

Welcome to the County of Brant's Seniors Newsletter, just for seniors!
This monthly newsletter will keep you up-to-date with what's happening
in our fabulous community for residents 55+

Seniors to Seniors Healthy Aging Lecture Series

The County of Brant is excited to be offering FREE Seniors Workshops in 2023/2024 thanks to the [New Horizons for Seniors Program \(NHSP\)](#) federal government grant that was received.

Workshops will be held throughout the County of Brant in various locations. Free transportation can be organized if needed and light refreshments will be served. **Registration is required** and space is limited, register today to reserve your spot! [See page 2 for more information on how to register.](#)



Digital Literacy for Seniors with Brant Skills Centre

Thursday, December 7

10:00 am – 12:00 pm

Bethel Stone Church
154 Bethel Road, Paris
Activity #6214

Join us for this very important workshop focusing on internet basics with the chance to ask a Tech at the end of the session any questions you may have about your own personal devices. Technology is not slowing down and being digitally literate can improve your quality of life; by helping you keep in touch with loved ones, and giving you access to information to keep you healthy, active and mentally stimulated.

Will and Power of Attorney Workshop with Lawyer Jennifer Stebbing

Friday, December 8

10:00 am – 12:00 pm

Cowan Community Health Hub
25 Curtis Avenue North, Paris
Activity #6412

In this workshop Lawyer Jennifer Stebbing will talk about what wills are, how to create them, why they are important, the default legislation and your options when creating estate plans (trusts, beneficiary designations and more.)

How to Register?

Online: Register online today by visiting www.brant.ca/COBConnect

In-person: Register in-person at the Brant Sports Complex (944 Powerline Road, Paris)
Monday - Friday from 8:30 am - 8:00 pm

Need assistance with registering? Call **519.442.1944**.

Customer service hours are Monday to Friday from 8:30 am - 4:30 pm

Need assistance with transportation? Call **519.442.1944 EXT 3213** or email
heather.slot@brant.ca

Stay tuned for **more great workshops** happening in the Winter

Upcoming FREE Try-it Fitness Classes

Come and try one or all of our Fitness Class demos. Classes are 30 minutes in length and a great way to try one of our classes before registering. Registration is not required for the demos listed below. Just drop-in!

Tuesday, January 9, 2024

Class	Time	Location
Zumba Gold with Heather	1:00 pm – 1:30 pm	Sojourn Church, Paris
Cardio Combo 55+ with Sherry	1:45 pm – 2:15 pm	Sojourn Church, Paris
Yoga with Elisabeth	2:30 pm – 3:00 pm	Sojourn Church, Paris

Thursday, January 11, 2024

Class	Time	Location
FUNctional Fitness with Heather	9:00 am – 9:30 am	Sojourn Church, Paris
Strength & Stretch with Sherry	9:45 am – 10:15 am	Sojourn Church, Paris
Chair Yoga with Elisabeth	10:30 am – 11:00 am	Sojourn Church, Paris

What else is happening in Brant?

Holiday Food Drive

We will be holding a holiday food drive on behalf of the Salvation Army Food Bank. Donations can be dropped off at **Sojourn Church** (112 Scott Avenue, Paris) during the following days and times in December.



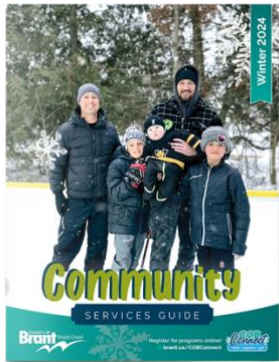
Giving Hope Today

Monday & Wednesdays	9:30 am – 1:00 pm
Thursdays	12:00 pm – 2:00 pm
Fridays	9:30 am – 11:30 am

Items needed:

Sidekicks, Juice Boxes, Cookies, Crackers, Canned fruit, Canned Vegetables, Canned tomatoes, Large bags of Rice, Toilet Paper, Feminine Hygiene.

County of Brant Winter Community Services Guide



The Winter Community Services Guide will be released on **December 21, 2023** in both print and digital copies. To view the guide online visit www.brant.ca/guide or pick-up a printed copy at any County of Brant Customer Service Office, or Community Centre.

What's new?

New Pickleball sessions have been added for the 2024 Winter Season. Registration opens **Monday, January 8 at 6:00pm.** (check back to page 2 on ways to register)

Days of week/details	Time:	Location:
Thursdays – All levels welcome	10:30 am – 12:30 pm	Cedarview Church
Thursdays – Experienced/Intermediate	12:30 pm – 2:30 pm	Cedarview Church

Upcoming County of Brant Public Library Events

Check out the great things happening this Winter with the County of Brant Public Library! To view their full calendar of events, and ways to register, please visit: www.brantlibrary.ca or contact the library directly at **519.442.2433**

Art-Fully Autumn: Exploring Collage

- **Tuesday, December 5** - 10:30 am – 12:00 pm at County of Brant Library – Burford Branch, 24 Park Ave, Burford,

Art-Fully Autumn: Exploring Collage

- **Tuesday, December 12** – 1:30 pm – 3:30 pm at County of Brant Library – St. George Branch, 78 Main Street N, St. George

Drop-in Slow Stitching

- **Mondays – December 4, 11 & 18 (no program December 25)** – 2:00 pm – 4:00 pm at County of Brant Library – Paris Branch, *12 William Street, Paris*

Drop-in Tuesday Night Knitters

- **Tuesdays – December 5, 12, 19 (no program December 26)** – 6:30 pm – 8:00 pm at County of Brant Library – Oakland Branch, *281 Oakland Road, Scotland*

Drop-in Casual Knit & Chat

- **Wednesdays – December 6, 13, 20, 27** – 6:30 pm – 8:00 pm at the County of Brant Library – Paris Branch, *12 William Street, Paris*

Drop-in Mahjong

- **Thursdays – December 7, 14, 21, 28** – 1:30 pm – 4:00 pm at the County of Brant Library – Paris Branch, *12 William Street, Paris*

Volunteer Opportunities

Volunteer at the County of Brant Public Library

The Visiting Books Service delivers library materials to residents who are unable to visit the Library due to mobility challenges and/or health concerns. Learn more about this opportunity! Chat with library staff or visit www.brant.library.ca/Volunteer

Volunteer with Compassionate Community Care Calls

Compassionate Community Cares Calls is a volunteer-based platform, through the Adult Recreation Therapy Centre to provide free emotional support, security, social connection and access to services within the community to seniors and persons with disabilities. Would you like to make a meaningful impact on your community through helping vulnerable persons? Contact Sarah at 519.753.1882 or email sbutterworth@artc.ca

National Volunteer Day Recruitment Event

“Volunteer Now” and support our Aging Population. Join the Grand River Council on Aging for their recruitment event. The event takes place **Tuesday, December 5** from 2:00 pm – 4:00 pm at *Woodman Park Community Centre*. For more information and ways to register please visit www.grcoa.ca/volunteering.

Looking to have something featured in this publication?

Do you have a group or upcoming event and you would like to be featured in this publication? Please email heather.slot@brant.ca, and feel free to pass this information along to anyone who may be interested.

If you do not want to receive this monthly newsletter, please respond with UNSUBSCRIBE and your name will be removed from the mailing list.

County of Brant Recreation Services

www.brant.ca/Recreation

Call 519.44BRANT (**519.442.7268**)

1.855.44BRANT (**1.855.442.7268**)

Email us at parksandrec@brant.ca

We're Social! [Follow us](#) on Facebook, Twitter and Instagram

@BrantCommunity