October-November 2026

Service to Seniors Newsletter

Welcome to the October/November edition of the PMH Services to Seniors Newsletter. We have compiled information on upcoming programs, helpful resources, and what's happening around the region to help you stay active, informed, and connected.

Please feel free to share these resources with the community members you serve. If you have any topics or content you wish to see in future issues, please reach out to us at socialrx@pmh-mb.ca. Enjoy this season of reflection and thanksgiving.

REMINDERS

Age Friendly Grant DUE: Oct 16

Healthy Together Now Grant DUE: Nov 1

Care4u Conference Oct. 17

ASSC Conference Oct 21-22

We are Online

Find this newsletter and activity calendar online at the link below:

ONLINE ISSUE

or visit https://prairiemountainhealth.ca/programs-and-services/home-care/social-prescribing/

IN THIS ISSUE

- 5 Things to Do
- Did you Know?
- Caregiver Resources
- News from around the Region
- Education & Learning
- Health & Wellness
- Grants
- Activity Calendar

5 Things to do when visiting an older adult

Brush, comb or style the older adult's hair

Bring out the mending while you're visiting - the older adult's mending or yours

Pamper the older adult with makeup or a manicure

Ask for help in planning your garden and look through the seed catalogue together

Plant and take care of an indoor windowsill garden together

Did You Know?

TAKE ACTION ON RADON

Long term exposure to high radon levels is the leading cause of lung cancer in non-smokers and significantly increases risk for smokers.

Radon concentrations differ from house to house and region to region, but every region in Canada has some homes with high levels.

Based on Health Canada's 2012 Cross-Canada Survey of Radon Concentrations in Homes, 19% of homes in Manitoba measured above the radon guideline of 200 becquerels per cubic metre (200 Bq/m3). However, in certain regions up to 44% of homes were above the guideline level.

Remember: no matter what percentage of homes in a region test above the guideline level, it's impossible to know what the radon level will be in any given home until it is tested. Every home needs to test!

Click here to find a radon test kit provider in Manitoba.

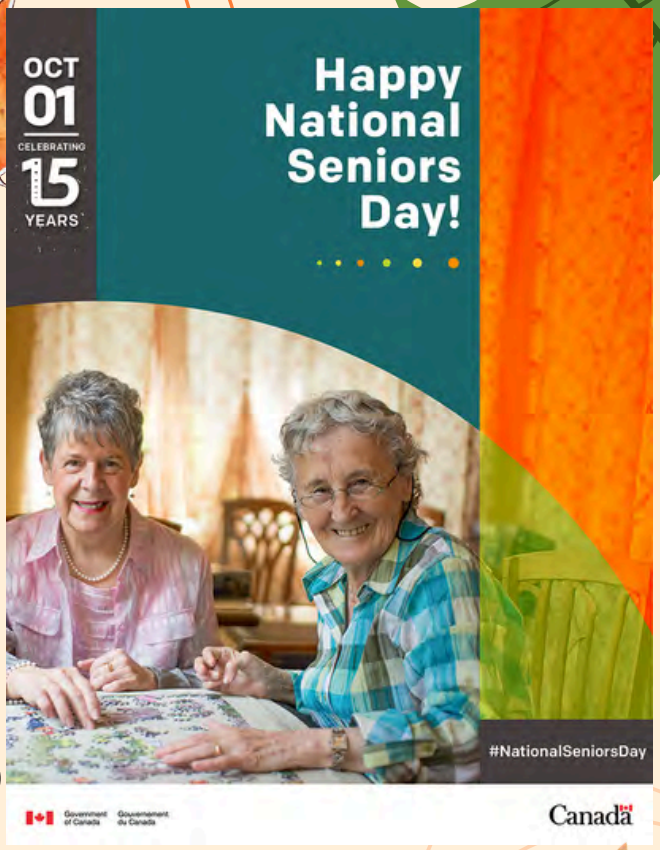
www.takeactiononradon.ca

Did You Know?

National Seniors Day
October 1st, 2026

It's easy to show your gratitude for the older adults in your life. There are many ways to thank them for their contributions and to show them just how much they are appreciated. Here are just a few:

- say "thank you"
- visit, call or connect via video-messaging, and take some time to say 'hi'
- run errands for an older person
- help with some outdoor chores
- take a walk together
- post a message on the Seniors in Canada Facebook page



CLICK HERE!

National Seniors Day Guidebook

How to celebrate National Seniors Day

Active Aging Week
Oct 5-11, 2026

Active Aging Week is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way.

The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental, regardless of age.

This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer!

Many people have negative ideas and attitudes about aging. Postiive images of aging an help get rid of myths and sterotypes. For example, some people believe that getting older means being inactive, unhealthy, and dependent - but this is rarely the case. In fact, older adults are living longer, healthier, more independent lives than ever before!

Click Here to Download the 2026 Active Aging Guide

Caregiver Resources

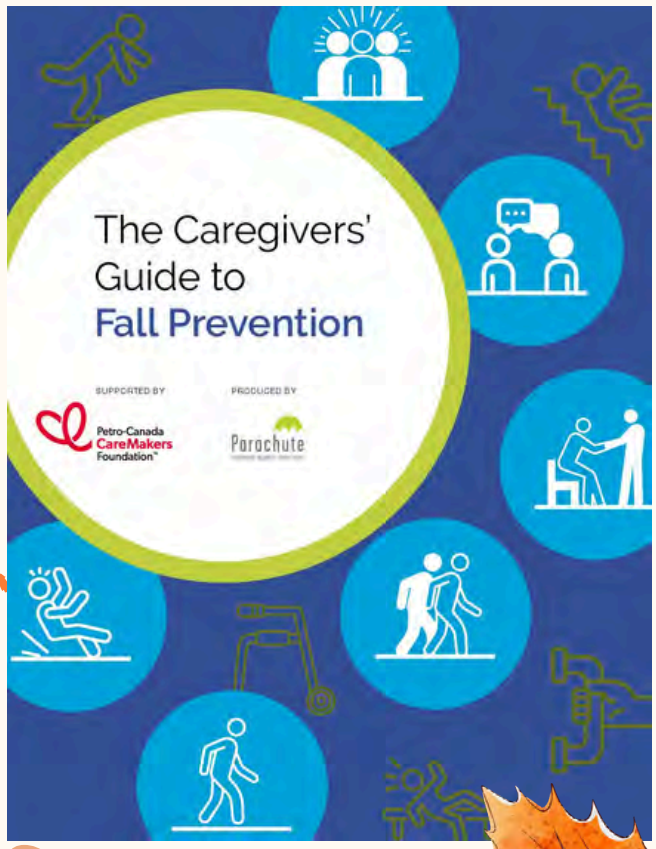
The Caregivers' Guide to Fall Prevention was created to assist individuals and caregivers to understand, prevent, and manage falls together.

- Download as a printable PDF HERE

https//parachute.ca

It is also available in audio format:

- Watch on You Tube
- Listen on Spotify



November is Fall Prevention Month

Why we need Fall Prevention Month

- Falls are the leading cause of injury-related hospitalizations among older adults in Canada: 20 to 30 per cent of older adults fall each year.
- Falls are the leading cause for hospital admissions from injuries for children from birth to age 14

Fall Prevention Month encourages organizations to co-ordinate their efforts for a larger impact. Across Canada, organizations participate by planning initiatives and sharing evidence-based information on fall prevention. Together we can raise the profile of fall prevention and encourage everyone to see their new role in preventing falls and fall-related injuries across the lifespan.

CLICK HERE!

There are many resources on the Parachute website for Fall Prevention Month:

- poster templates and promotional tools
- activities (including this Intro to Nordic Walking or Movement Challenge
- guides to help you with activities and outreach
- games - including this downloadable Word Search Puzzle and Jeopardy Game
- ways for you or your organization to participate in Fall Prevention Month

News from around the Region

Services of Banner County Binscarth – Joy Toole

We had an exercise program in the water at the Binscarth swimming pool every weekday for July and Aug.

Also, we did a Scavenger hunt at the Binscarth Museum. The summer student that works there did an awesome job making clues and hiding CLUE FOUND tags in the appropriate place. We had to look through 4 different sections with 20 clues to find. We had 15 mins in each section. Everyone was very impressed.

Hartney - Coral Bateman

I host weekly lunches for seniors in our community. We recently moved the lunches back to Cameron Lodge after hosting them at the Legion for several months.

Our first lunch back at the lodge was this past Friday and was a big success. We had about 15 seniors come out and enjoyed the opportunity to visit and share a meal.

News from around the Region

Senior Outreach Services Souris - Mary Ann Carlisle & Teenie Carlisle

Earlier this summer we were asked if we would give a presentation on Victoria Lifeline for those attending Time Out Coffee Break afternoon which is held at Cresent Manor in Souris. Yes, we'd be glad to give it our best try. There were about 25 people there and they seemed to enjoy it asking many questions and others already had VLL and said they were so glad they had gotten it. So, all went well. Also took handouts of VLL and ERIK Kits as well. A Pharmacist spoke after and it was an afternoon well attended. We try to do Monthly trips to Brandon on our Handi-Van so those who want to go can purchase things they cannot get in our town here and often meet up with family or friends for a lunch before they come home. A nice outing for many who can't get out too often. We have done a couple of Carberry Trips they but often find it a long ride but enjoy seeing other people and having a nice lunch out too, and as usual we are busy with VLL hook-ups, visiting, arranging rides for the Seniors to Dr. appointments in and out of town. Hope everyone is enjoying the summer we had and it seems like fall is upon us now, and I love the fall colours and the weather is cooler too.

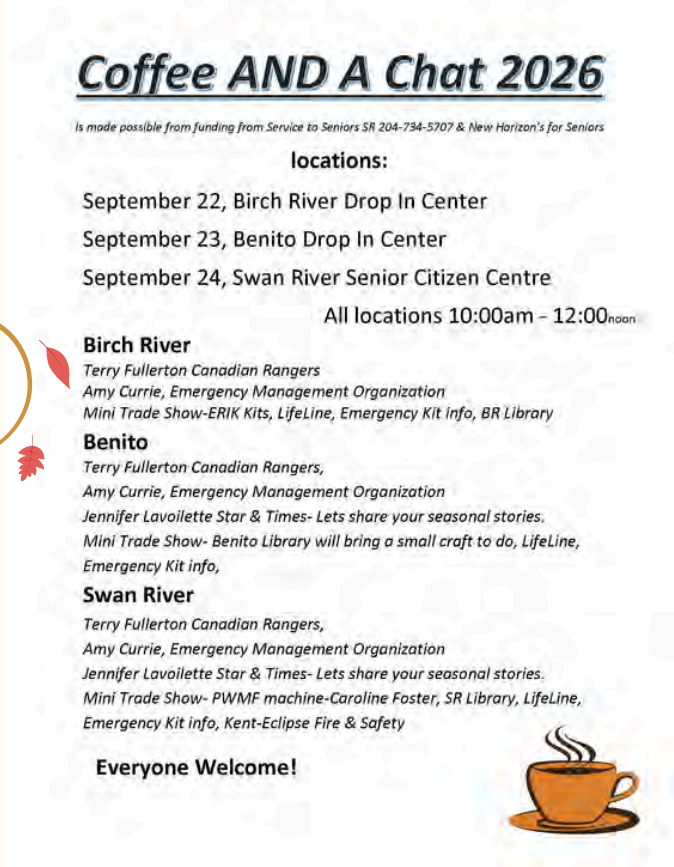
Glenboro - Carol Marshall

I was trying to think of something different to encourage people to come into our Centre; I'm a knitter myself and found an easy pattern for knitted pumpkins.

I advertised in the Senior Housing, Post Office and through my contacts; six people participated with some knitting at home that weren't able to participate in the class.

My thought was to get people to knit some and have a Fall Tea that will include some kind of music then we could decorate the Centre for fall and have the pumpkins displayed for people to see them.

News from around the Region



Services to Seniors Swan River - Connie Beaudry

We are hosting a Mature Drivers Presentation in three communities in October.

October 27 Northern Neighbors Drop In Centre-Birch River Manitoba

October 28 Benito Drop In Center-Benito Manitoba

October 29 Swan River Senior Citizen Drop In Center-Swan River Manitoba

November Coffee and a Chat will host annual Potluck Lunch in the three communities.

Brandon Seniors for Seniors - Eleysha Klaassen

NEW! Evening Chair Yoga - Mondays from 5-6PM (Don Glen Hall)
Beginning September 14th. $4 for members and convenient drop-in.

NEW! Pilates - Wednesdays from 9:30-10:30AM (Don Glen Hall)
Beginning September 16th. Pilates is a low-impact exercise focusing on controlled movement, core strength, posture, flexibility and mindful breathing. $4 for members and convenient drop-in.

NEW! Gouache Painting - Thursdays from 6-8PM (Games Room)
Gouache is a type of water-based paint that is known for its opaque quality and vibrant colors. It combines characteristics of both acrylic and watercolor, allowing for a variety of painting techniques. Beginners are welcome, and all supplies are provided. This five-session program runs October 15th, 22nd, 29th, November 5th and 12th. Participants are asked to commit to all five sessions. Regular activity fees apply - $4 for members. Register online or call (204) 571-2050.

Let's Dance! Try Clogging: Join the friendly cloggers on Fridays at 1:30 PM for a fun, no-pressure introduction. Wear comfortable, smooth-bottomed shoes. No experience or a partner is needed. $4 for members and a no commitment drop-in!

Learn to Line Dance: Every Monday at 10:00 AM and 6:30 PM. New dancers are always welcome! $4 for members and convenient drop-in.

We are hosting our first Fall Supper on Saturday October 3rd in the Don Glen Hall at 5pm

Education and Learning

Care4u Conference

REGISTER NOW

October 17, 2026
Winnipeg, MB

A conference for family and friends caring for people living with dementia.

Exploring such topics as

- Daily care strategies
- Communication skills
- Legal matters
- Responsive behaviours
- End-of-Life care

Alzheimer Society MANITOBA

care4u
A conference for family and friends caring for people living with dementia.

ASSC Conference

October 21-22, 2026
Brandon, MB

To learn more about the Manitoba Association of Seniors Support Coordinators or the conference contact: **mbasscmail@gmail.com**

The Association unites individuals from across the province of Manitoba who receive grants from Manitoba Health under the Support Services to Seniors Program. The ASSC strives to maintain a board that comp[rises individuals from all regions of Manitoba.

Membership is open to all senior support coordinators funded through Manitoba Health under the Support Service to Senior's Program including Community Resource Coordinators, Tenant Resource Coordinators, Volunteer Resource Coordinators, Meal Coordinators, Service Finders, and SSGL's.

Program Goals

- to provide a provincial network for the exchange of ideas
- to promote the Seniors Support Coordinator position as part of the Manitoba Regional Health Care team
- to provide an opportunity for professional development
- to provide support to each other in relationships with boards, communities & health care agencies
- to maintain the code of ethics for Seniors Support Coordinators

Health & Wellness

Mobile scooter safety

Royal Canadian Mounted Police | Gendarmerie royale du Canada

Check out this page for these great tips:

- Choosing your scooter for safety
- Considerations when purchasing your scooter
- Obey rules for pedestrians
- Be a courteous pedestrian
- Transporting your scooter
- Learning to use your scooter
- Safe maneuvering of curb cuts
- Know your area
- Be visible
- Be prepared for unexpected circumstances

PMH Commit to Quit

For anyone who would like to reduce or quit their tobacco or nicotine use.

A FREE 5-SESSION PROGRAM OFFERED LIVE ONLINE

This program is designed to provide the information, skills and support you need to successfully reduce or quit your tobacco or nicotine use.

ALL CLASSES ARE VIRTUAL VIA MS TEAMS WITH PHONE-IN OPTION

MON. SEPT 21–OCT 26, 2026
10:00 A.M. – 11:15 A.M.

TUES. OCT 20–NOV 17, 2026
1:30 P.M. – 3:00 P.M.

THURS. NOV 12–DEC 10, 2026
12:00 P.M. – 1:15 P.M.

TO REGISTER, CALL OR EMAIL:

1-877-509-7852

HealthPromotion2@pmh-mb.ca

5 TIPS to help you stay motivated to exercise

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1. **Find ways to fit exercise into your day.** You are more likely to get moving if exercise is a convenient part of your day.

2. **Do activities you enjoy to make it more fun.** Be creative and try something new!

3. **Make it social.** Find a virtual "exercise buddy" to help keep you going and provide emotional support.

4. **If there's a break in your routine, get back on track.** Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.

5. **Keep track of your progress.** Make an exercise plan and don't forget to reward yourself when you reach your goals.

Visit **www.nia.nih.gov/exercise** to learn more.

NIH National Institute on Aging

Grants

dayforceCares

Our main focus is on helping people and families get access to basic necessities like food, clothing, and shelter, as well as items that support their physical and emotional well-being. Grants typically range from $200 to $4,000, with a maximum of $5,000.

Apply HERE

https://www.dayforcecares.com

Here are examples of what we do support

Our grants typically range from $200 to $4,000, with a maximum of $5,000. Medical or special needs furniture is an exception to this rule and will be considered without amount caps on a case-by-case basis. Note: these are examples only; this is not an exhaustive list.

- **Basic needs** including food, blankets, cookware, dishes, small appliances, towels, diapers, and personal hygiene products
- **Necessary medical and mobility equipment** such as wheelchairs, walkers, commodes, medical support pillows, and oxygen supplies
- **Dental, hearing, and eye-care expenses** that aren't covered by other sources such as government or employer health benefits
- **Essential seasonal clothing** including boots, shoes, children's clothing, work clothing, and outerwear
- **Home adjustments for barrier-free** living including wheelchair ramps, shower supports, and lifts
- **Therapies for acute issues** including physiotherapy, chiropractic, or psychotherapy, with timeframes under six months and clear outcome goals
- **Furniture** such as a mattress, sofa, crib, table, and chairs, which all have dollar caps; medical or special needs furniture can be an exception to this rule
- **Car repairs** which must be essential

REMINDER

AGE FRIENDLY Manitoba

Community Collaboration Grant for Age Friendly Communities

Application Deadline is October 16, 2026

REMINDER

healthy TOGETHER NOW

Healthy Together Now Grant

Application Deadline is November 1, 2026

For any comments, questions, feedback, inquiries etc. please don't hesitate to reach out to the PMH Service to Seniors team.

Email: socialrx@pmh-mb.ca

Fax: 204-629-3352

OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
***SCWW (Age & Opportunity Senior Centre Without Walls) courses require registration CALL 1-888-333-3121** **2026-FALL-SCWW-guide-1.pdf** ****CDEP courses require registration prior to the date it is held CALL 1-877-509-7852** **Oct-Dec2026 CDEP Poster**				1 9:00 Morning Stretch 1:30 Travelogue: Toronto *SCWW	2 11:00 Taijiquan 2:00 Finding Purpose, Wellness, and Community After 60	3
4	5 9:00 Morning Stretch 1:00 Diabetes Essential **CDEP	6 9:30 Nutritional Label Reading **CDEP 3:00 Afternoon Stretch	7 10:00 Functional Strength Training 1:00 Strength For L:ife: 8 weeks to a Stronger You!	8 10:30 Zumba Gold 1:30 The Golden Age of Radio *SCWW	9 9:00 Morning Stretch 1:30 Thanksgiving *SCWW	10
11	12 	13 8:00 Stronger Bones 1:30 Nutrition After a Heart Event or Stroke	14 9:00 Morning Stretch 1:00 Strength for Life: 8 Weeks to a Stronger You! 6:30 Cholesterol Management **CDEP	15 10:30 Zumba Gold 2:00 Taste, Tales, Travels of the World *SCWW	16 9:00 Morning Stretch 10:00 Spelling Bee *SCWW 1:00 Music Therapy *SCWW	17
18	19 9:30 Healthy Eating for Diabetes **CDEP 12:00 Easy to Follow Tai Chi	20 11:00 Chair Yoga 1:30 Curiousity Club *SCWW	21 11:00 Banking & Finance Apps at a Glance 1:00 Strength for Life: 8 Weeks to a Stronger You!	22 9:00 Morning Stretch 1:30 Mysteries & Quirky Things *SCWW	23 9:00 Morning Stretch 10:00 Gratitude Group *SCWW	24
25	26 10:00 Functional Strength Training 12:30 Open Discussion (Lunch & Learn)	27 9:00 Morning Stretch 1:30 Bingo *SCWW	28 9:30 Keeping Your Kidneys Healthy **CDEP 3:00 Balance Matters	29 10:00 Coffee Talk *SCWW 3:00 Afternoon Stretch	30 9:00 Morning Stretch 1:30 Halloween *SCWW	31

Oct/Nov Newsletter Links:

National Seniors Day:
https://www.canada.ca/en/employment-social-development/campaigns/national-seniors-day.html
Active Aging Week Oct 5-11, 2026:
https://activeagingmb.ca/what-is-active-aging-week/
Take Action on Radon - Manitoba:
https://takeactiononradon.ca/provinces/manitoba/
Community Collaboration Grant:
https://agefriendlymanitoba.com/age-friendly-2-0-community-collaboration-grant/
Care4u Conference:
https://alzheimer.mb.ca/calendar/care4u-family-conference-2026/
Dayforce Cares:
https://www.dayforcecares.com/ca/application
Caregiver's Guide:
https://parachute.ca/en/injury-topic/fall-prevention-for-seniors/caregivers-guide-to-fall-prevention/
Scooter Safety:
https://rcmp.ca/en/bc/safety-tips/road-safety/mobility-scooter-safety
Newsletter Link:
https://prairiemountainhealth.ca/wp-content/uploads/Services-to-Seniors-NewsletterAug2026.pdf
Calendar Link:
https://prairiemountainhealth.ca/wp-content/uploads/2026September_Service-to-Seniors-Calendar.pdf

October Calendar Links:

Oct 1, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/238042

1:30pm Travelogue: Toronto ***SCWW**

Oct 2, 2026 11:00am Taijiquan - Senior Planet from AARP
https://seniorplanet.org/classes/taijiquan/238066

2:00pm Finding Purpose, Wellness, and Community After 60 - Senior Planet from AARP
https://seniorplanet.org/classes/finding-purpose-wellness-and-community-after-60/238069

Oct 5, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/240850

1:00pm Diabetes Essentials ****CDEP**

Oct 6, 2026 9:30am Nutrition Label Reading ****CDEP**

3:00pm Afternoon Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/afternoon-stretch/240840

Oct 7, 2026 10:00am Functional Strength Training - Senior Planet from AARP
https://seniorplanet.org/classes/functional-strength-training/240808

1:00pm Strength for Life: 8 Weeks to a Stronger You! (Week 6) - Senior Planet from AARP
https://seniorplanet.org/classes/strength-for-life-8-weeks-to-a-stronger-you-week-6/238783

Oct 8, 2026 10:30am Zumba Gold - Senior Planet from AARP
https://seniorplanet.org/classes/zumbz-gold/240833

1:30pm The Golden Age of Radio ***SCWW**

Oct 9, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/240715

1:30pm Thanksgiving ***SCWW**

Oct 12, 2026 – Happy Thanksgiving

Oct 13, 2026 8:00am Stronger Bones - Senior Planet from AARP
https://seniorplanet.org/classes/stronger-bones/240878

1:30pm Nutrition After a Heart Event or Stroke ****CDEP**

Oct 14, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/240929

1:00pm Strength for Life: 8 Weeks to a Stronger You! (Week 7) - Senior Planet from AARP
https://seniorplanet.org/classes/stregth-for-life-8-weeks-to-a-stronger-you-week-7/238780

6:30pm Cholesterol Management ****CDEP**

Oct 15, 2026 10:30am Zumba Gold - Senior Planet from AARP
https://seniorplanet.org/classes/zumba-gold/240917

2:00pm Taste, Tales, Travels of the World ***SCWW**

Oct 16, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/240957

10:00am Spelling Bee ***SCWW**

1:00pm Music Therapy ***SCWW**

Oct 19, 2026 9:30am Healthy Eating for Diabetes ****CDEP**

12:00pm Easy-to-Follow Tai Chi - Senior Planet from AARP
https://seniorplanet.org/classes/easy-to-follow-tai-chi/240664

Oct 20, 2026 11:00am Chair Yoga - Senior Planet from AARP
https://seniorplanet.org/classes/chair-yoga/240906

1:30pm Curiosity Club ***SCWW**

Oct 21, 2026 11:00am Banking and Finance Apps at a Glance - Senior Planet from AARP
https://seniorplanet.org/classes/banking-and-finance-apps-at-a-glance/240948

1:00pm Strength for Life: 8 Weeks to a Stronger You! (Week 8) - Senior Planet from AARP
https://seniorplanet.org/classes/strength-for-life-8-weeks-to-a-stonger-you-week-8/238779

Oct 22, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/240978

1:30pm Mysteries & Quirky Things ***SCWW**

Oct 23, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/240959

10:00am Gratitude Group ***SCWW**

Oct 26, 2026 10:00am Functional Strength Training - Senior Planet from AARP
https://seniorplanet.org/classes/functional-strength-training/240755

12:30pm Open Discussion (Lunch and Learn) - Senior Planet from AARP
https://seniorplanet.org/classes/open-discussion-lunch-and-learn/240773

Oct 27, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/240749

1:30pm Bingo *SCWW

Oct 28, 2026 9:30am Keeping Your Kidneys Healthy ****CDEP**

3:00pm Balance Matters - Senior Planet from AARP
https://seniorplanet.org/classes/balance-matters/240747

Oct 29, 2026 10:00am Coffee Talk ***SCWW**

3:00pm Afternoon Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/afternoon-stretch/240684

Oct 30, 2026 9:00am Morning Stretch - Senior Planet from AARP
https://seniorplanet.org/classes/morning-stretch/240693

1:30pm Halloween ***SCWW**

*** SCWW (Age & Opportunity Senior Centre Without Walls) courses require registration**

- **Call - 1-888-333-3121**
- **or go to**
- **Program:** 2026-FALL-SCWW-guide-1.pdf

****CDEP courses require registration prior to the date it is held 1-877-509-7852 (Add 'click here' link for external PMH listing** Oct-Dec2026 CDEP Poster ****CDEP**