

2024

Seniors Afternoon Out Program

An enriching experience
for seniors in
the Annapolis Valley



Healthy people, healthy
communities – for generations

What is the Seniors Afternoon Out Program?

- The Seniors Afternoon Out Program is an affordable social opportunity for seniors living in the Annapolis Valley.
- Our activities promote physical and mental wellness and give support for caregiver respite (relief).
- Our activities encourage:
 - › Independence
 - › Socializing
 - › Trying new things
 - › Being creative

Who can attend?


- Seniors (65 years old and older) living in the Annapolis Valley.
- Those with mobility challenges are encouraged to attend.

What may happen in an afternoon?

- Coffee and conversation
- Guest speakers (like health professionals, local interest speakers, community groups)
- Musicians, singers, and other entertainers
- Games and activities
- Arts and crafts
- Gentle exercise (like light stretching, guided movement, chair yoga)



What are the benefits of the program?

- Chance to connect with others and feel part of a community
 - Learn about available activities in your community
 - Become more independent and learn new skills
 - Improve your physical and mental wellbeing
 - Respite support for caregivers
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How do I register for the program?

Kentville

Wedgewood House for Seniors

19 Leverett Avenue

Kentville, NS

- 1 to 3:30 p.m., Thursdays
- Cost: \$5 each day. The first visit is free.
 - › Coordinator: Brenna
 - › **Phone: 902-532-8389**

The Seniors Afternoon Out Program is provided by the Nova Scotia Health Seniors LINCS Program with collaboration and support from Wedgewood House for Seniors.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Seniors LINCS Program
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The information in this pamphlet is to be updated every 3 years or as needed.