

Seniors – concerned about going out during the pandemic?

Community Care offers a free pick up & delivery program. Free pick-up and delivery of groceries, medicines, library books and other essentials is available from Prince Edward Community Care. This free delivery program is designed to support seniors who make the choice to reduce their time in stores or to self-isolate at home. All seniors 60+ are welcome to request this support. To make arrangements call Community Care at 613-476-7493. Stay well, stay safe, stay home. www.communitycareforseniors.org

Help to place an online/email grocery order

Seniors who need help to place a grocery order by email or online can call Prince Edward Community Care for this free service. Call Community Care at 613-476-7493. Stay well, stay safe, stay home.

Community Care office hours at 74A King Street, Picton

The Community Care office building is closed during the provincial stay-at-home order and then is open by appointment only. Most programs and services are operating. For information on the status of services, to volunteer, to become a client of the agency, or for general questions, call 613-476-7493. Information is also available on the agency Facebook page, Twitter feed, website at www.communitycareforseniors.org or by emailing info@communitycareforseniors.org

Community Care's Thrift Shop closed during lockdown

Prince Edward Community Care's Thrift Shop is closed during the lockdown. When the shop reopens, donations of good used items will be accepted by appointment only. www.communitycareforseniors.org

Active Living Programs for February for seniors 60+ available 5 days/week

Prince Edward Community Care offers free events for seniors 60+ both online and by telephone. Virtual Online Zoom Classes & "Socials for Seniors" are held Monday to Friday. Join in at 10:30am for fitness classes, and in the afternoons at 2:00pm for arts & socials. See the Community Care website for the program calendar. **February telephone group chat (computer not required)** topics include "Name That Tune"; "Growing Up Big Island" with Naturalist Terry Sprague; "Phone Fitness Break" with Wendy Chapman PFT; "Cooking Disasters". **February webinar topics** include "Beyond The Beech – A look at Woodland Critters" with Naturalist Terry Sprague; 52 Card Bingo; "Distraction Theft & Other Scams" with OPP Constable Aaron Miller; "Start Your Planter Garden with Foods and Flowers" with Lise Bois, Prince Edward County Horticultural Society; "Toad Talk – Blanding's Turtles" with Reta Meng, Outreach Speaker with the Canadian Herpetological Society. Get active, make friends, be well. For more information or to participate, call Prince Edward Community Care at 613-476-7493, email info@communitycareforseniors.org or the website at www.communitycareforseniors.org.

Will You Be My Valentine? Needle Felting, online event for seniors on Friday, February 5th, 2021

Join other seniors for a zoom event on Friday, February 5th at 2pm. Prince Edward Community Care will provide all participants with materials to create needle felting Valentine's Day decoration as well as some Valentine's treats. Special guest, Lesley Snyder from Rosehaven Yarn shop in Picton will be on the call to provide instructions on how to make the decoration. For more information or to register for this **free** event, call Prince Edward Community Care at 613-476-7493, or email info@communitycareforseniors.org or the website at www.communitycareforseniors.org

Movement with the Trees with Julia Aplin, Online event for seniors on February 8th, 2021

Senior professional dance instructor, Julia Aplin will start the class on Monday, February 8th at 1pm on zoom with a 15 minute 'hello' to address any questions and then guide participants in a thorough physical warm-up, movement exercises and simple creative tasks that will last 30 minutes. Julia is inspired by the teachings of the trees, the depth of humanity witnessed during isolation and the beauty of our blue planet as it spins on through the vast universe. Julia will lead a creative process that is part choreographed and part improvised-- guided frameworks to explore our humanity through movement expression. This workshop offers the many benefits of dance to your health and well-being. The class will end with a 15 minute post-class social time for participants to share their experiences together. Offered in collaboration with Moonhorse Dance Theatre. For more information or to register for this free event, call Prince Edward Community Care at 613-476-7493. www.communitycareforseniors.org

Build a Birdhouse, Online event for seniors on Friday, February 12th, 2021

Join other seniors for a zoom event on Friday, February 12th at 2pm. Prince Edward Community Care will provide all participants with materials to create a birdhouse out of wood. Hammer and wood glue is required and not included. Quinte Conservation Specialist, Maya Navrot will join the call to discuss the efforts taking place at Macaulay Mountain Conservation Area, in particular Birdhouse City as they are working at enhancing the site with native shrubs and wildflowers, to enhance the space for wildlife. She would also be happy to address any questions or even how to attract birds to your birdhouse space. For more information or to register for this **free** event, call Prince Edward Community Care at 613-476-7493, or email info@communitycareforseniors.org or the website at www.communitycareforseniors.org

Prince Edward Community Care office closed for Family Day on Monday, February 15th, 2021

Community Care will be closed for Family Day on Monday, February 15th. Meals on Wheels will go out as usual on that day. www.communitycareforseniors.org

Get to Know Your Tea - Tea Party Sommelier Session - event for seniors on February 19th, 2021

Join other seniors for a zoom Tea Party with a local certified tea sommelier and owner of Cha Cha Tea in Kingston, Kaoru, on Friday, February 19th at 2pm. Prince Edward Community Care will provide all participants with a complimentary tea cup, 4 loose leaf teas, and products required for brewing. Join the party with your favorite tea in hand as Kaoru will provide detailed steps on how make the 4 new teas for future enjoyment. Other tea facts and information will be provided and the party will end with a question period for the tea sommelier. For more information or to register for this **free** event, call Prince Edward Community Care at 613-476-7493, or email info@communitycareforseniors.org or the website at www.communitycareforseniors.org

West African Harvest Dances with Lua Shayenne, Online event for seniors on February 22nd, 2021

Senior professional dance instructor, Lua Shayenne will start this online class on Monday, February 22nd with a 15 minute 'hello' to address any questions and then guide participants in a thorough physical warm-up, movement exercises and simple creative tasks that will last 30 minutes. Follow Dance artist Lua Shayenne on a journey to Africa through grounded movement inspired by West African dances. Lua's artistic language draws on the oral tradition of her African ancestry where narrative is a source of wisdom and shapes humanity's sense of purpose and place. We will celebrate abundance, give praise and thanks to Mother Nature for always providing us with sustenance, with movements that are inspired by harvest dances. This workshop offers the many benefits of dance to your health and well-being. The class will end with a 15 minute post-class social time for participants to share their experiences together. Offered in collaboration with Moonhorse Dance Theatre. For more information or to register for this free event, call Prince Edward Community Care at 613-476-7493, or email info@communitycareforseniors.org or the website at www.communitycareforseniors.org

The Joy of Watercolour Journaling – Beginners – 5 week series begins February 25, 2021

This online workshop series starts on Thursday, February 25th and will begin with a basic introduction to the sketchbook and watercolour tools, colour theory basics, how to mix, blend and lay on paints with fluid brush strokes! Put this into action using an art journal to explore and develop your painting abilities. Demonstrations of new and fun tips and techniques and focus on a new subject each session. These workshops will be taught by award winning Fine Artist Dianne Kehoe who has received funding from the Prince Edward Arts Council, and the Huff Foundation. All art supplies graciously provided by Art Noise in Kingston. Registration is open to seniors 60+. Space is limited. For information or to register call Community Care at 613-476-7493, email info@communitycareforseniors.org or the website at www.communitycareforseniors.org.

Curbside pick-up Roasted Turkey meal for seniors on February 25, 2021

Bill Grieve, The chef of Wheelhouse and Occasions Catering, will be preparing homemade soup, roasted turkey with dressing, potatoes, vegetables and a roll, finished off with Marni's famous Carrot Cake for dessert. The cost of this turkey feast is only \$15.00/meal and seniors 60+ can order by calling the Community Care office at 613-476-7493. All meals must be paid for in advance. Meals will be packaged hot and ready to be picked up between 12 noon and 1p.m. on Thursday, February 25, 2021 at The View Restaurant located at 734 Prince Edward County Rd 49 (Picton Golf Course). Seniors will drive up to the main door, provide their name to the friendly volunteer and their meal(s) will be delivered directly to their vehicle. Order and pay up to Monday February 22, 2021 by calling 613-476-7493.

www.communitycareforseniors.org

Springtime String Art Craft, free online event for seniors on February 26th, 2021

Join other seniors for a zoom event on Friday, February 26th at 2pm. Prince Edward Community Care will provide all participants with materials to create a springtime decoration out of string art. A small hammer is required. For more information or to register for this free event, call Prince Edward Community Care at 613-476-7493, or email info@communitycareforseniors.org or the website at

www.communitycareforseniors.org

Income Tax Program – starts March 1, 2021

Prince Edward Community Care volunteers will complete 2020 income tax returns for seniors who live in Prince Edward County starting on March 1, 2021. If you are a senior 60+ whose single income is \$35,000 or lower or a couple whose household income is \$45,000 or lower, you may be eligible for help through this program. Volunteers have been trained by Canada Revenue Agency to complete Income Tax Returns for eligible clients. Volunteers do not complete income tax and benefit returns for: deceased persons; resident of Long-term Care homes; bankrupt individuals; for those with more than \$1000 of investment income; for individuals with capital gains/losses; or for people with business or rental income and expenses. The Community Care office building is closed until further notice and a physically distant procedure is in place. For information call 613-476-7493. www.communitycareforseniors.org

Seniors' Support TV Show

Watch "Seniors' Support" on YourTV. All episodes have interesting guests on topics seniors care about. This show is co-produced by the Executive Directors of Prince Edward Community Care and Community Care for South Hastings. Check your local YourTV cable listings for when it will be shown.

www.communitycareforseniors.org

Mindful Motion with Carol Anderson, Online event for seniors on March 8, 2021 at 1pm

Senior professional dance instructor, Carol Anderson will start the class on Monday, March 8th at 1pm on zoom with a 15 minute 'hello' to address any questions and then guide participants in a thorough physical warm-up, movement exercises and simple creative tasks that will last 30 minutes. Follow Dance artist Carol Anderson on gentle, flowing movement patterns that offer benefits similar to those derived from yoga, dance, swimming, and tai chi. Spherical, figure-eight movements integrate breath, motion and awareness. Performed seated, these movement patterns fully articulate the spine, and contribute to supporting the many health benefits of dynamic alignment. This class is designed for older movers, enhancing mobility and the joy of moving with breath, intention and flow. Participants will need a stool, piano bench, or flat-bottomed armless chair for use in the class. The class will end with a 15 minute post-class social time for participants to share their experiences together. Offered in collaboration with Moonhorse Dance Theatre. For more information or to register for this free event, call Prince Edward Community Care at 613-476-7493, or email info@communitycareforseniors.org or the website at www.communitycareforseniors.org

Dance Your Body, Move Your Heart with Claudia Moore, Online event for seniors on March 22, 2021

Senior professional dance instructor, Claudia Moore will start the zoom class on Monday, March 22nd at 1pm with a 15 minute 'hello' to address any questions and then guide participants in a thorough physical warm-up, movement exercises and simple creative tasks that will last 30 minutes. Follow Dance artist Claudia Moore with physical movements based on tai chi, low-impact aerobic exercises using simple stepping patterns and movement phrases incorporating upper body gestures. Danced to a variety of music, the movement phrases become short dances. The class will end with a 15 minute post-class social time for participants to share their experiences together. Offered in collaboration with Moonhorse Dance Theatre. For more information or to register for this free event, call Prince Edward Community Care at 613-476-7493, or email info@communitycareforseniors.org or the website at www.communitycareforseniors.org

Foot Care Clinics

Prince Edward Community Care operates Foot Care Clinics in Picton and Wellington. COVID-19 protocols for clients and staff are closely followed. Professionally trained nurses provide foot care in a clinic setting. New clients are welcome. If a lockdown is ordered then Foot Care clinics are placed on hold. To become a client of the foot care program or for more information call Prince Edward Community Care at 613-476-7493. www.communitycareforseniors.org

Friendly Visiting Volunteers

Prince Edward Community Care for Seniors is looking for volunteers to visit seniors. During the pandemic visits are on the telephone. To volunteer call 613-476-7493 and start the conversation. www.communitycareforseniors.org

Ontario Energy Support Program

Do you struggle with your hydro bill? The Ontario Energy Support Program (OESP) is a program that can provide help for eligible low-income seniors. An eligible household (\$28,000 or less for one person or \$28,001 - \$39,000 for a two person household) can receive between \$35-\$75 monthly credits on their hydro bill. Staff at Prince Edward Community Care can answer questions for seniors 60+ and help submit the OESP application. Seniors who have received Renewal and Information letters from OESP, can arrange for Community Care staff to help facilitate this renewal process. Please call 613-476-7493 or go to www.OntarioElectricitySupport.ca for more information. www.communitycareforseniors.org

Gift Ideas at Prince Edward Community Care

Honour someone with a donation to Prince Edward Community Care for Seniors in their name. A card acknowledging your donation will be sent to the recipient. Gift Certificates are available for Community Care programming such as foot care or Meals on Wheels or for buying goods at the Thrift Shop. Call the office at 613-476-7493. www.communitycareforseniors.org

Volunteers Needed at Thrift Shop

Prince Edward Community Care needs volunteers to help in the Thrift Shop at 153 Main Street in Picton. If you have 3 hours per week (10am – 1pm or 1pm – 4pm) then give Community Care a call. No experience is necessary. A full orientation is offered. There are always experienced volunteers on site. All required COVID-19 safety measures are in place. Anyone wishing to work on the cash desk or to sort and price is welcome. New volunteers are being interviewed, screened and oriented during the lockdown as this is done on the phone and online. To volunteer call 613-476-7493. www.communitycareforseniors.org.

Hot Meals on Wheels - available 5 days/week

This program has been operating in Prince Edward County for over 40 years and is open to any senior 60+ who needs support. Delivery to the door of a hot nutritious noon-time meal. Now available 5 days/week in Wellington and Picton and 3 days a week everywhere else in Prince Edward County. Receiving a hot meal at the door means seniors have regular contact with a volunteer to help them stay safe and well in their own home. Physical distancing protocols are in place. All meals are prepared in fully inspected kitchens by professional food service staff. Call Prince Edward Community Care to learn about this and other services to help seniors live at home. Call 613-476-7493. www.communitycareforseniors.org

Delivery to the door of nutritious frozen meals for seniors

This program is for all seniors 60+. Delivery of frozen meals can make it easier on those days when meal preparation is a monumental task – just pop a low sodium, high quality and tasty meal into the microwave and enjoy. Prince Edward Community Care offers both hot and frozen meals to seniors 60+ who live anywhere in Prince Edward County. For information on or to refer someone, call 613-476-7493. www.communitycareforseniors.org

Help around the home for seniors – Home Maintenance

Seniors who need help with outside work can call Prince Edward Community Care. The agency has carefully screened workers at reasonable rates. Help is available for outdoor work. Strict COVID-19 safety protocols are in place. For information on this service call the Prince Edward Community Care office at 613-476-7493. www.communitycareforseniors.org

Telephone Reassurance Program

Prince Edward Community Care has supportive volunteers that can offer companionship, encouragement and warm friendly conversation to seniors to just chat, to help with the uncertainty of the pandemic, provide reassurance, and to help keep people safe. A regular phone call can go a long way to maintaining independence. To participate, call Prince Edward Community Care at 613-476-7493. www.communitycareforseniors.org

Support Prince Edward Community Care

Your monetary donation will help seniors in The County *live* at home. Contact Prince Edward Community Care at 613-476-7493 or email at info@communitycareforseniors.org or www.communitycareforseniors.org Online donations can be made on the website.

Rural Route Reassurance Program

This free program is available through a partnership with Canada Post and the Canadian Union of Postal Workers. Prince Edward Community Care can arrange for your mail courier en route to keep a watchful eye on your home to help keep you safe. This free service offers added safety and security to those living on rural routes. To participate, call Prince Edward Community Care at 613-476-7493.

www.communitycareforseniors.org

Volunteers Needed

Volunteer opportunities available now: help out at Prince Edward Community Care's Thrift Shop for 3 hours a week; volunteer visitors; people to deliver Meals on Wheels, especially in Wellington; reception desk volunteers in Picton. Flexible scheduling. Call 613-476-7493 and start the conversation about volunteering. www.communitycareforseniors.org