

Upcoming Programs, Workshops and Events

Seniors Summer Olympics

Join the County of Brant Seniors Recreation Staff in Lions Park for our Seniors Olympics! This day of fun games and laughter will allow our 55+ community to enjoy time together. Bring your inner child and competitive spirit, as the accessible games require no athleticism. Lunch is provided by **Queensview Retirement Community**.

Date:	Time	Location	Fee	Activity #
Thursday, August 6	12:00 pm to 2:00 pm	Paris Lions Park, Diamond A	\$6.50	8450

Fitness Walk with Heather

Join Heather for a Fitness Walk including intervals, core work and strength training. We will maximize the impact of the walk to help improve cardiovascular endurance and to burn more calories, while making walking fun and interesting.

Date:	Time	Location	Fee	Activity #
Monday, August 10	9:00 am to 10:00 am	Dawdy Park	\$6.50	8444

Seniors 3-Pitch Baseball

Join us for our Senior's Co-ed 3-Pitch Baseball Game. Whether you're a seasoned slugger or just in it for fun, this is your chance to enjoy a great game, some laughs and friendly competition. How it works: sign up as an individual and staff will form teams before the game.

Date:	Time	Location	Fee	Activity #
Tuesday, August 18	10:00 pm to 12:00 pm	Green Lane Sports Complex, Paris	\$6.50	8455

Corn Hole in the Park

A fun-filled and engaging event designed especially for our senior participants! Cornhole is a classic game that combines friendly competition with a relaxed, enjoyable atmosphere. Whether you're an experienced player or new to the game, this event is all about coming together for a good time.

Date:	Time	Location	Fee	Activity #
Wednesday, August 26	1:00 pm to 3:00 pm	Paris Firefighters Pavilion at Paris Lions Park	\$6.50	8452

How to Register?

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

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

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

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

Fall 2026 Community Services Guide Out Thursday August 27th

Get your copy of the 2026 Fall Community Services Guide on August 27

You can **view the Guide online** or pick up a printed copy at any County of Brant Customer Service office or Community Centre. The Fall guide is packed with information about drop in and registered recreation programs for all ages, parks, events, and community contacts.



Fall Program Registration opens on Monday September 14, at 6:00pm

What else is happening in Brant?

Downtown Paris Promenade



Introducing the Downtown Paris Promenade — a vibrant, pedestrian space designed for gathering, relaxing, and experiencing the heart of downtown in a whole new way. Beginning in June, the promenade will come alive with games, entertainment, comfortable seating, and interactive programming for all ages.

Programs on the Promenade

Date:	Time	Activity	Fee
Wednesday, August 5, 12, 19	11:00 am to 1:00 pm	Mahjong, Learn to Play Mahjong	FREE
Thursday, August 13	10:00 am to 11:00 am	Art on the Promenade: Zentangle Art	FREE
Thursday, August 20	11:00 am to 12:30 pm	Trivia	FREE

County of Brant Library Programs and Events

Check out the great things happening 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.

Build your own Home Gym

- **Wednesday, August 5, Paris Branch at 6:30 pm**

Have you ever been overwhelmed by what you need or might not need in an effective home gym? Do you want to discover ways to train and get stronger in the comfort of your own home? Join us for a workshop led by a certified fitness instructor and find out what you need, and what you don't need to make an optimized, safe, and expandable gym at home.

Perfect for all ages and fitness needs. Register at www.brantlibrary.ca/calendar.

Creative Café

- **Tuesday, August 11, Paris Branch at 2:00 pm**

Join four local artists for an inspiring and interactive exploration of their creative practices. Discover a variety of artistic techniques, from mold making and mural art to watercolour painting and nature-based creations. Through demonstrations, stories, and hands-on activities, you'll gain insight into the passion and process behind each artist's work.

Then, put your creativity into action! Guided by one of the featured artists, you'll create your own unique piece of art to take home and enjoy.

Spend an afternoon learning, creating, and connecting with fellow art enthusiasts. Whether you're an experienced artist or simply looking to try something new, this welcoming program is sure to spark your imagination and leave you feeling inspired. Perfect for adults of all ages—bring a friend and join the fun!

Register today at www.brantlibrary.ca/calendar or call your local branch.

Photography Club

- **Last Thursday of every month, Paris Branch, from 2:00 pm to 4:00 pm**

Capture the world around you with the Library Photography Club!

Meeting once a month, this drop-in program is open to photographers of all levels, whether you shoot with a camera or a smartphone, we'd love you to join us! Spend a couple of hours exploring photography through fun walks, creative prompts, and themed topics, all while connecting with fellow enthusiasts.

Grand River Council on Aging

The Grand River Council on Aging is a registered charitable nonprofit organization and is a backbone organization dedicated to encouraging the development of an "age-friendly City of Brantford, County of Brant, Six Nations of the Grand River and Mississauga's of the Credit First Nation.



The flyer is for the Grand River Council on Aging Grand Parade Launch. At the top, it says "THE Grand PARADE" with a logo, "life is grand.", and "Saturday, September 19, 2026" with the website "thegrandparade.org". Below this is a photo of four people. The main text says "Join the Parade!" in a large, cursive font, followed by "You are invited to attend the Grand River Council on Aging Grand Parade Launch!". It then says "Hosted by our Lead Sponsor" and features the logo for "Aspira Brants Landing Retirement Living". Below this, it says "Join us as we welcome dignitaries, share the event details, and announce our Goal for The Grand Parade 2026!". The event details are: "WEDNESDAY, AUGUST 5, 2026 2:00 to 2:30 p.m." and "166 LYNDEN ROAD BRANTFORD, ON N3R 8A7". There is a calendar icon and a quote: "We can't wait to celebrate with you and kick off another incredible year together!". The bottom of the flyer has contact information: "life is grand.", "RSVP by July 29, 2026 admin@grcoa.ca 519-754-0777 ext. 439", "Aspira Brants Landing Retirement Living aspiralife.ca", and "Grand River Council on Aging Creating a Community for a Lifetime".

THE Grand PARADE | **life is grand.**
Saturday, September 19, 2026
thegrandparade.org

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**Grand River Council on Aging
Grand Parade Launch!**

Hosted by our Lead Sponsor
Aspira Brants Landing
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Join us as we welcome dignitaries, share the event details,
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We can't wait
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life is grand. | RSVP by July 29, 2026
admin@grcoa.ca 519-754-0777 ext. 439 | **Aspira Brants Landing**
Retirement Living aspiralife.ca | **Grand River Council on Aging**
Creating a Community for a Lifetime

Grand River Council on Aging Grand Parade

- Saturday, September 19 at 10:00 am to 1:00 pm
- Kiwanis Field, 627 Colborne Street, Brantford

The Grand River Council on Aging Grand Parade is a fun, family-friendly fundraiser walk in support of local charities that help aging Canadians and their families live well.

To make a donation please visit: [Grand River Council on Aging Grand Parade Donations](#)

Grand River Community Health Centre



WANT TO CONNECT WITH DIFFERENT GENERATIONS? JOIN OUR FREE COOKING SESSION SERIES DESIGNED FOR YOUTH (UNDER 25) AND OLDER ADULTS (55+) TO LEARN, COOK, AND CREATE LASTING MEMORIES TOGETHER!

EACH MONTH WILL OFFER TWO DIFFERENT EXPERIENCES:

- COOKING WITH CONNECTION
- STRANGERS TO TABLEMATES
- COUPLES IN THE KITCHEN
- SKILL SWAP SUPPERS
- CULTURAL EXCHANGE KITCHEN
- TABLE TALK TEAMS

When: Twice monthly **Where:** 363 Colborne St, Brantford

For more info or to register please
contact Sydney at scookney@grchc.ca
or (519) 754-0777 ext. 473



Wednesday, August 12 from 12:00 pm to 2:00 pm

"Strangers to tablemates" is a session for youth and older adults who have not met before to connect and build community. Youth and older adults who do know each other are more than welcome to attend and build community with other participants.

Sunday, August 26 from 12:00 pm to 2:00 pm

"Couples in the kitchen" is a session for intergenerational couples to build community and cook together, sharing stories and recipes. Bring your partner, or a close friend and build community with other couples from different generations.

County of Brant OPP

Staying Safe While Running Daily Errands

Staying active doesn't always mean structured exercise—many of us keep moving through everyday activities like grocery shopping, attending appointments, or visiting local markets. The Brant County Ontario Provincial Police encourage residents to approach these routine outings with safety in mind so you can remain confident and independent.

When out running errands, be aware of your surroundings both in parking lots and inside stores. Choose well-lit areas to park, and whenever possible, park close to entrances. Before exiting your

vehicle, take a moment to scan the area. When returning, have your keys ready and avoid distractions.

Be mindful of your belongings while shopping. Keep purses or bags securely closed and in your direct line of sight—preferably across your body rather than in a cart. Avoid carrying large amounts of cash and shield your PIN when using debit or credit machines.

Errands are also a time when fraud attempts can occur. Be cautious of anyone approaching you with urgent requests for help involving money or asking for personal information. It's always okay to politely decline and move to a more public space or seek assistance from staff.

If you're out during busier times, take your time and move at a comfortable pace for you. Staying active should never feel rushed or unsafe.

By being mindful during everyday activities, you can continue to enjoy your independence while staying safe and engaged in your community.

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)
- parksandrec@brant.ca
- We're Social! [Follow us](#) on Facebook, Twitter and Instagram @BrantCommunity

We want to hear from YOU! Reach out to our County of Brant Senior Services Program team with any questions, comments or ideas at seniors@brant.ca