

55+ Aging Well Together



OACAO Information & Active Living Fair

Wednesday, October 2
9:00 am - 2:30 pm

Sign in starts at 8:30 am
Chestnut Hill Developments
Recreation Complex
1867 Valley Farm Road

FREE 55+ EVENT

Focus on living, and aging well in our community.

Keynote
Cognitive Aging: It's a No Brainer
presented by Dr. Heather Palmer

Information Session topics will include
Travel Safety & Fraud Prevention, Elder
Abuse, Community Safety and more.

Enjoy program demonstrations and
learn about the City's recreation,
fitness, and social opportunities.

Visit with informative onsite vendors
and get information on a wide variety
of services available.

**There will be games,
giveaways, and prizes!**

Free Lunch Voucher

for the first 300 Registrants.
Register to reserve your spot
and to receive your voucher.

Register by phone at
905.420.4660 ext 6104 or
online at eventbrite.com

event sponsored by...

AMICA
PICKERING



OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés



55+ Free Event

Escape The Dollhouse

presented by Pickering Public Library

Thursday, October 17

5:00 pm – 8:00 pm

Pickering Museum Village,
Redman House

Reserve your spot today for this fun
escape room experience.

Reserve by phone at
905.420.4660 ext 6104 or
online at eventbrite.com

Fall Programs are starting. Register now.

pickering.ca/active

NEW Fall Programs:

Domino's

Wednesdays 11:00 am – 12:00 pm GALCC 15684

English as a Second Language

Thursdays 7:00 – 9:00 pm GALCC 15685

Guitar Level 2

Thursdays 1:00 – 2:00 pm GALCC 16428

Cake Decorating

Tuesdays 6:00 – 9:00 pm ESCC 16493

Cooking From Around the World

Tuesdays 11:00 am – 2:00 pm ESCC 16494

Hockey Skills – Beginner

Fridays 10:00 – 11:00 am CHRDC 16680

Euchre

Mondays 5:30 – 7:30 pm PMV 16675

French Level 2

Tuesdays 11:30 am – 1:30 pm ESCC 16434

Walking Basketball

Wednesdays 3:30 pm – 4:30 pm ESCC 15854

Ukulele

Thursdays 1:00 – 2:00 pm ESCC 16433

Bridge for Beginners

Thursdays 9:30 – 11:30 am ESCC 15848

Bridge Intermediate

Wednesdays 9:30 – 11:30 am ESCC 15849

Latin & Line Dance

Thursdays 4:00 – 5:00 pm PMV 16655

Learn to Play Pool

Thursdays 2:00 – 3:00 pm GALCC 15667

Crocheting – Introduction

Tuesdays 10:00 am – 12:00 pm ESCC 16437

Intro to Facebook

Thursdays 10:00 am – 12:00 pm CHRDC 16443

iPad Course

Mondays 10:30 am – 12:30 pm ESCC 16444

iPad – Level 2

Mondays 12:30 am – 2:30pm ESCC 16491

Bollywood Dance

Mondays 7:35 – 8:35 pm ESCC 15876

Free Spotlight Series

How to Preserve Vegetables & Herbs

Saturday, September 21

10:00 am – 1:00 pm

George Ashe LCC – Helen Paris Room



Making Jam

Thursday, September 26

1:00 pm – 3:00 pm

George Ashe LCC – Helen Paris Room



Preparing Your Garden For Winter

Thursday, October 10

1:00 pm – 3:00 pm

George Ashe LCC – Helen Paris Room



iCloud Presentation

Thursday September 26, 2019

6:00 pm – 8:00 pm

Pickering Museum Village



Reserve your spot by phone at 905.420.4660 ext 6104
or online at eventbrite.com

Seasonal Workshops

Jewellery Creations

Wednesday, November 6

1:00 pm – 3:00 pm

George Ashe LCC

\$55.00

Activity code: 15687



Holiday Cookies

Saturday, December 14

10:00am – 2:00pm

Pickering Museum Village – Redman House

\$40.00 (Supplies included)

Activity code: 16678



Paint Like a Master

Wednesday, December 18

10:00am – 1:00pm

Chestnut Hill Developments RC – Art Studio

\$25.00 (Supplies and refreshments included)

Activity code: 17384



Register now using activity code provided. pickering.ca/active



Instructor Highlight

~ Rick Crumpton

Instructor Perspective: The difference between instructing seniors and youngsters? Speed? Agility? Flexibility? Sure. But young or old, it is all about having fun and getting exercise.

It has been my pleasure the past few years to be a City of Pickering 55+ instructor for such programs as Learn to Skate, Play Hockey, Billiards, and Pickleball.

In many cases participants are 'getting back into it' while others are taking up a new athletic activity for the first time in their lives. I have so much respect for someone who decides to put on a pair of skates and step on the ice for the very first time... in their seventies. That takes guts.

The focus of every program is safety and fun, as it should be for everyone from three to eighty-three. For me, it is so rewarding to watch the progression week to week. Skaters who start off being 'board huggers', to skating on their own doing crossovers and tight turns. To see someone who wasn't sure how to hold a pool cue, to making bank shots in the third week. Or a pickleball novice putting side spin on the ball as they charge the 'kitchen'.

Pickleball is the fastest growing sport in North America. The majority of classes 'sell out' within twenty-four hours of registration. Once everyone is familiar with the rules it's 'game on', but it's never about "win at all cost". Yes, it is competitive and yes we keep score, but win or lose, there are lots of laughs and friendly banter. No trophies. No gold medals. Exercise. Safe. Lots of fun. That's what we are all about. Hope to see you soon!

"It's never too late to start over. Never too late to be happy." Jane Fonda.

Enjoy Daytime Skaing starting September 16

Chestnut Hill Developments Rec Complex - Delaney Rink

Mon & Fri 10:00 am - 1:00 pm

Tue, Wed, Thu 11:00 am - 1:00 pm

\$1.50 per person

Program Highlight

Tai Chi

I signed up for Tai Chi because I had heard it could help my balance which is good some days but not so good other days. I knew no one in the class but was made to feel very welcome from my instructor Sheila.

After the first class I wasn't sure if I liked it but I came back week after week and really started to enjoy the class and all the friendly people. I felt by the end of the session my balance had improved and will be signing up again for the next session.

Submitted by Mary S.



Age Friendly Community

Housing Directory

Across the country we are encouraging (and many are embracing) 55+ers to lead a healthier lifestyle allowing them to live longer, healthier, independent lives. Having said this, many are now looking to change their housing arrangements, in order to more thoroughly enjoy their later years, while remaining in an area surrounded by family, friends and all the amenities they enjoy. Although a diversity of housing is being made available, affordability, suitability, location and amenities are still major concerns to most of the over 55 population.

Whether to modify the home or downsize, the 55+ population have expressed a desire to know what is available should they want independent living arrangements or whether they need more, such as supportive and assisted living, or even long term care. In an effort to assist 55+ers in their quest for the appropriate choice, the City of Pickering is developing a Housing Directory, which will outline all of these points in an easy to follow format both on line and in print. Watch for the release of this informative resource.

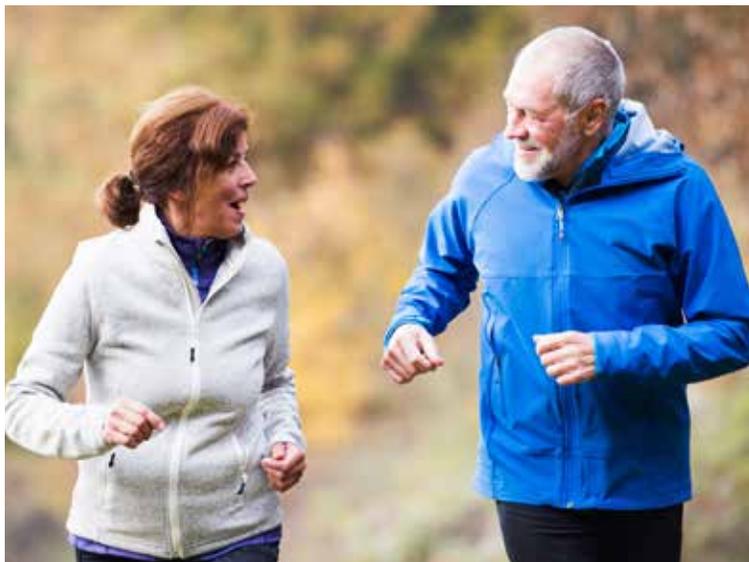




Mental Health as We Age

An intertwined concept with cognitive wellness, and part of our overall brain health, is our mental health. **Mental health** can be defined as a state of well-being in which an individual can realize their potential, cope with normal stressors, and function productively and fruitfully; able to make contributions to his or her community. As we enter our *Golden Years*, we face many challenges and sources of stress; above and beyond the everyday stressors we've experienced in earlier adulthood. We become less strong and/or mobile than we used to be, illnesses become more frequent, children leave the nest, loved ones pass away, and we retire from our careers.

Globally, approximately 15% of adults over 60-years-of-age suffer from a mental disorder; the highest of which is depression which is estimated to affect 7% of the older population. Within this population, anxiety and substance abuse are also frequent offenders. Furthermore, it is believed that these numbers may be underestimations due to the stigma and lack of access to resources in older populations.



Maintaining Mental Health

The Canadian Mental Health Association (CMHA) has prepared a list of recommendations and coping strategies to maintain balanced mental health as we enter into the later stages of life. Included in their list:

- **Accept reality while maintaining a positive attitude towards change:** A lot of good change can come when our ever-hectic lifestyle slows down.
- **Be proactive in your own well-being:** Take medications carefully and check-in with your family doctor regularly.
- **Drink less alcohol and change your eating habits:** Our body's ability to handle the effects of alcohol and unhealthy foods decrease as we age.
- **Do not deny your feelings and accept the range of emotions you feel about the changes that come with age.**
- **Stay active, involved and try new things:** Retirement doesn't need to mean isolation and boredom; it can be a fantastic opportunity to make new friends, and try new things you didn't have time for in the past.
- **Recognize the signs and symptoms of depression or deteriorating mental health:** Talk about how you're feeling and get help!

As a community, promoting mental health means ensuring that our aging population has what they need to thrive. The World Health Organization identifies multiple factors that need to be upheld to maintain a successful aging society:

- Providing adequate support and freedom
- Suitable housing through supportive housing initiatives
- Social support/structures for older adults and their caregivers
- Health and social programs geared specifically toward vulnerable groups within the aging population
- Programs that address/prevent elder abuse
- Community development programs

**Sign up to receive the 55+ newsletter by email and you could win a tablet!
Random name draw will take place once we reach 500 subscribers. pickering.ca/subscribe**

Alternate format available upon request, call 905.683.7575 or email customer@pickering.ca