

JULY- AUGUST 2024



# Let's Connect!

Everyone is welcome

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## Inside this issue:

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~July/August calendar  
~exciting events and  
programs



## Thanks to all our participants

A message from the Community  
Partners in Action (CPIA)

The summer is upon us so you may see some of your favorite online programs are on holidays but will be back in full swing in September.



The CPIA hopes that you all have a wonderful summer and enjoy outdoor and indoor activities in your community.

# Let's connect

Invites you to attend our Programs.

everyone is welcome



## JOIN ONLINE THROUGH ZOOM.

on the zoom website enter the meeting ID to get access to scheduled online programs.

Meeting ID:



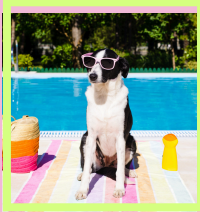
871 159 2750

Looking to take your kids or grandkids to a program, check out the Innisfail Public Library



## SPECIAL EVENTS.

Hope to see you celebrating Canada Day in your community



# OUR PROGRAMS.

## Armchair Travel:



Join us in person at the Hervey offices as well as online with Let's Connect. To attend in person, register at the Library or call 403.227.4407.



## Brain Gym:

Runs the first, third, and fifth Thursday of the month from 11:00 - 11:45 am. Join online to participate in trivia, brain teasers, word games & proverbs that are sure to make you laugh and stimulate your mind.

## Did you know?



Come and learn about a wide range of topics from electric cars to composting. If you have a topic that you want to learn about let us know and we will look it up and share the information.

Cpartnersia@gmail.com



## Falls Prevention:

This closed program is for people living with dementia and memory loss. Participants join in 30 minutes of guided exercise, 30 minutes of memory activities and great conversations. For more information please email: Cpartnersia@gmail.com or contact the Wolf Creek PCN at 403.227.3356 ext.101.

## Healthy Moves:



Tuesday & Thursday, 10am. Exercises that focus on strength, balance and stamina lead by a Recreation Therapist. No special equipment needed, class duration 50 minutes.

You can pick up a copy of the exercises at the Innisfail Town Office or contact us at 403.227.3376 ext. 233 or ext.225 to request a copy be emailed to you.



## Let's Talk:

Join in the discussion.

Let's talk provides an opportunity to talk and learn about a variety of topics. Some topics may include current events, how to use a 3D printer, horticulture, Old wives tales - what's true and what is false, sharing your stories and many other interesting topics.

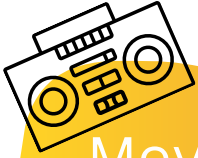
## For the Health of it:



Everything in life is related to our overall wellbeing. Join Let's Connect to hear a variety of topics that keep us well.

Let's Connect places safety as a top priority. Participants are responsible for their own health and safety when participating in activities. Information provided through Let's Connect is for general use. If you are unsure about participation please consult with a doctor or health care professional for medical advice.

# OUR PROGRAMS.



## Movers & Groovers:

One hour of strength exercises, balance exercises, and stretches led by a PCN Exercise Specialist. All you need is a chair, a bit of space, and a resistance band (optional). Join us as many times as you would like - the more you exercise, the more benefit you get!

## surprise craft :

Crafts kits are fun and worthwhile. They are FREE KITS, but you must join us on-line to complete it. Registration is required but can be done anytime.

403-227-2866

## Tec Talk:

Have questions or need assistance with your I-Phone, I-Pad , Android or Tablet? Join us online Tuesdays from 11-noon.

## Virtual Young Guns

A fun, social games group for adults under the age of 65 living in designated Supportive Living or Long Term Care. Meet and connect with others.

More information and to register contact:

Kerry.appleton2@ahs.ca

780.835.6181

Kristen.briggins@ahs.ca

780.656.8516

## Wellness Wednesday:

An educational/health presentation done live and Zoomed from the Innisfail Senior Drop-In on the 4th Wednesday of the month.

Please use the following

Meeting ID: 876 9369 1662.

For more information, please contact us at

403-227-6601.

## SUMMER PROGRAMS

# TALES & TAILS

Come for stories, activities & crafts

**Every Tuesday & Thursday**

10:30am - 11:30am (0-5yrs)



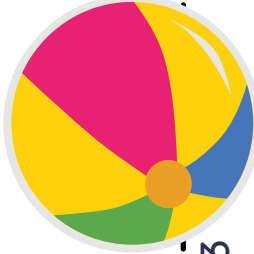
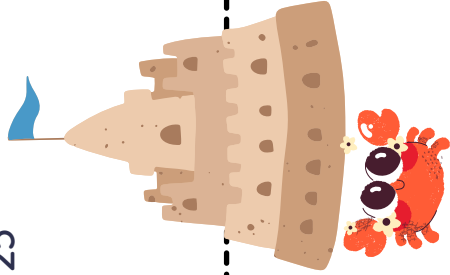
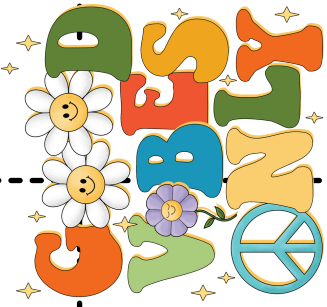
1:00pm - 2:30pm (6-12yrs)

Pre-registration Required

 Innisfail  
Public Library

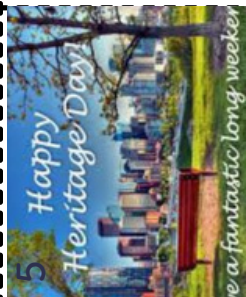
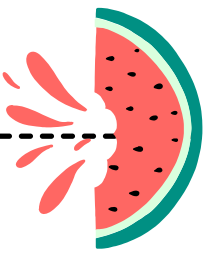



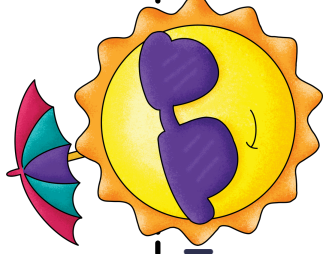
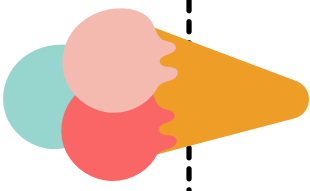


# JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
* closed program check descriptions.	 7	2 11am Tec Talk 1pm Let's Talk	3 10am Movers & Groovers *1pm Falls Prevention program	4 9:30 am Healthy Moves 	5 10am Movers & Groovers	6 
7	8 10am Movers & Groovers *1pm Falls Prevention program	9 9:30 am Healthy Moves 11am Tec Talk	10 10am Movers & Groovers *1pm Falls Prevention program	11 10am Healthy Moves 11am Brain Gym	12 10am Movers & Groovers	13
14	15 10am Movers & Groovers *1pm Falls Prevention program	16 10am Healthy Moves 11am Tec Talk 3pm Did you know?	17 10am Movers & Groovers *1pm Falls Prevention program	18 10am Healthy Moves	19 10am Movers & Groovers	20
21	22 10am Movers & Groovers *1pm Falls Prevention program	23 10am Healthy Moves 11am Tec Talk	24 10am Movers & Groovers *1pm Falls Prevention program	25 	26 10am Movers & Groovers	27
28	29 10am Movers & Groovers	30 10am Healthy Moves 11am Tec Talk	31 10am Movers & Groovers			



# AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p>* closed program check descriptions.</p> <p>4</p>	<p>5</p>  <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p> <p>12</p>	 <p>6</p> <p>10am Healthy Moves</p> <p>11am Tec Talk</p> <p>1pm Let's Talk</p> <p>13</p>	<p>7</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p> <p>14</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p> <p>21</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p> <p>28</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p>	<p>1</p> <p>10am Healthy Moves</p> <p>8</p> <p>10am Healthy Moves</p> <p>11am Brain Gym</p> <p>15</p> <p>10am Healthy Moves</p> <p>22</p> <p>10am Healthy Moves</p> <p>11am Brain Gym</p> <p>29</p> <p>10am Healthy Moves</p> 	<p>2</p> <p>10am Movers &amp; Groovers</p>  <p>9</p> <p>10am Movers &amp; Groovers</p> <p>16</p> <p>10am Movers &amp; Groovers</p>  <p>23</p> <p>10am Movers &amp; Groovers</p> <p>30</p> <p>10am Movers &amp; Groovers</p>	<p>3</p> <p>10</p> <p>17</p> <p>24</p> <p>31</p> 
<p>11</p>  <p>18</p> <p>19</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p> <p>26</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p> <p>25</p>	<p>13</p> <p>10am Healthy Moves</p> <p>11am Tec Talk</p> <p>20</p> <p>10am Healthy Moves</p> <p>11am Tec Talk</p> <p>3pm Did you know?</p> <p>27</p> <p>10am Healthy Moves</p> <p>11am Tec Talk</p>	<p>14</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p> <p>21</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p> <p>28</p> <p>10am Movers &amp; Groovers</p> <p>*1pm Falls Prevention program</p>	<p>15</p> <p>10am Healthy Moves</p> <p>22</p> <p>10am Healthy Moves</p> <p>11am Brain Gym</p> <p>29</p> <p>10am Healthy Moves</p>	<p>16</p> <p>10am Movers &amp; Groovers</p> <p>23</p> <p>10am Movers &amp; Groovers</p> <p>30</p> <p>10am Movers &amp; Groovers</p>	<p>17</p> <p>24</p> <p>31</p>	

# Looking to join the summer fun



## The Memory Café

... a social gathering place

Join the Summer Fun!

Thursdays

1:30 pm - 3:00pm



**June 13**

Lawn Bowling and S'mores at Centennial Park

Bring a lawn chair

**June 27**

Music at Community Gardens near Dodds Lake Manor

Bring a lawn chair

**July 11**

Lawn Games at Centennial Park

Bring a lawn chair



MEMORY CAFE IS A COMFORTABLE, SUPPORTIVE ENVIRONMENT WHERE PEOPLE WHO ARE EXPERIENCING CHANGES TO THEIR MEMORY AND THINKING CAN SOCIALIZE AND BUILD SUPPORT NETWORKS AND ENJOY FRIENDLY ACTIVITIES WITH THEIR CARE PARTNER

**July 25**

Tour and Treats at The Jungle Farm

Bring \$5/person in advance to save your spot

**August 7 (Wednesday)**

RCMP Dog Training Centre  
35 Queen Elizabeth Hwy 2

**August 22**

Yard Games and Ice Cream at Centennial Park

Bring a lawn chair



For more information Contact:  
Tasha McLean  
(587) 876-0599  
tasha.mclean@mcmcentral.ca



## JOIN US FOR SOME GARDENING FUN!

10:30AM AT THE INNISFAIL COMMUNITY GARDENS

**JUNE 21**

**JULY 5**

**JULY 19**

**AUGUST 9**

**AUGUST 23**

BRING A LAWN CHAIR

WEATHER PERMITTING

SURPRISE ACTIVITIES!

**The Innisfail Community Partners in Action (CPIA / “The Weirder the Mix, the Better the Fix”) has a mission of connecting people and community for living well.**

**This society builds on community strengths that target outcomes that reflect the whole person including their community**

**Come join the celebration**



**SAVE THE DATE!**

**Celebrating:  
“The Weirder the Mix,  
the Better the Fix”**

**October 3, 2024  
at the Innisfail Library  
Learning Center**



## Connecting individuals to their community through resources and activities

### ***Social Prescribing is for individuals:***

- 55+ living in Innisfail
- Experiencing loneliness &/or isolation
- Living with mental health concerns (example: grief, loss or anxiety)
- In need of financial navigation & access
- Creating social supports
- Wanting to make community connections
- Care-Partner guidance and supports



### ***How to connect with us:***

Talk to a local  
Health Care professional

#### **Examples:**

Physicians  
Register Nurse  
Pharmacists  
Dentists  
Chiropractor  
Physiotherapist  
Occupational Therapist

### ***Send referrals or questions to:***

[Rxlivingwell@mcmancentral.ca](mailto:Rxlivingwell@mcmancentral.ca)

or

Fax: 403-227-5541



# COMMUNITY

BUILDS CONNECTIONS



Let's Connect is looking to build connections with other communities.

Interested in partnerships and/or volunteers to create and host zoom programs?

## WHERE TO START

contact **Ellen Helgason**  
to find out more.

Cpartneria@gmail.com  
403-350-5092

