

Innisfail Connects



Innisfail **Seniors** Drop-In Centre



INNISFAIL
PUBLIC LIBRARY



Hendry Association for Lifelong Learning

Discover Lifelong Learning

Innisfail Connects

Are you unsure of how to participate in Innisfail Connects?



Below are some instructions on how to use your home phone or cell phone to call in and be part of the fun.

Phone in instructions:

Dial the toll free number 1-587-328-1099

You will hear "Welcome to Zoom"

Enter your meeting ID followed by pound - which is # (on the right of your zero on your phone)

(it will then repeat in in French- but you can enter the number now)

Enter 871 159 2750 #

Enter your participant ID followed by pound # otherwise just press pound #

Just press # (you do not have to enter an ID)

You will hear "You are in the meeting now" You are the number ?? participant.

You are muted now (no one can hear you)

"If" you have to "unmute" yourself press *6 (* is on the left of your zero)

***6 will also "mute" you once again**

Digital Drop in: 11am-12 on Tuesdays

To ask us any computer, I-phone, I-pad or tablet question or request any assistance you can:

1. Call us directly at our office by phone at 403-227-2866
2. Call into the Zoom line by phone using the phone- in instructions and unmute yourself
3. Enter Zoom on-line using your computer, I-phone, I-pad or tablet by using the dial-in instructions. **You just have Zoom loaded on your device to use this option.**

If you require assistance getting your laptop, I-phone, I-pad or tablet set up to be able to use ZOOM to go on-line, please call us and we can assist you or we will pick it up to set it up for you. 403-227-2866

[Contact us if you would like to have the zoom invite mailed to you at 403-227-2866](tel:403-227-2866)

Looking forward to having you join us!

Innisfail Connects



Program Descriptions:

Brain Gym: This program will run two times per month on Thursdays from 1:00pm – 2:00pm. Call or come in online and join the fun, have a few laughs and maybe even learn something new. There will be interesting trivia, proverbs and other questions to stimulate the mind.

BINGO: Interested in trying your luck at Bingo, then stop by the Town Office and pick up your single use paper bingo cards. Limit of 3 sheet per person, per session. FCSS is providing some prizes. We are happy to have an **Innisfail Senior Drop-In member, Marian, who is volunteering** to be our bingo caller.

Coffee with Friends: "Just for seniors" 9:00am-10:00am Thursdays. Meet up with others on line and enjoy your morning coffee or?? and some great conversation.

Digital Drop In: Have questions or need assistance with computers, I-phone or I-pads?
Join us by phone or online with your questions from 11:00am – 12:00pm Tuesdays

What's New Innisfail? Join us on Tuesdays to hear what is happening in Innisfail

Digital Drop In - Library Edition

Interested in the Library eResources but don't know where to start? Drop In with your device and we will get you connected to eBooks, eAudiobooks, newspapers, magazines and more! Join us on Wednesdays from 1pm-1:30 pm

Falls Prevention Program: The falls prevention program is an exercise program for people living with dementia and their care partners. The program runs two times per week for 1 hour and includes exercises and memory activities. **This is a closed program which means that participants are referred to this program by the Wolf Creek Primary Care Network Geriatric nurse. For more information about how to get involved please contact the Primary Care Network @ 403.227.3356 ext. 101**

Forever Young: This is an exercise program that will focus on staying mobile, active and healthy. Hosted by Riverside Physiotherapy Clinic and facilitated by a physiotherapist this program will run on Tuesday's from 10:00am – 10:30 am.

Game Show: Participate in the game or be entertained on line! Come and have some fun on Jan 18th from 11:00am – 12:00pm

Happiness Basics: Time filled with mindfulness, self-care tips, positive stories, etc. to start your day off right. February 22nd at 11:00am

Healthy Moves: Call in or join online Thursday mornings from 10:00am – 10:45am to have a Recreation Therapist guide you through a series of exercise that focus on maintaining strength, stamina and balance. If you are interested in getting a copy of the exercises to follow along please pick them up at the Innisfail Town Office or we can email them to you if you contact us at 403.227.3376 ext. 233 or 255.

Health Talk: This information session looks at a variety of health topics. Health Talk is provided by people working in the health care field or offering health services to the community. At the end there will be time for participants to ask questions. Sessions run 30 minutes to 1.5 hours

January 19: Bonnie McIntyre from Canadian Revenue Agency will speak about **Seniors & Scams**

Doing your Taxes, seniors what's in it for you. Come to an information session to learn about Medical Expenses, the Caregiver Credit, Disability tax credit, Home accessibility tax credit and more. Learn How to protect yourself from Scams, how to recognize a scam and what to do if you are a victim of a scam.

February 16: Karen Bradbury, Innisfail FCSS: Come to an information session by FCSS to learn more about community resources/programs offered in Innisfail including the Community Volunteer Income Tax Program, Snow Angels Canada Program/Snow Angels Signage, Friendly Callers Program, Mover's and Groover's, COMPASS, Art from the Heart as well as information on Alberta Seniors Benefits, Special Needs Assistance Program, Property Tax Deferral Program and the SHARP (Seniors Home Adaptation Repair Program)

Innisfail Live Concert: This is a monthly concert showcasing talented musicians and singers of all ages from Innisfail and surrounding areas. This concert varies in length of time and may run for 30 minutes up to 1 hour. If you know of others that may be interested in playing or singing for the community please contact us at 403.227.3376 ext. 233 or 225

For those who are missing the **Innisfail Senior-Drop-In Jam Sessions**, tune in to listen to two of our members Bill and Richard who will entertain you from their home on Zoom. The group is called '**Two for the Road**'.

Come and Join **the Tapley's on January 29th** at 2:00 pm to enjoy some Country gospel/Bluegrass Music

Java Break: A mood lifting online café where participants can connect with each other and share stories. Other topics may include self-tips, positive stories from the community and mindfulness tips. Join in Thursdays from 11:00am – 12:00pm with your family and friends.

Memory Café: The Memory Cafés are meant to be a friendly, welcoming and safe place that provides social interaction, emotional support and learning opportunities for people living with dementia and their care partners. Care partners can refer to family members, Friends or other individuals that support people living with dementia. **This program is a closed program but to register and to learn more about the Memory Café please contact FCSS @ 403.227.3376 ext.: 233 or 225 to learn more about this community program.**

Movers & Groovers:

This is an activity group designed for adults and will focus on developing strength, endurance, balance and flexibility. This exercise program is open to all adults with a wide range of fitness levels. Join in and connect with others **on zoom** who enjoy keeping active and having fun together.

Surprise Craft: February, 8 from 11:00am-12:00pm

Join us on-line to complete a fun "Surprise" Craft. Our crafts are always fun and well worth your time!! FREE KITS will be available for pick up from the Henday Assoc. for Lifelong Learning the Wednesday prior to the craft date. Delivery can also be arranged. Registration is required. 403-227-2866



Innisfail Connects

CALL: 1.587.328.1099 MEETING ID: 871 159 2750

To join Online call us to send you the invitation at 403- 227-2866

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
4	5	6	7	8	9
10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i>	10am Forever Young 11am What's New Innisfail & Digital Drop In	10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 1pm Digital Drop In Library Edition 2pm Senior Drop-In Zoom Bingo	9am Coffee with Friends 10am Healthy Moves 11:00am Java Break 1:30pm Brain Gym	10am Movers & Groovers	
11	12	13	14	15	16
10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i>	10am Forever Young 11am What's New Innisfail & Digital Drop In	10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 1pm Digital Drop In Library Edition 2pm Senior Drop-In Zoom Bingo	9am Coffee with Friends 10am Healthy Moves 11:00am Java Break 1:30pm Memory Café <i>(Closed Program)</i>	10am Movers & Groovers 2pm Innisfail Live Concert Two for the Road	
18	19	20	21	22	23
10am Movers & Groovers 11am Game Show 1pm Falls Prevention Program <i>(Closed Program)</i>	10am Forever Young 11am What's New Innisfail & Digital Drop In 1pm Health Talk Senior's & Scams	10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 1pm Digital Drop In Library Edition 2pm Senior Drop-In Zoom Bingo	9am Coffee with Friends 10am Healthy Moves 11:00am Java Break 1:30pm Brain Gym	10am Movers & Groovers	
25	26	27	28	29	30
10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i>	10am Forever Young 11am What's New Innisfail & Digital Drop In	10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 1pm Digital Drop In Library Edition 2pm Senior Drop-In Zoom Bingo	9am Coffee with Friends 10am Healthy Moves 11:00am Java Break 1:30pm Memory Café <i>(Closed Program)</i>	10am Movers & Groovers 2pm Innisfail Live Concert The Tapley's	



Innisfail Connects

CALL: 1.587.328.1099 MEETING ID: 871 159 2750

To join Online call us to send you the invitation at 403- 227-2866

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i>	2 10am Forever Young 11am What's New Innisfail & Digital Drop In	3 10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 1pm Digital Drop In Library Edition 2pm Senior Drop-In Zoom Bingo	4 9am Coffee with Friends 10am Healthy Moves 11:00am Java Break 1:30pm Brain Gym	5 10am Movers & Groovers	6
8 10am Movers & Groovers 11am Surprise Craft 1pm Falls Prevention Program <i>(Closed Program)</i>	9 10am Forever Young 11am What's New Innisfail & Digital Drop In	10 10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 1pm Digital Drop In Library Edition 2pm Senior Drop-In Zoom Bingo	11 9am Coffee with Friends 10am Healthy Moves 11:00am Java Break 1:30pm Memory Café <i>(Closed Program)</i>	12 10am Movers & Groovers	13 
15 10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 2pm Innisfail Live Concert Two for the Road	16 10am Forever Young 11am What's New Innisfail & Digital Drop In 1pm Health Talk: Senior's Resources	17 10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 1pm Digital Drop In Library Edition 2pm Senior Drop-In Zoom Bingo	18 9am Coffee with Friends 10am Healthy Moves 11:00am Java Break 1:30pm Brain Gym	19 10am Movers & Groovers	20
22 10am Movers & Groovers 11am Happiness Basics 1pm Falls Prevention Program	23 10am Forever Young 11am What's New Innisfail & Digital Drop In	24 10am Movers & Groovers 1pm Falls Prevention Program <i>(Closed Program)</i> 1pm Digital Drop In Library Edition 2pm Senior Drop-In Zoom Bingo	25 9am Coffee with Friends 10am Healthy Moves 11:00am Java Break 1:30pm Memory Café <i>(Closed Program)</i>	26 10am Movers & Groovers	27 
					

Stay Active by joining Innisfail Connects

Exercise programs



Telephone in with your home or cell phone:

+1 587 328 1099 Canada

Cell Phone

+15873281099#

Meeting ID: 871 159 2750

Join the Zoom Meeting

<https://us02web.zoom.us/j/8711592750>

Meeting ID: 871 159 2750

Falls Prevention Program: The falls prevention program is an exercise program for people living with dementia and their care partners. The program runs Monday and Wednesday for 1 hour and includes exercises and memory activities. **This is a closed program** which means that participants are referred to this program by the Wolf Creek Primary Care Network Geriatric nurse. For more information about how to get involved please contact the Primary Care Network @ 403.227.3356 ext. 101

Forever Young: This is an exercise program that will focus on staying mobile, active and healthy. Hosted by Riverside Physiotherapy Clinic and facilitated by a physiotherapist this program will run on zoom or over the phone on Tuesday's from 10:00am – 10:30 am.

Healthy Moves: Call in or join online Thursday mornings from 10:00am – 10:45am to have a Recreation Therapist guide you through a series of exercise that focus on maintaining strength, stamina and balance. If you are interested in getting a copy of the exercises to follow along please pick them up at the Innisfail Town Office or we can email them to you if you contact us at 403.227.3376 ext. 233 or 255.

Movers & Groovers: This is an activity group designed for adults and will focus on developing strength, endurance, balance and flexibility. This exercise program is open to all adults with a wide range of fitness levels. Join in and connect with others **on zoom** or phone, who enjoy keeping active and having fun together. Programs runs Monday, Wednesday and Friday mornings from 10:00 am – 11:00am.

Hope to see you at one of the exercise programs

Congratulations!

These businesses, organizations or clubs have helped change the way people think, act and talk about dementia in the community of Innisfail!



DAY DENTAL



COLLECTIVE house



Evans Law Office



RBC Royal Bank



INNISFAIL FAMILY DENTAL



Congratulations!

These businesses, organizations or clubs have helped change the way people think, act and talk about dementia in the community of Innisfail!



Sandstone IDA Innisfail Pharmacy
Sandstone IDA Henday Pharmacy



Innisfail Needles, Noses and Nails 4H Club



Innisfail Fire Department



Innisfail United Church



PATHWAYS HOME Family Counselling

