

Welcome to the County of Brant's NEW 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+ years and older.

## Seniors to Seniors Healthy Aging Lecture Series

The County 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.](#)



### OPP Fighting Fraud Presentation

**Wednesday, September 13**

**1:00 – 3:00 pm**

*Brant Sports Complex  
944 Powerline Road, Paris*

Activity # 6151

The OPP Fight Fraud presentation is an initiative where the OPP partners promote fraud prevention among seniors. The aim is to reduce the risk of victimization among Ontario seniors through fraud prevention education, building awareness of current frauds and empowering seniors to recognize, reject and report fraud.



### Historical Walks with the Paris Historical Society

**Tuesday, September 5**

**10:30 am**

*Meeting locations will be communicated via email upon registration*

Lower Town (downtown) with Wayne Wilkinson Activity # 6086

Upper Town (old town hall) with Marie Williamson Activity # 6213

Join the Paris Historical Society in your choice of 2 historical walks around beautiful Paris. The walking tours are led by guides experienced in the history, architecture and neighbourhoods of Paris.

Tours take approximately 1.5 - 2 hours, please wear comfortable walking shoes. Light refreshments will be served after at Syl Apps Community Centre.

## Upcoming Registered Try-it Fitness Classes - FREE



### Zumba Gold

- **Tuesday, September 12**, 1:30 – 2:30 pm
- *Sojourn Church (112 Scott Ave, Paris)*, Free Activity # 6199



### Functional Fitness \*2 dates available

- **Monday, September 25**, 1:30 – 2:30 pm Activity # 6155
- **Wednesday, September 27**, 9:30 – 10:30 am Activity # 6187
- *Sojourn Church (112 Scott Ave, Paris)*, Free

### \*NEW\* Walking Soccer coming soon!

We are so excited to add Walking Soccer to our Fitness schedule for Fall 2023. This super fun game is on the rise in popularity and is a low impact version of soccer, so just as it sounds there is zero running! Played indoors on cushioned turf, with zero contact, walking soccer allows everyone to get back into the game. **Please see free try-it dates below.**

- **Thursday, October 5**, 1:30 – 3:00 pm, *Syl Apps Community Centre* Activity # 6147
- **Thursday, October 12**, 1:30 – 3:00 pm, *Syl Apps Community Centre* Activity # 6148

## How to Register?

**Online:** Register online today by visiting [www.brant.ca/COBConnect](http://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

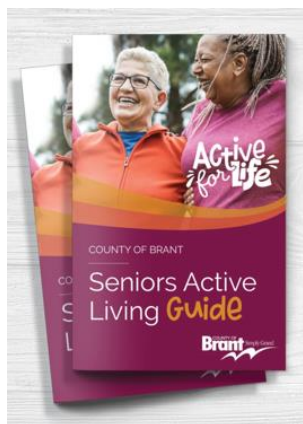
**Need assistance with registering?** Call **519.442.1944**.

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

Stay tuned for **more great workshops** happening in October 2023!

## What else is happening in Brant?

### County of Brant Seniors Active Living Guide



The Seniors Active Living Guide is a resource highlighting the many groups, gatherings and activities happening for seniors in the County of Brant. Staying active and involved in our community has never been easier! Use this guide to learn about the many great things happening in the County of Brant. Get out and get active!

Visit [www.brant.ca/SeniorsGuide](http://www.brant.ca/SeniorsGuide) for more information!



# Seniors Active Living Expo

## County of Brant Seniors Active Living Expo

Mark your calendars! Come and join us for a day celebrating our Active Older Adults. The Seniors Active Living Expo, will feature many Community Partners as well as demos and classes of some of our County of Brant Fitness Programs. Join us for some or all of this actively fun day. Lunch will be provided and transportation can be arranged by contacting [heather.slot@brant.ca](mailto:heather.slot@brant.ca). Free to attend, no registration required. Drop-in or join us all day for fun activities.

Date: **Monday, October 2**

Time: **9:00 am – 2:00 pm**

Location: *Sojourn Church, 112 Scott Ave, Paris*

## Salvation Army Food Bank

Would you like to assist our local Salvation Army Food Bank? To make it easier to donate we have created a Food Box at the *Brant Sports Complex, 944 Powerline Rd, Paris*. Starting September 5th, you can drop off essential items Monday to Friday from 8:00 am - 8:00 pm and Saturday & Sunday from 8:00 am – 7:00 pm or drop off to any of our Seniors Programs happening at the *Sojourn Church, 112 Scott Street, Paris*.

Our local Salvation Army Food Bank needs the following items;

- Side kicks
- Juice boxes
- Cookies
- Crackers
- Canned fruit
- Canned vegetables
- Canned tomatoes
- Large bags of Rice (or any size)
- Toilet paper
- Feminine Hygiene

*"We make a living by what we get, we make a life by what we give". Winston Churchill*

## Upcoming County of Brant Public Library Events

Check out the great things happening this Fall with the County of Brant Public Library!

Visit the calendar of events at [www.brantlibrary.ca](http://www.brantlibrary.ca) or contact the library directly at 519.442.2433 to learn more.

### Adult Take Home Craft Bags - Free

Our adult craft bags are designed for Older Adults to have a take home activity. Pop into your local library branch and pick up the latest craft at the beginning of each month. Instructions and supplies are provided. Limit one bag per adult. Visit [www.brantlibrary.ca](http://www.brantlibrary.ca) or call 519.442.2433 to learn more.

### Creative Aging – Free

Join us every Tuesday morning for our Creative Aging program. A hands-on, creative program just for adults, where we'll explore the basics of watercolours, slow stitch and embroidery, resin and collage work. All supplies provided. Available at rotating branches throughout the County of Brant.

- **Tuesday, September 12**, 10:30 – 11:30 am at Burford Branch (*24 Park Ave, Burford*)
- **Tuesday, September 19**, 10:30 – 11:30 am at St. George Branch (*78 Main Street N., St. George*)
- **Tuesday, September 26**, 10:30 – 11:30 am at Paris Branch (*12 William Street, Paris*)

Stay tuned for October dates!

## Meet Heather Slot!



Heather is currently the Seniors Recreation Programmer for the County of Brant, which is possible through grant funding.

Heather comes to us with a wide spectrum of knowledge and experience both in fitness and working with seniors. Heather started her recreation career in long-term care and then transitioned to working with active seniors in the community. Heather loves moving, dancing, singing and making people smile. Make sure you say hello to Heather when you see her!

**"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM"**  
C.S Lewis

Moving forward, we hope this newsletter will be a valuable tool for us to communicate with you. If you have a group or upcoming event and you would like to be featured in this publication, please email [heather.slot@brant.ca](mailto:heather.slot@brant.ca). Please 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](http://www.brant.ca/Recreation)

Call 519.44BRANT (**519.442.7268**)

1.855.44BRANT (**1.855.442.7268**)

Email us at [parksandrec@brant.ca](mailto:parksandrec@brant.ca)

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**@BrantCommunity**