



# Newsletter

## Fredericton - A Community for All Ages



PRIME TIME | BÉNÉVOLES  
VOLUNTEERS | EN ACTION  
MAKE A DIFFERENCE | FAIRE LA DIFFÉRENCE

The Prime Time Volunteers (PTV) project is progressing well. A focus group was held in June for the purpose of selecting a logo and tag line for the PTV program. A small group of boomers and seniors were recruited to help spread the word about the Volunteering Marketplace planned for October 20th at St. Thomas' Conference Centre on Forest Hill Road. These volunteers will be sharing the information about the PTV project with their networks. New Brunswick's Lieutenant Governor, Her Honour, Madame Jocelyne Roy-Vienneau, will bring greetings to the group at the Volunteering Marketplace. To register go to <https://volunteering-marketplace.eventbrite.ca/>

Volunteer Greater Fredericton (VGF) will complete the selection of an On-Line Volunteer Matching Tool by mid-September. This will allow potential volunteers to explore the volunteer opportunities in the community and determine those that fit their personal interests and skills.

As well, the PTV project will hold a workshop for not-for-profit organizations on September 15th at Willie O'Ree

Place to introduce them to the On-Line Matching Tool and provide them with evidence-based information that will help the organizations be more effective at recruiting, engaging, and retaining boomers and seniors. Deborah Pike, from Volunteer Canada, will share research that highlights what boomers and seniors are looking for in their volunteer experiences.

In the afternoon of September 15th, Ms. Pike will address a group of Retirement Planners to provide them with information about the benefits of volunteering and the importance of considering volunteering as a transition to retirement strategy.

Over lunch the two groups, not-for-profit organizations and Retirement Planners, will have the opportunity to network.

For more information contact Anne Marie Hartford, PTV Project Leader, at 506-454-1298 or [hartford@rogers.com](mailto:hartford@rogers.com)

### Shaping Our City Through Its Growth Strategy and Municipal Plan

On July 10, Age-Friendly Fredericton met with city planners Marcello Battilana and Meredith Gilbert to get a clearer sense of the Fredericton Growth Strategy (approved by City Council on June 26) and to provide some timely input

into the next stage of the process, the development of the new Municipal Plan (due to be finalized by the end of 2017). Meredith outlined the various scenarios considered by city planners with input from citizens. With a projected population increase of 32,000 over the next 25 years, several models were discussed: dispersed growth (largely what we do now); North Side focused growth; or a more

compact model that develops targeted areas outside the core on both sides of the river into complete communities with a mix of residential housing types and commercial enterprises. The latter model appeared to allow for more efficient use of land and infrastructure, support more cost-effective transportation, and strengthen the downtown core, compatible with the needs of an age-friendly city.

## Seniors Survey Coming...

Members of the Fredericton, New Maryland, Nackawic, and Miramichi Age-Friendly Committees, in an exciting collaboration with NB Seniors Good Will Ambassadors, staff from the Wellness Branch of the Department of Social Development, and Greater Fredericton Social Innovation are developing a survey to determine how Age-Friendly their communities are relative to the eight World Health Organization domains that define Age-Friendly.

The survey is scheduled to be conducted this fall by Fredericton and New Maryland and then made available for use by communities province wide. This common tool will

allow opportunities for communities to compare their successes directly with others and to make streamlined application for Age-Friendly certification. Watch for the survey late this fall.

## Shaping Our City *from page one..*

A lively discussion followed with committee members raising a variety of issues. How does the city balance new growth with servicing amalgamated areas that have been waiting for years for recreational services? How does the city work with

developers to ensure that universal design principles are followed so that housing can accommodate mobility challenges and changing household sizes? How do we build neighborhoods that meld different ages/abilities/incomes/cultures with service hubs that allow people to age in place, and that integrate parks, pauses, and gathering spaces? What federal funding incentives and provincial regulatory frameworks will help to ensure the best results?

There is a new provincial Community Planning Act in the works so it makes sense for concerned citizens to begin lobbying their MLA's to make sure a percentage of all new housing is designated as accessible/adaptable and affordable.

## Community Events & Activities...

### Stepping Stone Fall Program:

The Stepping Stone Senior Centre provides affordable and accessible programs and activities for the 50+ population of Greater Fredericton. Membership is \$20 per year, from January to December. Full Programming begins again the week of September 11th.

Coming up this Fall and open to the public are the following events:

#### Forums:

Sept 13- Safety in the Home  
Oct 4- Laughter for the Health of It  
Oct 25- Power of Attorney and Wills  
Nov 1- Minto Internment Camp

#### Socials:

September 20- Happy Tails to You  
October 18- Oktoberfest  
November 8- Try to Remember

#### Breakfasts:

September 16; October 21; and November 18 from 8:00 to 10:30.

A monthly Calendar is available at <http://steppingstoneseniorcentre.com/> or by contacting the Centre at: [steppingstoneseniorcentre@rogers.com](mailto:steppingstoneseniorcentre@rogers.com) or 450-7849.

### Third Age Centre Presentations 2017

This fall the Third Age Centre (TAC) will host a series of informative public presentations providing tips and suggestions to help us better manage conditions that present challenges in our day-to-day lives and to continue to enjoy new experiences. The series kicks off Sept. 13 with a talk by the Horizon Health Audiology Department on hearing issues and devices. Just in time for planning a winter escape, CAA Travel Consultant Ramsay Anderson will offer tips for the savvy traveler Oct. 11th. One of the most common chronic conditions affecting Canadians is arthritis. Nov. 16th, the Arthritis Society of New Brunswick, will lead a discussion focused on suggestions and tools

to better manage this condition. The fall series wraps up with the return of Alina Cress from the UNB Recreation Department, who specializes in exercise for older adults. You may want to sign up early—her workshops are very popular. Alina will speak Dec. 14th at the STU Conference Centre on Forest Hill Road. The first three sessions are set for the Community Rooms at Willie O'Ree Place.

All presentations take **place between 2 and 4** in the afternoon. Lively discussions are encouraged with lots of opportunity for questions. Light refreshments are served. There is a small cost: \$5 for TAC members and \$10 for non-members. For more information please contact TAC at 452-0526 or [3rdage@stu.ca](mailto:3rdage@stu.ca)

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](mailto: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>