

# STAY ON YOUR FEET

## Call-in and online activity groups for Older Adults



### Senior's Centre Without Walls

#### **Canadore College**

Multi-person phone conversations (or conference calls) to join in on health and wellness seminars, educational lectures, recreational activities, listen to live musical entertainment, join in on general conversations, and make new and meaningful friendships. Monthly schedule of activities available

**Contact:** Madison Finney

**Phone:** 705-474-7600 x7989 **Email:** [Madison.Finney@canadorecollege.ca](mailto:Madison.Finney@canadorecollege.ca)

### Village C.A.R.E.S Program

#### **Canadore College**

Receive a regular phone call from a Canadore College student with a focus on developing a social or recreational connection based on shared interests

**Contact:** Kelsey Lecappelain

**Phone:** 705-498-8150 **Email:** [kelsey.lecappelain@canadorecollege.ca](mailto:kelsey.lecappelain@canadorecollege.ca)

### Minds in Motion and Virtual Drop-in

#### **Alzheimer Society Sudbury-Manitoulin North Bay & Districts**

Seated exercise, cognitive stimulation, and recreational interest based activity drop-ins live on Zoom. Go to website for monthly schedules:

<https://alzheimer.ca/en/sudburymanitoulin>

**Contact:** Maryse Raymond

**Phone:** 705-495-4342 **Email:** [mraymond@alzheimernorthbay.com](mailto:mraymond@alzheimernorthbay.com)

**For more information, contact the Health Unit at [HL@healthunit.ca](mailto:HL@healthunit.ca) or 1-800-563-2808 ext. 3222**



North Bay Parry Sound District

**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound

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## Call-in and online activity groups for Older Adults



### Virtual Drop-in Activities and Minds in Motion

#### **Alzheimer Society Muskoka-Parry Sound**

Recreation and interest based activity drop-ins live on Zoom. Go to website for monthly schedules: [www.alzheimermuskoka.ca](http://www.alzheimermuskoka.ca)

**Contact:** Pam Leeder

**Phone:** 705-645-5621 x105 **Email:** [pleeder@alzheimermuskoka.ca](mailto:pleeder@alzheimermuskoka.ca)

### Senior's Connection

#### **Near North Palliative Care Network**

Virtual events, seminars, workshops and activities for Seniors, monthly schedule available

**Contact:** Francine Leclair

**Phone:** 705-497-9239 **Email:** [events@nnpccn.com](mailto:events@nnpccn.com)

### Wellness Calls (East Parry Sound)

#### **East Parry Sound Community Support Services**

Regular social calls and check-ins. Connection to other services as needed

**Contact:** Leslie Price

**Phone:** 705-724-6028 **Email:** [lprice@eastholme.ca](mailto:lprice@eastholme.ca)

### Wellness Calls (West Parry Sound)

#### **West Parry Sound Community Support Services**

Regular social calls and check-ins. Connection to other services as needed

**Contact:** Linda Taylor

**Phone:** 705-746-5602 **Email:** [ltaylor@belvedereheights.com](mailto:ltaylor@belvedereheights.com)



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**Health Unit**



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Need support accessing technology? These can help:



## Cyber Seniors

Young adult mentors trained to teach technology to older adults

Sign up by **Phone:** 1-844-217-3057 or **Email:** [info@cyberseniors.org](mailto:info@cyberseniors.org)

**Visit:** [www.cyberseniors.org](http://www.cyberseniors.org)

## Tech Boomers

Downloadable step-by-step guides for popular apps including: Skype, Zoom, FaceTime, and Google Duo

**Visit:** <https://techboomers.com/guides>

## Digital Inclusion, Seniors Connection and Opportunities (DISCO) Hub

YMCA North Eastern Ontario, North Bay

Teaches older adults how to use technology safely through educational workshops and provides a way to connect seniors with their families by lending devices to use

Sign up by **Phone:** 705-497-9622 ext. 232 or **Email:**

[communications@ymcaneo.ca](mailto:communications@ymcaneo.ca)



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