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50+



Lifestyle

Magazine



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www.50PlusSeniors.ca



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Tina-Marie Junkala, EPC



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By Any Other Name...

“Oh my God, I’m dating a senior!” The words have different meanings and entirely dissimilar implications depending on the speaker. Squealed by a giddy high school freshman, they mean one thing. Uttered by a forty or fifty something, they suggest quite something else perhaps.

We all try to categorize. We classify animal, vegetable, and mineral. We catalogue person, place, and thing. Maybe no more than in age demographics is the desire to label so obvious and maybe, so misguided. Whether it is The World Health Organization, a national demographics study, or your local drugstore that determines who is a senior, the point to remember is that the number is entirely an arbitrary one and subject to change based on the shifting whims of societal norms.

Most studies identify three categories when trying to put stickers on people: chronology; change in social role; and change in capabilities. Of the three, the change in social role is the predominant means of defining old age even though it too is given a number that we are forced to wear like a scarlet letter. But aging is a



process, a continuum. Nevertheless, we desire to seek out and celebrate watershed moments. Baby’s first birthday, sweet sixteen, twenty-one, fifty... gulp...sixty-five.

I’m 55, but don’t consider myself to be a senior, unless it’s “Seniors’ Day” at one of our local retailers. And if they don’t ask, I’ll flash that badge. Hey, I ain’t too proud to save 20%. Granted, it’s different from the ecstasy of being asked for I.D. at the liquor store when you’re 35, but I’ll take it.

We are all humans. Do we really need to be labelled and categorized? I suppose it’s in our nature. I wonder how long before we see the outrage of a toddler because someone mistakes him for a child?

Baby boomer, Senior, 50+ or older adult. Where do we all fit? Maybe we all must decide for ourselves. You’re only as old as you feel, or, according to Groucho Marx, only as old as the woman you feel. It’s 2018. Let’s not go down that road!

I’m aware of my chronological age and conscious of my relative health and vigor. Call me what you want. Just don’t call me late for dinner!

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Motor Chat with Meredith



By
Meredith Morris,
Dealer Principal
/ President
Sudbury Hyundai



Electric Vehicles

At a recent automotive convention I had the pleasure of seeing a “futurist” speak. A “futurist” is similar to a fortune teller except that futurists are scientists and social scientists who attempt to systematically explore predictions and possibilities about the future.

Wow, I thought to myself, I had better learn more about electric vehicles right away because it's clearly the wave of the future!!

The main focus of this particular futurists speech was about electric vehicles. This futurist believes that within 10 years we will be mainly driving electric vehicles. He predicted that places like Alberta will be “ghost towns” as there will no longer be a need for oil for combustion engines. He also predicted that used car lots will be a thing of the past as the life span of an electric vehicle is quite long and then the car itself is disposed of as opposed to being resold as a used car.

Wow, I thought to myself, I had better learn more about electric vehicles right away because it's clearly the wave of the future!!

There are 3 types of electric vehicles:

1. Battery electric vehicle (BEV) - runs entirely on a battery and electric drive train, no combustion engine. Batteries can recharge overnight plugged into a regular household outlet of 120V.

2. Plug in hybrid electric (PHEV) and Hybrid Electric vehicles (HEV)

Plug in hybrid electric (PHEV) is a combination of both an electric and combustion engine. Runs mostly on a battery that you recharge by plugging in and has an internal combustion engine that can charge the battery or replace the electric drive train when the battery is low.

Hybrid electric vehicle (HEV) - a gasoline and an electronic motor, battery and controls. The main difference between HEV and the BEV and/or PHEV is that an HEV cannot be recharged from the power grid. Their energy comes entirely from gasoline and regenerative braking.

3. Fuel cell electric vehicle (FCEU) - creates electricity from hydrogen and oxygen instead of storing and releasing energy like a battery. Because of this vehicles' efficiency and water only emissions, some experts consider these cars to be the best electric vehicles.



The Hyundai IONIQ

Hyundai's IONIQ lineup is the world's first vehicle to feature three electrified powertrain options. Hyundai also has a fuel cell Tucson that has been available in the Vancouver area only since February 12, 2015 making Hyundai the first original equipment manufacturer to market a fuel cell vehicle. Sudbury Hyundai is also proud to have a brand new charging station right out front of our new facility on the Kingsway. Stop in and check out the exciting IONIQ today!



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Medical Cannabis

By Sarah Cadorette, Clinic Supervisor

Bodystream is Canada's premiere Medical Cannabis Clinic with 20 location in Ontario. We have been working closely with the College of Physicians and Surgeons of Ontario to create proper guidelines and regulations to ensure that patients get the best quality care and treatment. Bodystream follows all guidelines set out by Health Canada and only works with Licensed Producers that have been Health Canada approved. Our expanding team of Physicians are qualified and knowledgeable as to the benefits of Medical Marijuana/Medical Cannabis oils and are all licensed in Ontario therefore our services are covered for patients who have a valid Ontario Health Card (OHIP).

Our team will properly assess prospective patients, their qualifying medical issues and guide them to accessing the medical records required. Our Physicians review a patients medical and prescription history in order to determine a proper starting dosage and complete all necessary medical documents (similar to a prescription). Our on site staff educates the patient giving them the tools needed for success and help to register with a Licensed Producer that best fits their needs. Patients will then be scheduled with a 1-3 month reassessment appointment to ensure that they are receiving the sufficient dosage, product and monitoring any possible side effects or concerns.

The process starts by simply contacting a Bodystream clinic and completing a Patient Assessment form (Intake Package) to start a file which will provide us an

insight into the goals for treatment, condition and how daily living is affected to create a whole picture for the best results and support. Our team will guide you from the starting point through the entire process and as a continued support system going forward.

Patients can self-refer with medical documentation or be referred by their Doctor. Patients are connected with Physicians through the Telehealth Network in our clinics where patients sit across from a computer screen to discuss directly with the Doctor their condition and how Medical Marijuana may benefit them. Our on site staff provides education, support and make certain all necessary paperwork is completed while in office for you to be as successful as possible in your treatment. Once a patient is approved with a prescription they will be able to order from the comfort of their home via telephone or online directly with the Licensed producer. Their new medication will be mailed to their home by Purolator or Canada Post. The package is unmarked and very discrete but must be signed for by someone over the age of 18. The process from time of the initial appointment, ordering and receiving the medication is approximately 1-2 weeks.

Our team works with Veterans Affairs and those with lower incomes to be ensure they receive the appropriate coverages or discounts for their specific needs in which they qualify that are available through various licensed producers for Medical Marijuana.

What symptoms and conditions is it used for?

Medical cannabis has shown both anecdotal and clinical evidence in managing and/or alleviating symptoms of many illnesses, including:

- Arthritis pain
- Neuropathic pain
- Bone or inflammatory cancer pain
- Multiple sclerosis
- HIV/AIDS
- Fibromyalgia
- Glaucoma
- Crohn's disease
- Ulcerative colitis
- Epilepsy
- Anxiety
- Post-traumatic stress disorder
- Insomnia
- Headaches
- Loss of appetite
- Nausea or vomiting from cancer treatment

How does it work in the body?

The human body has an endocannabinoid system (ECS) that's involved in many processes (e.g., inflammation, pain perception, appetite, mood, memory). Humans naturally produce our own cannabinoids, which pass messages between the brain and different parts through your neurons and receptors.

Cannabinoid receptors are scattered throughout our bodies – in the brain, nervous system, immune system, bones, joints, tissues, and organs. Cannabinoids attach to these receptors, which act like locks on our cells. When the cannabinoids (the keys) deliver messages like pain or nausea to the receptors, the locks open and trigger a response.

Aging and some medical conditions affect the proper functioning of the ECS, which can lead to symptoms such as pain. Medical cannabis works by harnessing your ECS. The cannabinoids from cannabis supplement the cannabinoids normally produced by the body. They bind to the cannabinoid receptors and trigger a response in the body – such as relieving pain.



What are THC and CBD?

The cannabis plant contains 144 different compounds called phytocannabinoids. The two most researched are THC and CBD.

THC (delta-9-tetrahydrocannabinol)

- Psychoactive component
- Causes the euphoric "high"
- Can reduce nausea and vomiting
- Can relieve pain and inflammation
- Can stimulate appetite
- Can help with insomnia

CBD (cannabidiol)

- Non-psychoactive component
- Does not cause a "high"
- Has almost no effect on the mind
- Makes euphoric effect of THC more tolerable
- Reduces paranoia or anxiety caused by THC
- Can reduce or control seizures

Is it safe?

The safety of cannabis can only be ensured if it's purchased from an LP. No one has died from a cannabis overdose. This is because the ECS has very few – if any – cannabinoid receptors in the brainstem (which regulates respiration and heart rate). Compare that to opiates such as the painkiller oxycodone. The body has many opioid receptors in the brainstem. When we use too many strong opiates, these receptors get bombarded, and people can stop breathing and die.

Do I have to smoke it?

Vaporization is the optimal delivery method for dried herbal cannabis. Unlike smoking, vaporization heats the cannabis to a temperature that vaporizes – but doesn't burn – the cannabinoids, virtually eliminating the health risks of smoking. Cannabis oils are ingested by applying droplets under the tongue or adding them to food or drinks. Oils are ideal for patients who can't or prefer not to inhale cannabis vapour.

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Music to Your Ears

By Leslie McDermid

For many people, music is an important part of life; it's a hobby, it makes us dance, it changes our mood. But for Kylie Klym, owner of Kadence Music Therapy, it's a way for her to connect with others and improve their lives.

"I've seen great changes with my patients who are involved with music therapy. One person didn't want to participate in group activities due to depression. I worked with this individual over 1 year and encouraged them to participate in group therapy. They did start participating in the activities which was really great to see."

Kylie started out working with seniors and after an internship, decided to open her own music therapy practice. Although not all, a large portion of her work today is working with seniors.

"I work with seniors in a variety of different ways to provide music therapy. I am hired privately and through organizations to provide group and individual services to promote quality of life and memory health."

Music therapy is a discipline in which credentialed professionals (Music Therapist Accredited) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.

How music therapy helps seniors

- Music therapy can help people who are recovering from a stroke or traumatic brain injury that has damaged the left-brain region responsible for speech. Because singing ability originates in the right side of the brain, people can work around the injury to the left side of their brain by first singing their thoughts and then gradually dropping the melody.

- Reduces the side effects of cancer therapy. Listening to music reduces anxiety associated with chemotherapy and radiotherapy. It can also quell nausea and vomiting for patients receiving chemotherapy.

- Tailored programming based on quality of life needs such as coping strategies.

- Music therapy decreases pain perception, reduces the amount of pain medication needed, helps relieve depression, and gives people a sense of better control over their pain.

- Improves quality of life for dementia patients. Because the ability to engage with music remains intact late into the disease process, music therapy can help to recall memories, reduce agitation, assist communication, and improve physical coordination.

"Music is amazing, it has the power to reduce and change behaviours and can help to improve focus and concentration."

Kylie recommends creating personal playlists with calming music which can be helpful for individuals who are anxious. Also, using music to promote discussion. If an adult child or spouse wants to reach out with someone with Alzheimer's, playing a song associated with a common moment in time like a first dance can help trigger a memory.

"Music is amazing, it has the power to reduce and change behaviors and can help to improve focus and concentration."

When seeking out music therapy, make sure the individual is registered with the Canadian Association of Music Therapists.

To honour the successes of clients whose lives have been touched by music therapy, Music Therapy Month will be celebrated across Canada in March. For more information about Kylie and Kadence Music Therapy, or Music Therapy Month, call 705.923.2231 or <http://www.kadencemusictherapy.com/>.

Kylie Klym
Kadence Music Therapy

Kadence
music therapy



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Swollen Feet and Related Problems



Summer is the worst time of the year for swollen feet. Swelling can be the cause of minor annoyances like trouble fitting into your favourite pair of shoes or it can cause more serious problems like ingrown toenails or circulation problems.

Swelling is caused when fluid pools at the lowest part of the body, the feet and ankles. There are several causes for the swelling including hypertension and poor venous return of the fluids.

When the feet swell it makes the shoes relatively smaller and foot problems develop that are consistent with tight shoes. Corns may develop on the top of the small toes or in between the 4th and 5th toes. Fungal infections or athlete's foot may occur between the toes from the lack of air flow between the toes. Another common problem associated with swollen feet is ingrown toenails. The toes become enlarged with the swelling and the skin is literally pushed into the nail. In some extreme cases a person may experience tingling or shooting pain in the foot and toes due to compression of the nerves and tissues associated with the extra fluid.

By Julie DeSimone,

Chiroprapist, B.Sc.
Podiatric Medicine



Problems associated with swelling are especially dangerous to diabetics and stroke victims who may have reduced feeling in the feet.

If excessive swelling is a constant problem you may want to be checked by your physician for any serious underlying causes. Keep the feet elevated when sitting to prevent fluid from pooling. Avoid standing for long periods of time. Support hose may be appropriate and can help keep swelling to a minimum when put on first thing in the morning before the swelling begins. If swelling is a persistent problem you may want to have a looser pair of shoes available for the afternoons when swelling tends to be the worst.

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REINVENTING YOU

By Margaret Niemczyk



MARGARET NIEMCZYK
Fashion Designer | Stylist

It's time to take inventory and realize your potential! I'm not talking about going back to school or getting a personal trainer, this is much more personal. Dressing is such an intimate experience we have with ourselves. Looking and feeling our best is a reflection of self care and lifestyle. We all want to feel youthful, beautiful and relevant. Investing in your wardrobe with a few key pieces will not only make a statement but can raise your sense of self worth and demonstrate personal standards.

We all have the desire to create change and express something new through our choices. Turn to neutral tones that suit your skin complexion and create a contrast look using black and white. A casual chic wardrobe should be filled with quality not quantity. Quality has nothing to do with the price tag, it's about the fabric, cut and proportion. Try to incorporate silk, wool and cashmere. Most importantly, wear that magnetic smile that radiates your inner poise and peace.

Accessorize with scarves, bags, shoes if you want to use prints and patterns. Keep any jewelry at a minimum because less is more!



"Style is a process, like art. Have fun, flirt and indulge!"

- MARGARET NIEMCZYK



gerrykingsley.com, eddiemira.com
oneskygallery.com



Photographs by Gerry Kingsley

GET THE LEAD OUT AND THE IRON ON

By John Kelly

I just spent the weekend with some old friends that I hadn't seen in maybe ten years. All the pleasantries out of the way, the topic of conversation turned to arthritic thumbs, bad hips, and bifocals. The chat continued in this vein until the second bottle of wine was opened. Now, with the vine in the vein, we were feeling less pain. But some of those pains and aches are unavoidable, and in the end, time always wins. Fear not, there are things we can do put off the inevitable.

My father is fond of dispensing bits of advice to his children. Years ago, he dropped this nugget of wisdom, and I've carried it around with me for decades. He said, "do

"do what you need to do so that in your forties, you are able to do what you were able to do in your thirties, in your fifties what you were able to do in your forties..."

what you need to do so that in your forties, you are able to do what you were able to do in your thirties, in your fifties what you were able to do in your forties...", and so on. He meant what you are physically able to do. And to that end there are some common-sense ideas to put into practice: eat well; rest sufficiently; exercise; do as your wife tells you. With very few exceptions, I find it is the exercise part that presents people with the most trouble.

So, what kind of exercise? Well, just about any kind of movement is good when done carefully and within your limits. Look no further than our forefathers and mothers. Not your mothers and fathers. Sorry, further than that. Our ancestors (think Neanderthal) walked and walked, toward prey and from predators. But we've been coddled and 'convenienced' into inactivity. We sit in our cars to have them washed by machines! There is something disturbingly uncomfortable about this. I'm not suggesting you head down the highway 17 to hunt a mammoth, just move a bit more. Walking is as natural an activity as there is. But it's not enough!

Most studies show that even relatively active people will lose as much as 5% of muscle each decade starting in their mid-thirties. So, what's the big deal? Well, we'll gradually lose the inability to perform everyday activities we once took for granted. The remedy? Progressive resistance training. It's a fight to maintain the muscle we have let alone trying to add some. But that muscle and the strength that comes with it can be an invaluable friend. It's the buddy that will help you keep up with children and grand-children, enjoy your leisure time, and even maintain your independence. As little as two or three half hour to forty-five minute sessions a week can do wonders for men and women alike.

It's as much about the iron on the barbell as in your blood.

More on this next time.

Beauty

may be in the eye
of the beholder, but
what about the ear?
The hand? The heart?

Let's explore some of the notions of beauty and youth from the perspective of local women, all of whom are on the other side, the wise side of fifty. They share their stories and ideas on the truths, the stereotypes, the clichés of what it means to be beautiful.

BY JOHN KELLY & LESLIE MCDERMID
PHOTOGRAPHS BY GERRY KINGSLEY
WARDROBE STYLING BY MARGARET NIEMCZYK
MAKEUP BY DANA LAJEUNESSE





Patricia

LAJEUNESSE, 63

Patricia, sixty-three and her husband did everything together. After losing him ten years ago, she knew she had to reinvent herself. With a son close by in Val Caron and five beautiful grandchildren, Patricia was determined to look to the positive. She rounded up her girlfriends, and they dove into the Arts – live music, plays, books. She rediscovered her passion for painting and continued to cook and host. She admits life is not as it was, but through positive thinking, it remains fulfilling.

Q. We've all heard the expression 'beauty is only skin deep'. Certainly, superficial beauty is. Do we place too much importance on it?

A. Yes, we do put too much emphasis on outward beauty. Let's bolster our girls by praising their achievements rather than making them feel inadequate against impossible standards. A beautiful soul trumps a beautiful face any day!

Q. As a society we are living better longer. Perhaps one hundred will be the new ninety before long! In what ways can the maintenance of youthfulness help you to be an influence on an example to younger women?

A. I believe life is like a good novel. Maintaining a joie de vivre shows younger women that there is something derived from every chapter in our lives. Places to go, people to see, things to do... Love life and it will love you back!

Q. Let's face it (pun intended), time changes the way we look. How does the passage of time enhance our outward beauty?

A. Time passes, our appearance changes. Our faces are the roadmap of our lives. But with time comes experience, and with experience comes confidence. A confident woman is a sight to behold! Time is on our side...

Q. Do you have secrets you can share for how to maintain youthfulness in your life?

A. If you choose to be old, you will be. Instead, why not reignite an old passion, rekindle an old friendship or try something you've always been curious about! I have a wonderful group of friends to hang with. We travel, see movies, dance weekly to live music, have dinner together etc. Keep moving. There's so much more fun to be had.

Q. What is your best tip for looking good at any age?

A. Take good care of yourself, love life, laugh often and dress appropriately!

*"A beautiful soul trumps
a beautiful face any day!"*



"Smile even when you don't feel like it - especially when you don't feel like it."

Shirley HARASYM, 61

For Shirley Harasym, owner of the Sunflower Boutique, the struggle with self-image and confidence is something she sees every day.

"Every day I see women trying on clothes and we all have 'something wrong with us' and something that we don't like about ourselves. We need to change this. We need to learn to love our bodies and love the way we look."

For Shirley, the secret to beauty at any age is self-confidence and a smile. "Smile even when you don't feel like it- especially when you don't feel like it."

She also shares her tips for maintaining youthfulness in life. "Stay active in every way, not just physically, but your curiosity about life. Learn about things as much as you can. Take opportunities. Keep learning, keep growing, it keeps your mind sharper. The more active we can stay physically, mentally, and spiritually, is so important."

Shirley discovered yoga in 1980 and self taught herself. "I was hooked by the third day. I love it, and still do it regularly. Yoga connects your mind, body and spirit. It's more than just stretching."

The 'basics' are important to Shirley and staying youthful- walking, nature, swimming, sleep and having fun. "Fun is underrated by most adults. Fun keeps you young."

Yvette BEAULIEU, 52

Yvette, who has been an esthetician for 34 years, sees clients everyday struggling with their self-image. "If only most us would accept who we are and find their beauty within and embrace their inner beauty, I think young girls would feel more empowered. Unfortunately, society and the industry make it hard for us women feel beautiful no matter what we look like. It's important to love yourself."

Yvette shared that, if you feel good, feel confident, you look good. "A lot of people don't like aging. I don't mind. Each wrinkle represents my life story, my struggles. It makes me who I am. Beautiful and confident."

Yvette shared her secrets for how to maintain youthfulness in life. "The most important anti-aging cream you can put on your skin is sunscreen! Wash your face before going to bed. A good quality skin care system every day and night. Have a great relationship with your Esthetician. Have a plan to maintain collagen and elastin to keep looking refreshed and simply glowing. Collagen supplements every day is fantastic to replenish your collagen. WATER. Exercise."

Yvette's best tip for looking good at any age is living a clean healthy lifestyle. "I've always been a big girl. Losing all this weight has given me a different perspective on life. You look at life differently. You only have one life to live. As much as stress is a big part of life, I try to let go of it. Don't let the small stuff get to you."

"Each wrinkle represents my life story, my struggles. It makes me who I am. Beautiful and confident."



A portrait of Karen Wilson, a woman with short dark hair, wearing a black top, a pearl necklace, and pearl earrings. She is looking slightly to the side with a gentle smile. The background is a soft, out-of-focus grey.

Karen WILSON, 60

A wife for forty years, mother for twenty-one, and optometrist for thirty-eight, Karen calls her husband Doug, a senior engineer with Vale, her rock. (She said that, not me) Son Tom, studying mining engineering at Laurentian University and Amy, a Cambrian College Social Work graduate are her greatest sources of joy. Twins, by the way. She called home Levack only to leave it for the bright lights of an eye-opening (it was heavily male-dominated) career in optometry in Toronto. The diagnosis of terminal brain cancer in her younger sister in 2008 precipitated her leaving the big city to relocate back to home in Sudbury. The slower pace of life suits the family, and when she is not cooking and eating healthy, their camp on Lake Nepewassi is a sanctuary away from the Nickel City.

Q. *We've all heard the expression 'beauty is only skin deep'. Certainly, superficial beauty is. Do we place too much importance on it?*

A. In the second and third decade "beauty" is a primary attractor but as we age, grow, mature and gain life experiences, we learn that adage is too true. "We are what we do" so in developing relationships, others can see who we truly are, that is when the real beauty of a person shines out.

Q. *As a society we are living better longer. Perhaps one hundred will be the new ninety before long! In what ways can the maintenance of youthfulness help you to be an influence on and example to younger women?*

A. In my life and work, I encourage preventative health measures such as eating clean, drinking purified water, taking vitamins, sleeping well, and limiting toxic substances such as drugs, alcohol, and processed foods. Adopting and encouraging Earth Friendly habits is invigorating in a holistic way.

Q. *Let's face it (pun intended), time changes the way we look. How does the passage of time enhance our outward beauty?*

A. As I get older, I see the same face in the mirror, a few more lines here and there. I believe others see a confidence in my eyes and a pride in my posture which communicates my satisfaction with my accomplishments both personally and professionally.

Q. *Do you have secrets you can share for how to maintain youthfulness in your life?*

A. My twins were born when I was in my late 30's thanks to the wonders of medicine. By that point, I had achieved professional success, financial security and married a wonderful life partner of the past 25 years. By that point, I was able to scale back my work hours in order to enjoy my children, take part in their school trips and connect with my role as MOM. I consider myself lucky to have been rejuvenated and refreshed in my forties when many others were dragging and slipping under the weight of teenaged kids at home.

Q. *What is your best tip for looking good at any age?*

A. Anyone who knows me will tell you, I sleep a lot!! That's my best tip!

"In developing relationships, others can see who we truly are, that is when the real beauty of a person shines out."

"Beauty is a multi-billion dollars worth of importance to women...and men." Laurie Hucal is a self-described 'girlie girl' so fashion, makeup and a little bling are fun for her. "Beauty is important if it makes us feel better and gives us some added confidence."

Laurie shared that self care is more important than ever. "You only have one you! Get the pedicure, enjoy the massage, buy a little "something-something" for yourself. Indulge in your own company. Grow relationships with other women. Surround yourself with a good support system. When you take care of yourself, you can take on life."

Laurie's husband Peter tells her everyday how great she looks, better even than when they first met. "He's the hero in my support system. I think the more seasoned I get the more comfortable I feel in my own skin."

Laurie shared how to maintain youthfulness in your life. "Maintaining my physical and mental fitness will add to my longevity, look and well-being. Staying current with my style, dressing a little younger, kinda cool and funky contributes to my youthful spirit."

Laurie's best tip for looking good at any age is "Red lipstick with a blue undertone. People always smile back at me when I'm wearing it."



Laurie
HUCAL, 54

Lise BEAULIEU, 59

Lise was born and raised on a farm in the valley. Now fifty-nine, she learned from an early age that you have to work hard to get anything, and the word heard most around the home was respect. She married at nineteen and has a beautiful daughter, Adelle, thirty-six. Some babies, says Lise, are born from your belly, others from your heart. When she was fourteen, Jenny came into Lise's life. Jenny now has three babies of her own. Single since thirty, Lise has owned and operated a residential, commercial, and industrial cleaning service for nearly twenty years, but insists that motherhood is the best part of life. Sales is her thing, and after a stop in Barrie, she returned home to Sudbury four years ago. Nurture friendships, give respect, and you will get it back, says Lise.

Q. We've all heard the expression 'beauty is only skin deep'. Certainly, superficial beauty is. Do we place too much importance on it?

A. Most people do, admitting it is one thing. Hollywood has to!! It's what they sell. However, the most beautiful people in my life, their beauty comes from within.

Q. As a society we are living better longer. Perhaps one hundred will be the new ninety before long! In what ways can the maintenance of youthfulness help you to be an influence on and example to younger women?

A. Thinking what influences me to try and maintain my youthfulness, besides good genes from my mother lol, I would say was her example. No matter your size or age, be proud! Don't let yourself go.

Q. Let's face it (pun intended), time changes the way we look. How does the passage of time enhance our outward beauty?

A. Growing gracefully and accepting your years of maturity "like a fine wine ". I'm Just getting better.

Q. Do you have secrets you can share for how to maintain youthfulness in your life?

A. Keep out of the sun, replenish your skin with good cream and hydration as my beautiful mother taught me. Someone with beautiful skin at the age of 80 once said to me, "You're not a raisin. Keep out of the sun."

Q. What is your best tip for looking good at any age?

A. Be proud, Confident ... look your best everyday ...Not for someone else... but for YOU!! Even on your darkest days, put your lipstick on, your best foot forward ... and remember to hydrate.



"I've kept the same habits since my late teens. Never let yourself go."

Fleurette BEAULIEU, 78

Born February 4th, 1940 in Field, Ontario, Fleurette comes from a family of thirteen and is herself the proud mother of three: Lise 59; Andre 56; and Yvette 52. When she was very young her family moved to Cochrane Street in Sudbury. While working at the national Gardens Chinese Restaurant on Borgia Street, she met her soon to be husband whom she married at the ripe old age of seventeen. The next forty years saw her raise a family and help out on the farm in the valley. She helped her mother-in-law with meals to feed farm workers while she tended to her own household, and even worked the kitchen at Notre Dame du Rosaire in Blezard Valley where their roast beef suppers were a mainstay. A talented seamstress, Fleurette made most of her own designer clothes for herself and her girls. These days you can find her enjoying life at Amberwood Suites Residence.

Q. *We've all heard the expression 'beauty is only skin deep'. Certainly, superficial beauty is. Do we place too much importance on it?*

A. I would say, yes sometimes we do. Mostly when it makes women feel inferior.

Q. *As a society we are living better longer. Perhaps one hundred will be the new ninety before long! In what ways can the maintenance of youthfulness help you to be an influence on an example to younger women?*

A. I feel that if you're proud of who you are as a woman the rest comes naturally. Take care of yourself everyday! BECOMES habit ... I've kept the same habits since my late teens. Never let yourself go.

Q. *Let's face it (pun intended), time changes the way we look. How does the passage of time enhance our outward beauty?*

A. I believe if you decide every day to be happy it will enhance your outward beauty. Beauty begins on the inside.

Q. *Do you have secrets you can share for how to maintain youthfulness in your life?*

A. My secret is very simple, as a farmer's wife food was wholesome, never any junk food or processed foods...kept very physically active (not always by choice) lol when you live on a farm. Always so much work to do, meals, worked in fields and tended large gardens. Always wore a wide brim hat & sun screen (even back then) never exposed my skin to the sun.

I used a skin care program morning and night - maybe wasn't the most expensive creams but I would manage to find something affordable.

Q. *What is your best tip for looking good at any age?*

A. I can go back as far back as a new wife and young mother, I always started my day with my personal grooming - hair - make-up - oh...And never went without my earrings!! Lol Even as a farmer's wife looking my best was my upmost personal priority. Not only be proud but look proud.

STORAGE *for seniors*



By Melanie Pelletier, Brady Storage Solutions

As seniors move into a retirement home or downsize to a smaller home, it is then that we realize how much stuff we have acquired over the years.

We often develop a sentimental attachment to many items, from your child's sport/school items, family photos, old records and it becomes difficult to decide what should be left in a storage unit or brought to your new home.

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As seniors move into a retirement home or downsize to a smaller home, it is then that we realize how much stuff we have acquired over the years.



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BEAUTY BEYOND FIFTY

By Dana Lajeunesse

Uneven skin tone, broken blood vessels, skin damage, age spots, melasma (hyperpigmentation), dry skin, hormone changes, thinning skin. These are just some of the beauty issues that we face when aging. Many women give up altogether when they start facing challenges and I am here to tell you that is not the way to go. Who gets to dictate what is beautiful? You do.

So many of my clients start to see the volume loss in their faces and it makes them feel they look old and tired, and I understand completely. Most current beauty standards are based around the pillars of youth, smooth skin, long lashes, slender physiques. It's hard not to feel inadequate. I for one am not interested in aspiring to look like a child. We need to be leaders for these younger women! If they are never exposed to beauty beyond their 40's or 50's they will have no positive connections with aging. Whether we choose to acknowledge it or not, the pressure and desire to be beautiful is a heavy cross to bear. The idea that women become less beautiful with age is a travesty. I know the makeup applications you used forever aren't working anymore. Don't toss your makeup bag away, it's contents just need to be altered with products that work for your skin now, not then.

Grey hair, smile lines and wisdom are beautiful accessories. I want to help you change the way you see yourself. Having a sense of self OUTSIDE of your appearance. I'll simply help you learn how to decorate the outside a little. I understand that wrinkles can be devastating for your morale. But they do NOT represent a loss of value or beauty. The fountain of youth does not exist. Don't devalue yourself because you are getting older. Your outward beauty is not your identity. Take an honest look at who you are, not what you look like.

A tree is no less beautiful in autumn than it is in spring. It's simply a change in beauty and I cannot wait to take you on this journey and help you find your inner vixen once again.

Dana Lajeunesse,
Makup Artist



SPRING WARDROBE CLEANING

By Leslie McDermid

Spring is on it's way and with that comes spring cleaning. But do you spend any time spring cleaning your closet and wardrobe?

We often hang on to too much clothing that we don't wear. Have you ever looked in your very full closet, only to think that you have nothing to wear?

We hang on to items because we "might" wear them or because of sentimental value.



**Becky Calabakas
& Linda Audette**
The Plus Factor



Here are some tips for how to clear the clutter in your closet:

- Flip all your hangers in the opposite direction so that the hangers are pointed towards the outside of your closet. Each time you wear that item, flip the hanger the opposite way. Within 3 months, it will be easy to see all the items you haven't worn.
- Remove items that you are keeping for sentimental value only. Store them in a memory bin or somewhere other than your closet.
- Give to a good cause. If you donate items to a worthy cause that needs them, you will feel more inclined to get rid of some items.

One of the best parts of clearing the clutter from your closet is finding new trends to replace them with.

The Plus Factor shared some of the top spring trends:

- Cold shoulder is the latest trend for spring 2018 and goes right into the fall.
- Bold colours from reds all the way to pastels with prints to please.
- Glitter and sequins all the way to checks.
- Chiffon overlays to ruffles.

Not only is The Plus Factor serving up the latest spring trends, but they are doing some spring cleaning themselves. The Plus Factor is doing a huge clean up because they are moving locations!

The management and staff at the Plus Factor are excited to announce the fact that they are moving to the Montrose Mall at 774 Lasalle Blvd, effective June 1st, 2018. The grand opening will be on June 1 as well. The Plus Factor has been in business for almost 8 years and have spent the last 5 years at 1100 Lasalle Blvd. When the opportunity arose for The Plus Factor to be in a more exposed building where they could feed off the other local businesses, they took the opportunity.

The Plus Factor is happy to serve all their customers starting June 1 at their new location in the Montrose Mall. Go in to view the latest spring trends, get sized for properly fitted items, and speak to their knowledgeable staff about finding styles that suit you.

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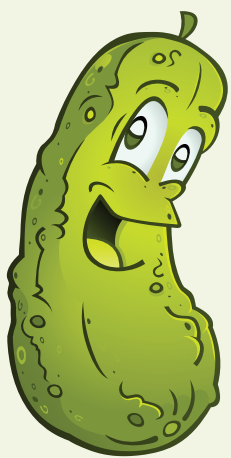


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What's The Dill With Pickleball?

By John Kelly

Let's get something out of the way right off the top. Pickleball is not something you can clear up with a topical cream. And it's not what happens after a week of vinegar baths.

Pickleball is a game, a sport, a hybrid of sorts. And it's gaining legions of enthusiasts.

It combines elements of badminton, tennis, and table tennis. Imagine tennis shrunk down to twenty by forty-four feet. That's the size of a badminton court. Put up a net that is thirty-six inches at either side and thirty-four inches in the middle. Singles or doubles use wooden or composite paddles to hit what is essentially a wiffle ball over the net. The rules, while similar to those of the other three sports, are Pickleball's own.

For its origins we have to go back some fifty odd years to the U.S. northwest, Washington State to be exact and the home of Joel Pritchard, a politician type. Returning home from a round of golf with friends, they found their families bored by the oceanside. Perhaps the view of the Pacific and the dream of trust fund riches didn't suffice. Whatever the case, a badminton net was set up, but no one could find the shuttlecock. I hate it when that happens. They used a wiffle ball, lowered the net, and found some makeshift wooden paddles. A game was born. Easy delivery.

Can't you just picture Ted Kennedy on the east coast at Hyannis Port with a Pickleball paddle in one hand and a piña colada in the other?

It's easy to think this is satire, but you'd be wrong. Pickleball is very real and it's played around the world. There are an estimated 2.5 million in the U.S. alone. Sure, the highest concentration of Pickleballers is in Florida and the participants are generally of an age who have left the rigors of likes of tennis and badminton behind. Nevertheless, it is a sport governed by a sanctioning body, has highly competitive tournaments, and a growing media presence.

The sport crossed the border not a few years ago, and devotees have run with it. Since returning snowbirds lobbied back and forth with the City of Sudbury in 2013, the sport has had a rapid ascendancy here in the north. In 2014 the City included Pickleball in its 10-year Master Plan for Parks, Open Spaces and Leisure, and the YMCA introduced Pickleball Programming. Just this past year a steering committee partnered with the city to help grow the sport and introduce locations to play. Already one-hundred twenty people in the Greater Sudbury Area call themselves Pickleballers. Courts have been painted throughout the city with plans for the installation of six dedicated outdoor Pickleball courts at the O'Connor Park location in the Flour Mill. Even the Greater Sudbury Public Library has gotten in on the action by renting Pickleball equipment to members. If that weren't enough, North Bay will be hosting a provincial tournament in 2019.

And Pickleball isn't just for the older set. Young people are attracted to the game too. What's even better, different generations can hammer it out against each other. What they have lost in speed and agility, some of the seasoned players feel they've more than made up for with court smarts.

Oh, the name? Some people think the game is named after the Pritchard's dog 'Pickles'. You're barking up the wrong tree there. It's a chicken and the pickled egg kind of thing. And the chicken came first. The dog was named after the game. Pritchard's wife Joan, a rower, said the game reminded her of when oarsmen were chosen from the leftovers of other boats, the way Pickleball is made of the odds and ends of other racquet sports.

Pickleball, it has fermented long enough.

For more information email Sharon Bourque at sudburypickleball@gmail.com





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I have met with many clients over the years whose main concern is to ensure that their estate and their beneficiaries are well taken care of financially and whatever assets they have left behind can last as long as possible.

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While it seems easiest to just “spend less and save more”, this does not necessarily add financial value to your estate. On the contrary, it can leave your beneficiaries with less money than anticipated due the tax system in place. Therefore, when you plan your estate, it is important to understand the income tax system and how it correlates to the various investment accounts and products.

For the most part, two easy options that many can utilize to control taxes is by using an RRSP (Registered Retirement Savings Plan) or a TFSA (Tax Free Savings Account). Both of these options are tax-sheltered growth options that the government offers Canadians, but it is important to note that they do have

associated contribution limits and related rules or timelines.

Starting at age 71, the government requires all Canadians to begin to withdraw money from their RRSP by converting the account into a RRIF (Registered Retirement Income Fund); which means a minimum amount is required to be withdrawn - whether the additional income is needed or not. These amounts withdrawn count as **TAXABLE INCOME** which can ultimately move the individual into a higher tax bracket.

We cannot escape death nor taxes. This being said however, we can plan ahead and ultimately control the amount of income taxes payable (yearly and at death). We can do this by repositioning RRSP amounts yearly to more tax efficient accounts; especially when we have pension splitting opportunities. Although, there are still taxes to be paid on these RRSP withdrawals, it is controlled and in most cases, helps the taxpayer to stay in a lower tax bracket.

One of the accounts to consider repositioning to is the TFSA (Tax Free Savings Account) and/or another great tax efficient option is the A.I.O. (Alternative Investment Option).

The A.I.O. is a powerful savings tool as it combines a tax-sheltered investment component with a life insurance product. The Alternative Investment Option is a popular choice for many of my clients as the investment component can be accessed tax efficiently while living while the amount paid out upon death will be paid to the beneficiary(ies) **Tax Free and Probate-Free**. This allows my clients

to leave behind a greater estate value while providing tax sheltered growth in the meantime; in case they want or need to use it at a later date (for long term care costs as an example).

As with all investment and tax-savings options, the right choice for you depends on your current financial situation and what your financial future requires. An A.I.O. can be a powerful tool within your complete financial plan without having to change your current cashflow or lifestyle.

If you want further information on how the A.I.O. (Alternate Investment Option) can apply and work for you, please contact me or a Certified Financial Planner of your choice. It will be my pleasure to discuss your situation and all available alternatives so that you can have a clearer picture of your financial future so you can have peace of mind knowing that you have efficiently planned for the best and properly structured for the worst.

On a final note, I've written a book that details all of this tax efficient investment account. Please see the Ad on the next page to learn how you can **obtain your complimentary copy today**.

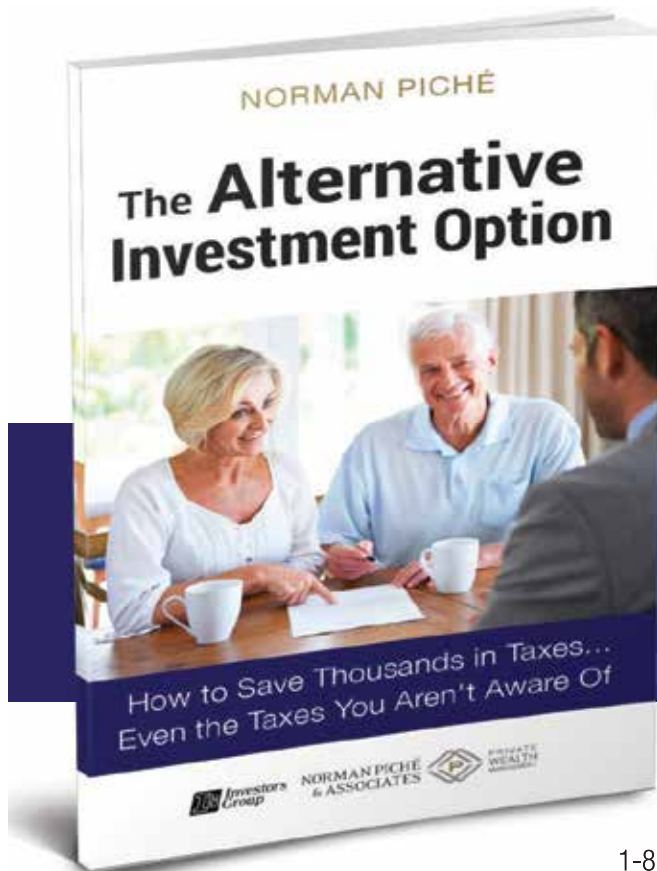


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HOW'S MY VISION, DOC?

By Karen L. Wilson O.D.

Having recently embarked on my “seventh decade” as a friend remarked, I can comfortably embrace “seniorhood”. As a vision care specialist for nearly 40 of those years, I’ve come to understand the myriad of visual concerns as my patients age. Relief, that their eyes are healthy is their first reaction then come the questions largely born of the “Google” age. Do I have cataracts? Could I develop macular degeneration? My friend suddenly lost his vision in one eye-how can I make sure it doesn’t happen to me?? What is glaucoma?? Why do I have floater? All great questions but often unnecessary worries.



**Karen L. Wilson
O.D.,**
Optometrist

The one question which never is asked is “Can I still drive?” My suspicion is that no one wants to relinquish their driver’s license for any reason especially if it means loss of their independence. Of course, those about to turn 80 years old requiring the MOT check their eyes, are anxious to know their eyesight is 20/50 or better and their peripheral vision is greater than 130 degrees side to side and over 15 degrees up and down. Many aren’t keen on wearing glasses to drive but legal is legal. As Optometrists, we are required to report to the Ministry of Transportation when a patient has been advised to use glasses to drive as well as if they do not meet the requirements. We can ask the patient to temporarily stop driving until the vision can be restored.

Frequently, cataracts begin to cloud the vision and referrals to Ophthalmologists (eye surgeons) must be made in a timely manner to avoid temporary or voluntary suspension of driving. If one eye worsens faster, depth perception is reduced which interferes with comfortable night driving, knowing when to pass or getting into parking spaces safely. Fortunately, cataract surgery nowadays is successful and once the eyes have healed, most can resume driving happily.

We know for certainty, the increase in UV is not only causing skin cancer, but much earlier onset of cataracts and macular degeneration. The best method of protecting your eyes is to wear sunglasses or have photochromic lenses in your glasses-any time you are outdoors in daylight all year round. There is a large body of evidence supporting nutritional therapy, vitamins and specific dietary intakes to support good eyesight. Eat your eggs-the yellow yolk contains critical nutrients for eyesight. The brightly colored vegetables (peppers, carrots, squash, spinach etc.) and fruits contain sight-saving vitamins. Sounds like easy advice to follow yet taking that multivitamin daily is still essential to making certain your eyes and the rest of your body gets everything it needs.

OHIP covers vision check-ups annually at 65 years of age, ensuring that the expense is not a reason to avoid your Optometrist. Younger seniors may also be OHIP covered if there are medically related vision conditions such as diabetes, high blood pressure, or early cataracts but the best route is to have regular eye examinations.

A MISSION TO END LONELINESS

By Robert Kirwan

I thought I was getting a pretty good handle on the needs of our older adults until I read an article about how the United Kingdom has created a new cabinet position called the Minister of Loneliness. At first glance of the headline, my eyebrows raised. After all, it seemed a bit strange to have an entire Ministry responsible for loneliness.



Robert Kirwan,
City Councillor for Ward 5

As Co-Chair of the Senior Advisory Panel, I have been doing a lot of work helping in the development of an Age Friendly Strategy for the City of Greater Sudbury. We are identifying a number of areas which need particular focus, including more affordable housing for the elderly; access to public transit and handi-transit services; at home health care services which will allow more older adults to age in place rather than being forced to move to a long-term care facility; and we have even discussed strategies that will address social isolation by trying to provide more activities in the community for older adults.

So when I heard about the Minister of Loneliness in the UK, I looked deeper into the issue and was amazed to learn that an alarming number of people over the age of 75 say that feelings of loneliness are out of their control; many older adults who lose a spouse may go for weeks or months at a time without saying a single word to another human being; for many of our older adults television is their main form of company; and most older adults who are lonely would not admit it to their children or caregivers.

Loneliness has become a significant social determinant of health for older adults and yet, it is so easy for our community to address. I examined my own immediate neighbourhood and realized that there are many older adults just on my street who are living “alone”. I seldom see them outside and very few visitors ever stop by to see them.

I recognize now how easy it would be for younger people living on our street to stop by once a week or once a month with a pie, a cake or a pot of soup, just to say hello and be neighbourly. Imagine how much that simple gesture would mean to an older adult who has so little human contact. Imagine how much he/she would appreciate knowing that someone cared enough to visit and bring some food.

During the next couple of years, you are going to hear more about this mission to end loneliness. We need to develop a culture of friendliness to combat the loneliness that is all around us. And we don’t need direction from government or fancy strategic plans. We just need to be good neighbours.



Community Spirit

50+ Lifestyle Magazine proudly supports our community at local events.



1. Mayor Brian Bigger and Nicole Blais at the International Women's Day Breakfast on March 7th, 2018 2. Karen Wilson, Nicole Blais and Amy Adair at the Easter Seals Dancing with the Stars Event 3. Lise Beaulieu, Jessica Holmes and Nicole Blais at the International Women's Day Breakfast 4. Michelle Tonner and Lise Beaulieu at the International Women's Day Breakfast 5. Sheri Tomchick, Diane Langdon, Nicole Blais, Mandy Gauthier and Megan Patrakka at the International Women's Day Breakfast 6. Nicole Blais and Lynn Raven Fahey at the International Women's Day Breakfast


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Driving Her Way

TO RETIREMENT

By Leslie McDermid

Helen Benoit truly understands having commitment to a job. Until recently, she had been driving the school bus for over 35 years.

Helen started her driving career at Charter Ways for 5 years, Garson Bus Lines for 10 years, and finally at Northway Bus Lines where she drove the longest.

Helen had small kids, so she was busy staying at home with her children, however she saw an ad for a bus driver. Because of the flexible schedule, she was able to do the different bus runs during the day and afternoon and it allowed her to be back at home at night with her kids.

"I got to watch my kids grow up, and then also the kids on the bus. Now I see some of the children I drove, and they have kids of their own which is neat to see."

Because Helen drove with the same bus lines for such a long period of time, she got to see the children grow up right from Kindergarten up to Grade 12.

"My favourite part of driving the bus was talking to the kids and watching them grow up. I even got notes from parents telling me how I made an impact on their kids. That really meant a lot getting that feedback from the parents."

Although Helen enjoyed driving the children over the years, once she turned 65, she decided to retire from the job she had worked at for such a long time.

"I decided that I wanted to be on my own schedule and just enjoy my life."

Helen decided to retire from bus driving, but she continues to stay active and busy. She works as a school lunch monitor during the week and enjoys doing crafts. She also helps her daughter and spends time with her grandkids. She is truly enjoying retirement.

"I think that if you want to retire at 50, and you can, do it. Life is too short, do what makes you happy."

Helen encourages anyone who does decide to retire to keep active.

"Keep your mind focused and get out to do things. Don't just sit at home."

ACTIVITIES TO ENJOY DURING RETIREMENT:

- Get active! Enjoy one of the many community walking trails, or join a group for biking, walking or swimming.
- Join a community group or 50+ centre where they host a variety of activities.
- Volunteer for a local organization- there is always a need for good volunteers.
- If you can't find a group you are interested in, start your own, whether it's art-based, bird-watching, or a bowling team.
- Check online or social media for local events happening in the community.
- Pick up a hobby. There are various hobbies you can start no matter your age.

"There are always a lot of things you could do. Keep busy and active and if you don't have hobbies, you can join groups, do something part time or volunteer. There is always something to do."

THE BEST LEGACY YOU CAN LEAVE

By Tina-Marie Junkala

When working with clients on the FAIR* planning estate protection process, I am often asked what is the best legacy I can leave for my grand children, great-grand children. Giving a gift to your grandchild can be such a pleasure. Imagine a gift that provides happiness for the rest of their lives!

An education is very likely the most valuable thing you could ever gift anyone. Post-secondary education is so expensive many student just can't afford to study for what they want! So, any financial help gives them choices in school. Then that diploma or degree helps them find meaningful work, which in turn makes them happy and provides a much higher income in most cases.

Hands down, an RESP is by far the best tool to help with education costs. This special tax shelter not only grows tax free, the interest is only taxable when the student is in school and probably has a low income. The outcome? Zero or very little tax to pay.

It gets even better! Our federal government will match your contributions into an RESP by at least 20%! Can you imagine getting an instant 20% return in your RRSP or RRIF? And that's before any growth! Plus, the matching grants are 30% and 40% in some cases. (Moderate income families)

Opening a gift account is easy and there's no commitment to keep on giving. One single gift opens the plan and starts collecting grants immediately. Once it's open, you or anyone can add to the gift plan at any time with online banking. So simple and lucrative. Each new dollar attracts a minimum of 20% grant up to \$500 per year the child has been alive.

Instead of trudging around looking for that "just right" toy that will end up in the closet next week, you can think about how proud you'll be sitting in the audience on graduation day.

For easy access and set up of your gift plan, please e-mail: educationlegacy@junkala.ca

Today is the dream! Embrace it!



Tina-Marie Junkala, EPC
Junkala Wealth Building Inc.





SENIORS CLUBS IN SUDBURY

Sudbury Clubs Stick it to Father Time

Being a senior can come with some negative connotations. The popular stereotype of the cane-wielding curmudgeon in the check-out line complaining about the price of wet cat food is a hard one to dispel. But just like orange is the new black, old is the new young(ish). Fifty-five, or sixty, or sixty-five are just arbitrary numbers, not some magical chronological finish line that demands one surrender their youthfulness card in exchange for one that can get them a cheap dinner and a half-priced movie. Dozens of clubs in the Greater Sudbury Area are catering to seniors and dispensing with the old typecast. Here is a list, by no means exhaustive, of people and places that make riding easy into a golden sunset just a bad, antiquated cliché.

CARP (CANADIAN ASSOCIATION OF RETIRED PEOPLE)

Contact: Hugh Kruzel at 705-618-9510
Email: carpsudburychapter@gmail.com or Sudbury@carp.ca
Website: www.carpudbury.ca

CAPREOL SENIORS CLUB 240

Contact: Don Degagne at 705-858-1164

CENTRE DE SANTÉ COMMUNAUTAIRE DU GRAND SUDBURY

Email: info@santesudbury.ca
Website: www.santesudbury.ca

THE CLUB 50 DE RAYSIDE-BALFOUR

Contact: Mr. Oliva Roy at 705-855-2628, office at 705-855-6839
Email: club50@eastlink.ca

LE CLUB AMICAL DU NOUVEAU-SUDBURY

Contact: Francoise Gaudet-Geseron (President) at 705-566-2113
Email: clubamical@persona.ca
Website: www.clubamicalnouveausudbury.com

CLUB D'ÂGE D'OR DE LA VALLÉE

Contact: 705-969-8649
Email: centre@vianet.ca

THE CLUB JOIE DE VIVRE

Contact: Gerry Berthelot (President) at 705-560-4216

THE CONISTON SENIORS AND GOLDEN AGE CLUB

Contact: Diane Talevi at 705-694-4520

FRIENDLY TO SENIORS SUDBURY

Contact: John Lindsay by phone at 705-507-6037
Email: friendlytoseniors.sudbury@gmail.com
Website: www.friendlytoseniors.ca

GREATER SUDBURY PUBLIC LIBRARY

Suzanne Leclair
Adult, Senior and Client Education Programmer
705-673-1155, extension 4765

NAUGHTON SENIORS AND PENSIONERS

Contact: Naughton Community Centre at 705-692-1258
Sharon Marois (President) at 705-692-5155
Doug Pappin (Vice-President) at 705-692-3173

NICKEL CENTRE SENIORS

Contact: Jean Manual at 705-589-2126

ONAPING FALLS GOLDEN AGE CLUB

Location: 109 Service Road, Onaping

THE ONE-ELEVEN SENIOR CITIZENS' CENTRE

Contact: Colleen Burns, Coordinator of Services, 705-675-5303 ext. 202
Email: club11seniors@gmail.com
Facebook: www.facebook.com/OneElevenSeniorCitizensCentre/

PARKSIDE CENTRE

Contact: 705-673-6227
Website: www.theparksidecentre.ca (monthly newsletter available online)

PENAGE ROAD SENIORS

Contact: Ira-Jane at 705-866-2658

RAYSIDE-BALFOUR SENIORS' CRAFT SHOP

Contact: Rhéal Lessard at 705-855-4637
Email: raysidebalfoursenior@bellnet.ca

SKEAD SENIORS CITIZEN CLUB

Contact: Gayle Charsley, President: 705-969-3909

SUDBURY SOUTH SENIORS AND PENSIONERS

Contact: Peggy Kraemer at 705-522-3993

UKRAINIAN SENIORS' CENTRE OF SUDBURY

Contact: Linda Russell, Special Events Coordinator at 705-673-7404
Email: garfest@cyberbeach.net
Website: www.ukrseniors.org

THE VALLEY EAST SENIORS CLUB

Contact: Debi McNicol at jdmcnicol@sympatico.ca
Jeannine Savage at savagemj@live.ca
Mary-Lou Bolger at kinclub@outlook.com

VICTORIAN ORDER OF NURSES (VON) ADULT DAY CENTRE

Contact: 705-671-1575 ext. 2012

THE WALDEN SENIOR CITIZENS AND PENSIONERS

Contact: Connie Scott at 705-692-5591

THE WEST END SENIORS' CLUB

Contact: Lenore Sporer at 705-522-3783

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