

May 2017

Seniors' Newsletter

Senior Friendly Community Initiative Update

Seniors' Month

June is Seniors' Month in Ontario, and this year marks its 33rd annual celebration. This year's theme is "Living Your Best Life."



June is Seniors' Month!

The City of Cornwall will be celebrating Seniors' Month by highlighting City and community initiatives that are of interest to seniors.

Mark your calendars! Public Presentation: Cornwall's Senior Friendly Community Initiative

On Monday, June 5th, between 1:00 pm-2:30pm, Jordan Ann Kevan de Haan, Cornwall's Senior Friendly Community Liaison Officer, will present information about the City's Senior Friendly Initiative. This presentation will share what the City is doing to advance specific, practical, community driven recommendations that ensure Cornwall remains a safe, accessible and enjoyable city for seniors.

The presentation will be held at the Cornwall Public Library (45 Second Street East). Your space can be reserved by calling the Library at (613) 932-4796, or by visiting the Library Information Desk in person.

For more information

For other updates on the "Senior Friendly Initiative", and for links to senior friendly community organizations, services, and resources, please visit www.Cornwall.ca/Seniors

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Volunteers Needed: Adopt-a-Street

Show your civic pride by joining other volunteers who wish to achieve litter-free streets, sidewalks, parks, and waterfront spaces. Together, Adopt-a-Street volunteers create a positive environment for everyone to enjoy. Volunteering is a healthy and rewarding activity!

The program is flexible - you can decide where and how often to pick up litter! Volunteers can participate for as long as they want, but typically, clean up efforts take place during the spring, summer, and fall months.

Pam Carson, one of the first volunteers to sign up for our community's Adopt-A-Street Program in 2016, has loved her experience with



the program. “It is a feel-good activity as attacking litter along Montreal Rd. has prompted a lot of waving, smiling and ‘thumbs up’ from cyclists to bus drivers,” Carson says. “I feel fortunate to be working towards the goal of the Program, which is making our community cleaner for everyone to enjoy!”

The Adopt-A-Street program is open to all - individuals as well as teams from schools, workplaces, community organizations, family, friends and neighbours!

The City of Cornwall provides all of the supplies that you need: litter pickers, gloves, volunteer reflective safety vests and litter bags. They also collect the garbage bags from designated drop off points when notified.

For more information, please visit www.Cornwall.ca/AdoptAStreet or call (613) 930-2787 ext. 2157.

Cornwall's Free Outdoor Gym

Now that the warmer weather is here, Cornwall's Lamoureux Park has something for everyone: scenic walking and biking paths by the water, beautiful picnic spots, a splash pad and jungle gym to enjoy with your grandchildren, public washrooms, and, one of its most recent additions, the Rotary Outdoor Gym.

The Rotary Outdoor Gym is free for everyone to use, and includes ten workout stations that are complete with instructions on how to use them. This workout park is designed to help users of all ages build cardiovascular and muscular strength and endurance in an outdoor setting.

The Rotary Outdoor Gym is located in Lamoureux Park, and is between the Splash Pad and Cornwall Community Museum.



Photo Credit: Rotary Club of Cornwall Sunrise

Cornwall Clean Air Day - Ride the Bus for Free!



Mark your calendars! Cornwall Transit will be offering free transit rides on **Wednesday, June 7th** in celebration of Clean Air Day. Everyone is able to ride our environmentally-friendly, low-floor buses, for free, all day long! The service runs from 6:00 am to 11:30 pm.

For more information about Cornwall Transit routes and schedules, please visit www.Cornwall.ca

News From Our Community

The Ontario Senior Games Association 55+

The Ontario Senior Games Association 55+ (OGRA55+) for Stormont, Dundas, Glengarry, Prescott-Russell, Akwesasne has a variety of competitive events that aim to provide older adults (55+) with an opportunity to:

- increase their social interaction with others,
- maintain and enhance their psychological and physiological well-being through participation in recreational activities and sports.

Competitive events are open to all seniors (55+). Upcoming events held in Cornwall during May and June include: 5 pin bowling, bocce, darts, walking, swimming and tennis. Other events will occur in surrounding communities.

For general information about the OSGA55+, please contact the games coordinator, Marlene Neal, at 613-330-2017 or nealm221@sympatico.ca.

Seaway Valley Community Health Centre Programs

The Seaway Valley Community Health Centre offers a variety of health and wellness programs. Here are examples of two free programs that may be of interest to you:

Balance For Life! Program for Older Adults: Participants in this program exercise in a group setting to help reduce their risk of injury from falls while improving fitness levels. Join this class to build muscle strength, increase bone density, and improve balance, all while having fun!

Wellness Walkers: Join this group on Tuesdays and Thursdays at 9:00 am to walk outdoors in Lamoureux Park until mid-September 2017. Participants will enjoy the health benefits of physical activity while strolling along the beautiful St. Lawrence River in the company of friends.

For more information about the programs listed above, visit www.seawayvalleychc.ca, or call 613-930-4892 ext 229.