

# A Guide to Social Opportunities for Older Adults in Timiskaming



**Options d'activité sociale** pour les  
personnes âgées au Timiskaming

Maintaining social connections is key to healthy aging, mental health and well-being. People with strong social networks are more active, feel happier, and more supported. Staying in touch with neighbours, friends, and family can help keep your social network strong.

## Tips to prevent loneliness and stay connected:

**Join Community Activities.** Think about activities you enjoy and look for ways to get involved. Consider a local seniors club, a place of worship or congregate dining opportunities such as Diners Club.

**Volunteer.** Not only will volunteering help your community, it is a great opportunity to meet new people and renew a sense of purpose.

**Use Technology.** Technology such as computers, smart phones or tablets allow you to communicate and stay in touch with your loved ones who live away. Share pictures through email or social media. Have a video conversation with a friend or family member. Join online support groups or clubs. Contact your local library for tech tips.

**Take a Class.** Learn to paint. Learn to cook. Take an educational or creative writing class. Keep an active mind, and who knows – you may find a new friend in class!

**Be Active.** Not only does physical activity prevent falls, it is an amazing way to meet people. Call a friend and go for a walk or try an exercise class. For information on programs available call the Timiskaming Health Unit.

**Join Senior Centre Without Walls (SCWW).** A **FREE** program that can be accessed with simply a phone. A fun way to learn interesting information and participate in brain-stimulating activities. A local community centre from the comfort of your home where you can make social connections and create new friendships. For more information or to register, call 1-800-361-5820 or email [scww@homesupportservices.ca](mailto:scww@homesupportservices.ca)

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Le maintien des liens sociaux est essentiel pour bien vieillir, maintenir sa santé mentale et son bien-être. Les personnes ayant des réseaux sociaux solides sont plus actives, se sentent plus heureuses et plus soutenues. Rester en contact avec les voisins, les amis et la famille peut aider à garder votre réseau social fort.

## Conseils pour éviter la solitude et garder contact :

**Participez à des activités communautaires.** Pensez à des activités que vous aimez et trouvez des façons d'y participer. Envisagez de fréquenter un club local pour aînés ou un lieu de culte ou encore, de participer à des occasions de repas partagés, comme les Repas communautaires.

**Faites du bénévolat.** En plus d'aider votre communauté, le bénévolat est une excellente occasion de rencontrer de nouvelles personnes et de retrouver un sens dans la vie.

**Utilisez la technologie.** La technologie, comme les ordinateurs, les téléphones intelligents ou les tablettes, vous permet de communiquer et de rester en contact avec vos proches qui habitent loin. Partagez des photos par courriel ou sur les réseaux sociaux. Planifiez une conversation par vidéo avec un ami ou un proche. Joignez-vous à des groupes ou à des clubs de soutien en ligne. Communiquez avec votre bibliothèque locale pour obtenir des conseils techniques.

**Suivez un cours.** Apprenez à peindre. Apprenez à cuisiner. Suivez une formation ou un cours de création littéraire. Gardez votre esprit actif. Qui sait... vous pourriez vous faire un nouvel ami en classe!

**Soyez actif.** En plus de prévenir les chutes, l'activité physique est un moyen incroyable pour rencontrer des gens. Appelez un ami et allez faire une promenade ou essayez un cours d'exercice. Pour obtenir des renseignements sur les programmes qui sont offerts, appelez les Services de santé du Timiskaming.

**Joignez-vous au Senior Centre Without Walls (SCWW).** Il suffit d'avoir un téléphone pour accéder à ce programme **GRATUIT**. C'est une façon amusante d'apprendre des choses intéressantes et de participer à des activités qui stimulent le cerveau. Il s'agit d'un centre Communautaire local qui est accessible depuis le confort de votre maison grâce auquel vous pouvez établir des liens sociaux et forger de nouvelles amitiés. Pour obtenir plus de renseignements ou pour vous inscrire, composez le 1 800 361-5820, ou envoyez un courriel à [scww@homesupportservices.ca](mailto:scww@homesupportservices.ca)

# Find your municipality!

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# Social Activity Options for Older Adults in Timiskaming

## Options d'activité sociale pour les personnes âgées au Timiskaming

White Rows - Classes offered in English

Lignes bleues - Cours offerts en français

Municipality communauté	Program Activity Programme Activité	Location Endroit	Contact	Description	Days & Times Horaire
Cobalt	Golden Age Club	22 Argentite St. Cobalt, ON	<a href="mailto:Goldenageclub6795525@gmail.com">Goldenageclub6795525@gmail.com</a> 705-679-5525	A community social club for older adults in the Temiskaming area. Offers a variety of activities to enhance physical and mental well-being including cards, meals, sewing groups, jam sessions and much more.	
	Cobalt Public Library	30 Lang St. Cobalt, ON	<a href="mailto:cobaltpubliclibrary@gmail.com">cobaltpubliclibrary@gmail.com</a> 705-679-8120	Libraries are a great resource for things happening in the community. Access a variety of programs as well as free public Wi-Fi access and technology support.	<b>Monday, Wednesday, Sunday</b> Closed <b>Tuesday, Thursday, Friday, Saturday</b> 12 – 5 p.m.
Earlton	Armstrong Township Public Library	32 10 <sup>th</sup> St. E. Earlton, ON	<a href="mailto:library@armstrong.ca">library@armstrong.ca</a> 705-563-2717	Libraries are great resources for things happening in the community. Access a variety of programs as well as free public Wi-Fi access and technology support	
	Centre de santé Communautaire du Temiskaming	1 9 <sup>th</sup> St. Earlton, ON	<a href="mailto:Mcbarrette-molgat@csctim.on.ca">Mcbarrette-molgat@csctim.on.ca</a> 705-647-5775, Ext. 4230	A variety of social activities and programs in French for those 55 years and older such as knitting groups, Nordic pole walking, community walks and luncheons, and more!	
Matachewan	Matachewan Pioneer Club	Matachewan	<a href="mailto:Sandycouture411@gmail.com">Sandycouture411@gmail.com</a> 705-565-2366  <a href="mailto:brntchsews@yahoo.ca">brntchsews@yahoo.ca</a> 705-642-7397	A community social club for older adults. Offers a variety of activities to enhance the physical and mental well-being of members.	



Elk Lake & Area	Elk Lake New Prospects Club	Elk Lake, ON	<a href="mailto:Mickeymajor1@gmail.com">Mickeymajor1@gmail.com</a> 705-678-2429	A community social club for older adults. Offers a variety of activities to enhance the physical and mental well-being of members.	
	Kenabeek Pioneers	Kenabeek, ON	<a href="mailto:jbyerlay@hotmail.com">jbyerlay@hotmail.com</a> 705-563-2487	A community social club for older adults. Offers a variety of activities to enhance the physical and mental well-being of members.	
	Centre de santé communautaire du Temiskaming		<a href="mailto:Mcbarrette-molgat@csctim.on.ca">Mcbarrette-molgat@csctim.on.ca</a> 705-647-5775, Ext. 4230	A variety of social activities and programs in French for those 55 years and older such as knitting groups, Nordic pole walking, community walks and luncheons, and more!	
Temagami	Temagami Seniors Friendly Group		<a href="mailto:pdeman@ontera.net">pdeman@ontera.net</a> 705-569-2808	A community social club for older adults. Offers a variety of activities to enhance the physical and mental well-being of members.	
	Temagami Home Support – Social Meals and Friendly Group Activities	5 Bayview Lane Temagami, ON	<a href="mailto:tshs@ontera.net">tshs@ontera.net</a> 705-569-3885	Meals on Wheels, weekly senior lunches and Diners Club Cards, BINGO, games and regular activities.	<b>Monday - Friday</b>
Englehart	Northland Pioneer Club	Englehart, ON	<a href="mailto:dougnorm@ntl.sympati.co.ca">dougnorm@ntl.sympati.co.ca</a>	A community social club for older adults. Offers a variety of activities to enhance the physical and mental well-being of members.	
	Adult Day Program – Timiskaming Home Support	Basement of Englehart Family Health Team 63 5th St. Englehart, ON	Melanie McLean <a href="mailto:mmclean@homesupportservices.ca">mmclean@homesupportservices.ca</a>	Includes: snacks, games, crafts, and an exercise and walking program. Transportation is also available if needed. Preregistration is required.	<b>Monday - Friday</b> <b>All day</b> 9 a.m. - 3:30 p.m. <b>Morning Session</b> 9 a.m. – 12 p.m. <b>Afternoon Session</b> 12:30 – 3:30 p.m.
	Englehart Public Library	71 4 <sup>th</sup> Ave. Englehart, ON	<a href="mailto:senglehartpubliclibrary@gmail.com">senglehartpubliclibrary@gmail.com</a> 705-544-2100	Libraries are great resources for things happening in the community. Access a variety of programs as well as free public Wi-Fi access and technology support.	<b>Tuesday</b> 12 – 5 p.m. <b>Wednesday</b> 12 – 9 p.m. <b>Thursday</b> 12 – 5 p.m. <b>Friday</b> 10 a.m.-1 p.m. <b>Saturday:</b> 10 a.m.-3 p.m.

Kirkland Lake	<b>The Encore Club of Kirkland Lake</b>	30 Second St. Kirkland Lake, ON	<a href="mailto:ewatson@ntl.sympatico.ca">ewatson@ntl.sympatico.ca</a> 705-567-7973	This seniors club offers different events and activities for those 40+ in the community.	
	<b>Kirkland Lake Multicultural Club</b>	The Stope – 17 Government Rd West	<a href="mailto:klmulticultural@gmail.com">klmulticultural@gmail.com</a>	World Chats and a variety of other activities.	<b>Wednesdays</b> 11:30 a.m. – 1 p.m.
	<b>Club Les 50 Plus - Francophone seniors club</b>	39 Kirkpatrick St. Kirkland Lake, ON	705-568-8433	The only Francophone Club in Kirkland Lake and area, welcomes members 50+ for an annual fee of \$10. The club offers weekly activities including euchre and line dancing as well as meals for all members of the community.	<b>Tuesdays and Thursdays</b>
	<b>Club 50+</b>	39 Kirkpatrick St. Kirkland Lake, ON	705-568-8433	Friendly gatherings. Come with your dinner and eat together. Board games, activities, and BINGO.	
	<b>Adult Day Program – Timiskaming Home Support</b>	367 Sutherland Way, Haileybury	Melanie McLean <a href="mailto:mmclean@homesupportservices.ca">mmclean@homesupportservices.ca</a>	Includes: snacks, games, crafts, and an exercise and walking program. Transportation is also available if needed. Preregistration is required.	<b>Monday - Friday All day</b> 9 a.m. - 3:30 p.m. <b>Morning Session</b> 9 a.m. – 12 p.m. <b>Afternoon Session</b> 12:30 – 3:30 p.m.
	<b>Tech Centennial Library</b>	10 Kirkland St. Kirkland Lake, ON	<a href="mailto:library@teckpl.ca">library@teckpl.ca</a> 705-567-7966		<b>Sunday, Monday</b> Closed <b>Tuesday - Friday</b> 9 a.m. – 6 p.m. <b>Saturday</b> 9 a.m. – 2 p.m.
	<b>Diners Club – Timiskaming Home Support</b>	Timiskaming Home Support office 145 Government Rd W, Kirkland Lake	Dorothy Malinowski <a href="mailto:dmalinowski@homesupportservices.ca">dmalinowski@homesupportservices.ca</a>	Meal and entertainment of presenter at each session. For older adults 60 yrs + or those with disabilities. \$10 per person. Tickets need to be purchased at the offices ahead of time.	Dates TBD
	<b>Centre de santé Communautaire du Temiskaming</b>		<a href="mailto:carolegodmaire@csc-tim.on.ca">carolegodmaire@csc-tim.on.ca</a> 705-567-1414, Ext. 2239	A variety of social activities and programs in French for those 55 years and older such as knitting groups, Nordic pole walking, community walks and luncheons, and more!	

Larder Lake	Larder Lake Senior Canadian Club	Larder Lake Municipal Building 69 Fourth Ave.	<a href="mailto:rodgersb62@gmail.com">rodgersb62@gmail.com</a> 705-643-2221 <a href="mailto:jarmstrong@ntl.sympatico.ca">jarmstrong@ntl.sympatico.ca</a> 705-643-2529	A community Senior Club that offer a variety of activities for older adults to enhance physical and mental wellbeing. Everyone is welcome to attend.	<b>Wednesday and Sunday</b> 2-4 p.m. <b>Potluck supper</b> Second Sunday of the month
	Larder Lake Public Library	69 Fourth Ave. Larder Lake, ON	705-643-2222		
	Centre de santé du Temiskaming		<a href="mailto:carolegodmaire@csctim.on.ca">carolegodmaire@csctim.on.ca</a> 705-567-1414, Ext. 2239	A variety of social activities and programs in French for those 55 years and older such as knitting groups, Nordic pole walking, community walks and luncheons, and more!	
Virginiatown	McGarry XYZ Seniors Club	XYZ room and school location Virginiatown, ON	Pierre Lemire <a href="mailto:Plemire42@gmail.com">Plemire42@gmail.com</a> 705-634-2427 <a href="mailto:xyzseniorsclub@gmail.com">xyzseniorsclub@gmail.com</a>	A community social club for older adults. Offers a variety of activities to enhance the physical and mental well-being of members.	<b>Wednesday</b> 1-4 p.m. XYZ room <b>Thursday</b> 1-4 p.m. School location
	McGarry Public Library	Virginiatown, ON	<a href="mailto:mcgarrypubliclibrary@outlook.com">mcgarrypubliclibrary@outlook.com</a>  <a href="mailto:margojolette@gmail.com">margojolette@gmail.com</a>	The library provides a variety of programs including public access to Wi-Fi and computers, books in French and English, magazines, movies, puzzles, one-on-one technology help, printing, faxing, seasonal craft activities.	<b>Tuesday</b> 9 a.m. - 12 p.m. <b>Wednesday</b> 12-4 p.m. <b>Thursday</b> 5-8 p.m. <b>Saturday</b> 1-3 p.m.
	Centre de santé Communautaire du Temiskaming		<a href="mailto:carolegodmaire@csctim.on.ca">carolegodmaire@csctim.on.ca</a> 705-567-1414, Ext. 2239	A variety of social activities and programs in French for those 55 years and older such as knitting groups, Nordic pole walking, community walks and luncheons, and more!	





Temiskaming Shores – Haileybury	Centre de santé Communautaire du Temiskaming		<a href="mailto:Mcbarrette-molgat@csctim.on.ca">Mcbarrette-molgat@csctim.on.ca</a> 705-647-5775, Ext. 4230	A variety of social activities and programs in French for those 55 years and older such as knitting groups, Nordic pole walking, community walks and luncheons, and more!	
	Diners Club – Timiskaming Home Support	Timiskaming Home Support office 367 Sutherland Way, Haileybury	Dorothy Malinowski <a href="mailto:dmalinowski@homesupportservices.ca">dmalinowski@homesupportservices.ca</a>	Meal and entertainment of presenter at each session. For older adults 60 yrs + or those with disabilities. \$10 per person. Tickets need to be purchased at the offices ahead of time.	Dates TBD
	Adult Day Program – Timiskaming Home Support	367 Sutherland Way, Haileybury	Melanie McLean <a href="mailto:mmclean@homesupportservices.ca">mmclean@homesupportservices.ca</a>	Includes: snacks, games, crafts, and an exercise and walking program. Transportation is also available if needed. Preregistration is required.	<b>Monday - Friday</b> <b>All day</b> 9 a.m. - 3:30 p.m. <b>Morning Session</b> 9 a.m. – 12 p.m. <b>Afternoon Session</b> 12:30 – 3:30 p.m.
	Club du Joyeux de Haileybury (Âge d'or)	Haileybury, ON	Norm Fortin 705-672-3262		
Temiskaming Shores – New Liskeard	Hudson Young at Heart	825428 Sawmill Rd. New Liskeard, ON	<a href="mailto:bloemac@hotmail.com">bloemac@hotmail.com</a> 705-647-1977	A community social club for older adults. Offers a variety of activities to enhance the physical and mental well-being of members.	
	Club du sourire de New Liskeard (Âge d'or)	Box 527 New Liskeard, ON	Bruno Aylwin <a href="mailto:aylwin@fibreop.ca">aylwin@fibreop.ca</a> 705-647-6128		
	Centre de santé Communautaire du Temiskaming		<a href="mailto:Mcbarrette-molgat@csctim.on.ca">Mcbarrette-molgat@csctim.on.ca</a> 705-647-5775, Ext. 4230	A variety of social activities and programs in French for those 55 years and older such as knitting groups, Nordic pole walking, community walks and luncheons, and more!	
	Temiskaming Shores Library	285 Whitewood Ave. New Liskeard, ON	Rebecca Hunt <a href="mailto:rhunt@temiskamingshores.ca">rhunt@temiskamingshores.ca</a> 705-647-4215	The library provides a variety of programs including public access to Wi-Fi and computers. Some programs include book clubs, puzzles and games, loaning Nordic walking poles and snowshoes, one-on-one technology training.	<b>Mon, Fri, Sat</b> 10 a.m. – 4 p.m. <b>Tues, Wed, Thurs</b> 10 a.m. – 8 p.m. <b>Sunday</b> closed

Please confirm with contact person ~ Veuillez communiquer avec la personne contact

## Additional programming offered across the district:



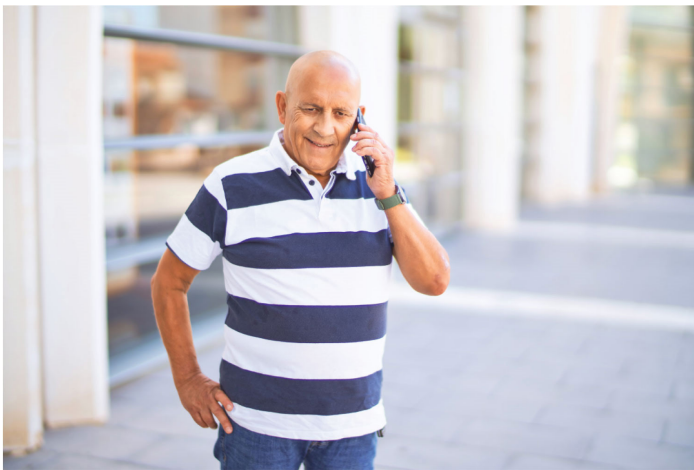
**Senior Centre Without Walls** is a virtual, telephone-based, dependable group and learning centre. No computer or internet is needed: just a phone call connects participants with educational, health and wellness, travelogues, local history and games sessions regularly and some programming in French. Open to anyone over 55 years of age or anyone who is limited in their social interactions by some form of restriction.

Email: [scww@homesupportservices.ca](mailto:scww@homesupportservices.ca)

Tel.: 705-672-2254 Toll Free: 1-800-361-5820.



**Cyber Seniors** provides FREE technology support and training for older adults using an intergenerational, volunteer model. Young people act as digital mentors and senior citizens gain access to effective technology training and intergenerational communities that keep them socially connected and engaged. Call Toll-Free if you need technology help: 1-844-217-3057.



**A Friendly Voice Program** is a FREE, confidential “warm line” for older Ontarians, 55+ who just want to chat with a friendly person who cares, without expectations or judgment. The program is open seven days a week, from 8 a.m. to 10 p.m. Volunteers offer an empathetic ear and good conversation. Call toll-free @ 1-855-892-9992.

## Programmes supplémentaires offerts dans le district :



**Senior Centre Without Walls** est un groupe téléphonique virtuel, fiable ainsi qu'un centre d'apprentissage. Il n'est pas nécessaire d'avoir un ordinateur ou accès à l'Internet : un simple appel téléphonique permet aux participants de prendre régulièrement part à des sessions éducatives et à des sessions sur la santé et le bien-être. Ils peuvent aussi écouter des récits de voyages, en apprendre sur l'histoire locale et participer à des jeux et à certains programmes offerts en français. Ce service s'adresse à toute personne de 55 ans et plus dont les interactions sociales sont réduites en raison d'une restriction quelconque.

Courriel : [scww@homesupportservices.ca](mailto:scww@homesupportservices.ca)

Tél. : 705 672-2254

Sans frais : 1 800 361-5820



**Cyber Seniors** offre GRATUITEMENT aux personnes âgées de la formation sur l'utilisation de la technologie et du soutien à cet égard, selon une approche de bénévolat intergénérationnel. Les jeunes agissent en tant que mentors numériques, et les personnes âgées peuvent recevoir de la formation technologique et se joindre à des communautés intergénérationnelles qui les aident à maintenir des liens sociaux et à rester motivées. Si vous avez besoin de formation technologique, composez le 1 844 217-3057 (sans frais).



**Une voix amicale** est une ligne de réconfort GRATUITE et confidentielle pour les adultes ontariens âgés de 55 ans ou plus qui souhaitent avoir une conversation amicale avec une personne bienveillante sans attente ou jugement. Le service est offert sept jours sur sept, de 8 h à 22 h. Des bénévoles vous écouteront avec empathie et ils vous permettront d'avoir une conversation agréable. Composez le 1 855 892-9992 (sans frais).



For more information on available program or schedule changes in your community visit [www.timiskaminghu.com](http://www.timiskaminghu.com) or call Timiskaming Health Unit at 705-647-4305.

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Pour plus d'information sur les classes et les changements de programme ou d'horaire dans votre communauté, veuillez visiter [www.timiskaminghu.com](http://www.timiskaminghu.com) ou contacter Services de santé du Timiskaming au 705-647-4305.

May 2024 ~ Mai 2024