



**December 2018**  
**County Seniors Centre Events**  
[www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**“Craft-tea” Christmas Social – December 4, 2018 - Demorestville**

The Prince Edward County Community Care for Seniors Association will host a morning of Christmas-craft making and refreshments at Sophiasburgh Town Hall in Demorestville on Tuesday, December 4<sup>th</sup> from 1:30pm - 3:30pm. Chat with friends old and new while making easy seasonal decorations. Craft supplies will be provided. Call the County Seniors Centre today for more information or to register at 613-476-7493. A membership is required. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**Know Your Rx: Medication and Older Adults – December 10, 2018 - Picton**

This seminar will provide information on topics such as how medications affect seniors, tips on how to safely take your medication and how to be prepared in case of an emergency. This seminar will take place Monday, December 10<sup>th</sup>, at the Community Care for Seniors office, 74A King Street, Picton. Led by Pronica Janikowski, a licensed pharmacist, Board Certified Geriatric Pharmacist and former Chair and board member of the Commission for Certification in Geriatric Pharmacy. There will be a Q & A session to follow as well as free refreshments. Call the County Seniors Centre today for more information or to register at 613-476-7493. A membership is NOT required. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**“Craft-tea” Christmas Social – December 13, 2018 – Cherry Valley**

The Prince Edward County Community Care for Seniors Association will host a morning of Christmas craft making and refreshments, Thursday, December 13<sup>th</sup> at Athol Town Hall in Cherry Valley from 10:00am-11:30am. Chat with friends old and new while making easy seasonal decorations. Craft supplies will be provided. Call the County Seniors Centre today for more information or to register at 613-476-7493. A membership is required. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**Devine Christmas Cookies: Recipe Exchange – December 18, 2018 - Wellington**

Participants bring their favourite Christmas cookie recipe and prepare a batch at home to share. Participants will chat about preparing their recipe while enjoying coffee/tea and trying each other's Christmas cookies on Tuesday, December 18<sup>th</sup> at the Wellington Town Hall. This is a fun social event that will be a sweet treat for all who participate. Call the County Seniors Centre today for more information or to register at 613-476-7493. A membership is required. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**Fitness 4 Seniors – Starts January 18, 2019 – Wellington (10 weeks)**

Fitness 4 Seniors is a gentle fit class that will focus on flexibility, range of motion and body strength. This class will be led by certified fitness instructor Tracy Powers on Fridays at the Wellington Town Hall. The sessions will focus on flexibility, range of motion, and body strength. All fitness levels are welcome. Space is limited and it is recommended to sign up early. A membership is required to join the fitness class. Call the County Seniors Centre for more information or to register at 613-476-7493. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**Walking Programs – Ongoing - Join any time**

Seniors can walk in a supervised and safe environment at either of the walking program locations offered by Prince Edward Community Care for Seniors. From the Tuesday after Thanksgiving to the Thursday before Victoria Day participants walk Monday to Friday at the Prince Edward Collegiate Institute in Picton and at the Wellington & District Community Centre. A membership to the County Seniors Centre is required. Call The Prince Edward County Community Care for Seniors Association at 613-476-7493 to register or for more information. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)



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**Tai Chi for Seniors – Starts January 28, 2019 (12 weeks) - Picton**

Beginner and continuation Tai Chi classes are held Mondays at the office of Community Care for Seniors, 74A King Street, Picton, through the County Seniors Centre. Tai Chi is a way to help seniors stay fit and flexible. Tai Chi is a low-impact form of exercise, but it is also a weight bearing exercise, which is an important component of managing osteoporosis. Some of the benefits of Tai Chi are: better balance, which lowers the risk for falls, less pain and stiffness, stress relief and increased calmness and sense of well-being. And to top it off, it also helps to improve memory. No experience is necessary and all fitness levels are welcome. If you're a senior who would benefit from Tai Chi and would like to give it a try, call the County Seniors Centre at 613-476-7493. Space is limited and it is recommended to sign up early. A membership is required to join Tai Chi. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**Meditation for Seniors – Starts January 30, 2019 (8 weeks) - Picton**

This series of 8 one hour classes, Wednesdays, at the Community Care for Seniors office, 74A King Street, Picton, will demonstrate how to meditate through attention to posture, breathing, and the basics of secular Tibetan traditions that go back 2500 years. Research suggests meditation can improve cognitive functioning, relieve stress, reduce chronic pain and anxiety, enhance healing and improve mood. This class will include sitting and walking, a tea break and the opportunity to discuss meditation. For more information and for a membership to the County Seniors Centre call 613-476-7493. Space is limited. A membership is required to join the meditation class. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**Wii Bowling League for Seniors – March 26, 2019 – (12 weeks) – Picton**

The County Seniors Centre offers a Wii bowling league Tuesdays at the office of Community Care for Seniors, 74A King Street, Picton. Seniors can enter a team of four or sign up as an individual and be assigned to a team. Wii bowling is not physically demanding. It is a video game by Nintendo and can be played from a standing or sitting position. People can even play while sitting on a chair or walker. There are two lanes and 8 people play at a time. The laughter is infectious. It's a great way to get involved. Players use the remote control to mimic the bowling actions. Individual and team scores are kept. No experience is necessary. Wii Bowling starts at 1:30pm. Call the County Seniors Centre today at 613-476-7493 for more information. A membership is required to join Wii Bowling. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

**County Seniors Centre – get your membership today**

The County Seniors Centre is operated by The Prince Edward County Community Care for Seniors Association. Through this initiative Community Care offers several programs that address the need for seniors to have social and recreational activities close to where they live. Membership in the County Seniors Centre is \$25.00/year/person. For a membership application and a full schedule of upcoming social and recreational programming see the special page on the website at [www.communitycareforseniors.org](http://www.communitycareforseniors.org), like the Facebook page (search for County Seniors Centre), drop in at 74A King Street in Picton, or call 613-476-7493.

**Volunteers**

The County Seniors Centre is recruiting volunteers who would like to be involved with the programming and assist the instructors and facilitators with their courses and sessions. If you can spare a few hours a week, call the Community Care office at 613-476-7493 and start the conversation about volunteering. [www.communitycareforseniors.org](http://www.communitycareforseniors.org)



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**New courses, sessions and events**

The County Seniors Centre is taking suggestions on new courses, sessions or events. Call 613-476-7493 or email [info@communitycareforseniors.org](mailto:info@communitycareforseniors.org) with ideas. New activities are being added all the time. To keep up to date on what's available check the County Seniors Centre section of the website at [www.communitycareforseniors.org](http://www.communitycareforseniors.org).