

Stonegate CHC-Senior's Programs

The Stonegate Community Health Centre runs programs for seniors, which address social isolation and wellness issues faced by the senior residents of the Stonegate community. These programs promote social interaction and health promotion, and include a weekly Brunch for seniors, the Stonegate Plus Club, the Seniors Club 2000 and Senior's Wellness.



Senior's Brunch:

The Senior's Brunch is a free brunch for local seniors, which runs every Tuesday from 10am-11am at the main site of the health centre. It is a wonderful way for seniors to connect to one another, and enjoy a delicious, wholesome meal together! Interested seniors are invited to take part in gentle exercise after the brunch, which runs from 11am-12pm.

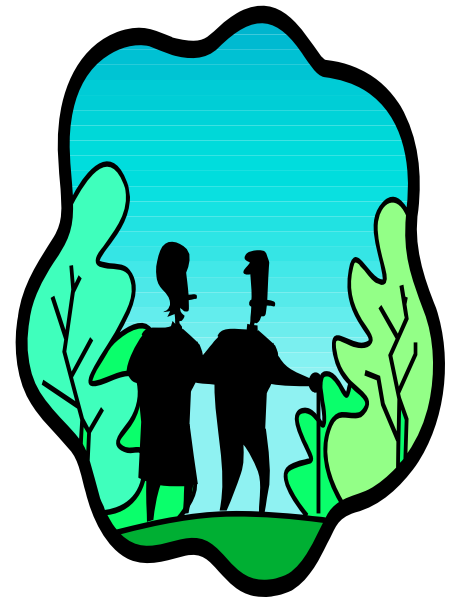
Stonegate Plus Club:

Stonegate Plus Club is a group which provides recreational and social activities for local seniors. Members meet weekly on Wednesdays from 11am-4pm in the Annex (Program Room 2). Activities include bingo, bus trips, card games and refreshments. A great opportunity for seniors with common interests to socialize and enjoy each other's company!



Senior's Club 2000:

Senior's Club 2000 provides local Polish speaking seniors with opportunities to socialize and engage in fun activities. Members meet every Monday from 11am-3pm in the Annex (Program Room 2). Activities include gentle exercise, bus trips, bingo, and refreshments.



Senior's Wellness:

Senior's Wellness is an 8 week program which is run out of Stonegate Community Health Centre 2-3 times a year. Every week a different speaker comes to talk about an interesting and relevant health issue. Past topics included Hypertension and Medications, Successful Aging, Healthy Feet, Home Support Services and Memory and Cognition-Healthy Brains. As well, there is an hour of exercise with a fitness instructor who specializes in working with seniors each week.

All programs are free of charge to seniors who live in the Stonegate community.

For further information about the SCHC Senior's Programs, please contact Niki Smith, Community Health Worker, at (416) 231-7070, ext. 239, or Niki.smith@stonegatechc.org.