



Senior citizens are our past and future because they come with life experience, wisdom and knowledge.



For more tips and information
for seniors see:
www.seniorsinfo.ca
www.seniors.gc.ca



Help for Senior Citizens

Seniors are important teachers who give us guidance throughout our lives. They share their journey and stories of their lives. They are an important connection to the past.

Things You Can Do

Prevent Isolation and Loneliness

- Create opportunities for meaningful contact with people
- Develop and nurture close relationships with family and friends; see them in person or stay in contact through telephone, letters, or e-mail
- Consider volunteering, joining groups, or participating in activities with others who share common interests
- Consider sharing meals with others. Contact your local senior's centre
- Spend time with a pet or consider getting a pet
- Look into housing options that allow more contact with others
- Get involved in activities that involve all ages
- Stay active – join a fitness class or consider going back to school
- Learn how to surf the internet at the local library

Exercise to Prevent Falls

- Older adults who are physically active have faster reaction times
- Participation in regular physical activity can increase your strength, flexibility, and muscular endurance in a matter of weeks
- The hormones released during exercise produce positive feelings of well being
- Exercise like walking, when your legs have to carry your weight, can slow the progression of osteoporosis (i.e. weak bones)
- Moderate exercise can help you overcome anxiety, poor sleep, and constipation
- Activities which require you to look around (i.e. golf or other games) help your sense of balance

Where to Find Help

Thunder Bay Indian Friendship Centre 345-5840
401 Cumberland St. N.

Canadian Red Cross 623-3073
Transportation for residents 55 and older.
Please contact Red Cross directly. A cost may apply

NorWest Community Health Centres 622-8235
525 Simpson St.
Monthly Seniors Lunch. Grey Hares Exercise Program.
www.norwestchc.org

Herb Carroll 55 Centre 625-2316
1100 Lincoln St.
Services and recreational activities.
www.thunderbay.ca

Thunder Bay Fifty Five (55) Plus Centre 684-3066
700 River St.
Older Adults Centre.
www.thunderbay.ca

**St. Joseph's Care Group
St. Joseph's Heritage** 768-4400
63 Carrie St.
www.sjcg.net

**Metis Nation of Ontario, Thunder Bay
Metis Council Long Term Care Program** 624-5010
226 May St., 1st Floor
Provides services, information and support to elderly adults;
as well as; persons with physical disabilities or with chronic illness.
Eligibility - Local, self-determined Metis and their families
Barbara Hartman, Long Term Care Coordinator
www.metisnation.org

Nu-Wave School of Hair Design 623-6666
1526 Victoria Ave. E.
10% discount for seniors on Wednesday.

Meals on Wheels (southward) 625-3667
Meals brought to you in your home. (northward) 684-2862
Seniors must be home to receive meals and be able to feed
themselves. No meals delivered on weekends so must manage their
meals during that time.
Elizabeth Pim
www.thunderbay.ca

VON Canada 344-0012
214 Red River Rd., Suite 200
SMART - Seniors Maintaining Active Roles Together program.

**North West Community Care
Access Centre** 345-7339
(toll free) 1-800-626-5406
961 Alloy Dr.
Coordinates home care, community support services, and
placement in long-term care homes and provides information
and referral services.
<http://www.nw.ccac-ont.ca>

