Sandycouture411@gmail.com 705-565-2366

Temagami Seniors Friendly Group

Peter Deman @ pdeman@ontera.net 705-569-2808

McGarry XYZ Club

Matt & Willie Reimer @ Matt4kurl@aol.com 705-634-2414

For information on Francophone clubs, see French version of the fact sheet.

Timiskaming Home Support Diners Club

Hot meals and social activities provided at a central location. All seniors are welcome to come out and join us for a tasty meal and some camaraderie. Bring a friend or a neighbour and enjoy the evening.



Cobalt: 1st Wednesday of every month – Golden Age Club @ 5 p.m.

Haileybury: 2nd Thursday of every month – Pentecostal Church @ 12 noon

New Liskeard: Last Tuesday of every month – Dymond Hall @ 5 p.m.

Kirkland Lake: Last Tuesday of every month – Crabby Patty's Family Diner @ 5 p.m.

Temagami: Monday—Friday—Ronocco House @ 12 noon

For more information 1-800-361-5820



Centre de santé communautaire du Témiskaming

Offers a variety of programs in French, Everyone welcome!

- Nordic Pole Walking
- Exercise Programming
- Seniors Luncheons
- Knitting Groups
- And much more!

Ask your CSCT healthcare provider about a social prescription for your health!

Public Libraries

Libraries are a great resource for things happening in your community. All libraries that provide public Internet access also provide instruction on how to use the Internet.

Contact your **municipality** to discover other opportunities for **social participation and volunteering!**

City of Temiskaming Shores and Town of Kirkland Lake have **Age Friendly Community Service Guides** with lots of idea and contacts: www.timiskaminghu.com/389/Age-Friendly-Communities

A Guide to Exercise Opportunities for Older Adults in Timiskaming

150 Minutes of Exercise Each Week!

We want to help EVERY older adult in our district participate in an exercise program that is right for them. There is something for everyone!



Guide des sessions d'exercices offertes aux personnes âgées du Témiskaming

150 minutes d'exercice chaque semaine!

Nous voulons aider TOUTES les personnes âgées de notre district à participer à un programme d'exercice adapté à leurs besoins. Il y en a pour tous les goûts!

Benefit both physically and socially by getting active in your community. **A Guide to Exercise Opportunities for Older Adults in Timiskaming** is available at the Timiskaming Health Unit or on their website. Listings are mostly free of charge, group classes that focus on balance, strength and flexibility.