

MAY- JUNE 2024



Let's Connect!

Everyone is welcome



Inside this issue:

~May/June calendar
~exciting events and programs

Thanks to all our participants

A message from the Community Partners in Action



The best parts of Spring are that the flowers begin to bloom, the birds sing, and it is about new beginnings.

The CPIA would like to encourage people to look for fun events, activities and opportunities in your community and online.

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

Albert Einstein

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

NOTICE!

**Healthy Moves
&
Brain Gym**
are temporarily postponed.
Sorry for the Inconvenience

Please join other exercise
groups such as Movers &
Groovers

SPECIAL EVENTS.

Armchair Travel:

May 29nd
Finland
Presenter: Mirjam Rand

June 26
Scotland Rail & Hiking
Presenter: Pauline Wigg



Seniors Week
June 3 to 9



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.

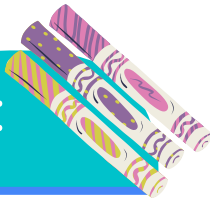
OUR PROGRAMS.



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!

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

Tec Talk:

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

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

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.

Without the dedicated volunteers who share their time and talents, programs such as, Let's Connect and other Innisfail community programs would not exist.



Thank
Your


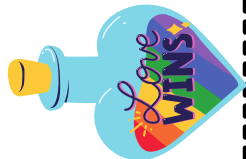



MAY 2024



SUN	MON	TUE	WED	THU	FRI	SAT
<p>** Wellness Wednesday, Meeting ID: 876 9369 1662</p>	<p>* closed program check descriptions.</p>		<p>1 10am Movers & Groovers *1pm Falls Prevention program *3pm Virtual Young Guns</p>	<p>2 *3pm Virtual Young Guns</p>	<p>3 10am Movers & Groovers</p>	<p>4 </p>
<p>5</p>	<p>6 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>7 11am Tec Talk 1pm Let's Talk</p>	<p>8 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>9 </p>	<p>10 10am Movers & Groovers</p>	<p>11</p>
<p>12 </p>	<p>13 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>14 11am Tec Talk</p>	<p>15 10am Movers & Groovers *1pm Falls Prevention program *3pm Virtual Young Guns</p>	<p>16 *3pm Virtual Young Guns</p>	<p>17 10am Movers & Groovers</p>	<p>18</p>
<p>19</p>	<p>20 </p>	<p>21 11am Tec Talk 3pm Did you know?</p>	<p>22 10am Movers & Groovers *1pm Falls Prevention ***10am Wellness Wednesday Mindful Meditation</p>	<p>23 </p>	<p>24 10am Movers & Groovers</p>	<p>25 </p>
<p>26 </p>	<p>27 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>28 11am Tec Talk</p>	<p>29 10am Movers & Groovers *1pm Falls Prevention program 1:30pm Armchair Travel Finland</p>	<p>30</p>	<p>31 10am Movers & Groovers</p>	<p></p>



JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p>* closed program check descriptions.</p> <p>Seniors Week in Alberta! June 3 to 9</p> <p>9</p>	<p>** Wellness Wednesday, Meeting ID: 876 9369 1662</p> <p>3 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>4 11am Tec Talk 1pm Let's Talk</p>	 <p>5 10am Movers & Groovers *1pm Falls Prevention program *3pm Virtual Young Guns</p>	<p>6 *3pm Virtual Young Guns</p>	<p>7 10am Movers & Groovers</p>	 <p>1</p>
<p>16 Happy Father's Day</p> <p>23/30</p>	<p>10 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>11 11am Tec Talk 1pm Surprise Craft</p>	<p>12 10am Movers & Groovers *1pm Falls Prevention program</p>	 <p>13</p>	<p>14 10am Movers & Groovers</p>	<p>15</p>
<p>17 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>18 11am Tec Talk 3pm Did you know?</p>	<p>19 10am Movers & Groovers *1pm Falls Prevention *3pm Virtual Young Guns</p>	<p>20 10am Movers & Groovers *1pm Falls Prevention *3pm Virtual Young Guns</p>	<p>21 10am Movers & Groovers SUMMER</p>	<p>22</p>	<p>23/30</p>
<p>24 10am Movers & Groovers *1pm Falls Prevention program</p>	<p>25 11am Tec Talk</p>	<p>26 10am Movers & Groovers *1pm Falls Prevention program 1:30pm Armchair Travel Scotland Rail & Hiking</p>	<p>27 </p>	<p>28 10am Movers & Groovers</p>	<p>29 </p>	<p>30</p>



Bulbs & Blooms GARDEN CLUB

For People Living With Dementia



Gardens are important and a constant feature throughout our life, especially for people experiencing changes to their memory and thinking.

From playing in our private garden as a child, to exercising in public gardens or parks, to socializing with our families.

The importance of gardens increases especially as we get older, as a place to relax and recover, as well as to enjoy the environment around us.

Gardening continues to remain an important activity, to us all so we hope that you will join us.



Garden with us



“A garden is a friend you can visit anytime”

Innisfail Community Garden
4920-59 street

For more information:

Cpartnersia@gmail.com

Call:
403-350-5092



VOLUNTEERS

NEEDED



Interested in volunteering
to facilitate

**Healthy Moves
or
Brain Gym**

**Training, and support
will be provided**

**For more Information
Contact
Ellen Helgason
403-350-5092
Cpartnersia@gmail.com**



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



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

