

# SENIORS Newsletter

APRIL 2019



## Community COFFEE CONNECTION

Downstairs at Community Outreach Services

**DROP IN** for a coffee and some casual conversation

MONDAY  
TO  
FRIDAY

1-3  
PM

627  
PATRICIA  
STREET



**FREE**

## NORDIC WALKING

FOR SENIORS

Nordic walking is a fun and addictive low-impact activity for people of all ages and fitness levels.

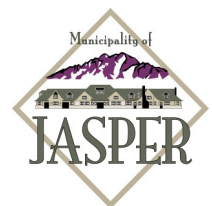
Learn how with Lynda  
**Tuesdays**  
**1-2:15pm**

Meet at 627 Patricia Street



Lynda Shore | Adult Outreach Worker | 780-852-6536

Building a welcoming and inclusive community.



COMMUNITY OUTREACH SERVICES  
627 Patricia St.  
M-F 9:00 am - 4:30 pm  
P: 780-852-2100 F: 780-852-2147  
community@town.jasper.ab.ca





# April 2019 Seniors Calendar

	<p>1  <b>9:30-10:30am Aquafit</b>  <b>12pm Movie Matinee at the library</b>                  1-3pm Coffee                  Connections @ COS  <b>6:30-7:30pm Mosaic Mondays at the library</b></p>	<p>2                  1-2:15pm Nordic Walking, meet @ COS  <b>1pm Seniors Curling</b>                  1-3pm World Cafe @ COS  <b>1:30pm Cards, Sr. Lounge</b>                  2pm RX Drug Mart presentation on Pneumonia at Alpine Summit  <b>4-8pm Saving Mountains of Plastic: Sewing Bags at the Jr/Sr High</b></p>	<p>3  <b>10:30am Knitting Circle at the Library</b>  <b>12pm-1pm Aquafit</b>  <b>1-5 Mixed Bridge @ Sr. Lounge</b>                  1-3pm Community Coffee                  Connections @ COS                  6:45-7:45 Noble Silence                  Meditation at Jasper Wellness</p>	<p>4  <b>9:30-10:30am Aquafit</b>  <b>10-12:30pm iPad Basics at Employment &amp; Education Centre</b>  <b>1pm Seniors Curling</b>                  1:30pm Sr. Reading @ Library                  1-3 Coffee Connections @ COS  <b>6pm Games/Chess Night @ Library</b>  <b>6pm Meditation @ Library (downstairs)</b></p>	<p>5  <b>9:30-10:30am Aquafit</b>  <b>1pm Seniors Bus to Jasper shops/apts.</b>                  1-3pm Coffee                  Connections @ COS  <b>7pm Bridge, Pine Grove</b></p>	6
7	<p>8  <b>9:30-10:30am Aquafit</b>                  1-3pm Coffee                  Connections @ COS                  1:30pm Seniors Society Meeting @ Sr. Lounge  <b>6:30-7:30pm Mosaic Mondays at the library</b></p>	<p>9                  1-2:15pm Nordic Walking, meet @ COS                  1-3pm World Cafe @ COS  <b>1:30pm Cards, Sr. Lounge</b>  <b>4-8pm Saving Mountains of Plastic: Sewing Bags at the Jr/Sr High</b></p>	<p>10  <b>9:30-10:30am Aquafit</b>  <b>10:30am Knitting Circle at the Library</b>                  10-11am Coffee w/ COS @ Pine Grove                  1-2pm Coffee w/ COS @ Alpine                  1-3pm Community Coffee                  Connections @ COS  <b>1-5 Mixed Bridge @ Sr. Lounge</b>                  6:45-7:45 Noble Silence                  Meditation at Jasper Wellness</p>	<p>11  <b>9:30-10:30am Aquafit</b>  <b>10-12:30pm iPad Basics at Employment &amp; Education Centre</b>                  1:30pm Sr. Reading @ Library                  1-3 Coffee Connections @ COS  <b>6pm Games/Chess Night @ Library</b>  <b>6pm Meditation @ Library (downstairs)</b></p>	<p>12  <b>9:30-10:30am Aquafit</b>  <b>1pm Seniors Bus to Jasper shops/apts.</b>                  1-3pm Coffee                  Connections @ COS  <b>7pm Bridge, Pine Grove</b></p>	13
14	<p>15  <b>9:30-10:30am Aquafit</b>  <b>12pm Movie Matinee at the library</b>                  1-3pm Coffee                  Connections @ COS  <b>6:30-7:30pm Mosaic Mondays at the library</b></p>	<p>16                  1-2:15pm Nordic Walking, meet @ COS                  1-3pm World Cafe @ COS  <b>1:30pm Cards, Sr. Lounge</b>  <b>4-8pm Saving Mountains of Plastic: Sewing Bags at the Jr/Sr High</b></p>	<p>17  <b>10:30am Knitting Circle at the Library</b>  <b>12pm-1pm Aquafit</b>  <b>1-5 Mixed Bridge @ Sr. Lounge</b>                  1-3pm Community Coffee                  Connections @ COS                  2pm Easter Tea Party @ Alpine Summit. Everyone welcome!                  6:45-7:45 Noble Silence                  Meditation at Jasper Wellness</p>	<p>18  <b>8am - 4pm Seniors Bus Trip to Hinton</b>  <b>10-12:30pm iPad Basics at Employment &amp; Education Centre</b>                  1:30pm Sr. Reading @ Library                  1-3 Coffee Connections @ COS  <b>6pm Games/Chess Night @ Library</b>  <b>6pm Meditation @ Library (downstairs)</b></p>	<p>19  <b>GOOD FRIDAY</b></p>	20
21	<p>22  <b>EASTER MONDAY</b></p>	<p>23                  1-2:15pm Nordic Walking, meet @ COS                  1-3pm World Cafe @ COS  <b>1:30pm Cards, Sr. Lounge</b>                  2pm RX Drug Mart presentation on Medication Management at Alpine Summit Seniors Lodge.  <b>4-8pm Saving Mountains of Plastic: Sewing Bags at the Jr/Sr High</b></p>	<p>24  <b>9:30-10:30am Aquafit</b>  <b>10:30am Knitting Circle at the Library</b>                  10-11am Coffee w/ COS @ Pine Grove                  1-2pm Coffee w/ COS @ Alpine                  1-3pm Community Coffee                  Connections @ COS  <b>1-5 Mixed Bridge @ Sr. Lounge</b>                  6:45-7:45 Noble Silence                  Meditation at Jasper Wellness</p>	<p>25  <b>10-12:30pm iPad Basics at Employment &amp; Education Centre</b>                  1:30pm Sr. Reading @ Library                  1-3 Coffee Connections @ COS  <b>6pm Games/Chess Night @ Library</b>  <b>6pm Meditation @ Library (downstairs)</b></p>	<p>26  <b>9:30-10:30am Aquafit</b>  <b>1pm Seniors Bus to Jasper shops/apts.</b>                  1-3pm Coffee                  Connections @ COS  <b>7pm Bridge, Pine Grove</b></p>	27
28	<p>29  <b>9:30-10:30am Aquafit</b>                  1-3pm Coffee                  Connections @ COS                  5pm Seniors' Spring Dinner @ Activity Centre  <b>6:30-7:30pm Mosaic Mondays at the library</b></p>	<p>30                  1-2:15pm Nordic Walking, meet @ COS                  1-3pm World Cafe @ COS  <b>1:30pm Cards, Sr. Lounge</b>  <b>4-8pm Saving Mountains of Plastic: Sewing Bags at the Jr/Sr High</b></p>				30