

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

## County of Brant Seniors Drop-In Centre

We are thrilled with the overwhelming response to the Seniors Drop-in Centre as memberships are currently SOLD OUT. Thank you for your incredible support!

If you were unable to get membership, please keep an eye out for other programs you can participate in and stay tuned for when additional membership spots become available. To join our waitlist, email [seniors@brant.ca](mailto:seniors@brant.ca)

We look forward to welcoming even more members soon. Come explore, connect, and take part in the many programs we have to offer!

### Line Dancing with Deanna

Line dancing is a fantastic activity for all ages. It promotes healthy movement of your body and is also great for your mind. Starting out with a few basic steps you will be amazed at how fun line dancing is. Using a balance of modern and slightly older music, line dancing is not all country music. It is a great way to strengthen your body and mind, as well as, a great way to meet some of the best people all while having fun!

Dates	Time	Location	Fee	Activity #
Thursdays in November	10:30 am to 11:30 am	Airport Community Centre	\$29.95	<b>7923</b>

### 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 a team camaraderie 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 #
Friday, November 07	1:30 pm to 3:00 pm	Syl Apps Community Centre	\$6.00	7926

## Bocce Ball

Join us for some fun with a casual game of bocce ball. Whether you are a seasoned player or just looking to try something new, everyone is welcome. It is easy to learn and a perfect way to relax. Let's roll!

Date:	Time	Location	Fee	Activity #
Friday, November 21	1:00 pm to 2:00 pm	Syl Apps Community Centre	\$6.00	7929

## Fill Your Cup

Come and join our 55+ community for a **FREE** drop in social. Coffee/tea and light refreshments are provided by **Queensview Retirement Community**. No registration is required, come alone or bring a friend!

Date:	Time	Location	Fee
Tuesday, November 25	<b>NEW TIME!</b> 9:30 am to 11:00 am	Sojourn Church	FREE

## 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 to 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

## County of Brant Library Programs and Events

Check out the great things happening this November with the County of Brant Public Library! To view the full calendar of events and to register for events, visit [www.brantlibrary.ca](http://www.brantlibrary.ca) or contact the library directly at 519.442.2433.

### Master Gardener Session: Fall Garden Maintenance and Winter Prep

**Thursday, November 6 at 6:30 pm, Paris Branch**

Fall is nature's grand finale—full of colour, crisp air, and the perfect time to give our gardens a little TLC before winter moves in. Come learn great tips and guidance for effective all cleanup and winter prep for your gardens.

## Bad Book Night

**Friday, November 7 from 7:00 pm to 9:00 pm, Paris Pub**

Join us at the Paris Pub for Bad Book Night—an evening dedicated to celebrating the worst literature has to offer! Grab a drink, some pub grub, and prepare for hilariously awful readings, cringe-worthy plot twists, and “so-bad-they’re-good” book excerpts. Test your knowledge with bad book trivia, play interactive table games, and compete in silly challenges for a chance to win prizes.

Whether you're flying solo or bringing your whole book club, you can book a seat—or an entire table—for a night of laughter, connection, and literary mischief. This event is strictly for adults who love books... especially the terrible ones. Come for the bad books, stay for the good times!

## Writing for Change – With Councilor Steve Howes

**Wednesday, November 12 at 6:30 pm, Paris Branch**

Do you have a cause you feel strongly about, or see an injustice you want to rally for? Writing for change is an essential skill and can be learned. Join Councilor Steve Howes for an evening discussing how you can write to impact the world around you and bring about the change you want to see.

## Master Gardener Session: Winter Seed Sowing

**Thursday, November 20 at 6:30 pm, Burford Branch**

Winter Sowing: Grow Your Garden Through the Cold! Discover the simple, low-cost, and eco-friendly gardening method that lets you start seeds outdoors in the middle of winter!

## Tech Coach (bookable time slots)

**Tuesday, November 25, St. George Branch**

Find answers to your technology questions! Meet the tech coach for assistance with electronic devices, smartphones, computers, social media & more.

\*Please register for all programs at [www.brantlibrary/calendar](http://www.brantlibrary/calendar) or call any of our library branches

## What else is happening in Brant?

### Remembrance Day Services

**Tuesday, November 11 at 11:00 am**

- Burford Cenotaph and Burford Agricultural Society
- Paris Cenotaph
- St. George Cenotaph.



## **November Events**

### **A Holiday Market in Paris (Formerly Paris Optimist Craft Show)**

Saturday, November 8 and Sunday, November 9 | open 10:00 am to 4:00 pm daily  
Paris Fairgrounds, 139 Silver St, Paris

**[View the event website](#)**

### **Breakfast with Santa**

Sunday, November 16 from 10:00 am to 2:00 pm  
Browndale Farms, 740 West Dumfries Rd, Paris

**[View the event website](#)**

### **Evenings in Paris**

Friday, November 21 from 6:00 pm to 9:00 pm  
Downtown Paris

**[View the event website](#)**

## **Grand River Council on Aging**

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

### **Financial Abuse and Seniors**

The Grand River Council on Aging invites you to join Jennifer Stebbing, owner of Stebbing Butcher PC, to learn about the common forms of financial abuse and how to protect yourself and your loved ones from theft of funds or assets without consent or understanding.

**Wednesday, November 5 from 10:00 am to 11:00 am**

To register for this virtual workshop, please email [admin@grcoa.ca](mailto:admin@grcoa.ca) or call 519.754.0777 x 439

### **Nutritional Considerations for Food Allergies and Intolerances**

The Grand River Council on Aging invites you to join Amy Campbell, registered dietitian with the Grand River Community Health Centre, to discuss the symptoms of food allergies and intolerances like gluten and lactose. Learn how to manage these issues through dietary changes to improve gut health.

**Wednesday, November 19, from 10:00 am to 11:00 am**

To register for this virtual workshop, please email [admin@grcoa.ca](mailto:admin@grcoa.ca) or call 519.754.0777 x 439

## County of Brant Fire

### **Carbon Monoxide Awareness Week is November 1 to November 7**

Carbon monoxide (CO) is known as the *silent killer*—a colourless, odourless gas that can be deadly if undetected. It's produced by fuel-burning appliances like furnaces, fireplaces, and water heaters. During Carbon Monoxide Awareness Week, we're reminded of the importance of CO alarms in our homes.

**New for 2026:** the Ontario Fire Code will require **CO alarms on every level of your home** if:

- You have a **fuel-burning appliance**,
- You have an **attached garage**, or
- Your home is heated by a **forced-air fuel-burning appliance**, even if it's located outside your unit.

#### **Carbon Monoxide Safety Tips:**

- Test CO alarms monthly.
- Replace batteries annually.
- Replace alarms every 7–10 years.
- Have fuel-burning appliances inspected annually by a certified technician.

Let's stay safe and protect our homes from the silent threat of carbon monoxide.

**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](mailto:seniors@brant.ca)**

Do 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), 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**

T. 519.44BRANT (519.442.7268) / 1.855.44BRANT (1.855.442.7268)

E. [parksandrec@brant.ca](mailto:parksandrec@brant.ca)

[www.brant.ca/Recreation](http://www.brant.ca/Recreation)

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