

## Seniors Week Activities Calendar 2021 Final

Theme: [Celebrating our Seniors](#)

#NSSeniorsWeek | #CelebratingOurSeniors | #CircleTheOval

Date (Time)	Activity (Description)
<p>Oct.1 (Fri)</p> <p>1 - 1:15pm</p> <p>1:15 - 2pm</p>	<p>1. <b>Seniors Week Proclamation:</b> signing by Premier</p> <p>2. <b>ReachAbility Seniors for Seniors Opening Ceremony</b> <span style="float: right;"><b>Online via YouTube</b></span> A week of celebration for, by, and with the 55+ community.</p> <p>3. <b>ReachAbility Seniors for Seniors Kitchen Party   Watch party</b> <span style="float: right;"><b>Online via YouTube</b></span></p> <p>4. <b>Art Gallery of Nova Scotia: Free Admission for Seniors: ALL DAY</b></p>
<p>Oct. 2 (Sat)</p> <p>10am-12pm</p> <p>10:15-12pm</p> <p>11am - 2pm</p> <p>1:30-2:30pm</p>	<p>1. <b>Urban Cycling 101</b> <span style="float: right;"><a href="#">Event Link</a></span> <b>Halifax Public Libraries: Woodlawn Branch</b> <b>In Partnership with the Ecology Action Centre and Halifax Cycling Coalition</b> Have you taken the online Urban Cycling 101 course this summer with the Halifax Cycling Coalition? If so, we are now offering in-person practical skills training to anyone who's taken the online course. Join instructor Ashleigh Boers from the Ecology Action Centre for a 2-hour bike skills training session. Training will include practicing hand signals, balance, etc., in a parking lot setting. After the skills training, we will be going for a short bike ride as a group. You can see what the practical part of the course is like by watching this video. [<a href="https://youtu.be/Qd_bCCBilj0">https://youtu.be/Qd_bCCBilj0</a>] You will need to bring a bike to take part in this portion of the course.</p> <p>2. <b>Using the Short Story to Create a Memoir" - writing workshop with Marjorie Simmins</b> <b>Pictou Antigonish Regional Library: Antigonish Town &amp; County Library</b> Join us for a writing workshop, "Using the Short Story to Create a Memoir", with Marjorie Simmins. Space is limited, and pre-registration is required by contacting the Antigonish Town &amp; County Library, (902) 863-4276, or email <a href="mailto:antigonish@parl.ns.ca">antigonish@parl.ns.ca</a>. All current NS Public Health COVID measures will be in place.   For the workshop, we'll share some books to read from and discuss - that use the short story to create a memoir such as - Sara Jewell's Field Notes: A City Girl's Search for Heart and Home in Rural Nova Scotia, Richard Wagamese's One Native Life, and Coast Lives by Marjorie Simmins.</p> <p>3. <b>ReachAbility Event: FAST FRIENDS</b> <span style="float: right;"><b>(at Double Tree in Dartmouth)</b></span></p> <p>4. <b>Cole Harbour Book Club: Inside the O'Briens</b> <span style="float: right;"><a href="#">Event Link</a></span> <b>Halifax Public Libraries: Cole Harbour Branch</b> The excitement of modern literature, the comfort of the classics, and the time-honoured themes connecting them - don't you love it all? Join us each month as we dig into and discuss contemporary and classic novels. Lisa Genova will get us started with her novel Inside the O'Briens</p>
<p>Oct. 3 (Sun)</p> <p>1:15 - 2pm</p>	<p>1. <b>ReachAbility Event: Guided Walk</b> <span style="float: right;"><b>(at Shannon Park in Dartmouth)</b></span></p>
<p>Oct. 4-8</p> <p>Mon-Fri</p>	<p><b>AgeTech Innovation Week: October 4-8, 2021!</b> <span style="float: right;"><a href="#">Event Link</a></span> <b>A FREE VIRTUAL EVENT HOSTED BY AGE-WELL</b> <a href="#">AgeTech Innovation Week</a> is a unique virtual event for anyone with an interest in technology-based solutions that support older adults and caregivers.</p> <p>Hosted by AGE-WELL, this free, must-attend week features curated public panels, workshops, networking opportunities and catalytic conversations that connect people and create change.</p> <p>This event will bring together stakeholders in industry, government and community organizations, older adults, caregivers, future leaders and others committed to enhancing lives through technology.</p>

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	<p>Meet and share ideas with leaders in the AgeTech sector in Canada and elsewhere. Explore challenges and opportunities for getting technology into people’s hands, and generating socio-economic impact. Discover innovations that will shape the future of aging.</p> <p>Join attendees from Canada and around the world in this first-of-its-kind virtual event taking place <b>October 4-8, 2021</b>.</p>
<p>Oct.4 (Mon)</p> <p>9 - 10:30am</p> <p>1 - 2pm</p> <p>2 - 3pm</p>	<ol style="list-style-type: none"> <li>1. <b>News Release</b></li> <li>2. <b>Letter to Stakeholders</b> from Minister Barbara Adams</li> <li>3. <b>ReachAbility Event: Fitness with DebFit</b> (hosted at Shannex)</li> <li>4. <b>ReachAbility Event: Music Therapy - Heartsparks</b> (hosted by Spencer House)</li> <li>5. <b>ReachAbility Event: Caring for Caregivers</b> Online via YouTube</li> </ol>
<p>Oct. 5-6 Tue-Wed</p>	<p><b>Innovate Care Conference:</b> <a href="#">Event Link</a> <b>FREE PASS Discount Code: NSSZOOM</b>  <b>“Empowering Innovations for the Ageing, Home &amp; Health Care, and Active Living sectors”</b>  <a href="http://www.innovatecare.ca/">http://www.innovatecare.ca/</a></p> <p>The conference provides the opportunity for health and home care professionals, seniors, residents, government agencies and stakeholders to hear “thought provoking” keynotes and interactive roundtables featuring the latest in innovative ageing &amp; care solutions. The focus is on independence for those who require care at home, at a homecare facility or within the health care system while promoting innovation for healthy active living, aging in place and empowers families and caregivers to work with adults so they may contribute socially and economically for longer. It sets the stage for frontline healthcare providers, government depts and technology-solution providers along with start-ups, investors and major innovators like Google, Amazon, Oculus, Telus Health, and others to come together in a “think tank” setting to discuss challenges, innovations, solutions and partnerships.</p>
<p>Oct. 5 (Tue): 12 - 1pm</p> <p>9:30 - 10am</p> <p>10:20-10:50a</p> <p>10:30-11:30a</p> <p>2 - 4:30pm</p>	<ol style="list-style-type: none"> <li>1. <b>Seniors Week Signature Event: Seniors Hour @ the Oval</b> <a href="#">Event Link</a>  <b>In Partnership with the Hike Nova Scotia</b> <a href="https://novascotia.ca/seniors-week">novascotia.ca/seniors-week</a>  <b>Public/open event highlighting inclusivity – All Welcome!</b>  <b>Circle the Oval</b> (i.e. walk, hike, run, scooter, bike, roll around), or just chill, meet, greet, network &amp; socialize with others, including leaders, and those collaborating to serve older Nova Scotians.                      - opportunity to meet and greet the new Minister, Deputy Minister and stakeholders                      - opportunity to feature older Nova Scotian/s                      - snacks and light refreshments provided.</li> <li>2. <b>ReachAbility Event: BoneFit with DebFit</b> (at Zatzman Sportsplex)</li> <li>3. <b>ReachAbility Event: StretchFit with DebFit</b> (at Zatzman Sportsplex)</li> <li>4. <b>ReachAbility Event: Music Therapy with Heartsparks</b> (at Northwood)</li> <li>5. <b>Pop-Up Library: Tantallon Village Farmers Market</b> <a href="#">Event Link</a>  <b>Halifax Public Libraries: Tantallon Branch</b>                      Visit our Pop-Up Library at the Tantallon Village Farmers Market. We'll be there with Library information and promotions, books, library cards, and activities for all ages.   This month: The Tantallon Library is celebrating its 20th Anniversary this October! Drop by to sign a card for the Tantallon Library and learn what the Library has planned for our anniversary party and into the future.</li> </ol>

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3:30 - 4:30pm	<p><b>6. Nova Scotia Strong: Celebrating Older Nova Scotians. Join us online</b> <a href="#">Event Link</a>  <b>Thank you to Older Nova Scotians for your time, talent and dedication to your communities</b>  Moderators:  Dr. Janice Keefe, Director, Nova Scotia Centre on Aging  Helen MacDonnell, Executive Director, Community Links  This event is part of Seniors' Week in Nova Scotia and being presented by:  Nova Scotia Centre on Aging <a href="http://www.msvu.ca/nsca">www.msvu.ca/nsca</a> Community Links: <a href="http://nscommunitylinks.ca">nscommunitylinks.ca</a></p>
6 - 7pm	<p><b>7. Pop-Up Library: Tantallon Village Farmers Market</b> <a href="#">Event Link</a>  <b>Halifax Public Libraries: Tantallon Branch</b>  Visit our Pop-Up Library at the Tantallon Village Farmers Market. We'll be there with Library information and promotions, books, library cards, and activities for all ages.   This month: The Tantallon Library is celebrating its 20th Anniversary this October! Drop by to sign a card for the Tantallon Library and learn what the Library has planned for our anniversary party and into the future.</p>
6 - 7pm	<p><b>8. Create with Cross Stitch</b> <a href="#">Event Link</a>  <b>Halifax Public Libraries: Cole Harbour Branch</b>  Have you ever wanted to try cross stitch? Well, now you can. Join a small, socially-distanced group and give cross stitch a try. We've designed the program for beginning cross stitchers, but anyone who enjoys the craft is welcome to attend.   Part 1 of 3   Over 3 sessions, you will: Learn the basics of cross stitch; Pick and start a project; and Enjoy the relaxation of working with your hands.   Everything you need to start will be provided. A staff member will be available to help and will join in on the fun.   How to participate: Register 1 attendee per person for all 3 sessions.</p>
6 - 7pm	<p><b>9. How to Make Sauerkraut — With Colourful Variations!</b> <a href="#">Event Link</a>  <b>Halifax Public Libraries: Virtual (Hosted on Zoom by the Library)</b>  Looking to improve your digestive health? Look no further than fermenting! It's an economical and healthy way to preserve and enjoy vegetables year round. In this workshop, garden and food author Elizabeth Peirce will demonstrate how to make delicious traditional sauerkraut, with some colour and flavour variations for more adventurous eaters!   How to participate: To watch, please click the following link on the day of the event: <a href="https://us02web.zoom.us/j/86978195440">https://us02web.zoom.us/j/86978195440</a></p>
6:30pm	<p><b>10. Zoom Tech Time for Seniors</b> Register today! at: <a href="mailto:info@cehpubliclibrary.ca">info@cehpubliclibrary.ca</a>  <b>Colchester-East Hants Public Library: Virtual (Hosted on Zoom by the Library)</b>  Have a computer question? Sign up for a digital help session! Library staff will be available via Zoom to try and answer your technology problems (Email, Libby, Google, Tablets, smartphone, etc.)</p>
Oct. 6 (Wed) 10 - 11:30pm	<p><b>1. Take Charge of Your Stress</b> <a href="#">Event Link</a>  <b>Halifax Public Libraries: Woodlawn Branch</b>  Stress can have significant impacts on our health and wellbeing. Luckily, stress can also be managed. Learn about stress, explore how we experience stress, and practice a variety of skills you can use to reduce stress symptoms. Attendance the first week of the series is required.</p>
10:20-10:50a	<p><b>2. ReachAbility Event: BoneFit with DebFit (hosted at Spenser House)</b></p>
1pm	<p><b>3. Art Gallery of Nova Scotia: Virtual Tour</b></p>
1 - 3pm	<p><b>4. Technology Help Drop-In</b> <a href="#">Event Link</a>  <b>Halifax Public Libraries: Woodlawn Branch</b>  Bring your technology questions and drop in for a session with our tech specialist. We can help you with learning how to navigate the internet and how to use tablets, iPads, e-books, smartphones, and more.</p>

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<p>6 - 7:45pm</p>	<p><b>5. Quilting Together</b> <span style="float: right;"><a href="#">Event Link</a></span>  <b>Halifax Public Libraries: Musquodoboit Harbour Branch</b>                  Quilt the night away with friends every Wednesday evening. Learn to quilt or work on your own project with others. Sewing machine provided. Room capacity is limited and face masks are required.</p>
<p>6:30-8:30pm</p>	<p><b>6. Evening Socials &amp; Snacks</b> <span style="float: right;"><a href="#">Event Link</a></span>  <b>Halifax Public Libraries: Captain William Spry Branch</b>                  Join us for a small snack and the opportunity to socialize with your neighbours.                  "There are no strangers here, only friends you haven't yet met." - William Butler Yeats.</p>
<p>Oct. 7 (Thur): 12:30-2:30p</p> <p>1 - 2pm</p> <p>1 - 3pm</p> <p>2:30-3:30pm</p>	<p><b>1. Needle Niche</b> <span style="float: right;"><a href="#">Event Link</a></span>  <b>Halifax Public Libraries: Woodlawn Branch</b>                  Join us for an evening of stitchery and conversation.                  Share patterns, stitches, yarn, advice, and projects, and draw inspiration from the Library's crafty resources. Everyone is welcome.                  This weekly meet-up is community-run and meets every Thursday in our program room. All levels of experience are welcome.</p> <p><b>2. Anthropology of the COVID-19 Pandemic with Rylan Higgins</b> <span style="float: right;"><a href="#">Event Link</a></span>  <b>Halifax Public Libraries: Central (Paul O'Regan Hall) Branch</b>                  So...how did humanity do?   This course will focus on the socio-cultural, economic, and political dimensions of life in a global pandemic by surveying the work of anthropologists, other social scientists, and journalists, as we seek complex understandings about humanity by looking at the pandemic through a critical lens.   The two primary areas of interest will be the: cracks in societies that COVID-19 has made even more apparent, and the unequal impacts of the pandemic on and within those societies.   These areas of the pandemic will be considered in both a North American and global context.</p> <p><b>3. ReachAbility Event: Dancing with Michel</b> <span style="float: right;"><b>(in Bayers Lake)</b></span></p> <p><b>4. Afternoon Socials &amp; Snacks</b> <span style="float: right;"><a href="#">Event Link</a></span>  <b>Halifax Public Libraries: Captain William Spry Branch</b>                  Join us for a small snack and the opportunity to socialize with your neighbours.                  "There are no strangers here, only friends you haven't yet met." - William Butler Yeats.</p>
<p>Oct. 8 (Fri) 2:30 - 4pm</p>	<p><b>1. Fall Workshop: Flower Arrangement</b> <span style="float: right;"><a href="#">Event Link</a></span>  <b>Halifax Public Libraries: Captain William Spry Branch</b>                  Decorate your holiday table, entrance way, or hearth with a striking fall floral arrangement. The design you will use bursts with the classic shades of autumn blooms and is mixed with lush greenery.</p>
<p>Oct 1 - 8</p> <p>Oct.1-8</p>	<p><b>1. NS GovLab profiles</b> of Older Nova Scotians (diversity included: Oct. 1-8). Profiles will include...</p> <ul style="list-style-type: none"> <li>- <b>Elizabeth Cooke-Sumbu</b>, (Amherst)</li> <li>- <b>Myla Borden</b>, (New Glasgow)</li> <li>- <b>Mary Desmond</b>, (Guysborough)</li> </ul> <p><b>2. Social media posts</b> (Some tweets include photos/pictures)</p> <ul style="list-style-type: none"> <li>- <b>News Release</b> (and photo) tweets about Seniors Week</li> </ul>

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### Resources

Theme: [Celebrating our Seniors](#)

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- **Silver Economy Summit 2021 (Archive of sessions from event in May 2021)**  
YouTube Channel: [Silver Economy Summit](#) or  
<https://www.youtube.com/channel/UC9IsdtjX9gnC1-JtMhUpLiA>
- **The Global Campaign to Combat Ageism's**  
[Ageism through the ages](#) initiative is kicking off on 1 October 2021, the UN International Day of Older Persons!  
This initiative is 1.5 months of knowledge, events, and social media activities to bring attention to ageism.
- **3 October**  
International online screening of film [Duty Free: a tale of ageism in employment](#)
- **AGE-WELL's Future of Aging & Technology (in Canada) consultation (2021) findings video**  
[WATCH THE VIDEO HERE](#)

### Some of our Stakeholders/Partners/Collaborators include...

- Nova Scotia Public Libraries <https://library.novascotia.ca/>
- Hike Nova Scotia | Nova Scotia Walks <https://www.hikenovascotia.ca/>
- Healthy Tomorrow Foundation <https://healthytomorrow.ca/>
- Innovate Care <https://www.innovatecare.ca/>
- ReachAbility <https://www.reachability.org/>
- Community Links Nova Scotia <https://nscommunitylinks.ca/>
- Nova Scotia Centre on Aging <https://www.msvu.ca/research-at-the-mount/research-chairs/centres-and-institutes/nova-scotia-centre-on-aging/>