

June is Seniors Month in Newfoundland and Labrador



This year the theme for Seniors Month is "***Participation is Ageless: Seniors join. Seniors play. Seniors coach.***"

We urge seniors' organizations and retiree groups to take some time to celebrate the importance of this month.

The following are some "participation" ideas that your organization may wish to use or pass along to your members. There are plenty of ways for seniors to participate and stay connected!

Nurture your social network.

Strengthen or renew your close personal relationships with family members, friends, church members, neighbours, and other important people in your life. Even if they are not close by, you can still keep in touch by telephone, e-mail or even Facebook!

Take a class

Challenge yourself with new learning. Try something you have never tried before! How about quilting, a foreign language or a science you have always been curious about.

Join a club.

Connect with others who share your passion. Join or start a book club, garden club, or art club - meetings are a great way to meet new people and establish rewarding relationships with people who have similar interests.

Get back in the workforce.

Punch back in: After retiring some people decide they are just not ready to stop work. If you are longing to work again, consider taking a part-time job to keep your mind stimulated, provide extra money, or mentor a younger employee.

Volunteer.

Donate your time and talents. If you are looking to find more purpose in your life or wish to contribute to a greater cause, find a way to volunteer in your community. Dedicated volunteering can help keep you active.

Offer family assistance.

If you have grandchildren or other young family members you would like to spend more time with, offer to babysit. Chasing around after children is a great way to keep you physically active and improve your sense of well-being.

Scrap-booking Club

Scrap-booking provides a creative outlet and a beautiful way to preserve treasured memories. It can allow you the opportunity to reminisce while putting together timeless keepsakes for loved ones.

Trips and Tours

Trips and tours can be fun even if the destination is local. Seeing new things, and having new experiences, is a great way to feel happy and healthy. Trips can be to museums, monuments, parks, sporting events or just simple sightseeing tours around a community or a neighbouring community.

Organize a Cooking Club

Bring people together. Try some new healthy recipes together. Maybe produce a cookbook! Perhaps arrange for a dietician to teach a class on interpreting nutrition labels.

Form a Morning Breakfast Group

Arrange for breakfast together – rotate homes or meet at a local restaurant.

Exercise

It is important to stay strong and in good shape. Walk around your neighbourhood using hand weights or even a can of soup!. Join a gym and use the treadmill. Take a yoga or Pilates class. Invite a friend over and do stretching exercises together. If walking is difficult, exercise while seated. Calf lifts, stretching, abdominal exercises and hand weights can help you stay fit.

Grow a Community Garden

Start a community garden for a productive chance to be outside, get fresh air and exercise. If planting a vegetable garden, the group can also enjoy wholesome meals together with their home grown delights, or donate their harvests to a church or a community kitchen.

Learn a Dance/Teach a Dance

Arrange for a local dance teacher, or find a senior who is simply a good dancer, to come to the seniors centre to teach a dance, or consider visiting a dance studio.

We will be making available materials including posters, magnets, buttons and bookmarks from the *Ageless Campaign*; and information on Advance Health Care Directives. An order form is attached for you to complete and submit to us.

Please let us know your how your organization plans to highlight Seniors Month!