

SENIORS CELEBRATE!

ALL FREE EVENTS!

(RSVP is needed **ONLY** where noted below.)



CELEBRATE NATIONAL SENIORS DAY!

October 1: Join Seniors Connect for a National Seniors Day celebration. Opening remarks by Leonard Krog, a screening of the documentary "The Age of Love"; a Q&A Session on speed dating for seniors and light refreshments, from 12:00pm - 3:00pm, Vancouver Island University Lecture Theatre, Building 250, Room 125. RSVP 250-754-3331. Free parking.

FILMS & DISCUSSION:

October 12: "Mother of Many Children" Alanis Obomsawin's documentary and facilitated discussion, 1:00pm - 4:00pm, Downtown Harbourfront Library.

October 17: – Seniors Aging OUT presents "Gen Silent" LGBTQ2 people who are fighting to keep from aging in silence, with a facilitated discussion, from 1:00pm - 4:00pm, Downtown Harbourfront Library.

October 19: Film shorts and facilitated discussion on positive aging, from 1:00pm – 4:00pm, North Nanaimo Library (6250 Hammond Bay Rd.).

October 27: "Setting the Table" - Local seniors trained in video production have documented stories related to food, 1:00pm - 4:00pm, Downtown Harbourfront Library.

SENIORS CELEBRATE DAY

October 26: Join us at Country Club Mall: 10:00am - 11:00am: Coffee and '3M' music, 11:00am - 12:00pm: Jewellery Making, 1:15pm - 2:00pm: Healing Visualizations Exercise, 2:00pm - 3:00pm: Everyone Sings.

POSITIVE AGING TABLE TOPICS

Mondays, October 2, 16 and 23: Join us for lively discussions from 1:00pm - 3:00pm at the Seniors Connect Centre. Call for topic details, and to RSVP: 250-591-2924.

HEALTH & WELLNESS:

October 4: "Don't Worry, Be Happy" - Learn skills to cope with stress and improve well-being, from 6:00pm - 8:00pm at Beban Social Centre.

October 14: Walk with the Doc - Free monthly health walk led by Dr. Poteryko, Dr. Houghton and other healthcare professionals. Maffeo Sutton Park, meet at Spirit Square at 10:00am.

November 1: Nanaimo Seniors Services Network (NSSN) Health & Wellness Fair features exhibitors, health talks, entertainment and "Community Champion" awards presentation by Carol Mathews at 1:00pm. Fair runs from 10:00am - 3:30pm at Beban Park.

MUSIC & DANCE:

Mondays, October 2, 16 and 23: Aloha Nanaimo Hula Hawaiian Dance for beginners and advanced participants, 5:45pm - 7:00pm at The MGM (240 Nicol Street). RSVP is required BY NOON on the Monday, call 250-591-2924. Seniors may wish to purchase a beverage when attending.

October 4: Community drum circle & dance, drums & refreshments provided, 1:30 - 3:00pm at Harewood Activity Centre (195 Fourth St.) RSVP Required: 250-591-2924. Max. 40 participants who self-identify as female.

October 16: "3M" Music - enjoy acoustic music and singalong, 7:00pm - 9:00pm at the Seniors Connect Centre, (150 Wallace St.). RSVP Required, max. 30 participants, call 250-591-2924.

TEA PARTY & MUSEUM TOURS

October 11: Tea party social and museum tour, two sittings: 1:00pm - 2:15pm OR 2:45pm - 4:00pm, Nanaimo Museum. RSVP Required call: 250-591-2924, 20 participants per sitting, all genders welcome.

SENIORS CELEBRATE!



LIVING HISTORY SERIES

Wednesdays, October 4, 11, 18, 25: The City of Nanaimo invites you to enjoy speakers sharing stories about their personal lives and Island history, 6:30pm – 8:00 pm, New Assembly Hall, St Paul's Anglican Church, 100 Chapel Street.

SISTERS IN SPIRIT VIGIL

October 4: A day to honor the lives of missing and murdered Aboriginal women and girls. Vigil will be held at Shq'aptut – A Gathering Place (BLDG 170) on the Vancouver Island University Campus, call for time & details: 250-753-0633 ext. 230.

CREATIVITY & AGING

October 2: Mandala Workshop for friends and family of Eden Garden residents, and interested seniors outside of Eden Gardens are welcome. From 3:30pm - 5:00pm at Eden Gardens, 1917 Northfield Road. Meet in lobby. RSVP: 250-591-2924. Max. 20 participants.

SERVICE DOG TRAINING

October 20: Training your own service dog, from 10:00am - 11:30am, Seniors Connect Centre, 150 Wallace Street. RSVP Required: 250-591-2924, maximum 20 participants.

Questions?

Visit: www.nanaimoseniorsconnect.ca,
or call 250-591-2924 for more information.

LEARN TECHNOLOGY

Wednesdays, October 4, 11, 18 and 25: iPad Drop In Class from 1:00pm - 2:30pm at Nanaimo Disability Resource Centre, 4166 Departure Bay Road. More classes available, call for details: 250-758-5547.

TRANSPORTATION TUESDAYS

October 3: "Learn How to Ride the Bus", an informative, fun group training session, 10:00am – 12:00pm, at the Regional District of Nanaimo (6300 Hammond Bay Road), RSVP Required: 250-760-0301, max. 15 participants.

OCTOBER 10: Safe Driving - "Brushing Up for Seniors" from 1:00pm - 2:00pm, Seniors Connect Centre, 150 Wallace St. Presented by Constable Tim Schewe (Retired). Learn how aging affects your ability to drive, what triggers a driver re-exam, and more. RSVP: 250-760-0301, max. 15 participants.

RETIREMENT/FINANCIAL PLANNING

October 30: Two free sessions presented by Nahanni Ackroyd, Financial Security Advisor with Freedom 55 Financial:

- **Managing Your Retirement Income** - General discussion, ideas and resources to help you strategize your retirement income. From 1:30 – 3:00pm at 30-1150 Terminal Ave N.
- **Retirement is Coming: Are You Ready?** Are you within ten years of retirement? Have you planned for it? Learn, explore income streams, and more. From 6:30 – 8:00pm, at 30-1150 Terminal Ave N. For both sessions, please RSVP by email: nahanni.ackroyd@f55f.com or 250-756-6064.



DO YOU KNOW AN AMAZING NANAIMO SENIOR WHO DESERVES TO BE RECOGNIZED?

As part of Seniors Celebrate, the first annual "**Community Champion**" Awards, hosted by Nanaimo Seniors Connect, aims to recognize and honour seniors who engage in their community, help others to connect socially, and exemplify the best of volunteerism, leadership, and caring for others. The nomination deadline is **Friday, October 13, 4:30pm**. The awards presentation will be on **November 1, 1:00pm** at the Nanaimo Seniors Services Network (NSSN) Health and Wellness Fair at Beban Park. all seniors nominated will be recognized. **Find more information and nomination forms at www.nanaimoseniorsconnect.ca or call 250-760-0301.**

Special thanks to Seniors Celebrate supporters:



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