

Stay Active! Stay Healthy!

Challenge yourself to stay active during Omicron and beyond!

Try our daily suggestions.

Week #6

Dates: February 14 - 20

Monday

Get Moving!

Sometimes it's too cold or too slippery to walk outside. Don't let the weather stop you! Take a trip to your local mall, and do a few laps while window shopping!



How to Access:

Barrie:
Georgian Mall
Bayfield Mall
Kozlov Mall

Orillia:
Orillia Square Mall

Midland:
Mountainview Mall

Muskoka:
Huntsville Place Mall

Tuesday

Challenge Your Brain

Last week we brought you Wordle. This week we introduce you to Nerdle.

Nerdle is a game inspired by Wordle that consists of guessing a mathematical operation in six tries.

How to Access:

Play daily here:
www.nerdlegame.com



Wednesday

Get Outside!

Check out The George Langman Sanctuary in Oro-Medonte. While walking along the nature trail, you can expect to see a variety of waterfowl such as Canada geese, mute and trumpeter swans, mallard ducks, wood ducks and more!



How to Access:

www.theorilliafishandgameconservationclub.com/sanctuary

Thursday

Try Something New

Check out the Connecting with Seniors program through Breaking Down Barriers. This month, you can join by zoom and enjoy a story about the power of connecting through shared experience and laughter. The authors will be present and participants will receive a copy of the books.



How To Access:

www.breakingdownbarriers.ca/event/connecting-with-seniors-program-on-zoom/

Friday

Connect with Music

Do you love making lists of your favorite albums & songs?

Then this is the place for you! Check out JOHNNY RADIO on YouTube.

How to Access:

<https://www.youtube.com/c/JOHNNYRADIO/featured>



Saturday

Connect with family and friends!



Eclipse "Walk with Light" is an interactive, unique and artistic sound to light forest night walk in Huntsville. Plan an outing with your family or friends and reap the benefits of exercise, socialization and emotional stimulation from the experience.

How to Access:
www.eclipselightwalk.com/tickets

Sunday

Learn Something New

February is Black History Month. Celebrate the many achievements and contributions of Black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation!



Visit:

www.barrielibrary.ca/programs-events/black-history-365

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Week #5

Dates: February 7 - 13

Monday

Get Moving!

As of January 31st, many recreation centres and 55+ Clubs have reopened their doors to in-person programming! Connect with your local centre for updates and new programs.



How to Access:

Barrie 55+ Seniors Centre
www.barrie.ca/Living/RecreationPrograms/Pages/Seniors55.aspx

Askennoia
<https://mailchi.mp/5aec8cb65311/support-the-fashion-show-may-june-newsletter-free-moving-downsizing-lunch-learn-next-thursday-983485>

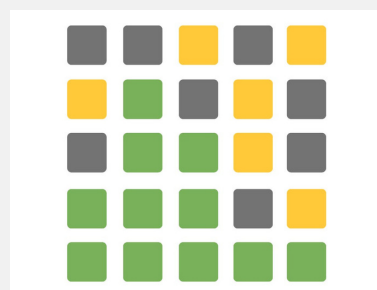
Tuesday

Challenge Your Brain

Wordle is a daily word game you can play online. It's fun, simple crossword-like puzzle that can only be played once a day. Every 24 hours there's a new word of the day, and it's up to you to figure out what it is.

How to Access:

Play daily here:
www.powerlanguage.co.uk/wordle/



Wednesday

Get Outside!

WISE Mobile Active Living Centre offers programs for older adults across Muskoka. Programs are free of charge. You can visit a sanctuary for horses OR join Snowshoeing Seniors!



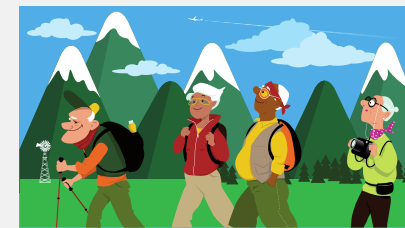
How to Access:

Check out the February Activity Guide:
www.muskoka.on.ca/en/children-and-seniors/resources/Seniors-Programs-Docs/Activity-Guide-February-2022.pdf

Or Call to Register:
705-645-2100 ext. 4199

Thursday

Try Something New



Do you miss travelling and adventure? Follow U.S. rangers on a journey where most people never go by checking out The Hidden World of the National Parks through these virtual tours!

How To Access:

www.artsandculture.withgoogle.com/en-us/national-parks-service/parks

Friday

Connect with Music

Evidence shows that music can help people - including those living with dementia - to feel and live better. Check out this website - it is designed to use music to help people reconnect with their most powerful memories.

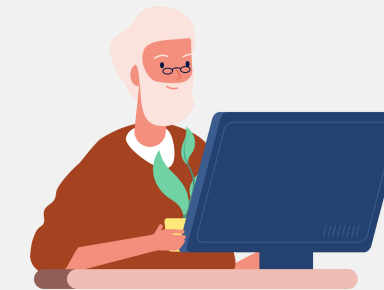
How to Access:

<https://musicmemories.bbcwind.co.uk/home>



Saturday

Connect with family and friends!



Want to learn how to use Zoom to connect with family and friends? Support Older Adults is a website with lots of great resources for older adults, including videos and instructions on how to use Zoom.

How to Access:

www.supportoa.ca/tech-support/

Sunday

Learn Something New

Falls are among the most common cause of injury in Canada among older adults. It is estimated 1 in 3 older adults will fall at least once this year. Icy conditions increase risk. Learn more about falls, falls prevention, how to get up after a fall and how to help someone who has fallen.



Visit:

<https://ontariocaregiver.ca/for-caregivers/health-conditions/preventing-falls-and-caring-for-someone-at-risk-of-falling>

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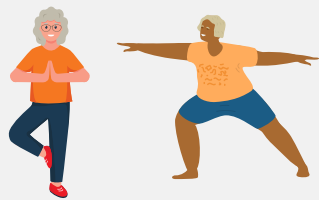
Try our daily suggestions.

Week #4

Dates: Jan. 31 - Feb. 6

Monday

Get Moving!



The Askennonia Seniors Centre in Midland has fantastic programming (virtual, and in-person when able). They have a wide range of physical activities such as line dancing, yoga and tai-chi!

How to Access:

www.askennonia.com

Call: 705-526-7609

Check weekly E-Blasts for updates and schedule!

Tuesday

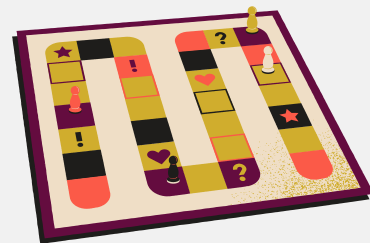
Challenge Your Brain

Playing a board game is a great activity because it encourages interaction with others, it stimulates your brain, and it can be a lot of fun!

How to Access:

Here are some printable board games you can play at home:

www.happierhuman.com/printable-board-games/



Wednesday

Get Outside!

There's nothing more Canadian than visiting a Maple Syrup Farm! Check out Shaw's Maple Syrup Bush starting February 16. Enjoy walking trails, horse-drawn wagon rides, sap boiling and pancakes! Great outdoor fun for all!



How to Access:

Address:

#493 Oro-Medonte Line
14 South, Oro-Medonte

Visit:

www.shawscatering.com/maple-syrup-bush/maple-season/

Thursday

Try Something New



Explore resources available at your local library. Many have programs specifically for older adults, and neat resources to borrow/rent.

How To Access:

Check out "Cool things to Borrow" at the Orillia Library by visiting:

www.orilliapubliclibrary.ca

Check out the Seniors Program at the Barrie Library:

www.barrielibrary.libnet.info

Friday

Connect with Music

Have you ever wanted to go to the Opera? Well you can!! Listen to LIVE audio streams from the Metropolitan Opera in New York City, right from the comfort of your own home.

How to Access:

For the schedule and links, visit:

www.metopera.org/season/radio/free-live-audio-streams



Saturday

Connect



Social isolation and loneliness among older adults are at an all-time high as a result of COVID-19 restrictions.

The Red Cross is connecting people for friendly weekly phone calls with volunteers.

How to Connect:

Call:

705-721-3313 x 5266

Email:

Tara.bone@redcross.ca

Visit:

www.redcross.ca

Sunday

Learn Something New

If you are a caregiver and want to learn about things like falls, delirium, pain management, nutrition, bladder health or more, check out a great education resource called Caregiving Strategies. There is even a section on how to take care of yourself as a caregiver!



Visit:

www.rgps.on.ca/caregiving-strategies/

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Week #3

Dates: January 24 -30

Monday

Get Moving!



The WISE Mobile Active Living Centre in Muskoka offers a wide variety of programs. Plus, there's no membership fee to join!

Try "Bee Fit with Fiona", Wednesday and Friday mornings on Zoom.

How to Access:

Call 705-645-2100 ext. 4199 or visit www.muskoka.on.ca/en/children-and-seniors/seniors-programs.aspx#Become-a-member-of-the-WISE-Mobile-Active-Living-Centre

Tuesday

Challenge Your Brain

Do you have a love for the card game Euchre?

Register as a single player, or join with a partner, to play a friendly game Thursday evenings from 6 - 7pm on Zoom.

How to Access:

You may register by calling 705-645-2100 ext. 4199



Wednesday

Get Outside!

Check out the Wye Marsh!

Explore over 25km of trails winding through wetlands and woodlands, including a 500m boardwalk through the cattails.



How to Access:

16160 Highway 12 East, Midland, Ont.

705-526-7809

Visit:

www.wyemarsh.com

Thursday

Try Something New



Want to learn how to paint like the greats? Breaking Down Barriers in Colingwood has a great art program that will teach you how to paint a landscape over Zoom

How To Access:

Call 705-888-8333 to register or visit www.breakingdownbarriers.ca

Friday

Connect with Music

The Alzheimer Society Music Project reconnects people with the soundtrack of their lives by providing free MP3 players loaded with personalized music to people living with dementia.

How to Access:

Visit: www.alzheimer.ca/simcoecounty/en/node/2212 and complete the referral request.



Saturday

Connect with family and friends!



For those living in long-term care homes, Ontario's Association of Residents' Councils hosts weekly Resident Forums so you can connect with other residents from across the province!

How to Connect:

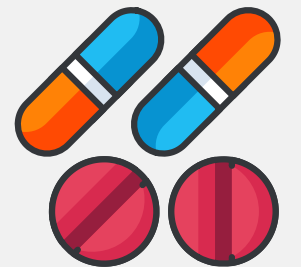
www.ontarc.com/resident-forums.html

Sunday

Learn Something New

Learn more about managing medications and medication safety.

Take time to make a current medication list which can be brought with you to health care appointments or used in emergencies.



Visit:

<https://rgps.on.ca/caregiving-strategies/medication/>
www.safemedicationuse.ca/tools_resources/medication_list.html

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Week # 2

Dates: January 17 - 23

Monday

Get Moving!



Dancing is one great form of exercise. Everyone can dance! Find an option that suits your abilities.

How to Access:

Dancing with Parkinson's Canada is one option. They offer FREE Dance Classes on Zoom for ALL seniors, seven days a week.

www.dancingwithparkinsons.com/free-classes

Tuesday

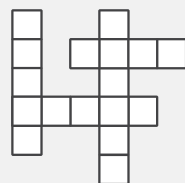
Challenge Your Brain

Spend some time exercising your brain by working on a crossword puzzle.

How to Access:

Find books at your local dollar store, order them online (Amazon for example) or look for one in your newspaper. You can also find crossword puzzles online:

www.boatloadpuzzles.com/playcrossword



Wednesday

Get Outside!

Fresh air, Vitamin D and exercise do wonders for the body and mind. Did you know there are many outdoor skating trails in Simcoe County and Muskoka?



How to Access:

Grab your skates, or just visit as a spectator! Remember to be safe!

www.simcoe.com/whatson-story/8028502-five-really-cool-outdoor-skating-trails/

Thursday

Try Something New



Did you know you can visit museums around the world from the comfort of your own home?

How to Access:

Find a museum of your interest or check out one of these online sources:

www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html

www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours

Friday

Connect with Music

Singing provides many benefits. Research has shown that regular singing can lift your spirits, increase your immunity and provide a workout for your brain and your lungs.

How to Access:

Try singing along with Susie by accessing her videos here:

www.youtube.com/channel/UCLXd_oaGk_U_pfwkvvxH2kA



Saturday

Connect with family and friends!

BINGO! Did you know you can participate in LIVE TV BINGO? This is an awesome way to have some fun!



How to Connect:

One option is MacLaren TV BINGO Tuesday nights 8:00pm on Rogers TV

Visit:

www.maclarenart.com/event/maclaren-tv-bingo/2021-06-22/

Or

Call: 705-721-9696

Sunday

Learn Something New

January is Alzheimer's Awareness Month. Take time to learn about dementia, the importance of brain health and find out about local resources.

How to Access:

Visit:

www.alzheimer.ca/en/about-dementia/how-can-i-prevent-dementia/brain-healthy-tips-reduce-your-risk-dementia

<https://alzheimer.ca/en/take-action/change-minds/alzheimers-awareness-month>

Stay Active! Stay Healthy!

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Week # 1

Dates: January 10 - 16

Monday

Get Moving!



VON SMART (Seniors Maintaining Active Roles Together) Exercise and Education Program is a great way to get physically active in the comfort of your own home!

How to Access:

Try it on Rogers TV, Cogeco or on Youtube

[VON Simcoe County SMART Program - YouTube](#)

Tuesday

Challenge Your Brain

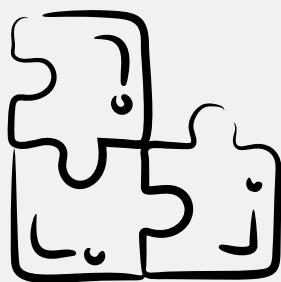
Start a Jig Saw puzzle!
This is a fun way to exercise your brain!

How to Access:

Find them at your local dollar store, or order them online (Amazon for example)

You can also do them online:

[Jigidi.com](https://jigidi.com)



Wednesday

Get Outside!

Fresh air, Vitamin D and exercise do wonders for the body and mind. Try to get outside today, even if only for 10mins.

Make sure you wear good footwear and dress for the temperature.



How to Access:

Easy! Just get outside, grab a friend or go alone! Ensure you socially distance and wear a mask when with people.

Thursday

Try Something New

Did you know you can go to the zoo in the comfort of your own home? Check out these awesome Live animal cams online.

How to Access:

[Live Cams | San Diego Zoo](#)

[Live cams | Monterey Bay Aquarium](#)

[Panda Cam - Zoo Atlanta](#)



Friday

Connect with Music



Music can improve mood, decrease stress, and stimulate memories! Spend some time listening and exploring music!

How to Access:

Turn on the radio, put on your favourite record/cd, or try CBC on demand to access all sorts of musical playlist!

[CBC Listen](#)

Saturday

Connect with family and friends!

Make an effort to connect with those who matter most.

How to Connect:

Phone call
Write a letter
Virtually using Skype, Zoom or FaceTime!

For virtual support, check out this Virtual Toolkit:

Tools | OARC - Ontario Association of Residents' Councils (ontarc.com).

Sunday

Learn Something New

The current restrictions and the fewer hours of daylight can impact mood.

Learn about the signs and symptoms of depression, strategies to improve mood and when to seek help.

How to Access:

Visit:
ccsmh.ca/projects/depression/

