

SENIORS Newsletter

MARCH 2019



SNOW ANGELS *Jasper*

Neighbours helping neighbours

**DO YOU NEED A HAND
SHOVELLING YOUR
SIDEWALK THIS WINTER?**
Call Community Outreach
Services to get a Snow
Angels sign for your lawn.
780-852-6536

**This program is intended for seniors
and people with physical disabilities*

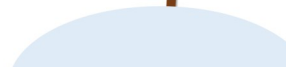
Be an angel.
Shovel your
neighbour's
sidewalk.

Neighbours helping neighbours

**SNOW
ANGELS**
Jasper

This sign means your neighbour
could use a hand shovelling their
sidewalk. Be a SNOW ANGEL
and lend them a hand!

COULD YOU USE A SIGN?
Call Community Outreach Services
780-852-6536



YOU'RE INVITED TO JASPER'S WEEKLY

COMMUNITY DINNER

SUNDAYS
AT 5:30 PM

JAN. 13 TO MARCH 24

JASPER ACTIVITY CENTRE

DINNER BY DONATION

Each week, a local
community group, business
or organization volunteers
to help prepare food, set-up
the room, serve the meal
and clean up afterwards.

Community COFFEE CONNECTION

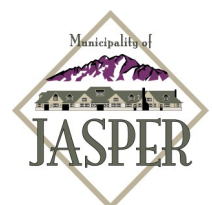
Downstairs at Community Outreach Services

DROP IN for a coffee and some
casual conversation

MONDAY TO FRIDAY	1-3 PM	627 PATRICIA STREET
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Building a welcoming and inclusive community.



COMMUNITY OUTREACH SERVICES
627 Patricia St.
M-F 9:00 am - 4:30 pm
P: 780-852-2100 F: 780-852-2147
community@town.jasper.ab.ca



SUN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT



March 2019 Seniors Calendar

					1 9:30-10:30am Aquafit 1pm Seniors Bus to Jasper shops/apts. 1-3pm Coffee Connections @ COS 7pm Bridge, Pine Grove	2
3 5:30pm Community Dinner @ Activity Centre	4 9:30-10:30am Aquafit 12pm Movie Matinee at the library 1-3pm Coffee Connections @ COS 6-7pm Mosaic Mondays at the library	5 1-2pm Seniors' Exercise at Seton Healthcare 1pm Seniors Curling 1-3pm Coffee Connections @ COS 1:30pm Cards, Sr. Lounge 4-8pm Saving Mountains of Plastic: Sewing Bags at the Junior/Senior High School	6 10:30am Knitting Circle at the Library 1-3pm Community Coffee Connections @ COS 1-5 Mixed Bridge @ Sr. Lounge 6:45-7:45 Noble Silence Meditation at Jasper Wellness	7 9:30-10:30am Aquafit 10-12:30pm iPad Basics at Employment & Education Centre 1-2pm Seniors' Exercise at Seton Healthcare Centre 1pm Seniors Curling 1:30pm Sr. Reading @ Library 1-3 Coffee Connections @ COS 6pm Games/Chess Night @ Library 6pm Meditation @ Library (downstairs)	8 9:30-10:30am Aquafit 1pm Seniors Bus to Jasper shops/apts. 1-3pm Coffee Connections @ COS 7pm Bridge, Pine Grove	9
10 5:30pm Community Dinner @ Activity Centre	11 9:30-10:30am Aquafit 1-3pm Coffee Connections @ COS 1:30pm Seniors Society Meeting 6-7pm Mosaic Mondays at the library	12 1-2pm Seniors' Exercise at Seton Healthcare 1pm Seniors Curling 1-3pm Coffee Connections @ COS 1:30pm Cards, Sr. Lounge 4-8pm Saving Mountains of Plastic: Sewing Bags at the Junior/Senior High School	13 9:30-10:30am Aquafit 10:30am Knitting Circle at the Library 10-11am Coffee w/ COS @ Pine Grove 1-2pm Coffee w/ COS @ Alpine 1-3pm Community Coffee Connections @ COS 1-5 Mixed Bridge @ Sr. Lounge 6pm Fermentation Workshop @ Sr. Lounge 6:45-7:45 Noble Silence Meditation at Jasper Wellness	14 10-12:30pm iPad Basics at Employment & Education Centre 1-2pm Seniors' Exercise at Seton Healthcare Centre 1pm Seniors Curling 1:30pm Sr. Reading @ Library 1-3 Coffee Connections @ COS 6pm Games/Chess Night @ Library 6pm Meditation @ Library (downstairs)	15 9:30-10:30am Aquafit 1pm Seniors Bus to Jasper shops/apts. 1-3pm Coffee Connections @ COS 7pm Bridge, Pine Grove	16
17 5:30pm Community Dinner @ Activity Centre	18 9:30-10:30am Aquafit 12pm Movie Matinee at the library 1-3pm Coffee Connections @ COS 6-7pm Mosaic Mondays at the library	19 1-2pm Seniors' Exercise at Seton Healthcare 1pm Seniors Curling 1-3pm Coffee Connections @ COS 1:30pm Cards, Sr. Lounge 2pm Tea Party @ Alpine 4-8pm Saving Mountains of Plastic: Sewing Bags at the Junior/Senior High School	20 10:30am Knitting Circle at the Library 12pm-1pm Aquafit 1-5 Mixed Bridge @ Sr. Lounge 1-3pm Community Coffee Connections @ COS 6pm Adventure Talk: Switzerland to Scandinavia by Bike by Edi Klopfenstein @ the Library 6:45-7:45 Noble Silence Meditation at Jasper Wellness	21 10-12:30pm iPad Basics at Employment & Education Centre 8am - 4pm Seniors Bus Trip to Hinton 1-2pm Seniors' Exercise at Seton Healthcare Centre 1pm Seniors Curling 1:30pm Sr. Reading @ Library 1-3 Coffee Connections @ COS 6pm Games/Chess Night @ Library 6pm Meditation @ Library (downstairs)	22 9:30-10:30am Aquafit 1pm Seniors Bus to Jasper shops/apts. 1-3pm Coffee Connections @ COS 7pm Bridge, Pine Grove	23
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