

November 2018



## MOVERS & GROOVERS ACTIVE ADULT GROUP

Did you know that November is Fall Prevention Month? A great way to reduce falls is to keep active. At any age, regular exercise helps to strengthen muscles and can improve your balance, stamina and flexibility, reducing your risk of falling and experiencing a serious injury if you do.

Movers & Groovers is an active adult group that meet at the LLC (Library Learning Centre) on Wednesdays & Fridays weekly from 10-11 a.m. The program runs between the September and May long weekend each year.

The group has two options each week for participants on a drop-in basis (no need to pre-register).

Each day participants can choose to take an outdoor walk or they can choose to stay indoors. Indoor sessions seek to maintain or improve your health and functional independence and are led by an exercise specialist from the Wolf Creek Primary Care Network.

Bring appropriate footwear and a water bottle.

### **BENEFITS OF ATTENDING**

- Focus on developing cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and balance.
- Safe and appropriate for people with a wide variety of fitness levels.
- Fun and social atmosphere.
- No cost.
- Free monthly draws.

As well, social events are encouraged throughout the season and all suggestions will be seriously considered. Simply speak to one of the facilitators if you have an event idea. There always room for more participants, so drop by to check out how good this program is for your body, mind and spirit!

## ALBERTA HEALTHY LIVING PROGRAMS

### Diabetes the Basics

Alberta Healthy Living provide free educational workshop for anyone diagnosed with pre-diabetes, Type 2 diabetes, or at risk of developing diabetes. In this workshop you will learn about diabetes and effective strategies that help manage it including:

- Monitoring blood sugar and other lab values.
- How foods affect blood sugar.
- The benefits of keeping active and managing stress.
- Taking care of your feet.

This is a four part series located at the Innisfail Library Learning Centre.

Dates: November 8, 15, 22 & December 13

Time: 1 – 3:30 p.m.

### Moving Matters

Consider **Physical Activity in Your Day** by exploring the benefits and barriers to being more active. Receive tips on how to get more physically active while setting your own personal activity goals specific to weight management.

Location: Innisfail Library Learning Centre

Date: Wednesday, November 14

Time: 1 – 3:30 p.m.

### Top 5 Tips to Reduce Calories

Learn about the top five ways to lower calories and practice strategies in class.

Location: Innisfail Library Learning Centre

Date: Wednesday, November 28

Time: 1 – 3:30 p.m.

**Registration is required for Alberta Healthy Living programs by calling**

**Central Zone: 1-877-314-6997**

## DEMENTIA SUPPORT GROUP

Sunset Manor  
third Saturday of the month  
(next meeting November 17)  
2 - 3 p.m.

For more information call Patricia

**403-227-2253**

## ALZHEIMER SOCIETY

### Seeds of Hope Educational Series

Living With Change (Middle Stage)  
Classes from 10:00 a.m. to noon

Session 1 (Nov. 14) | Living with Change.

Session 2 (Nov. 21) | Responding to Behaviors that Challenge Us.

Session 3 (Nov. 28) | Communication and Caregiving.

Session 4 (Dec. 5) | Activities of Daily Living

Session 5 (Dec. 12) | Managing Stress

[www.alzheimer.ab.ca](http://www.alzheimer.ab.ca)

**403-342-0448**

## FCSS PROGRAMS & EVENTS

### Courage to Care

This Caregiver Support Group meets on the second and fourth Wednesday each month. Meetings this month are Nov. 14 and 28. Registration is required.

### Lunch and Learn

Please join us for our Lunch and Learn event on Thursday, November 22 from 10 a.m. to 2 p.m. at the Library Learning Centre.

This event is free and paid for through our New Horizon's for Seniors grant from the Federal Government. Speakers include:

- Deanna and Chris, AHS – Topic: Falls Prevention
- Brad Pawliuk, Exercise Specialist, Wolf Creek PCN – Topic: Interactive short exercise session and Q&A

- Bonnie McIntyre, Regional Outreach Office, CRA – Topic: Fraud Prevention
- Jacqueline McCook, RBC – Topic: Financial Elder Abuse Protocols

The day will also include a FREE lunch.

Space is limited and registration is required and deadline is Friday, Nov. 16.

For more information and to register for the above programs/events call Allyssa

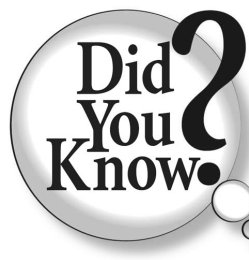
**403-227-3376 ext. 225.**



As of November services are now provided by the new program manager Carol Howe.

For Lifeline information call  
Carol at 403-573-2012

## Health Promotions for November



There is a **calendar of health promotions days** on the Government of Canada website.

Below are a few for the month of November.

- Lung Cancer Awareness Month
- Osteoporosis Month
- Fall Prevention Month
- National Domestic Violence Awareness Month
- World Diabetes Day – November 14

Find more online at  
[www.canada.ca](http://www.canada.ca)



### Every Saturday – Noon to 2:30 p.m.

Knit and Knat – Bring your needlework projects. Free transport for 55+.

### November 9 – 6:30 to 9:30 p.m.

Ladies' Movie Night – Hidden Figures

### November 13 (Teen) & November 27 (General) | 6:30 to 7:30 p.m.

RCMP Security Series – The session provide information to specific groups but can be attended by anyone.

### November 14 | 6:00 to 7:30 p.m.

Crazy for Crib – Come for the evening to play/ socialize with others who enjoy this game.

### November 17 | 11:00 a.m. to 1:00 p.m.

Home Town Christmas – Cookie Decorating (bring the grand kids!)

### November 19 – 12:30 to 2:30 p.m.

Oldies & Goodies – Tombstone

### November 19 – 10:00 to 11:00 a.m.

Tea & Talk Time (for seniors) – Come for an hour of tea, and check out some books. Transportation provided for 55+.

### November 24 – 12:30 to 2:30 p.m.

Art Encounters – 55+ group to explore everything art... no experience necessary. Transportation provided.

### November 28 – 1:30 to 3:30 p.m.

ArmChair Travel – Travel to The Bahamas with Ley-Anne Mountain on her fascinating dolphin adventure. Coffee and refreshments by donation.

### December 3, 10 & 17

Art from the Heart - program is designed for people living with early-stage dementia and their caregivers. Registration required by calling 403-227-3376.

"If you want others to be happy, practice compassion."  
- Dalai Lama

## COMMUNITY EVENTS

### Historical Village Christmas Event

December 1 | 2:00 - 4:00 p.m.

### Royal Canadian Legion Events:

Dart League | Monday & Fridays nights

Shuffleboard League | Wednesday nights

Pool League | Thursday nights

Bingo | Thursday's at 7:00 p.m.

### Remembrance Day Services

Nov. 11 at 11 a.m.

### Christmas Market

Nov. 16 - 17

For more events check theTown website  
[www.innisfail.ca/events](http://www.innisfail.ca/events)

## COMMUNITY SUBMISSION

Do you have a knack for writing poems, jokes, short stories, anecdotes or have words of wisdom? Please submit to Allyssa for content approval and a chance to have it published.

### Mail or drop off to the Town Office:

4943 53rd Street, Innisfail, AB T4G 1A1

Email to: [allyssa.bremner@innisfail.ca](mailto:allyssa.bremner@innisfail.ca)



## SENIORS DROP IN CENTRE

4959 53 St., Innisfail | 403-227-6601

Mondays	Floor Curling - 10:00 a.m. Crafts - 1:30 p.m. Serenaders - 2:00 p.m.
Tuesdays	Carpet Bowling - 10:00 a.m. Cribbage - 1:30 p.m.
Wednesdays	Canasta - 1:30 p.m. Plarning - 1:30 p.m. Birthday Party - October 10
Thursdays	Floor Curling - 10:00 a.m. Whist - 1:30 p.m.
Fridays	Carpet Bowling - 10:00 a.m.
Saturdays	Jam - 1:00 p.m.

### Soup & Biscuits | Nov. 1, 6, 15, 20, 29

Pre-register at centre

### Board Games | Tuesdays | 7:00 p.m.

except Bingo on Nov. 13

### Birthday Party | Nov. 14

Get full calendar of events  
at the Drop In Centre or online at  
[www.innisfailseniorcentre.com](http://www.innisfailseniorcentre.com)



Q.

Have you experienced a fall within the last 6 months?

YES  NO

Comments: \_\_\_\_\_

Please Select your age range:  55 - 64  65 - 74  75 - 85+

Return this portion to the box located at the Seniors Drop-In Centre or Town Office. Gone digital? Fill out the survey at [www.innisfail.ca/survey55](http://www.innisfail.ca/survey55).

