

### We aim to:

- Inspire
- Motivate
- Educate
- Inform

We are passionate about providing quality activities in an open and inclusive environment.

We value your time and your voice. If you would like to share a special talent or lend a hand at any of our events, please let us know!



*Celebrating seniors*

For more information on our Wellness Program contact the NSCA:



### HEAD OFFICE:

#### North Shore Community Association

337 boulevard LaSalle, Suite 202

Baie-Comeau, QC G4Z 2Z1

Telephone: (418) 296-1545

[www.quebecnorthshore.org](http://www.quebecnorthshore.org)

### BRANCH OFFICE:

598 Blvd. Laure, Local 106

Sept-Îles, QC G4R 1X7

Telephone: (418) 968-3148

# Wellness Program

## Active Living for Older Adults



Meeting the needs of the English-speaking community



<http://quebecnorthshore.org/>

The NSCA recognizes the many benefits of a community that values its 50+ members. Our Wellness Program is specially designed to help seniors stay connected, stay active, stay informed, and maintain overall good health.



### ***Staying connected***

Our Wellness Program provides a community hub for the English-speaking seniors of Baie-Comeau and Sept-Îles to expand their experiences, share their talents, meet new people, stay informed, maintain their health, and, just as importantly, have fun!

### **Activities**

- Walking groups
- Cognitive games
- Social and cultural activities
- Health and well-being activities
- Health seminars, workshops with professionals, webinars, and video conferences
- Up-to-date English documentation on senior's issues
- Senior shut-in visits / respite care
- Intergenerational activities
- Patient Navigator (Quebec City) information and support
- English books / novels
- Internet café
- Legal information workshops and resource centre
- iPad Lending Library



### ***Staying active***

We offer opportunities to be physically active and stay socially connected as part of a healthy, balanced lifestyle. Managing social and personal time goes a long way to staying active which in turn enhances our mental health and well-being.



### ***Staying informed***

We provide up-to-date information in English, and regularly hold workshops with health experts focusing on nutrition and health topics.