



## 55+ health & wellness

Winter 2016 | Stay healthy and informed at 55+ with RPL



Programs at Brighthouse Branch, 100 – 7700 Minoru Gate, Richmond

### HEALTH

#### **DEMENTIA FRIENDS: LEARN HOW TO HELP**

**JANUARY 18 WEDNESDAY | 2 – 3PM**

As our population ages, we will all be affected by dementia — as friends and family members, neighbours and people in the labour force. The Dementia Friends workshop is an opportunity to enhance your knowledge of how to best support people living with dementia in your community. We can all play a role in making our community a better place for people living with dementia! Presented in partnership with Alzheimer Society BC.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121492375](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121492375)

#### **POLE WALKING EDUCATION SESSIONS**

**JANUARY 19, FEBRUARY 15, MARCH 23 THURSDAY | 1 – 3PM**

Interested in Pole Walking but don't know where to begin? This is your opportunity to learn about the benefits of Pole Walking, what kind of poles is most suitable for you and practise to walk using them. Poles are provided for this practicing session. Please wear footwear suitable for walking. Presented in partnership with Osteoarthritis Service Integration System.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121594477](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121594477)

#### **FIT AND FUNCTIONAL FITNESS DEMO**

**JANUARY 23 MONDAY | 11AM – 12PM**

Start your new year with health and fitness! The Fit and Functional class is designed for the new-to-fitness, older adults or those wanting a gentler work-out. This free demo session offers hands-on experience of improving your strength, endurance, balance and flexibility.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121743402](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121743402)

#### **NAVIGATING THE WILDERNESS OF GRIEF SERIES**

**TUESDAY | 7 – 8:30PM**

**JANUARY 31** | Understanding grief and finding your way

**FEBRUARY 28** | How children and teens grieve

**MARCH 28** | Helping yourself and others heal after a sudden traumatic death

Understand the normal symptoms of grief, the tasks of mourning and how to help yourself and loved ones who are grieving. Presented by Noele Bird, Registered Clinical Counsellor and Accredited Music Therapist.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121562041](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121562041)

#### **GOVERNMENT SERVICES AND CONSUMER INFORMATION**

##### **LEARN BASIC FIRST AID SKILLS**

**JANUARY 29 SUNDAY | 3 – 4 PM**

Presented by St. John Ambulance, this workshop will cover basic first aid skills such as emergency scene and bleeding management. The purpose of this workshop is to provide and improve general knowledge; no certificates will be provided. Participants of this workshop will be not certified.

First aid kits will be available for sale.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121744008#](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121744008#)

## **INCOME TAX AND YOU SERIES**

**MONDAY | 10 – 11AM**

**FEBRUARY 20 | Canada Revenue Agency Online Resources for Seniors**

Learn about common credits, types of income, pension income splitting and filing a tax return online.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121597468](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121597468)

**MARCH 6 | Disability Tax Credit**

This workshop provides an overview of the topics and services specifically for Persons with Disabilities.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121597490](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121597490)

## **DOLLAR AND SENSE: 75 WAYS TO SAVE**

**JANUARY 30 MONDAY | 6:30 – 8PM**

Have you noticed how the cost of living continues to rise every year and yet your income isn't keeping up? Learn how to:

- Save money on your cable, telephone and internet bills
- Reduce your grocery bill
- Determine if your transportation costs can be trimmed
- Shrink your entertainment expenses and still have fun
- Implement some easy tips to reduce your personal expenses
- Save on gifts and special occasions like birthdays and holidays

Presented by the Credit Counselling Society, this interactive workshop series offers a “grab and go” approach – grab an idea or two and go try it. Participants will walk away with tips and resources.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121561909](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121561909)

## **DOLLAR AND SENSE: CHRISTMAS WITHOUT CREDIT**

**FEBRUARY 27 MONDAY | 6:30 – 7:30PM**

Are you still paying bills for last Christmas? Have you ever wondered how you can plan ahead so the festive events don't put so much stress on you and your wallet? In this workshop, you will learn to:

- Identify your priorities for the holidays so you can focus your efforts;
- Set a reasonable holiday goal that fits to your values;
- Set SMART financial goals so that you can create a plan that includes the cost, time frame and how much your goal will cost you per month;
- Plan and pay for your holiday spending throughout the year;
- Find new opportunities to connect with friends and loved ones that don't break your budget.

Presented by the Credit Counselling Society, this interactive workshop series offers a “grab and go” approach – grab an idea or two and go try it. Participants will walk away with tips and resources.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121561946](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121561946)

## **DOLLAR AND SENSE: FOOD AND FINANCE**

**MARCH 27 MONDAY | 6:30 – 8PM**

Two of the biggest goals we never seem to achieve are to be better with our health and better with our money. This can be challenging as we're taxed for time and energy with our busy work days and family time. Join us for our Food and Finances workshop to learn some valuable information and easy-to-implement steps. Learn to:

- Recognize the various factors that impact your food budget
- Track your food budget so you know exactly what you're spending instead of what you believe you're spending
- Learn how to create a meal plan
- Save money on your groceries
- Make meal preparation easier and less time consuming
- Use a slow cooker to save time and money
- Find low cost recipes
- Use mobile technologies that can help you save money.

Presented by the Credit Counselling Society, this interactive workshop series offers a “grab and go” approach – grab an idea or two and go try it. Participants will walk away with tips and resources.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121561961](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121561961)

Programs at Ironwood Branch, 8200-11688 Steveston Hwy, Richmond

### **ACHIEVING HEALTHY WEIGHT**

**THURSDAY JANUARY 26 | 1 – 3PM**

Reaching and maintaining a healthy weight is important for overall health. It helps you lower your risk for developing many diseases and conditions, and gives you more energy to enjoy life. Presented by Vancouver Coastal Health, this workshop explores causes of weight gain and basic information on healthy eating habits.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121799253](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121799253)

### **LOWERING BLOOD PRESSURE**

**THURSDAY FEBRUARY 23 | 1 – 3PM**

High blood pressure can damage your blood vessels, heart and kidneys and increase your risk of heart disease and stroke. Making healthy lifestyle choices can help lower your blood pressure and improve your health. Presented by Vancouver Coastal Health.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121798989#](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121798989#)

### **MANAGING PREDIABETES**

**THURSDAY MARCH 30 | 1 – 3PM**

Wouldn't it be nice if the human body had an "early alert system" that advised us when something was about to go wrong with our health? Prediabetes offers warning signs. The good news is that prediabetes doesn't always lead to diabetes. If you have prediabetes, taking steps to manage your blood glucose gives you a chance to change your future. Presented by Vancouver Coastal Health.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121799071#](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121799071#)

### **ASK A PHARMACIST: FAIR PHARMACARE**

**FEBRUARY 7 TUESDAY | 10 – 11AM**

What is Fair Pharmacare? Who is eligible? How does it work? What is the Reference Drug Program? Learn about recent changes in December 2016. Was your drug coverage affected? And what happens if your coverage was affected. Presented by London Drugs Pharmacy.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121671353](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121671353)

### **ASK A PHARMACIST: VACCINES FOR SENIORS**

**MARCH 9 TUESDAY | 10 – 11AM**

Why are there so many vaccines recommended for seniors, how effective are they? Are there any side effects? Which ones are the most recommended? Learn all about vaccines for seniors at this workshop. Presented by London Drugs Pharmacy.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121671356](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121671356)

### **UNDERSTANDING OSTEOARTHRITIS**

**FEBRUARY 14 TUESDAY | 1 – 3PM**

Learn about the causes and symptoms of osteoarthritis and ways to protect your joints from further damage. Presented in partnership with Osteoarthritis Service Integration System.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121562491](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121562491)

### **NUTRITION, SUPPLEMENTS AND OSTEOARTHRITIS**

**MARCH 7 TUESDAY | 1 – 3:30PM**

Learn how diet and weight affect osteoarthritis, navigate Canada's Food Guide, what nutrients and supplements help to manage osteoarthritis, and how to improve my eating habits and manage portion size. Presented in partnership with Osteoarthritis Service Integration System.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121562521](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121562521)

**MINDFUL EATING FOR WEIGHT CONTROL PART ONE**

**MARCH 21 TUESDAY | 1 – 3PM**

Learn to understand the relationship between emotions and eating – Do I know why I eat and when I'm full? What triggers me to eat? How do my emotions affect my eating? Presented in partnership with Osteoarthritis Service Integration System.

Click to register [http://rpl.yourlibrary.ca/events\\_calendar?trumbaEmbed=view%3Devent%26eventid%3D121562552](http://rpl.yourlibrary.ca/events_calendar?trumbaEmbed=view%3Devent%26eventid%3D121562552)

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