

SeniorsNL

RESOURCES • INFORMATION • CONNECTION

-Bulletin: January 31, - February 14, 2025

Please scroll to the very end to see [attached posters](#).

Events

CMHA: Push-Up Challenge 2025 - February 11th-28th

The Canadian Mental Health Association is running its annual Push-Up Challenge in February. The *Push-Up Challenge* is Canada's largest annual mental health-focused fitness event, encouraging participants to get active and learn about mental health. There are options for a wide range of fitness levels and opportunities to get involved in fundraising during the event. To learn more, please click [this link](#).

Clarenceville Public Library: Adult Colouring - Ongoing

The Clarenceville Public Library hosts adult colouring sessions every Wednesday from 1:00pm-2:00pm. To learn more, please see the [attached poster](#), or visit the Clarenceville Public Library Facebook page by clicking [this link](#).

KCN Seniors Co-Op: Winter Wellness Fair - February 22nd 1:00-4:00

On February 22, from 1-4pm (Stiles Cove Chalet on Satellite Rd.) the KCN Seniors Co-Op will be holding an expo of available wellness activities and services in the region with some fun activities and presentations (e.g., physical exercises, healthy snacks, socializing and more). To learn more, contact secretary@kcnseniors.coop.

Corner Brook Public Library: Conversations Café

The Corner Brook Public Library in collaboration with the Association for New Canadians (ANC) is offering bi-weekly conversation groups for anyone interested in improving their English as a second language. To learn more, please see the attached poster.

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MWONL: February Activity List

The Multicultural Women's Organization of Newfoundland and Labrador has released its activity list for February 2025. To see what activities the organization will be offering this month, please see the [attached poster](#).

CRA Webinar: February 12th 3:30pm

The Canada Revenue Agency (CRA) is hosting an interactive webinar to share information on the GST/HST credit and other benefits and credits available to you, pension income splitting, ways to do your taxes, free tax help, and other CRA services. To register, please click [this link](#).

Education

McMaster Optimal Aging Portal: Mirco-Learning Highlight

The McMaster Optimal Aging Portal offers a number of free learning sessions to help individuals learn more about dementia and cognitive impairment. The available sessions range in time, depth, and topic, giving everyone an option to best suit their needs. One of their Micro-Learning sessions, *What is Mild Cognitive Impairment?*, is a 20-minute session that can be accessed by clicking [this link](#).

Elder Abuse Prevention Ontario: Empowering Seniors Podcast

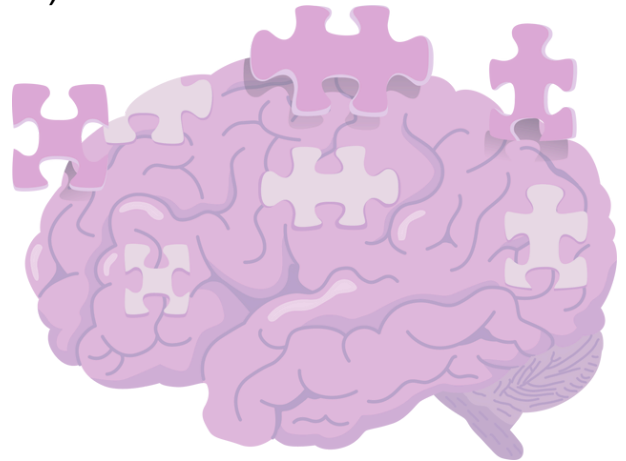
The EAPO has recently released the third episode of their new podcast, *Aging Vibrantly: Conversations to Empower Seniors*. In the podcast, guest Margaret MacPherson speaks on having Supportive Conversations with older adults in your family or community who you may be concerned about regarding their safety and well-being, or living at-risk of harm. To listen to this episode and more, please click [this link](#).

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Healthy Aging Core Webinar: Reducing Dementia Risk - February 20th 1:30pm

On February 20th, Healthy Aging Core Canada is offering a free webinar, *Reducing Your Risk of Dementia: Evidence-Based Advice for Canadians of All Ages and Health Professionals*. Featuring Dr. Samir Sinha (NIA) and Dr. Serge Gauthier (McGill University), this session will share the latest dementia research, practical strategies for reducing risk at every life stage, and actionable insights for healthcare providers.

To register, please [click here](#).



ACCESS to Learning: Digital Literacy Programs

With support from the Department of Education, ACCESS to Learning provides free, comprehensive programming in foundational literacy, numeracy, digital literacy, and life skills for adults in St. John's at The Gathering Place, Gander, Corner Brook, and Happy Valley-Goose Bay. To learn more, please [click this link](#).

A.C. Hunter Library: Sharing Dance with Older Adults - Ongoing

Join the A.C. Hunter Library for a six week video instructed dance session for older adults brought to us from the National Ballet School of Canada in partnership with the Baycrest Health Science Centre. This video series promotes movement and flexibility through simple to moderate dance moves that can be done seated or standing. Embrace the transformative physical and mental health benefits that come with the joy of dance! To learn more, please [click this link](#).

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Resources

NL Public Libraries: Free Laptop and iPad Rentals

Did you know that you can access free laptop and iPad kits for in-library use? If you are in need of access to a computer, you may be able to rent a laptop or iPad free of charge in your area with your library card. To learn more about eligible libraries in your area and how to rent, please click [this link](#).

2025-26 Active NL Fund Applications Now Being Accepted

Applications are now being accepted for the 2025-26 Active NL Fund. Funding is available to support community-based active living initiatives, infrastructure or equipment that will help directly increase physical activity, sport, active recreation and/or healthy eating for individuals of all ages and abilities.

Not-for-profit community-based groups and organizations, municipalities, Indigenous Governments, Local Service Districts and schools are eligible for funding. Applications will be accepted up to and including March 31, 2025. To learn more, please click [this link](#) for guidelines and [this link](#) for the application.

Egale Canada: 2SLGBTQI Dementia Networks of Support

Egale Canada is an organization that aims to improve the lives of 2SLGBTQI people in Canada and to enhance the global response to 2SLGBTQI issues. In this effort, the organization offers several resources for 2SLGBTQI people living with dementia (PLWD) and their caregivers including e-learning, reports, and additional resources. To learn more, please [click here](#).

NLHS: Spring Bereavement Support Program

NLHS has recently shared their updated information about the Bereavement Support Program. They are now accepting registrants for our April 2025 start date. To learn more about available programs, please see the [attached poster](#).

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News

National Institute on Ageing: Ageing in Canada Survey Press Release

The National Institute on Ageing (NIA) published the findings of its 2024 Ageing in Canada Survey, the country's largest ongoing research initiative focused on the perspectives and experiences of Canadians aged 50 and older. To read the release, please [click here](#).

Get Involved

L'Arche Avalon Annual Auction: Donations Needed

L'Arche Avalon is hosting their annual fundraising auction in March, and they are currently accepting donations for prizes. Ideas for donations include gift certificates, any local products or services, artwork, or crafts, household items, and more! to enquire about participation or donation, please contact Lorraine at office@larcheavalon.ca

CIHI Mental Health Surveys: Participants Needed

The Canadian Institute for Health Information (CIHI) has re-launched two mental health and substance use (MHSU) surveys to understand peoples' experiences accessing MHSU services. These surveys are completely voluntary, and responses are kept anonymous. The surveys are available in English and French until May 17, 2025. To learn more or to participate, please see the [attached poster](#).

Expression of Interest: GrandFalls-Windsor Accessibility Advisory Committee

The town of GrandFalls-Windsor is seeking interested individuals to join their accessibility advisory committee. This Committee will be dedicated to promoting accessibility and inclusivity within the Town of Grand Falls-Windsor. To learn more, please see the [attached poster](#).

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General

Canadian Bankers Association: Romance Scams

Romance scams are among the most common scams according to the Canadian Anti-Fraud Centre, costing Canadians more than \$50.3 million in losses in 2023. To learn more about this type of scam, and how to avoid becoming a victim, please click [this link](#).

Arthritis Society Canada: The Link Between Emotions and Arthritis

When it comes to arthritis pain, you know it's your body that's hurting: it's your knees, your hands, your shoulder or a dozen other joints. But there are definite—and sometimes unexpected—emotional and psychological links to experiencing pain too. To learn more about the research being done in this area, please click [this link](#) to explore an article written by the Arthritis Society Canada.

World Cancer Day: United by Unique: February 4, 2025

World Cancer Day 2025 carries the powerful theme, “United by Unique,” reminding us that every individual’s journey with cancer is personal, yet collectively, we can create meaningful change. To read more about this day, please click [this link](#).



WORLD
CANCER
DAY

*Want to join our mailing list?
Contact outreach@seniorsnl.ca*



Adult Colouring

At Clarendville Public Library

Looking for a relaxing afternoon? Join us
for Adult colouring on Wednesdays
from 1-2.

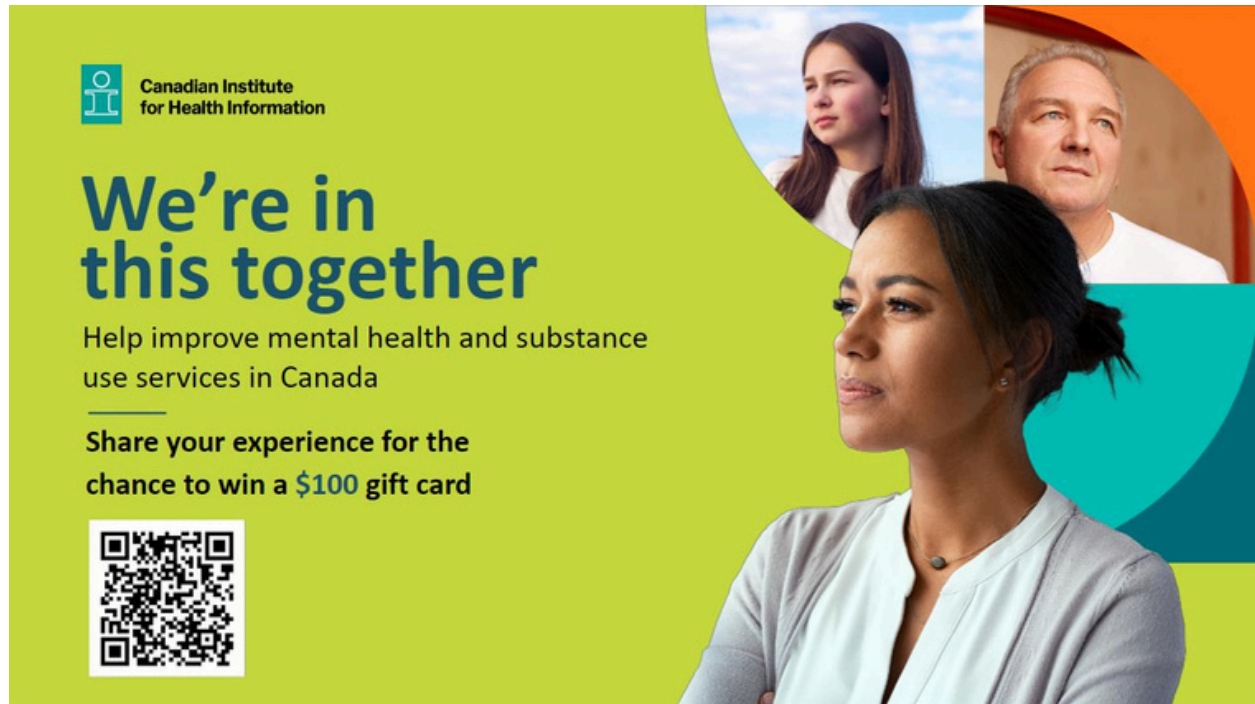
All supplies provided but feel free to
bring your own




Subject: Help promote CIHI surveys on mental health and substance use (MHSU)

The Canadian Institute for Health Information (CIHI) has re-launched two mental health and substance use (MHSU) surveys to understand peoples' experiences accessing MHSU services. These surveys are completely voluntary, and responses are kept anonymous. The surveys are available in English and French until May 17, 2025.

Help us spread the word! Scan the QR code or access the [Early Intervention](#) and [Navigation](#) surveys linked. Share the surveys with your social networks, families, and friends! _____




 Canadian Institute
for Health Information

We're in this together

Help improve mental health and substance
use services in Canada

Share your experience for the
chance to win a **\$100** gift card



Results from last year's surveys are available here:

- [Navigation of Mental Health and Substance Use Services](#) (age 15 and older)
- [Early Intervention for Mental Health and Substance Use Among Children and Youth](#) (age 13 to 24)

Thank you for your help with this important initiative. Contact hpspecialprojects@cihi.ca with any questions.

Best regards,



a community partner program

facilitated by the **Association for New Canadians**

CONVERSATION CAFÉ

Conversation sessions for anyone wanting to practice their spoken English

where: CORNER BROOK PUBLIC LIBRARY MAIN FLOOR

when: 6 PM WEDNESDAYS, BI-WEEKLY

free | registration not required



Grand Falls · Windsor
| perfectly centered |

EXPRESSION OF INTEREST

ACCESSIBILITY ADVISORY COMMITTEE

Application form via link in description
or contact dtc@townofgfw.com or 709-489-0174



Living With Grief: Bereavement Support Group

**Join our 8-Week Program
Starting April 2025
St. Clare's Mercy Hospital**

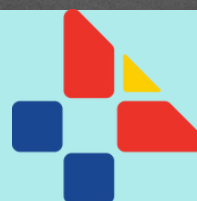
- Starts Tuesday, April 1
7:00-9:00pm
Starts Wednesday April 2
- 1:30-3:30pm

Provincial Virtual Groups (Zoom)

Starts Thursday, April 3
1:30pm - 3:30pm Island Time
1:00pm - 3:00pm Labrador

Weekly Topics

- Week 1 – Understanding Grief
- Week 2 – Experiencing Grief
- Week 3 – Types of Grief
- Week 4 – Healthy Grieving
- Week 5 – Taking Care of Yourself
- Week 6 – Grief and the Family
- Week 7 – Grief and Your Mental Health
- Week 8 – Your Journey of Healing



**NL Health
Services**

For more information or to
register, please contact us:

(709)-777-8940

griefandbereavement@nlhealthservices.ca



February 2025 Activity List

Monday, February 03 @ 11:00 am – 1:00 pm

Zumba, Feast, and Fun: A Celebration of Seniors!

Location: MWONL Office, 44 Torbay Rd.

Tuesday, February 04 @ 11:00 am – 12:30 pm

English Class

Facilitator: Amanda Micheal

Location: MWONL Office, 44 Torbay Rd.

Monday 10, February @ 11:00 am – 12:30 pm

Discover Your Inner Resources: A Creative Workshop

Facilitator: Lesya Danchyshyn

Location: MWONL Office, 44 Torbay Rd.

Tuesday, February 18 @ 11:00 am – 12:30 pm

Neighborhood Tour

Planned Parenthood

Location: 47 St. Clare Ave, St. John's

Wednesday, February 19 @ 11:30 am – 12:30 pm

Navigating Job Search Challenges

Location: MWONL Office, 44 Torbay Rd.

Tuesday, February 25 @ 11:00 am – 12:30 pm

English Class

Facilitator: Amanda Micheal

Location: MWONL Office, 44 Torbay Rd.

Thursday, 27 @ 4:30 am – 6:00 pm

GBV Boys and Men Focus Group

Facilitator: MWONL

Location: MWONL Office, 44 Torbay Rd.

Friday, 28 @ 5:30 pm – 6:30 pm

Workplace Integration Challenges

Location: MWONL Office, 44 Torbay Rd.

All programs are free of cost. (Seats are limited)

To register and for more information, contact Inaam at inaam.j@mwonl.com or call the MWONL Office at
(709) 726 0321

