



MEDWAY SENIORS 55 & UP NEWSLETTER

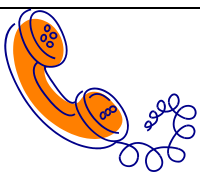
Welcome to the *inaugural edition* of the Medway Seniors – 55 & Up newsletter!

The newsletter came about in response to the Connecting London Seniors neighbourhood outreach project in the Medway/Sherwood Forest area. It won't be 'news' to many of you, but limited access to information on upcoming events and community activities was cited as a significant barrier to participating and enjoying your retirement years. To that end, several Medway residents have volunteered their time to contribute to a neighbourhood newsletter that hopefully can start to overcome this obstacle and share information on the many great things already happening in Medway and Sherwood Forest. Given that it is new and an effort to help people feel more connected and involved, we won't commit to a fixed publication schedule yet, but will produce updates as new information and activities dictate.

If you came upon this newsletter by accident and would like to ensure that you receive future editions, contact Bob Eagen at 519-472-2257 or reagen207@rogers.com and we will put you on the mailing list. The newsletter is a volunteer initiative of the Medway Seniors Neighbourhood Action Committee and we appreciate everyone's feedback and contributions.

Did You Know?

The following are only a few of the activities and programs that we have heard about that may be of interest to older adults in the Medway area:



211 Phone Service – You may have read about it in the London Free Press, but as of Oct. 21/11 a 211 telephone service is a one-stop information and referral service offered 24/7 for community, social, health and government agencies and services in Ontario. It may take them a while to develop a comprehensive database, but it will be a welcome addition to those who want to talk to a “live” person and don't know exactly the service that will meet their needs.

The service is for information and referral only and does not take the place of 911 for emergency services.

Middlesex-London Flu Clinics – Free clinics offered in various community locations are commencing October 25/11. Locations and information can be obtained by calling the Health Unit at 519-663-5317 ext. 2330 or visit their website at www.healthunit.com/immunization.

Building an Age-Friendly London – Friday, Nov. 4 from 9:30 – 3:00 p.m. at the Hellenic Centre, 133 Southdale Road West. This year's conference fits into one day that will be full of fun, interesting speakers, fitness breaks and a hot lunch. Registration before Friday October 28th is required as seating is limited. The fee to attend is just \$5 with the option to pay in advance or at the door. Pre-registration is required by calling Linda Bakker - Council for London Seniors (519-433-0625).

Seniors Drop-In - Tuesdays 9:30 – 11:30 a.m. at the West London Alliance Church, 750 Wonderland Rd. North. Join us for snacks, activities and an opportunity to get to know new friends. The good news is that it is all free! For more info phone 519-471-8716.

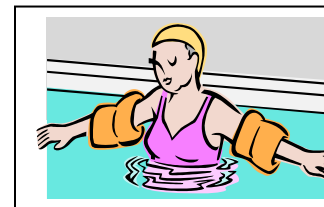


Itch to Stitch Drop-In – Thursdays 1 – 3 p.m. at Sherwood Library, Room B. Bring your current project, get help from other knitters or learn how to knit. Crocheters also welcome. No experience necessary. \$1 weekly donation goes towards our supply of needles, yarns and looms. Co-sponsor - Alice Saddy Association. For more information, call Louise @ 519-317-3404.

Peter Behren Author Reading – Tuesday, Nov. 1 2:15 – 3 p.m. at Sherwood Library, Room B. Peter Behrens' second novel “The O'Briens” was published in July 2011. His previous novel The Law of Dreams (2006) won the Governor General's Award. Peter will read from his new novel and share some of the family history, including visuals that inspired his work. The Sherwood Book Club is pleased to welcome Peter! All are welcome to attend – no registration or fee.

Swim Strokes for Adults – Saturdays 11:30 to 12:15 at Canada Games Aquatic Centre. Help is offered to develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals and priorities. Pre-registration and fee required – call 519-661-5575.

Aquafit Classes – Daily at various times at Canada Games Aquatic Centre. Aquafit classes are a great way to get in shape. Deep Aquafit is a fabulous no-impact exercise alternative. Floatation belts are provided but participants should feel comfortable in deep water. Shallow Aquafit is held in the shallow area of the pool and participants are able to touch the bottom. Both classes include a warm up, cardiovascular conditioning, muscular strength and endurance, and stretching. Pre-registration and fee required – call 519-661-4455.



Fitness for Older Adults – Tuesday & Thursdays 8:30 to 9:30 a.m. at Medway Community Centre, Sherwood Forest Square @ Wonderland Rd. North. A progressive and gradual approach to exercise that will increase your stamina and energy levels. This one hour program includes a warm-up, cardiovascular work, strength, balance, range of motion and a final cool down stretch. Pre-registration and fee required – call 519-661-5575.

Social Cards – Friday 1 – 3 p.m. at Springbank Gardens Community Centre, 205 Wonderland Rd. South. Come out and enjoy an afternoon of playing cards with others. This is a friendly and non-competitive atmosphere where we play for the fun of it. Euchre, bridge and other card games can be played, we just leave that up to you. Pre-registration and fee required – call 519-661-5575.

Seniors Shuffleboard – Tuesdays 1 – 4 p.m. at Medway Community Centre, Sherwood Forest Square @ Wonderland Rd. North. Come out, meet new people, and enjoy a social afternoon of shuffleboard. All skill levels welcome. Pre-registration and fee required – call 519-661-5575.



Introductory Yoga – Mondays 6:30 – 8:00 p.m. at Medway Community Centre, Sherwood Forest Square @ Wonderland Rd. North. Learn the basics at a slower pace in this introductory level class for those new to yoga. Learn posture basics, essentials of breath work, easy meditation skills and some background about yoga. Please bring your own mat. Pre-registration and fee required – call 519-661-5575.

Walk to Shop - For 2011, the City of London has \$24,000 available to invest in neighbourhood “Walk to Shop” awareness initiatives. If you are a Business or Community Association or a local neighbourhood group partnering with local businesses, and would like to build and implement a “Walk to Shop” awareness initiative to encourage residents to shop and support businesses in your local neighbourhood, complete an application form by November 25, 2011. For more information or to apply, visit www.london.ca/neighbourhoods .

This newsletter is compiled by volunteers and intended to be helpful in accessing services already being offered in the community. However, if we have missed activities or you see errors, by all means let us know by calling: 519-472-2257.

Remember a time when you knew all your neighbours? The Medway Seniors Neighbourhood Action Committee is looking at ways that could increase this sense of community. Strong neighbourhoods are places where we feel at home and engaged. Someone once said “Keep busy – you only retire from a job, not from life!” Future events will be promoted through this newsletter. Come out and meet your neighbours and hear more about plans that can make Medway an “Age-Friendly” neighbourhood to live in. That’s what our tag line is all about – **1 + 1 = Neighbours & Friends.**

1 PLUS 1