

SeniorsNL

RESOURCES • INFORMATION • CONNECTION

-Bulletin: January 3, - January 17, 2025

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

Events

Healthy Aging Core: Intergenerational Work & Dementia Webinar - January 25th 2:00pm

Healthy Aging Core is hosting a webinar titled “ Intergenerational Linkages CoP- Event- Including People Living with Dementia”. The aim of the Community of Practice (CoP) is to bring together committed individuals who have a desire to work collaboratively to learn, share and build capacity and develop intergenerational linkages programs or initiatives in their communities. To register and learn more, please click [this link](#).

A.C. Hunter Library: "The Write Sort" Creative Writing Series


The A.C. Hunter Library is offering a series of webinars with special guest authors to discuss a single aspect of creative writing in depth. To see what webinars are being offered, and to register, please click [this link](#).

Killick Coast North Co-operative Call-in Social - Ongoing

The Killick Coast North Co-operative offers a series of call-in social events every Tuesday and Friday through their *Seniors Without Walls Program*. Topics include dementia, traditions, mindfulness, and more! Please see the [attached posters](#) for more details on January and February events.

Multicultural Women's Organization of NL: January Events List

The MWONL is offering several events and activities in January 2025. To see a full list of activities, and to learn more on how to join, please see the [attached poster](#).



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Education

CFEE - Money and You: Seniors Edition

Canadian Foundation for Economic Education's new resource "Money and You: Seniors Edition" is available now and aims to help those in the senior years, or nearing senior years, with the many financial decisions that arise and that remain. To learn more, please click [this link](#), or see [the attached poster](#) for a featured module this month.

NLHS: Bereavement Support Groups - Ongoing

Newfoundland and Labrador Health Services is offering a number of in person and virtual bereavement support groups in January 2025. To learn more about the group offerings and topics, please see the [attached poster](#).

NLHS: Grief and Bereavement Virtual Education Sessions - Ongoing


Newfoundland and Labrador Health Services is also offering a number of monthly education sessions exploring grief and bereavement. The sessions are virtual and open to the public across the province. To learn more, please see the [attached poster](#).

Alzheimer Society: First Link Learning Series - Ongoing

The Alzheimer Society of Newfoundland & Labrador is offering the First Link Learning Series online, at no cost, to continue educating people living with dementia and their families on how to live well with dementia. The sessions occur every Wednesday at 1:00pm. To learn more, please click [this link](#).

TechKNOWTutors: One-on-One Digital Support

Starting January 2nd, TechKNOWtutors will resume its drop-in sessions. You can book your 45 minutes one-on-one appointments every Wednesday to get personalized assistance with your digital needs. Let's make 2025 the year of mastering tech together! To register, please click [this link](#).



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Resources

Alzheimer's Awareness Month: DICE

January is Alzheimer's Awareness Month. There are many resources online to learn more about Alzheimer's and dementia, including DICE, which has terrific resources of exercises designed to meet the needs and preferences of persons living with dementia and their care partners. To learn more, please click [this link](#).

Advance Care Planning Canada: Toolkits and Guides

Advance Care Planning Canada is an excellent resource that offers a number of different toolkits, activities, and guides for those interested in learning more about Advance Care Planning. To learn more about what is offered and available, please click [this link](#).

Food First NL: Food on the Move Winter Schedule

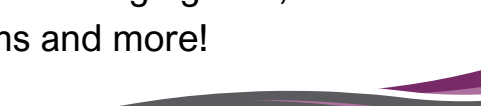
Each month Food on the Move pops up at six community centres in St. John's. It's a fun way to buy groceries, meet new friends, and find services in your neighbourhood. We stock root vegetables, leafy greens, with fresh fruits all year long. Plus, Library on the Go brings books and materials to borrow for free! To view the full schedule, please see the [attached poster](#).

Food First NL: Western NL Food Hub

The Western NL Food Hub is an online store and physical packaging and pickup location that connects customers and local producers in Western Newfoundland. The Food Hub also employs young people who face barriers to employment. They offer pickup or delivery, making shopping local easier than ever! To learn more, please click [this link](#).

EAPO: Empower Seniors Podcast

Every Tuesday, starting January 7th, join Elder Abuse Prevention Ontario and special guests, on their new podcast, *Aging Vibrantly: Conversations to Empower Seniors*. Topics will include aging, abuse prevention including ageism, Powers of Attorney, Seniors' Rights, frauds and scams and more! To hear a preview, please [click here](#).



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News

Alzheimer Society: First Link Learning Series - Ongoing

The National Institute on Ageing had announced the release of the final paper in its series, *7 Steps Toward Better CPP/QPP Claiming Decisions*. The concluding *Step #7: Strengthening CPP/QPP for Better Outcomes — Two Evidence-Based Reforms*, presents solutions designed to remove key barriers that prevent Canadians from taking full advantage of the Canada Pension Plan (CPP) and Quebec Pension Plan (QPP). To learn more, please click [this link](#).


Provincial Government Launches Bridging Generations: A Guide to Intergenerational Programs in Newfoundland and Labrador

The Honourable Paul Pike, Minister of Children, Seniors and Social Development, launched *Bridging Generations: A Guide to Intergenerational Programs* in Newfoundland and Labrador. This guide has been created to provide guidance and resources to communities, community groups and organizations for creating and nurturing intergenerational connections that encourage people of all ages to learn and share with each other. To read the news release, please [click here](#).

Get Involved

Alzheimer Society: First Link Learning Series - Ongoing

The Provincial Government's Policing Transformation Working Group is *seeking the public's input* to help shape the future of policing services in the province. The Working Group developed a detailed [survey](#) as part of public engagement efforts to hear from Newfoundlanders and Labradorians. The survey was developed with feedback from several community partners. To complete the survey, please [click here](#).



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2025 Canada Games: Volunteer Opportunity

The 2025 Canada Games are being hosted in St. John's, and the event is looking for volunteers. Volunteers are the heartbeat of the Games with 150+ different roles working 30,000+ shifts to get us ready to rock August 8 - 25, 2025. To learn more or to register to volunteer, please click [this link](#).

General

Arthritis Society Canada: Managing Arthritis Tips

Many people living with arthritis will tell you that they can predict the weather based on their level of joint pain. With the weather changing, Arthritis Society Canada offers a series of tips and suggestions for managing arthritis during weather changes. To read the article, please click [this link](#).

McMaster Optimal Aging Portal: Tech-Savvy Seniors

Who says technology is just for the young? More and more seniors are discovering how technology can enrich their lives, from staying connected with loved ones to simplifying everyday tasks. Ready to join the tech-savvy generation? To read on for a few ways technology can benefit you in your daily life, please [click here](#).

SeniorsNL

would like to wish everyone a Happy
New Year and well wishes for

2025



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: *interactive information & education sessions.*

Every Friday at 10am: *live conversation over coffee.*



You can join the conversation by phone.



Just **call us** at

+1 647 558 0588, enter the Meeting ID: 835 0003 5421#

- or register at 709-330-0555

and we will call you before the session starts!

Program January 2025

Tuesday January 07 3:00 - 3:45pm	Vinyl Cafe - With audience requests and fave stories	Friday January 10 10:00 - 10:30 am	Ready for the New Year?
Tuesday January 14 3:00 - 3:45 pm	Philharmonic Orchestra	Friday January 17 10:00 - 10:30 am	Travel Talks – Travel stories and travel plans
Tuesday January 21 3:00 - 3:30 pm	Defy Dementia - Learn and talk about dementia	Friday January 24 10:00 - 10:30 am	Belly Laugh Day – Celebrating the gift and benefits of laughter
Tuesday January 28 3:00 - 3:30 pm	Meditation - Introduction to the practice of mindfulness	Friday January 31 10:00 - 10:30 am	Candlemas & Groundhog Day – Stories and Traditions

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



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Program February 2025

Tuesday February 04 3:00 - 3:45pm	Bill Randall – Aging as Adventure	Friday February 07 10:00 – 10:30 am	Planning ahead – Wills, Power of Attorney, Health Care Directive
Tuesday February 11 3:00 - 3:45 pm	Tom Mengel – From Viktor Frankl to Values- Orientation	Friday February 14 10:00 – 10:30 am	Story Telling – Childhood stories, adult stories

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



DECISIONS!

Every retirement journey is unique, but they have a common thread: the need to make crucial and sometimes difficult decisions.

Remember, you don't have to make those decisions alone - there are family members and experts ready to support you along the way.

EXPERTS FOR RETIREMENT:

- Financial Planner
- Tax Specialist
- Lawyer
- Funeral Planner
- Real Estate Agent
- Professional Executor
- Insurance Broker

Action Item

A good place to start your retirement transition is to create a **financial plan**. This can help you assess your current situation and outline where you would like to be in the future.

THE RETIREMENT JOURNEY IS CHANGING

OLD

- retired at 65
- income primarily from public pensions
- renting or owning one home
- simple investments: mostly interest-bearing
- shorter lifespan

NEW

- first retirement at 55, next at 60, again at 65, 75 and later
- several sources of income including pensions
- several destinations you call home
- more complex investments
- longer lifespan



[View Module 1 for FREE](#)

Learn more about:

- \$ Setting Goals for the Future
- \$ Decisions You'll Need to Make and Factors to Consider

- \$ Managing Health Care Risks
- \$ Projecting Your Financial Position
- \$ Decisions You'll Need to Make
- \$ and Much More!

Living With Grief: Bereavement Support Group

**Join our 8-Week Program
Starting January 2025**

- Starts Tuesday, January 14
7-9pm, St. Clare's Hospital
Starts Wednesday January 15
- 1:30-3:30pm, Waterford Hospital

Provincial Virtual Groups (Zoom)

Starts Wednesday, January 15

1:00pm - 3:00pm island time

12:30pm - 2:30pm Labrador

Starts Thursday, January 16

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

GRIEF AND BEREAVEMENT 2025 VIRTUAL EDUCATION SESSION



MONTHLY SESSIONS

- January 14th
- February 11th
- March 11th
- April 8th
- May 13th
- June 10th
- July 8th
- August 12th
- September 9th
- October 14th



**NL Health
Services**

For more information, please contact:

(709) 777-8940

griefandbereavement@nlhealthservices.ca

November/December - *Grieving: Coping with the Holidays*

Details to be released in November

Sessions will be held the 2nd Tuesday of the month from 6:30-8:00pm

These are public sessions and anyone is invited to attend.

CLICK LINK TO JOIN

<https://nlchi-nl-ca.zoom.us/j/98786844044?pwd=TG9tckZyZzlnY1ZwM3RIUjFqVTlnUT09>

Food on the Move

Good Food, Good Prices, Great Communities



JANUARY

TUE 7th	11 am – 1 pm	Pleasantville, 77 Charter Avenue
WED 8th	11 am – 1 pm	Buckmaster's Circle Community Centre
THU 9th	11 am – 2 pm	MUN University Centre, 3rd floor
TUE 21st	11 am – 1 pm	Shea Heights Community Centre
WED 22nd	11 am – 1 pm	Froude Avenue Community Centre
THU 23rd	11 am – 1 pm	College of the North Atlantic, Gym Prince Philip Drive

FEBRUARY

TUE 4th	11 am – 1 pm	Pleasantville, 77 Charter Avenue
WED 5th	11 am – 1 pm	Buckmaster's Circle Community Centre
THU 6th	11 am – 2 pm	MUN University Centre, 3rd floor
TUE 18th	11 am – 1 pm	Shea Heights Community Centre
WED 19th	11 am – 1 pm	Froude Avenue Community Centre
THU 20th	11 am – 1 pm	College of the North Atlantic, Gym Prince Philip Drive

MARCH

TUE 4th	11 am – 1 pm	Pleasantville, 77 Charter Avenue
WED 5th	11 am – 1 pm	Buckmaster's Circle Community Centre
THU 6th	11 am – 2 pm	MUN University Centre, 3rd floor
TUE 18th	11 am – 1 pm	Shea Heights Community Centre
WED 19th	11 am – 1 pm	Froude Avenue Community Centre
THU 20th	11 am – 1 pm	College of the North Atlantic, Gym Prince Philip Drive



Shop fresh, affordable fruits and veggies year-round!

FoodStJohns.ca/Move



@FoodOnTheMoveSJ



January 2025

ACTIVITY LIST

Wednesday, January 8 @ 11:00 am – 12:30 pm

Cooking Class

Location: MWONL Office, 44 Torbay Rd

Tuesday, January 14 @ 11:00 am – 12:30 pm

English Class

Location: MWONL Office, 44 Torbay Rd.

Thursday, January 16 @ 11:00 am - 12:30 pm

Bingo

Location: MWONL Office, 44 Torbay Rd.

Tuesday, January 21 @ 11:00 am – 12:30 pm

English Class

Location: MWONL Office, 44 Torbay Rd.

Tuesday, January 28 @ 4:30 pm – 6:00 pm

Family Art Class

Location: MWONL Office, 44 Torbay Rd.

Thursday, January 30 @ 11:00 am – 12:30 pm

The Journey Project (Legal Support Service)

Facilitator: : The Journey Project

Location: 44 Torbay Road

Email inaam.j@mwonl.com or call the MWONL Office
at 709-726-0321