

ALLIANCE & COMMUNITY DROP IN CENTRE

Fresh Coffee, Fresh Talk, Fun Games, Information for Seniors (55+) November/19 Newsletter

WHERE?: Downstairs Alliance Rec Cent **WHEN?:** NOVEMBER Tuesdays & Thursdays 1:30 to 4:00 P.M.
BE A MEMBER: for ONLY \$10/year To Dale Lambden

WHY?:

The Seniors of our community wanted a place to gather and share ideas and fun – an adult hangout!!

WHAT? & WHAT WE WELCOME?:

- ✓ YOU!!
- ✓ Coffee, Visiting, games
- ✓ Bring your good ideas!

WHAT WE NEED FROM YOU!!

- * PARTICIPATION!
- * PHONE A CONTACT PERSON FOR MORE INFORMATION AND/OR YOUR GREAT SUGGESTIONS

OUT OF TOWN TRANSPORTATION:

Can be arranged by calling FFCS a week in advance. You only pay the cost of fuel, parking at whatever location. For more information call FFCS 780-385-3976

CONTACTS AND SIGN UPS & FOR MORE INFORMATION AND/OR TO EXPRESS INTEREST IN ANY OR ALL OF THE FUTURE PLANS & POSSIBILITIES

Randy Wickstrom 780-879-2241 Dale/Phyllis Lambden 780-281-0851 Anita Domoslai 780-879-2385
DROP-IN NEWSLETTER WRITER & CONTACT: Sylvia Wold 780-879-3823

ALLIANCE HOSTED AN EXCELLENT PRESENTATION PREVENTING SENIOR ABUSE. Leader Loretta Kroecker with Flagstaff FCSS, through a New Horizons Grant. We had 35 participants registered! Thanks Drop-in Centre Members for your promotion & participation!

COMING EVENTS:

- **October 31, Thursday FLU IMMUNIZATION 9:30 to 11:30 a.m. Community Hall**
- **November 6, Wednesday FOOT CARE:** Drop-in Centre Contact Phyllis 78-281-0851
- **November 13, Wednesday 10:00 a.m. DYING WITH DIGNITY.**
 - ✓ Meeting Room Drop-in Center, everyone welcome
 - ✓ Free presentation by Leader Reverend Dianne Crewe.
- **November 17, Sunday POT LUCK FOR SENIORS:** At Drop-in Centre
 - ✓ 4:00 set up. Supper at 5:00 p.m. More info call Randy or Phyllis
- **November 19, Wednesday 10:00 a.m. FALL PREVENTION WORKSHOP**
 - Free at the Community Hall. Everyone welcome.
 - ✓ Learn how to avoid falls, reduce the risk of a broken hip or worse.

WELLNESS:

- Has your doctor or Home Care Nurse given you a “Green Sleeve” To store your medical information in, so ambulance attendants and care givers know where to find pertinent data.
- Feeling Stressed? Angry? Depressed? Sad? Frustrated? Trouble Coping? Angry Outbursts? Victimized?
Call FFCS/FIRST in Killam 780-385-3976 & ask for an appointment with our Councillor Karen Bovencamp-Manning.
- CAREGIVERS CONNECTIONS 780-672-2570 ran by Canadian Mental Health. It is currently held in Camrose they hope to bring it to Flagstaff. It’s a support group for caregivers or parents that have an adult child with a mental illness.