## 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.

### Seniors Afternoon Out Program

An enriching experience for seniors in the Annapolis Valley

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.

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Healthy people, healthy communities – for generations





2024

#### What is the Seniors Afternoon Out Program?

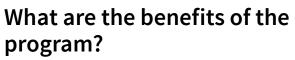
- The Seniors Afternoon Out Program is an affordable social opportunity for seniors living in the Annapolis Valley.
- Our activities promote physical and mental wellness and give support for caregiver respite (relief).
- Our activities encourage:
  - › Independence
  - Socializing
  - > Trying new things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



- 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

