



50+ Seniors Program

The Seniors program is for adults aged 50 years and up, autonomous, retired or available during the program hours (9:00 am-2:30 pm). We offer fitness, social, educational and artistic activities, services to the community and volunteer opportunities through more than 20 different activities. The majority of our members are English speaking seniors from Verdun and the surrounding area although we are open to all other cultures and languages.

Our objectives are:

To break social isolation, to stay active and healthy, to continue learning, to support autonomy, to give access to community services and intergenerational activities, and to promote volunteering.

Challenges and Plans 2011-2014: Diversity and Outreach

Never before has the 50 plus population been so diverse in ages, backgrounds, interests, health and fitness levels, social and educational needs. More and more we have to listen and understand the needs of the 50 plus population in our programming. The 50 plus population doesn't identify or relate to one group or label: Seniors, Boomers, Retired, etc. *I am a person who likes XYZ. Do you have XYZ for me?* These are the questions we hear more and more. In response to this, we have developed activities that are more intense specifically for the Boomers generation: Badminton and open-gym. It has proven to be a success!

The 50+ Seniors Program caters to the Anglophone community of Verdun and surrounding Borrows, by offering activities mostly in English. But it is more and more challenging to reach and communicate to our clientele in the media. We will develop new contacts and new approaches with local groups. We will update more frequently the 50+ Seniors Section of this web site and use more efficiently e-mails. We need volunteers all the time for regular weekly services (making and serving snacks, the groups grocery bus to IGA service, etc.). But we will see more project-oriented volunteers. The future is exciting!

Activities

Fitness activities help our members stay fit, healthy and autonomous. Most of these activities take place in our large gymnasium. We have activities for all fitness levels:

Aerobics, light exercise, line dance, badminton, walk club, yoga

Educational and artistic activities reach people with artistic passions or special interests. Through these activities seniors have the opportunity to express, discuss and share with others in a relaxing environment:

Computers, quilting, painting, crochet

Social activities are popular and well attended. Seniors enjoy outings, meeting new people and having fun in a group environment:

Dawson Café (snack bar serving home-made food), bingo, sandbags, darts, retired men's card club, women's card groups, bus trips and minivan trips

Services to the community provide services that cater to the special needs of seniors. These services

Transport Services to the grocery store (IGA), foot care clinic, tax clinic (March and April)

Winter 2012 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M.	9:30 to 11:30 Women's Cards 10:45 to 11:45 Open-Gym (higher intensity)	9:00 to 12:00 Group Grocery (Bus to IGA) 9:30 to 1:00 Café (snack-bar) 10:00 to 1:30 Quilting Group 10:15 to 11:45 Line-Dancing 10:30 to 2:00 Men's Cribbage	10:00 to 12:00 Badminton 10:30 to 1:00 Café (snack-bar)	10:00 to 11:00 Yoga 10:45 to 11:45 Open-Gym (higher intensity) 10:30 to 2:00 Men's Cribbage	10:00 to 2:30 Foot-Care Clinic (professional Technician) (by appointment)
P.M.	12:30 to 2:10 Darts	1:00 to 2:00 Light-Exercise	12:15 to 2:10 Sand-Bags	1:00 to 2:00 Light-Exercise	12:15 to 2:10 Bingo

Seasonal Activities:

March and April Tax-Clinic (\$ 5.00) (by appointment)
 Walk-Club (May to June, August to September)

Events and Trips:

Mid-April Health Day (speakers, demonstrations and healthy snacks) **(date T.B.A.)**
 One-day bus trips (in the Montreal greater region)

Projects coming back soon:

Computers and Internet courses (private and small groups of two to four)
 Jog-Your-Mind memory stimulation workshops

We need volunteers:

Baking 2 cake, muffins, etc. or making soup for the Snack-Bar
 Accompaniment at the Group-Grocery bus service to the local IGA (two mornings per month)
 Teaching Computers and Internet courses (private and small groups of two to four)



