



SeniorsNL



RESOURCES • INFORMATION • CONNECTION

-Bulletin: February 14 - 28, 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](#).

ABC Life Literacy Canada: Tech Talk Webinar - March 11th at 12:30pm

Learners and practitioners are invited to join ABC Life Literacy Canada and United for Literacy in this Tech Talk webinar. The session will explore trends in technology today, including AI, online safety, and data. It will also examine recent changes in each of these areas and discuss their practical impact on your day-to-day life and work. To register, please click [this link](#).

Annual Food First NL Community Update - February 27 at 1:00pm

Food First NL is hosting their *Annual Community Update*. The update is the organization's chance to tell you about everything they've been working on over the past year. Everyone is welcome to join for this free event. Come and enjoy some light refreshments, hear about their work, and weigh in on the new community food space at Charter Avenue. Registration is required. To learn more or register, please click [this link](#).



-Bulletin: February 14 - 28, 2025-

Building a Raised Garden Bed Workshop (Corner Brook) - February 15th 9:00am

The Western Environment Centre and the Centre for Research and Innovation are hosting a hands-on workshop walking through the process of building a raised garden bed. The workshop will happen in Corner Brook, no experience necessary. Registration is required. To learn more or register, please click [this link](#).

Virginia Park Community Centre: Dessert Dash Fundraiser - February 27th 6:30pm

The Virginia Park Community Centre is hosting a fundraiser for both St. Mark's and the Virginia Park Community Food Pantry. To learn more, please see the [attached poster](#).

Killick Coast North Seniors Co-Operative Call-in Social

The KCN Seniors Co-op will continue their phone-based Seniors Centre Without Walls program. All are welcome to participate/call in. Starting Tuesday February 18, there will be one session each week. The Winter program includes sessions about storytelling, dementia, personal planning, financial scams, and meditation – just listen in or participate in the conversation. To learn more, please see the [attached poster](#).

The Rooms - New Programming: Senior Strolls

Winter may be here, but there's no need to stay home! Visit The Rooms to exercise and socialize during this colder and drearier time of year. While strolling throughout the building and enjoying both the exhibits and the views, participants may focus on a different theme from our collection each week. No registration is needed. Included with the cost of admission (\$7.80 plus HST for seniors), free for members. For more information, please click [this link](#).

-Bulletin: February 14 - 28, 2025-

EmpowerNL: Virtual Town Hall - March 11th and 12th

EmpowerNL is hosting a virtual town hall on March 11th from 1:30-3:30 and March 12th 6:30pm-8pm. These Town Hall sessions are being held to gather information to create a *What We Heard* document to advocate for improved accessible public transit for people with disabilities in our province. For more information, please see the [attached poster](#).

AC Hunter Library: Sunshine Singers - February 18th at 10:30am

Calling all seniors (dementia-friendly event): Sunshine Singers is a heartwarming initiative that uses music to enhance joy and emotional well-being for seniors, promoting social engagement and active participation. This program is a partnership between Arts & Aging Network's and The Alzheimer's Society. To register, please contact admin@alzheimernl.ca or call [709-576-0608](tel:709-576-0608).

Majestic Theatre: Film Series

Majestic Theatre is hosting classic film screenings that are the perfect way to experience beloved films on the big screen. They also offer group rates for seniors' groups, community organizations, and friends looking to enjoy the movies together. Movies for February include *Breakfast at Tiffany's* and *Gone with the Wind*. For more info, contact boxoffice@majestictheatrehill.com

Winter Carnivals and Events: February Highlights

During the months of February and March, many towns in Newfoundland and Labrador will be hosting winter carnivals or winter events, including Corner Brook's Winter Carnival (Feb 21st - March 2nd), Lewisporte's Winter Carnival (Feb 21-25), Gander's SnoBreak (Feb 20-23rd), HVGB's Winter Carnival (Feb 20-23rd), and many, many more! If you are curious about winter events in your community, contact your local municipality, or reach out to SeniorsNL at outreach@seniorsnl.ca to enquire about any more info they may have!

-Bulletin: February 14 - 28, 2025-

Education

ACT-ively Preventing Elder Abuse: Interactive Elder Abuse Workshop

Join Theatre of the Beat in partnership with Elder Abuse Prevention Ontario for ACT-ively Preventing Elder Abuse, an interactive online workshop that empowers participants to recognize and respond to elder abuse through the power of theatre and storytelling. Two sessions are being offered with limited spaces, and registration is required. To register, please click [this link](#).

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](#).

Community Lifelines: Free Mental Health Training for NPOs

CMHA-NL, in collaboration with Lifewise and Richard's Legacy, proudly presents the Community Lifelines Project. This initiative offers comprehensive training for non-profit organizations at no cost, thanks to generous funding from the Newfoundland and Labrador Provincial Government's Department of Health and Community Services. Their aim is to empower non-profits with the skills and knowledge necessary to enhance their services and support their communities effectively. Join them in strengthening the lifelines of our community through this valuable training opportunity. To register, please click [this link](#).

-Bulletin: February 14 - 28, 2025-

Resources

Canadian Centre for Caregiving Excellence: *Who Cares* Podcast

Who Cares, A podcast from the CCCE exploring the challenges, experiences, and policy issues surrounding caregiving in Canada, has recently been released. The podcast hosts Canadian caregivers who share their own personal experiences with the realities of being a caregiver. To listen, please click [this link](#).

Food First NL: Community Food Action Space

Food First NL hosts an online space to find local contacts and information to support food action and programs at the community level across the province. This includes a local food map of programs, a resource library, and trusted information sources for your health. To access the space, please click [this link](#).

Active Aging Canada: Active Living Tips for Older Adults

February is Heart Health Month. Being physically active is good for your heart. Aerobic type of exercise keeps your heart, lungs, and blood vessels healthy. So, show your heart a little love this February! Learn more visit Active Aging Canada's Active Living Tip Sheet, which can be found by clicking [this link](#).

ILNS: FREE Disability Tax Credit (DTC) Navigation Services

Are you looking for support with the Disability Tax Credit? If you live in Atlantic Canada, Independent Living Nova Scotia can help you qualify! Free services are offered to individuals living in Newfoundland and Labrador. For more information, please see the [attached poster](#).

HomesteadNL: Clutter Buddy Group - Ongoing

Are you or a loved one, feeling overwhelmed by the amount of stuff in your home? Kristina Wakeham and Homestead NL are offering an 8-week support program, starting on March 4th at 6:00pm, to learn about practical ways to conquer the clutter. For more info, please contact Kristina at kristinawakeham@gmail.com.

-Bulletin: February 14 - 28, 2025-

Community Volunteer Income Tax Program (CVITP): VPCC -March 10th at 6:00pm

Virginia Park Community Centre is offering a free tax clinic through the CVITP program on March 10th from 6:00-8:00pm at the Virginia Park Community Centre (located at Academy Canada Harding Road Campus, Building # 4). This is a first come, first serve basis with limited spaces. You must bring a government issued photo ID and all necessary tax slips and receipts.

News

Provincial Government Releases Report on Long-Term Care and Personal Care Homes

The Provincial Government has released the Long-Term Care and Personal Care Home Review, a comprehensive report developed by the expert advisory panel that makes 23 recommendations on improving long-term care homes and personal care homes for residents and staff. To read the full release and report, please click [this link](#).

Service Highlight: *Road to Recovery* (Clareville)

New service in the Clareville region: The ROAD to Recovery - Rapid Opioid Addiction Directory. This initiative is a collaboration between NLHS (Clareville Family Care Team and Mental Health & Addictions) and the Clareville Medical Centre. This service aims to provide Opioid Dependence Treatment (ODT) to community members seeking support for opioid addiction. To learn more, please see the [attached poster](#).

Perspectives on Growing Older in Canada: NIA Survey Report

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 report, please click [this link](#).

-Bulletin: February 14 - 28, 2025-

General

Age Without Limits: Campaign and Research

Age Without Limits is the *Centre for Ageing Better's* campaign to challenge ageism for the benefit of all of us as we grow older. The campaign offers a number of resources for learning about ageism, and challenging it in conversations, in the workplace, and more. To see a sample of their postcard, free for all to use, see the [attached poster](#). To learn more, please click [this link](#).

Change the Pace: Active Living Survey

Change the Pace is recruiting participants for a short and simple survey on physical activity. By sharing your thoughts, you'll be contributing to a movement that is working towards making physical activity more accessible for everyone. As a thank you for taking the survey, you can provide your email for a chance to win 1 of 5 \$50 Sport Chek Gift Cards. To complete the survey, please click [this link](#).

Stanford Longevity Century Summit on Ageism: Recordings

How might bringing all ages together create change? This question was explored at the 2025 Stanford Longevity Century Summit, focused on *Ageism and the Intergenerational Future*. Many of the topics covered at the summit, including ageism in healthcare, the workplace, and beauty industry, were recorded and can be listened to by clicking [this link](#).

Move More, Age Well: Prescribing Physical Activity for Older Adults

The Canadian Medical Association has published a recent study exploring the importance of physical activity for healthy aging. To read the full study, please click [this link](#).

Want to join our mailing list?

Contact outreach@seniorsnl.ca



Virginia Park Community Centre

Dessert Dash Fundraiser

Date: Thursday, February 27, 2025

Time: 6:30 pm - 9:00 pm

Location: St. Mark's Anglican Church,
203 Logy Bay Road

Join us for a sweet evening of giving and fun!

All proceeds from ticket sales are split 50/50 between St. Mark's and the Virginia Park Community Food Pantry.

What to Expect:

Exciting Dessert Dash Auction

Delicious Desserts

Heartwarming Community Spirit

Entry Fee: \$10

Tickets Available Monday

February 3 at 43 Harding Road

Door Prize: Newfoundland Canvas

Print: East Coast Dawn

by Chad Sharpe

All Auction Sales Benefit the Food Pantry and Our Community!

Cash Only

Limited Space Available

For More Info or to Register:

Call Erin at 709-579-4534 ext 203

Email: ebrothers@virginiapark.ca



Every dollar counts, and your support means everything!

We can't wait to see you there!



Killick Coast North Seniors Co-operative Call-in Social



Open and Free for everyone,



brought to you from Pouch Cove
through our Seniors' Centre Without Walls program.

Every Tuesday at 3pm:

Conversation, Fun & Information together.

You can join the conversation by phone.



Just **call us** just before 3pm at



709-330-0555

-or register anytime and we will call you

Winter program:

Tuesday Feb 18 3:00 - 3:45pm	Story Telling – Childhood stories, adult stories	Tuesday Feb 25 3:00 - 3:45pm	Defy Dementia – Learn and talk about dementia
Tuesday Mar 04 3:00 - 3:45 pm	Book & Poetry Talks	Tuesday Mar 11 3:00 - 3:45pm	Tired of Winter? Stories of light, music, and endurance
Tuesday Mar 18 3:00 - 3:45 pm	Planning Ahead – Wills, Power of Attorney, Health Care Directive	Tuesday Mar 25 3:00 - 3:45pm	Financial scams and other security issues
Tuesday Apr 01 3:00 - 3:45 pm	April Fool's Day – Funny stories	Tuesday Apr 08 3:00 - 3:45pm	Meditation Session Introduction to mindfulness practice

To order our full program, register at 709-330-0555



Accessible Public Transit Virtual Town Hall

March 11, 1:30 PM - 3:00 PM

March 12, 6:30 PM - 8:00 PM

Registration form:

<https://ow.ly/BnQn50UNYNA>

These Town Hall sessions are being held to gather information to create a What We Heard document to advocate for improved accessible public transit for people with disabilities in our province.

Zoom link will be provided upon registration. ASL interpretation confirmed for both sessions.

For more information, please contact Delia at 709-722-4031 or Delia@EmpowerNL.ca

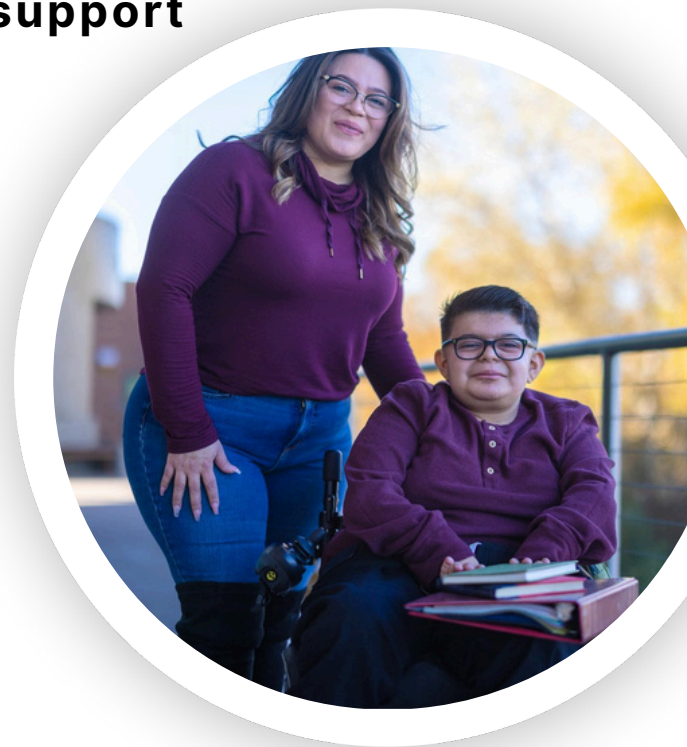


FREE Disability Tax Credit (DTC) Navigation Services

Are you looking for support with the **Disability Tax Credit**?
If you live in **Atlantic Canada**, we want to help you qualify!

Our Services Include:

- ✓ One-on-one DTC application support
- ✓ Community Presentations
- ✓ Drop-In Navigation Sessions
- ✓ Post support check-ins



To learn more, contact us:



dtc@ilns.ca 902-453-0004



option 3 ilns.ca/dtc/

This project is funded by the **Government of Canada** through Employment and Social Development Canada's **Social Development Partnership Program**.

THE

RAPID OPIOID ADDICTION DIRECTORY

TO RECOVERY

Key Benefits

- Same-day access to treatment for opioid addiction
- Comprehensive care through medications and counseling
- Personalized support to aid recovery

What is The ROAD to Recovery?

The ROAD to Recovery is a new program in Clarenville and nearby areas offering **Opioid Dependence Treatment (ODT)**. This service is a collaboration between NLHS (Clarenville Family Care Team and Mental Health & Addictions Services) and the Clarenville Medical Centre.

ODT uses medications like methadone or suboxone alongside addictions counseling to:

- Relieve withdrawal symptoms
- Reduce cravings
- Support recovery and stability

How does it work?

- If you're seeking assistance with opioid addiction, call us directly at 709-466-1293
 - Available Monday to Friday, 8 AM-4^{PM} (excluding holidays).
 - Leave a voicemail, and our team will call you back promptly.
- Same-Day Access
 - Clerical staff will ensure same-day connection to a provider for Opioid Dependence Treatment
- Meet with a Provider
 - You'll be scheduled with a Primary Care Provider (PCP) for an appointment.
- Get Additional Support
 - Your PCP will facilitate an appointment with an addictions counselor for same-day access

Need help? Contact us today

Call **466-1293** to start your journey on the **ROAD to Recovery!**



**NL Health
Services**

Being told you
'shouldn't wear that
at your age' isn't
part of ageing.

It's ageism.

Getting older can have its challenges.
Being treated negatively because of
your age should never be one of them.



**Everyone deserves to age without limits.
Let's make it a reality.**

Every action we take to challenge ageism takes us a step closer to ending its negative effects.

A good place to start is talking. Have conversations about ageing and ageism at home, at work and in your community. The more we talk about ageism, the more we start to change it.

Find out more and get involved at
AgeWithoutLimits.org

**Ageism:
Notice it
Challenge
it Change it**