

Welcome to the County of Brant Senior's Newsletter! This newsletter will keep you up-to-date with what's happening in our fabulous communities for residents 55+.

We have had a great start to our Fall Programs, our Inaugural **55+ Community Dance** held on October 4th was a huge success, and we are excited to share we already have our next Dance & Social on the books for **April 11, 2025!** Mark it on your calendars!

We have a new email address to make things easier for you to get in touch with us, please use the email: seniors@brant.ca, for any questions, comments or ideas you would like to see on our 55+ Calendar!

Once again lots of things happening for you to get out, get involved and get active! We hope to see you in November!

Upcoming Programs, Workshops and Events

Canadian Dental Care Plan

Join Service Canada for this information session on how the Canadian Dental Care Plan (CDCP) can help seniors with oral health care. Discover eligibility, application process and covered services. Stay for a clinic and to get one on one assistance in accessing the CDCP. Don't miss this chance to improve your oral health and wellbeing.

Date:	Time	Location	Fee	Activity #
Tuesday, November 5	10:00 am – 1:00 pm	Cowan Community Health Hub	FREE	6999

Ballroom Dancing

Join Art in Motion Dance Studio for a 4-week introduction to ballroom dancing. Learn Salsa, Swing, Rumba, Waltz and more. Participants must register with a partner (opposite sex partners are not required- feel free to bring a friend) each person must register individually for the program

Date:	Time	Location	Fee	Activity #
Friday November , 8, 15, 29 December 06	11:00 am – 12:30 am	Syl Apps Community Centre	\$25.00 per person	6993

Cornhole, Curling and Cards

Join us for an afternoon of friendly competition and camaraderie with cornhole, indoor curling and cards. This program offers something for everyone, regardless of skill level or experience. Come toss, roll and shuffle the afternoon away. Light refreshments will be served.

Date:	Time	Location	Fee	Activity #
Thursday, November 21	1:00 pm – 3:00 pm	TF Warren Group Cainsville Community Centre	\$6.00	6995

Walking Soccer

Walking Soccer is a low impact, modified version of regular soccer, with **NO** running and **NO** contact. Walking Soccer is a fun way to participate in team comradery and is suitable for all levels of fitness and abilities. Indoor flat soled shoes are required. Shin pads are suggested.

Date:	Time	Location	Fee	Activity #
Tuesday, November 12	1:30 pm – 3:00 pm	Syl Apps Community Centre	\$6.00	6972

Holiday Wreath Making Workshop

Create a fresh greenery wreath to decorate your front door for the holiday season. All materials and instructions are provided, along with a variety of decorations to customize your project! Bring a pair of garden pruners and your holiday spirit!

Date:	Time	Location	Fee	Activity #
Wednesday November 27	10:00am - 12:00pm	Syl Apps Community Centre	\$35.00	6998

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

Registration is open for Fall 2024 Programs.

What else is happening in Brant?

Volunteer Recognition Awards

The County of Brant is hosting our second annual Volunteer Recognition Ceremony to celebrate the contributions of volunteers and their dedication to creating communities that thrive. Last year's awards focused on celebrating the long-standing Community Groups/Service Clubs and individual volunteers.

This year we are requesting the assistance of residents of the County to nominate an individual, group, committee or club that is making a difference in our communities. Help us recognize those who are working to create vibrant, welcoming spaces where people love to live, work, and play in the County of Brant!

We have three (3) categories open for nomination

- **Emerging Leader (10-24 years):** A young leader strengthening our community through volunteerism.
- **Community Leader:** An individual who has been an inspiring leader, influential mentor and has made a positive impact through their volunteer efforts.
- **Community Impact (Group):** A non-for profit group that has positively impacted our community through their innovation and collaboration.

The awards are only open for County of Brant residence (however a non-County of Brant resident can nomination a County of Brant resident).

Nominations are open and will remain open until Monday November 04th at 11:59pm.

Nominations can be done via <https://www.brant.ca/en/community-and-support/volunteers.aspx>

The Burford Lions Club

Proudly Presents:

**THE MURRAY WILLIAMS BAND with the Reunion of the 2023 CCMA Pedal Steel
Guitarist of the Year DOUG JOHNSON**

Saturday November 09, 2024

Doors Open at 6:00pm

Tickets: \$20.00 Contact Mary Ann 519-732-4812 or any Lions Club Member

Upcoming County of Brant Library Programs and Events

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

Knitting 101

An introduction to knitting with local artisan Ursula O'Brien. Get a chance to see and try out various techniques, yarns, and stitches. Beginners welcome, registration required

- **Wednesday November 06, 6:30-8:30pm, Paris Branch , 12 William St**

Empowering Older Adults: Opioid Awareness and Naloxone Training

Learn about what opioids are, what they are used for and why we should know about them. Public Health Nurse Brenda Shiell will be presenting Empowering Seniors: Opioid Awareness & Naloxone Training. Participants can expect to learn about the Substance Use Spectrum, substance use disorder and opioid safety. Nasal naloxone will be distributed to those who are interested. Free program, registration recommended but drop-ins are welcome.

- **Friday November 08, 2:00-3:00pm, Paris Branch, 12 William St**

Book Page People Art

An autumn art project designed specifically for older adults! Learn to create miniature characters using book pages, featuring library staff and art expert, Kelly.

- **Tuesday November 19, 1:30-3:30pm, Paris Branch, 12 William St**

Knitting 102

Take your knitting skills to the next level with local artisan Ursula O'Brien and join us and learn how to knit your own winter scarf. Basic knitting knowledge recommended, registration required.

- **Wednesday, November 20, 6:30-8:30pm, Paris Branch, 12 William St**

Tech Coach

Find answers to your technology questions! Meet the tech coach for assistance with electronic devices, smartphones, computers, social media & more. A facilitator from the Brant Skills Centre will advise you on topics such as shopping for a new device, troubleshooting technical issues and using common features on your device. Bring your technology question and receive one on one assistance

- **Tuesday November 26, timeslots between 2:30 and 4:30pm, St George Branch, 78 Main St N**

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

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