



Operation Actively Aging Calendar of Events

ENERGIZING LIFE COMMUNITY FUND

YOGA

JENN SWEZEY - ZEST YOGA AND MINDFULNESS

FREE TO ATTEND!!

YOGA MATS WILL BE PROVIDED FOR THOSE WHO NEED THEM!

Echo Bay Hall
9:30-10:30AM

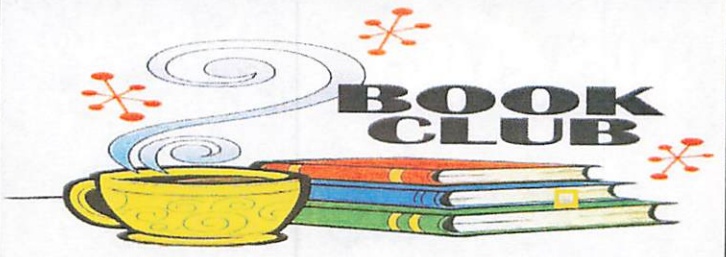
Tuesday, October 24th
Tuesday, November 7th
Tuesday, November 21st
Tuesday, December 5th
Tuesday, December 19th

PLEASE CONTACT TRISHA IF YOU ARE INTERESTED IN ATTENDING ONE OR MORE OF THESE SESSIONS!

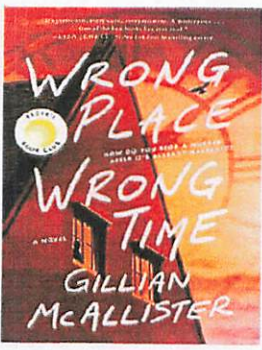
5 ELEMENTS INCLUDED IN EACH SESSION:

- **CONNECT:** mindfulness practices to connect to yourself, the world around you, and your community.
- **BREATH:** harness the power of your breath to manage your emotional and energetic state.
- **MOVE:** improve physical health, increase confidence, and enhance executive function.
- **FOCUS:** increase your capacity to pay attention, and focus on the task at hand.
- **RELAX:** restore alertness, manage over-stimulation, and improve sleep quality.

Yoga enhances strength, flexibility, and balance. Mindfulness based practices may help to reduce anxiety and depression, lower blood pressure, and improve sleep.



BOOK CLUB



FIRST MEETING WILL BE WEDNESDAY, OCTOBER 11TH AT 10:30AM AT THE EKOKA MUSEUM AND LENDING LIBRARY.

FIRST BOOK WILL BE "WRONG PLACE WRONG TIME" BY GILLIAN MCALLISTER.

THE NEXT BOOK AND BOOK CLUB MEETING WILL BE DECIDED BY CLUB MEMBERS.

If you are interested in joining please contact Trisha as numbers are needed for book purchase.



Well Seasoned

MORNING SOCIAL CLUB

ENJOY WEEKLY FELLOWSHIP AT THE ECHO BAY HALL ON THURSDAYS STARTING OCTOBER 5TH THROUGH DECEMBER 21ST

9:00 AM - 11:30AM

A LIGHT BREAKFAST WILL BE AVAILABLE FROM 9:30 & 10:30 AM

COFFEE/TEA & JUICE



Seniors HALLOWEEN BINGO

Lots of Prizes to be won!!!

When: Wednesday, October 18th 11am-2:30pm

Where: Echo Bay Hall

Doors will open at 11am

Bingo will start at 12pm

COSTUMES CONTEST!

FREE to Participate

Winners will choose from a wide assortment of prizes!! If you have your own dabbers please bring them but we will have dabbers available!




Let's Create

Arts & Craft Club

Registration fee per session is \$10

PAINT EVENTS

NO EXPERIENCE NECESSARY

We have 2 paint events set up to be held at the Echo Bay Hall Friday, October 27th and Friday, November 17th 1-3:30pm

Don't wait, sign up today!!

Space is limited to 12 per session!

If you are interested in joining please contact Trisha (705) 297-4024 tdaynard@ontera.net



Contact Trisha:
E-mail: tdaynard@ontera.net
Cell: 705-297-4024

Seniors Lunch Socials

OCTOBER

Wednesday,
October 25th

NOVEMBER

Wednesday,
November 22nd

Doors open at 11am for social hour
Lunch will be at 12pm

Please contact Trisha if you are
interested in attending so we have
an idea of numbers for lunch!

705-297-4024 or email
tdaynard@ontera.net

Seniors



Club

HELP PREPARE
HOLIDAY
DESSERTS FOR
THE CHRISTMAS
DINNER & DANCE.

ECHO BAY HALL



STARTS AT 10:00AM (ESTIMATED 3 HRS.)

WEDNESDAY, November, 15th

AND

WEDNESDAY, December 13th



Join Trisha for this social cooking experience!

TOGETHER WE WILL MAKE A VAIRETY OF HOLIDAY DESSERTS

DIFFERENT RECIPIES EACH WEEK!!

Trisha would love to use your favorite holiday recipes
to have a variety of community favorites for the
dessert trays at the Christmas Dinner & Dance.

Oh and don't worry cooking club participants
we will 100% be sampling our creations!!

Please contact Trisha if you plan on attending and/or
are willing to share a recipe!!

JOIN US TO CHEER ON
THE SOO GREYHOUNDS FROM THE VIP SUITE
40 TICKETS AVAILABLE - \$15 PER SENIOR
VISIT THE MUNICIPAL OFFICE TO RESERVE YOUR SPOT!



GAME DAY

SUNDAY, NOVEMBER 5TH

2PM PUCK DROP

BUS WILL LEAVE SPORTSPLEX AT 12:30PM

Let's Create

Arts & Craft Club

Christmas Craft Decor

Echo Bay Hall

Wednesday, December 6th

12:30-3:30pm

Don't wait, sign up today!!

Space is limited to 20 participants

Contact Trisha to register!!

CHRISTMAS DINNER & DANCE

HOSTED AT THE ECHO BAY ELKS LODGE

Cost is
\$15 per
senior

Friday, December 15th

5:30pm - Doors Open

6:30pm - Dinner

8pm-12pm - Music & Dancing

Don't wait
to get your
tickets as
space is
limited

Tickets can be purchased at the
Township of Macdonald, Meredith & Aberdeen Additional Municipal Office.

CHRISTMAS PRIZE BINGO

Wednesday, December 20th

Echo Bay Hall

Doors will open at 11am

Bingo will start at 12pm

**FREE to
Participate**

Winners will choose from a
wide assortment of prizes!!

If you have your own dabbers
please bring them but we will
have dabbers available!

**CANTEEN WITH
DRINKS,
LUNCH &
SNACKS**

