

MAR- APR 2024



Let's Connect!

Everyone is welcome



Inside this issue:

~Mar/Apr calendar
~exciting events and programs

Thanks to all our participants

A message from the Community Partners in Action

The CPIA would like to congratulate

The Town of Innisfail and the Age Friendly Committee on their designation of becoming an

Age Friendly Community



Let's connect

Invites you to attend our Programs.

everyone is welcome



JOIN ONLINE THROUGH ZOOM.

on the zoom website enter the meeting ID to get access to scheduled online programs.

Meeting ID:



871 159 2750

**Thank-you to the
Community Partners in
Action**

**Board members
&**

**committee members
for your time & talents
We would not succeed
without you**



SPECIAL EVENTS.

Armchair Travel:

March,
Mirjam Rand
El Camino

April
Jessica Dinan
Thailand/Bali



Let's Connect

FREE, LIVE ZOOM PROGRAMS

Meeting ID: 871 159 2750

LOOKING FOR A PRINTED
COPY?

PICK UP YOUR COPY AT:

TOWN OF INNISFAIL
INNISFAIL MEDICAL CLINIC
INNISFAIL LIBRARY
SENIOR'S DROP-IN

FOR ONLINE COPIES VISIT:

OUR PROGRAMS.

Armchair Travel:



Join us in person at the Henday offices as well as on-line with Let's Connect. To attend in person, register at the Library or call 403.227.4407.



Brain Gym:

Runs the first, third, and fifth Thursday of the month from 11:00 - 11:45 am. Join online to participate in trivia, brain teasers, word games & proverbs that are sure to make you laugh and stimulate your mind.

Did you know?



Come and learn about a wide range of topics from electric cars to composting. If you have a topic that you want to learn about let us know and we will look it up and share the information.

Cpartnersia@gmail.com



Falls Prevention:

This closed program is for people living with dementia and memory loss. Participants join in 30 minutes of guided exercise, 30 minutes of memory activities and great conversations. For more information please email: Cpartnersia@gmail.com or contact the Wolf Creek PCN at 403.227.3356 ext.101.

Healthy Moves:



Tuesday & Thursday, 10am. Exercises that focus on strength, balance and stamina lead by a Recreation Therapist. No special equipment needed, class duration 50 minutes.

You can pick up a copy of the exercises at the Innisfail Town Office or contact us at 403.227.3376 ext. 233 or ext.225 to request a copy be emailed to you.



Let's Talk:

Join in the discussion.

Let's talk provides an opportunity to talk and learn about a variety of topics. Some topics may include current events, how to use a 3D printer, horticulture, Old wives tales - what's true and what is false, sharing your stories and many other interesting topics.

For the Health of it:



Everything in life is related to our overall wellbeing. Join Let's Connect to hear a variety of topics that keep us well.

Let's Connect places safety as a top priority. Participants are responsible for their own health and safety when participating in activities. Information provided through Let's Connect is for general use. If you are unsure about participation please consult with a doctor or health care professional for medical advice.

OUR PROGRAMS.

Virtual Young Guns

A fun, social games group for adults under the age of 65 living in Designated Supportive Living or Long Term Care. Meet and connect with others.

More information and to register contact:

Kerry.appleton2@ahs.ca

780.835.6181

Kristen.briggins@ahs.ca

780.656.8516



Movers & Groovers:

One hour of strength exercises, balance exercises, and stretches led by a PCN Exercise Specialist. All you need is a chair, a bit of space, and a resistance band (optional). Join us as many times as you would like - the more you exercise, the more benefit you get!

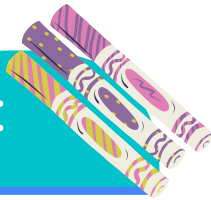
Wellness Wednesday:

An educational/health presentation done live and Zoomed from the Innisfail Senior Drop-In on the 4th Wednesday of the month.

Please use the following meeting ID: 876 9369 1662.

For more information, please contact us at 403-227-6601.

surprise craft :



Crafts kits are fun and worthwhile. They are FREE KITS, but you must join us on-line to complete it. Registration is required but can be done anytime.

403-227-2866

Did You Know!

The Community Partners in Action

mission is

connecting people and community for living well

How did we accomplish this in 2023?








- Provided programming and education for over 3,378 people
- Let's Connect milestone as of June, over 10,000 people have joined the fun. In 2023 over 2,459 people joined in
- Financial Contribution to Innisfail in 2023 & beyond: \$295,262.26

Tec Talk:

Have questions or need assistance with your I-Phone, I-Pad, Android or Tablet? Join us online Tuesdays from 11-noon.



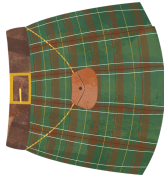
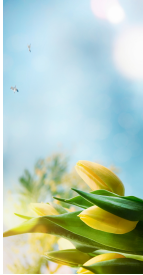
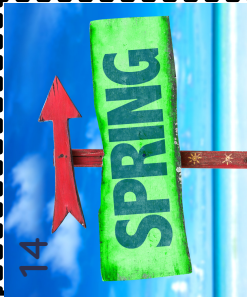
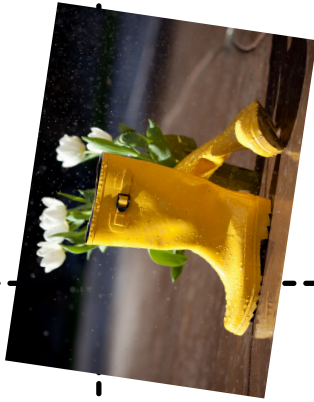



MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p>** Wellness Wednesday, Meeting ID: 876 9369 1662</p>	<p>* closed program check descriptions.</p>					
3	4	5	6	7	8	13
<p>10am Movers & Groovers</p> <p>*1pm Falls Prevention program</p>	<p>10am Healthy Moves</p> <p>11am Tec Talk</p> <p>1pm Let's Talk</p>	<p>10am Movers & Groovers</p> <p>*1pm Falls Prevention program</p> <p>*3pm Virtual Young Guns</p>	<p>10am Healthy Moves</p> <p>11am Brain gym</p> <p>*3pm Virtual Young Guns</p>	<p>10am Healthy Moves</p> <p>11am Brain gym</p> <p>*3pm Virtual Young Guns</p>	<p>10am Movers & Groovers</p>	<p>10am Movers & Groovers</p>
10	11	12	13	14	15	20
	<p>10am Movers & Groovers</p> <p>*1pm Falls Prevention program</p>	<p>10am Healthy Moves</p> <p>11am Tec Talk</p> 	<p>10am Movers & Groovers</p> <p>*1pm Falls Prevention program</p> <p>**10:00 am Wellness Wednesday</p>	<p>10am Healthy Moves</p>	<p>10am Movers & Groovers</p>	<p>10am Movers & Groovers</p>
17	18	19	20	21	22	27
<p>Happy St. Patrick's Day</p> 	<p>10am Movers & Groovers</p> <p>*1pm Falls Prevention program</p>	<p>10am Healthy Moves</p> <p>11am Tec Talk</p>	<p>10am Movers & Groovers</p> <p>*1pm Falls Prevention program</p> <p>*3pm Virtual Young Guns</p>	<p>10am Healthy Moves</p> <p>11am Brain gym</p> <p>*3pm Virtual Young Guns</p>	<p>10am Movers & Groovers</p>	<p>10am Movers & Groovers</p>
24/31	25	26	27	28	29	
	<p>10am Movers & Groovers</p> <p>*1pm Falls Prevention program</p> <p>3pm For the 'HEALTH' of IT</p>	<p>10am Healthy Moves</p> <p>11am Tec Talk</p>	<p>10am Movers & Groovers</p> <p>**10am Wellness Wednesday</p> <p>*1pm Falls Prevention</p> <p>1:30pm Armchair Travel El Camino</p> <p>3pm Did you know?</p>	<p>10am Healthy Moves</p>	<p>Good Friday</p>	



APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p>* closed program check descriptions.</p> 	<p>1 10am Movers & Groovers </p> <p>*1pm Falls Prevention program</p>	<p>2 10am Healthy Moves 11am Tec Talk</p>	<p>3 10am Movers & Groovers 10:00 am Wellness Wednesday *3pm Virtual Young Guns</p>	<p>4 10am Healthy Moves 11am Brain gym *3pm Virtual Young Guns</p>	<p>5 10am Movers & Groovers</p>	<p>6  Tartan Day</p>
<p>7</p>	<p>8 10am Movers & Groovers *1pm Falls Prevention program 3pm For the 'HEALTH' of U</p>	<p>9 10am Healthy Moves 11am Tec Talk 1pm Let's Talk</p>	<p>10 10am Movers & Groovers *1pm Falls Prevention program 3pm Did you know?</p> 	<p>11 10am Healthy Moves</p>	<p>12 10am Movers & Groovers</p>	<p>13</p>
<p>14 </p>	<p>15 10am Movers & Groovers *1pm Falls Prevention program 3pm For the 'HEALTH' of IT</p>	<p>16 10am Healthy Moves 11am Tec Talk 1pm Surprise Craft</p>	<p>17 10am Movers & Groovers *1pm Falls Prevention program *3pm Virtual Young Guns</p>	<p>18 10am Healthy Moves 11am Brain gym *3pm Virtual Young Guns</p>	<p>19 10am Movers & Groovers</p>	<p>20</p>
<p>21</p>	<p>22 10am Movers & Groovers *1pm Falls Prevention program 3pm For the 'HEALTH' of IT</p>	<p>23 10am Healthy Moves 11am Tec Talk</p>	<p>24 10am Movers & Groovers **10am Wellness Wednesday *1pm Falls Prevention *3:30pm Armchair Travel: Thailand/Bali</p>	<p>25 10am Healthy Moves</p>	<p>26 10am Movers & Groovers</p>	<p>27 </p>
<p>28 </p>	<p>29 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>30 10am Healthy Moves 11am Tec Talk</p>	<p>** Wellness Wednesday, Meeting ID: 876 9369 1662</p>			



April 22nd / 1:30 pm
Innisfail Public Library

Palliative Ponders

Death Cafe

Bringing people together
in a safe relaxed setting for
a discussion about death,
dying and living



FUTURE DATES: April 22nd | September 23rd | November 18th





Connecting individuals to their community through resources and activities

Social Prescribing is for individuals:

- 55+ living in Innisfail
- Experiencing loneliness &/or isolation
- Living with mental health concerns (example: grief, loss or anxiety)
- In need of financial navigation & access
- Creating social supports
- Wanting to make community connections
- Care-Partner guidance and supports



How to connect with us:

Talk to a local
Health Care professional

Examples:

Physicians
Register Nurse
Pharmacists
Dentists
Chiropractor
Physiotherapist
Occupational Therapist

Send referrals or questions to:

Rxlivingwell@mcmcentral.ca

or

Fax: 403-227-5541





Innisfail Historical Village

Your support of the Fall Prevention Program and the Care-Partner Support Group is greatly appreciated



Fall 
Prevention
STEP UP TO STOP FALLS

Join us at our
new location
4804- 42 Ave
Innisfail Alliance Church

Monday & Wednesday
1:00pm - 2:00 pm

COMMUNITY

BUILDS CONNECTIONS



Let's Connect is looking to build connections with other communities.

Interested in partnerships and/or volunteers to create and host zoom programs?

WHERE TO START

contact **Ellen Helgason**
to find out more.

Cpartneria@gmail.com
403-350-5092

