

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

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.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by: Seniors LINCS Program
Designed by: Nova Scotia Health Library Services*