



Le Conseil sur
le vieillissement
d'Ottawa

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COA INFO-FLASH Events 2021-07-20



Smart Aging Program Returns Fall 2021!

[Sign up now](#) for the Smart Aging Program for 2021-2022. The series of eight weekly workshops cover the fundamental issues facing older adults today. Each workshop is designed to provide the information you need, before you need it, to make smart decisions at key transitions in your life.

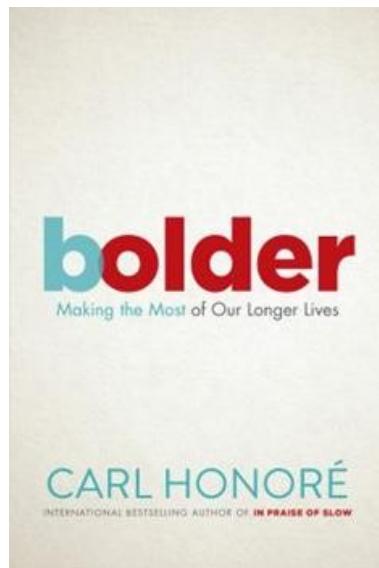
[Save your SPOT for Smart Aging!](#)

Can't wait to start Smart Aging?

Check out these [recommended books](#) to help prepare you for your later-life transitions.

DISCLAIMER: The COA uses affiliate links to promote these books. This does not change the way you buy the item; it just means that a small amount of commission (up to 5% of the sale) goes to us in exchange for promoting the item. Please consider using these links to add to your library.

For the full list, go to the [Smart Aging Program website](#).

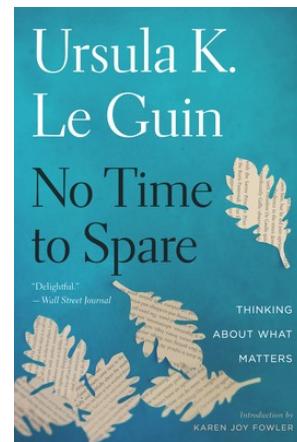


**Bolder: Making the Most of Our Longer Lives (2018)
by Carl Honoré**

The author of *In Praise of Slow* and a founder of the slow movement, Honoré now examines his own aging and that of the many others he meets who are, in his view, redefining aging.

[Chapters/Indigo](#)

[Amazon](#)

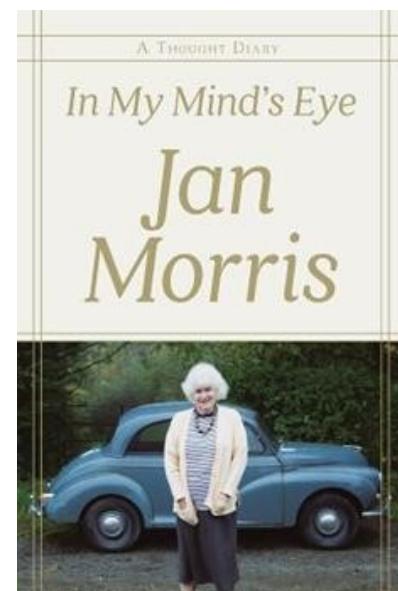


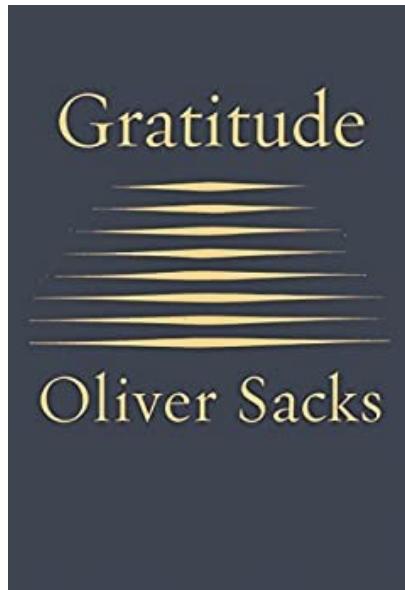
**No Time to Spare: Thinking About What Matters (2017)
by Ursula K. Le Guin**

Le Guin was an influential fantasy and science fiction writer, creating imaginary worlds over many decades. In her last years she became a blogger, using her blog as a forum for her witty and compassionate voice. Both social critic and storyteller, Le Guin's book presents the best of her online writing.

[Chapters/Indigo](#)

[Amazon](#)





In My Mind's Eye (2018) by Jan Morris

After many decades as a highly-praised travel writer and now in her 90s, Morris has decided to keep a diary for the first time. The result is described as warm and insightful as well as "wickedly hilarious."

[Indigo/Chapters](#)

[Amazon](#)

Gratitude (2013, 2015) by Oliver Sacks

Sacks was a medical scientist and clinician who lived life large. His eloquent and fearless writing about humanity, the uniqueness of all individuals, and his reflections on his own life provide treasured insight.

[Indigo/Chapters](#)

[Amazon](#)

Advertisement for [Tea & Toast](#)

The advertisement for Tea & Toast features a blue logo with a white 'T' and the words 'tea & toast'. Below the logo is a photo of an elderly woman with glasses, smiling and looking down at a book or document. A blue banner at the bottom contains the text 'Your due-diligence experts! Every home in Ottawa at your fingertips'.

Your safety is top of mind

Our complimentary navigation service includes:

- A virtual or phone consultation
- Free resources →
- Direction and support for your entire journey through retirement living



Community Events this Week

NOTE: The Community Events listed in the INFO-FLASH are provided as an

information service by the COA. We are sharing this information on behalf of other community organizations.

For more event details or how to register, please **check with the organization listed as the event host.**

Online Chair Fun & Fitness

Tuesday, July 20, 2021 | 10:00 am - 10:30 am

Get your daily workout in with Erin & Grace! We will do a stretching warm up, some chair exercise ...

[Learn more](#)

Online Trivia Tuesday

Tuesday, July 20, 2021 | 2:00 pm - 3:00 pm

Join us as we boost our brain activity with trivia! There are 30 questions in total covering six ...

[Learn more](#)

Ottawa PC Users' Group Q&A session

Wednesday, July 21, 2021 | 7:30 pm - 8:30 pm

The Ottawa PC Users' Group will be hosting their weekly Q&A session through video-conference. This ...

[Learn more](#)

Online Chair Fun & Fitness

Thursday, July 22, 2021 | 10:00 am - 10:30 am

Get your daily workout in with Erin & Grace! We will do a stretching warm up, some chair exercise ...

[Learn more](#)

Monthly Community Event Calendars

Dementia Society of Ottawa and Renfrew County
[Upcoming Program Schedule](#)

Parkinsons Canada's Dancing with Parkinsons
[Dancing with Parkinsons](#)

Manotick and Area Centre for Arts & Wellness
[Event calendar](#)

Promote your webinars and virtual events:

Fill in the form at the [bottom of the Community Events page](#) and hit "submit".

Please note: All submissions must have either a url link or a poster attached.

Commitment: As a bilingual organization, COA makes every effort to provide complete and well-written information available in both official languages. The information coming from third parties may not be bilingual, but is shared in both

languages when available.

Advertisement for Chartwell retirement residences

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Chartwell.com

COVID-19 Community Information and Services for Seniors & Caregivers

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