



Newsletter

Fredericton - A Community for All Ages

Prime Time Volunteer Project Launched

*.....moving from “freedom from work....”
to
“freedom to create my own community
legacy”*

The City of Fredericton’s Age Friendly Community Advisory Committee and Volunteer Greater Fredericton (VGF) are collaborating to increase the rate of volunteerism among boomers and seniors in Fredericton. Thanks to a grant through the Federal Program: New Horizons for Seniors Community Based Projects, the Prime Time Volunteer Project has been launched. Our focus is on recruiting talented boomers and seniors to support agencies and non-profits working hard to deliver valuable services to enhance the quality of life in our community.



Photo by Angela Watson

Photo from the official launch of the grant March 31, 2017
From left to right: Eric Megarity, Councillor City of Fredericton; Carol Morrison, member of the Fredericton Age-Friendly Community Advisory Committee; & Matt DeCoursey MP.

Boomers and seniors possess many skills, extensive experience and a wealth of personal connections. Many are looking for opportunities to share their talents in a way that will most benefit their community, while others are looking for ways to build new friendships and social connections. Research conducted by Volunteer Canada

indicates that becoming engaged as a volunteer can improve a person’s physical, emotional and cognitive health; reduce social isolation and feelings of insecurity; and increase social inclusion, social support and civic engagement.

At a time when the overall numbers of boomers and seniors living in our community is on the rise, it is more important than ever to ensure their active engagement in on-going civic decision making and community building.

Towards this end, the City of Fredericton’s Age Friendly Community Advisory Committee and Volunteer Greater Fredericton will launch the Prime Time Volunteer Project in the spring of 2017, which entails:

1. Organizing a training workshop in May 2017 for non-profits to improve the ability of agencies and non-profit organizations to attract, place, motivate and retain boomer and senior volunteers, with support from Volunteer Canada;
2. Hosting a Prime Time Volunteer Orientation Workshop and Recruitment Fair for boomers and seniors in October 2017;
3. Creating an on-line matching platform on the VGF website to facilitate volunteer placements tailored for Prime Time Volunteers, 24/7; (led by VGF).
4. Supporting one on one coaching and matching services over 12 months; (managed by VGF).
5. Providing financial support to cover the costs of vulnerable sector security checks, when needed.

Through this initiative we hope to further enhance our vibrant community and encourage active and engaged citizens of all ages.

Fredericton Age-Friendly Community Advisory Committee appreciates the support of the City of Fredericton, Councillor Eric Megarity and city staff for the implementation and oversight of this project and Susanne White, Community Inclusion Network, for the vision.

**Cst. DUNCAN LOMBARD'S
CRIME PREVENTION TIPS:**



Fredericton Police Force

1. Make sure your computer has up to date Virus protection.
2. Never disclose your password(s) and change them every three months.
3. Passwords should contain both upper and lower case letters as well as at least one numerical or symbol component. Example: Blueskys#1.
4. Do not open e-mails that appear suspicious and that are from an e-mail address you do not recognize.
5. Fraudsters will often use legitimate company logos (Banks, NB Power, etc) in an attempt to obtain personal information.

.... Good Neighbours - it starts with a smile

**“Spring into Wellness”
An Expo to Promote Healthy Aging**

Looking for services and activities to support a healthy, independent lifestyle as you age gracefully? Are you living on a fixed income and wonder what activities are affordable? Don't miss this Fredericton first! Age Friendly Fredericton, Retired Teachers and the Wellness Branch, Department of Social Development are holding a Wellness Expo, “Spring into Wellness”, April 29, 2017 at Leo Hayes High School from 10:00 a.m. -4:00 p.m. Admission is FREE, with a free will offering for “Feed the Lions”.

A large variety of service providers

and organizations will have displays in the cafetorium beginning at 10:00. Mini-workshops will be offered all day in the Library on a first come first served basis on topics such as will writing, downsizing, physical activity and healthy eating. The Second Chances Band will be performing. And in the gym You'll have a chance to observe or try pickle ball, line dancing, Tai Chi or Zumba.

This is not a trade show but an information expo to show you what is available in Fredericton. Come bring a friend and be amazed by the range and variety of what is out there. For a schedule of the mini-workshops or physical activity demonstrations please email agefriendly@fredericton.ca or call 460-2235.

Community Events & Activities...

Johnston Avenue Seniors Art Show

Come on out and see the works of art created by the students in our art classes. There will be paintings on display that have been done in oil, acrylic and watercolour. The Fredericton Seniors Work Shop will also be holding a Show and Sale in conjunction with this event so there will be many artistic and functional wood-working projects on display.

Where: Johnston Avenue Seniors Centre
Date: Wednesday, May 10 2017
Time: 12 noon-2pm

Wednesday Walkers

The very popular free seasonal trail walking group will start up for 2017 on Wednesday, May 24th. They meet every Wednesday (weather permitting) from late May through October at 10am for a one hour walk. All interested adults of all fitness levels are welcome. Walks are held on a different section of the City Trail system each week. During the term there are several information sessions offered for group members on topics like: healthy eating, stretching, and footwear.

To receive a copy of 2017 Wednesday Walkers schedule please email agefriendly@fredericton.ca or call 460-2235.

Fredericton Folks on Spokes

We are a social club who cycles. If you are 50+, have a bicycle and helmet, and enjoy good company, then join Fredericton Folks on Spokes as we explore the Fredericton trails for fun and exercise. All you need is a safe-serviceable bicycle and a helmet. Meet at the Trail Visitors' Centre on the North Side on Tuesday mornings at 10:00 AM throughout the late May to early October timeframe for the regular rides.

Please email : frederictonfolksonspokes@outlook.com or like us on facebook : <https://www.facebook.com/folksonspokesfredericton> to receive all events and scheduled rides

NB 72 HOUR EMERGENCY PREPAREDNESS GUIDE:

<http://www2.gnb.ca/content/dam/gnb/Departments/ps-sp/pdf/emo/2015-NB-EMObooklet-E.pdf>

You can have your say in what the Age-Friendly Community Advisory Committee will be doing by voicing your concerns, ideas, and comments to the group through any of its members, or by contacting us via email at: agefriendly@fredericton.ca

For more information, including the Seniors Directory, or our Identified Action Steps Towards an Age-Friendly Future for Fredericton, please visit: **City of Fredericton Age-Friendly web page:**

<http://www.fredericton.ca/en/city-hall/city-council-committees/committees/age-friendly-community-advisory-committee>