

Seniors' Newsletter - Bulletin pour aînés

Opportunities for Seniors!

June is Seniors' Month in Ontario, and this year's theme is "Living Your Best Life". Part of living your best life includes participating in socially, mentally, and physically engaging activities to help maintain your quality of life as you age.

There are many senior-specific opportunities for these kinds of activities in Cornwall. In addition to programming offered by the City of Cornwall, Cornwall seniors' clubs and educational organizations offer a range of activities and courses in both English and French.

This special "Seniors' Month" edition of our Seniors' Newsletter highlights five examples of community based seniors' clubs and educational organizations. Additional City and non-City opportunities can be found at: www.Cornwall.ca/Seniors

Further updates on the City's "Senior Friendly Initiative", and links to senior friendly community organizations, services, and resources can be found at the same web address.

Opportunit s pour les a n s!

Juin est le Mois des personnes  g es en Ontario et cette ann e, le th me est « Pour la meilleure vie possible ». Ce th me abordera la participation des a n s   des activit s stimulantes socialement, mentalement et physiquement afin de les aider   pr server une qualit  de vie en vieillissant.

  Cornwall, les a n s ont l'occasion de s'adonner   de nombreuses activit s qui leur sont destin es. En plus de la programmation offerte par la Ville de Cornwall, des clubs et des organismes d' ducation pour les a n s proposent une grande vari t  d'activit s et de cours, en anglais et en fran ais.

Cette  dition sp ciale de notre Bulletin pour a n s dans le cadre du « Mois des personnes  g es » donne cinq exemples de clubs et d'organismes d' ducation communautaires pour les a n s. Vous trouverez  galement d'autres opportunit s offertes par la Ville ou non   l'adresse www.Cornwall.ca/Seniors.

D'autres mises   jour sur l'« initiative amie des a n s » de la Ville ainsi que des liens vers des organismes, services et ressources communautaires amis des a n s sont disponibles   la m me adresse Web.

Le Centre Charles-Émile-Claude

Le Centre Charles-Émile-Claude est un centre récréatif pour les personnes âgées francophones de 50 ans et plus. Nous offrons une foule d'activités susceptibles de répondre aux besoins de cette clientèle. Le centre est ouvert du lundi au vendredi de 9 h 00 à 16 h 00. Il y a des activités tous les jours :

badminton, bid
Euchre, bingo,
bridge, chorale,
ciné-club
francophone,
club de
marche, club
de tablettes
électroniques,
cours en
informatique
(Facebook,



Word, Excel), cuisine collective, danse en ligne, exercices, fléchettes, Gi-Gong, sacs de sable. Ces activités ont un frais d'utilisation variant selon l'activité et les saisons.

Le Centre Charles-Émile-Claude, centre polyvalents des aîné(e)s inc offre aussi des services en santé gratuit en partenariat avec nos partenaires : clinique de santé Carefor, groupe de soutien de la société d'Alzheimer, programme P.I.E.D en collaboration avec le Centre de santé communautaire de l'Estrie.

Le Centre Charles-Émile-Claude est reconnu à titre de Centre pour personnes âgées par le Secrétariat des personnes âgées de l'Ontario. Au cours des deux prochaines années, le CCEC offrira un nouveau programme ***Ton cerveau au boulot !*** afin d'améliorer les activités cognitives des personnes âgées. Des sessions de formation auront lieu au cours de l'été pour les bénévoles et les instructeurs, les sessions pour les participants commenceront cet automne.

Nous vous invitons à communiquer avec nous au 613-932-1035 ou à consulter notre page web au <http://centrecharlesemileclaude.com/> pour obtenir de plus amples informations.

Seaway Senior Citizens Club

The Seaway Senior Citizens Club is a non-profit organization that provides recreation, exercise and information for anyone 50+ in Cornwall and the surrounding areas. Sample activities include line dancing, tai chi, yoga, Swedish weaving, quilting, choir, music jamming, scrabble, dominos, day trips, various card games, darts, shuffleboard, dinner dances, mah-jongg , day trips, and more.

After more than 30 years of leasing property, the Club recently outgrew their space. A decision was made to purchase a building in order to add more programming and ensure the longevity of the organization.

Once renovations are complete, the **NEW HOME** for members will be **506 Pitt Street**. The Seaway Senior Citizens Club invites the public to watch for news about the upcoming re-opening. The Club will be welcoming visits to the new location soon!

The Seaway Senior Citizens Club would like to thank all of the volunteers who have contributed to the organization's success over the years and to extend an open invitation to volunteers in the community who may be looking for "*Volunteer Opportunities*" with our organization.

Please call 613-932-4969, or visit <http://www.seawayseniors.ca/> for more information about this club.

Cornwall Senior Citizens Club # 353



The Cornwall Senior Citizens Club (55+), has approximately 115 members and offers scheduled card games year round. Regular activities include cribbage, bid-euchre, hearts as well as reasonably priced breakfasts and lunches. Activities operate in English.

For information, you can call 613-932-0980 or drop in to their location: 119 Pitt St. in Cornwall.

Encore Education Centre



"Encore Education Centre", an award winning program designed for adults 50+, offers a unique learning experience with no term papers, no exams and no grades! There are no educational prerequisites; classes are enhanced by discussions based on the broad experiences of the participants and are taught in a relaxed, friendly classroom environment.

Accomplished, knowledgeable and enthusiastic leaders conduct daytime special interest and academic courses covering a broad range of topics including, creative arts, music, philosophy, travel, health & nutrition, history, computers and religion, just to name a few.

Most courses take place during daytime hours Monday to Friday, and range in duration from one to eight weeks, meeting once each week for two hours. Saturday seminars are sometimes offered as well. Courses are offered during the Winter, Fall and Spring terms.

Encore's office and main classroom are located at the Upper Canada District School Board building at 1500 Cumberland St., Cornwall. Other sessions are also provided at various off-campus sites in the community.

Encore is always looking for ways to further improve their program, and welcomes any suggestions for future course topics or potential course leaders.

For more information about the Encore program, you can check out our website at www.encoreseniors.ca, or contact us by email at encore@bellnet.ca, or call 613-937-1525

St. Lawrence Seniors Club (English & Français)

The St. Lawrence Seniors Club offers a variety of year-round activities and events including bingo, euchre, hot meals, multi-day trips away, and other social events.

They are located at 14 Marlborough St N. in Cornwall. For more information about this club, please call 613-936-6060.

Le St. Lawrence Seniors Club offre plusieurs d'activités: le bingo, l'euchre, les repas chauds, les excursions et d'autres événements sociaux.

Ils sont situés au 14 Marlborough St N. Pour de plus amples renseignements, veuillez composer le 613-936-6060.