

JANUARY 2025



Dear Friends,

As we step into a brand-new year, we want to take a moment to reflect on the journey we've shared and express our heartfelt gratitude to you as our clients. We feel so blessed to work for you and alongside you. You are the reason our center is a success.

January is a time for fresh starts and renewed hope. It's an opportunity to set small, meaningful goals and embrace the possibilities that lie ahead. Whether it's picking up a new hobby, reconnecting with old friends, or simply taking more moments to enjoy the little things, every step forward is worth celebrating.

As always, we are here to support and celebrate you. Let's make 2025 a year filled with kindness, laughter, and shared memories.

Stay warm, stay safe, and know that you are cherished by all of us.

With warm regards,

Emma, Carole, Shannon, Sharon and Angela

### MONTHLY AFTERNOON SOCIAL

Join a monthly social on the **second Tuesday** of each month for an afternoon of socializing and entertainment at the Bayside Community Hall. No charge for these socials. Free beverages (tea, coffee, water) and snack table.

**DATE:** Tuesday, January 14<sup>th</sup>

**TIME:** 1:00 – 3:00 PM

**LOCATION:** Bayside Community Hall, 3049 Route 127, Bayside

### CHARLOTTE COUNTY SENIORS RESOURCE CENTRE - OFFICES

**St. Andrews:** 506-408-0041  
(Emma, Carole & Shannon)

#### Office Hours

Monday – Thursday\*

8:00 AM – 12:00 PM and 1:00 PM – 4:00 PM

Closed for lunch from 12:00 – 1:00 PM

\*To avoid disappointment / wait times by finding us booked or out of the office visiting with clients, it's best to reach out to the office for an appointment ahead of any visit. Reach out @ 506-408-0041.

**Campobello:** 506-469-1324 (Angela)

**Grand Manan:** 506-469-4943 (Sharon)

**Website:** [charlottecountyseniors.ca](http://charlottecountyseniors.ca)

**Like, follow and share us on Facebook:**

**Charlotte County Seniors Resource Centre**



Are you a senior in St. Andrews looking for a "snow angel" to help clear snow this winter. Charlotte County Seniors Resource Centre can help by being the connector.

We can put you in touch with community members who would like to help. Many NBCC students have reached out wishing to help seniors. All details and arrangements would be made direct between you and the "snow angel". We would act as the connector piece. If you are interested or know of a senior in need, please reach out to Shannon @ 506-408-0041 for further information. We look forward to hearing feedback about the success of this initiative.

## FREE COMMUNITY LUNCH – ST. GEORGE

THE HUB, 28 Main St.

Every **WEDNESDAY** from 12:00 – 1:00 PM

*All are welcome to join us for a free lunch and dessert.*

## FREE COMMUNITY DINNER – ST. STEPHEN

Neighbourhood Works Community Hall  
59 Union St.

Every **TUESDAY & THURSDAY**  
5:00 – 6:00 PM

*All are welcome.*

## FRIDAY COMMUNITY KITCHEN & SOCIAL

**Returning for 2025 – Friday, Jan. 17<sup>th</sup>**

**11:30 AM – 1:30 PM**

Anglican Parish of St. Andrews, 75 King St.

Soup, roll, dessert, tea/coffee

Meal is free and donations are accepted.

Eat in or take out / delivery service available within town limits with advance notice.



### **JANUARY is National Glaucoma Awareness month.**

Glaucoma affects roughly 400,000 Canadians. Educating yourself about glaucoma and understanding

the many risks associated with it is an important step to help protect and preserve your eye health. Be sure to get regular eye examinations.

### **DIRECT TO TENANT RENTAL SUBSIDY (DTT)**

If you are a senior 65 and over, renting and earning less than \$47,000 a year, you may be eligible for the Direct to Tenant Rental subsidy (DTT). The Resource Centre has been very successful in helping seniors apply for this subsidy. Please feel free to reach out to us to see if you are eligible or for any assistance in applying for this benefit.

## ST. STEPHEN RESIDENTS- ROAD SALT



A local resident of St. Stephen, Alex Booth has reached out to Charlotte County Seniors Resource Centre to help seniors stay safe this winter. With winter comes icy conditions on seniors' walkways and driveways. Alex

is offering a supply of road salt for sale. Five gallon buckets (\$8 ea) are available for sale and include free delivery within the St. Stephen town limits. If you are interested, please reach out direct to Alex for further details @ 506-466-8469.

## ST. ANDREWS SENIORS ACTIVITY CENTRE

Be sure to check out **NEW** activities being offered at the St. Andrews Youth Activity Centre this winter. Programs include table tennis, cribbage, generation connect, aqua-fit, line dancing, coffee club, supported yoga, painting for beginners, and much more.

Activities will take place at the St. Andrews Community Youth Activity Centre during hours in which the facility is currently under utilized. With ample time for additional programming, this space is ideal for older adults due to the modern amenities, central location, and welcoming environment.

**Programs will take place on Mondays, Wednesdays and Fridays - 9:00 AM to 2:00 PM**

All activities are FREE and available for folks 55 and over. The Youth Activity Centre is located at 24 Reed Ave., St. Andrews – **YELLOW BUILDING LOCATED BEHIND THE W.C. O'NEILL ARENA COMPLEX.**

For more information and pre-registration (for specific activities), please contact us at:

Email: [recreation@townofstandrews.ca](mailto:recreation@townofstandrews.ca)

Ph: 506-529-5143

Website: [townofsaintandrews.ca/program/seniors-activity-centre](http://townofsaintandrews.ca/program/seniors-activity-centre)

## HOSPICE OF CHARLOTTE COUNTY

### GRIEF SUPPORT GROUPS

Grief is a normal and expected response to the loss of a significant person in your life. Grief support is available to anyone who is suffering a loss, and meetings are offered at no charge in the following locations:

#### **ST. STEPHEN – 1<sup>st</sup> Tuesday of each month**

Humphreys' Community Room

20 Marks St., St. Stephen

2:00 – 4:00 PM

#### **ST. ANDREWS – 2<sup>nd</sup> Tuesday of each month**

St. Andrews Wellness Centre

24 Reed Avenue

1:00 – 3:00 PM

#### **ST. GEORGE – 3<sup>rd</sup> Tuesday of each month**

St. Mark's Anglican Church/Community Hub

28 Main St., St. George

1:00 – 3:00 PM

ALL ARE WELCOME.

For further information, contact Cathy Jackson of Hospice of Charlotte @ 506-465-0800



## HOLIDAY THANK YOU



A huge thank you to the NBCC St. Andrews electrical students and instructors Aaron Collier and Burt Stewart for their help with the Christmas house lights decorating initiative for seniors in St. Andrews.

Many thanks to the Lutz Parish Gerrish law office in St. Andrews for their kind donation of LED outdoor lights used as part of the holiday lights initiative with NBCC.

Kind thanks to Cooke Aquaculture for their lovely donation toward the Caring Hearts group who spread holiday joy to seniors for Christmas.



If you would prefer to receive your monthly newsletter by EMAIL, please reach out to Shannon with your details.

### ST. ANDREWS FILM SOCIETY

The St. Andrews Film Society screens a wide variety of film classics every month. Films are shown on Sundays at the W.C. O'Neill Arena Complex – theatre entrance is on Harriett Street. Be sure to check yellow posters throughout town, along with their facebook page for a list of upcoming films.



**Sunday, January 12<sup>th</sup>** – Anatomy of a Fall (152 minutes – rated PG) Starts @ 2:00 PM

**Sunday, January 26<sup>th</sup>** – The Sessions (95 minutes – rated 18A) Starts @ 7:00 PM

Suggested donation of \$5 per person (\$4 for members)

For further information about film selections and the film society, check out their facebook page:

[www.facebook.com/standrewsfilmsociety](http://www.facebook.com/standrewsfilmsociety)

## NURSING FOOTCARE CLINIC FOR SENIORS

Nurses from Home Support Services Inc. will be offering a footcare clinic for Seniors twice monthly at Passamaquoddy Lodge in St. Andrews.

If you are receiving services through Long-Term Care Program or Income Assistance and require assistance with footcare, you may be able to obtain financial help through the Gov't of New Brunswick to help cover footcare service costs.

If you wish to pay directly, the cost for a one hour appointment is \$60, receipts provided.

For appointments: 506-466-1759, Ext. 205



### Cards & Games

Mondays: 1:30 to 4:00 PM

Anglican Parish of St. Andrews, King St.

Members: \$2 / Guests: \$3

### Chair Exercise Classes

Tuesdays: 10:00 – 11:00 AM

Thursdays: 1:00 – 2:00 PM

W.C. O'Neill Complex, 24 Reed Ave.

Members: \$2 / Guests: \$3

### "Good morning" Walks

Mondays/Wednesdays/Fridays

Depart from Algonquin Resort @ 8:30 AM

For further information about Spindrifters and the variety of events and classes offered, please check out:

**Website:** [spindrifters.ca](http://spindrifters.ca)

**Email:** [spindrifters.ca@gmail.com](mailto:spindrifters.ca@gmail.com)



Campobello Volunteer Fire Department have a limited supply of FREE smoke detectors available to residents of Campobello

Island. Please reach out to the town office to reserve a unit if you currently do not have one in your home.  
Phone: 506.752.9181

## SMOKE ALARMS SAVE LIVES

**MAKE SURE YOUR SMOKE ALARMS PERFORM AS INTENDED  
– WHEN YOU NEED THEM THE MOST**

- **TEST** smoke alarms monthly
- Change the **BATTERIES** every year
- Beware of **CHIRPING** smoke alarms – it's time to replace the batteries
- Replace older smoke alarms – **REPLACE** alarms that are more than 10 years old
- Know the **SOUND** of the smoke alarm and what to do if the alarm goes off



**REMEMBER, ONLY WORKING SMOKE  
ALARMS CAN SAVE YOUR LIFE!**

Be sure to check out the variety of classes being offered in St. Andrews this winter at Sunbury Shores ([sunburyshores.org](http://sunburyshores.org)) and Wee Fabric Shop ([theweefabricshop.com](http://theweefabricshop.com)).

Or volunteer to be part of the LINUS PROJECT – Charlotte County Chapter by making blankets (quilted, sewn, crocheted, knitted or no-sew) which are distributed to various children's services throughout Charlotte County. If interested, please reach out to Susan Kelly @ 506-886-8196 or email [linusstandrews@gmail.com](mailto:linusstandrews@gmail.com)



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*If you would like us to include any events in  
Charlotte County in future newsletters, please email  
details to Shannon ...  
[office@charlottcountyseniors.ca](mailto:office@charlottcountyseniors.ca)*

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