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INFO-FLASH Events 2021-03-09

## **NEW Smart Aging Stand-Alone Workshops** **Try one, try them all!**



Stand-alone Workshop

### **Understanding the Recipe for Healthy Eating**

Wednesday, March 24, 10 am – 12 pm



**Register Now**

March is nutrition month. Join us to explore your best steps to healthy eating with a professional registered dietician.

Healthy eating looks different for everyone. In this workshop, we'll explore how your culture, food traditions, personal circumstances & nutritional needs all contribute to what healthy looks like for you.

[Register now](#)**Registration closes March 17**

Stand-alone Workshop

## Taking Charge of Your Emergency Preparedness

**Monday, March 22, 10 am – 12 pm****Register Now**

Do you have 72 hours of supplies on hand? How many important phone numbers do you have memorized that you could call in an emergency? Have you practiced a fire drill in the last year? Do you have a household emergency plan? Have you shared it with others?

Participants will consider the potential for disasters, the risks for older adults, and how to prepare themselves for situations such as winter storms, heatwaves, floods, power outages, pandemics, and more.

[Register Now](#)**Registration closes March 12**

### Registration Information

- Register early - space is limited to 25 people in each workshop
- Workbooks will be mailed to your home

- Loaner tablets are available for those without the technology to connect \*
- Free spots are available for those that find the cost challenging \*

Additional details at [www.coaottawa.ca/smartaging](http://www.coaottawa.ca/smartaging).

## Smart Aging Core Program



Registration is now closed for the current sessions of the Smart Aging Core Program. However, if you are interested in being put on a waiting list for the next time the program is run, please send an email to [s.cadieux@coaottawa.ca](mailto:s.cadieux@coaottawa.ca).

### \* Making online education accessible to all

The Council on Aging of Ottawa (COA) wants to ensure that anyone wanting to access our Smart Aging educational programming can do so.

**For those without the necessary technology or internet access:** The COA has joined with a group of Ottawa Community Support Services agencies to access a joint technology lending library. Through this partnership, we are able to make a few devices available, either with or without data (depending on the need) to attendees of our Smart Aging Program. If this would allow you or someone you know to access this programming, please contact Stephanie Cadieux at 613-789-3577 x.4 or [s.cadieux@coaottawa.ca](mailto:s.cadieux@coaottawa.ca).

**For those for whom cost is a barrier:** The COA has a few sponsored spaces available in each of our Smart Aging Programs. To register for these sponsored spaces, please contact Stephanie Cadieux at 613-789-3577 x.4 or [s.cadieux@coaottawa.ca](mailto:s.cadieux@coaottawa.ca).

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## 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.**

## Featured Community Event

### Conversations and Advance Care Planning Workshop

Mar 10, 2021 | 10:00 am - 11:30 am

**Zoom**

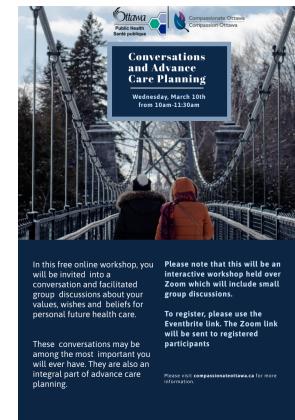
[View Event Website](#)

Compassionate Ottawa and the OPH's Aging Well in Ottawa program are hosting a free online workshop where you will

be invited into a conversation and facilitated group discussions about your values, wishes, and beliefs for personal future health care. These conversations may be among the most important you will ever have. They are also an integral part of advance care planning.

\*Please note that this will be an interactive workshop held over Zoom which will include small group discussions.

To register, please visit the Eventbrite page link. The Zoom link will be sent to registered participants.



## Event Registration

### Online Chair Fun & Fitness

Tuesday, Mar 9, 2021 | 10:00 am - 10:30 am

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

[Learn more](#)

### Chair Yoga

Tuesday, March 9, 2021 | 10:00 am - 11:00 am

Chair yoga is an adaptation from modern yoga through the use of sitting on a chair or standing and using ...

[Learn more](#)

### Online Trivia

Tuesday, March 9, 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](#)

### Caribbean Fit Fete

Tuesday, March 9, 2021 | 5:00 pm - 6:00 pm

CARIBBEAN FIT FETE is a 'Get Fit, Island Style' cardio workout. This experience emulates the spirit of ...

[Learn more](#)

## **Conversations and Advance Care Planning Workshop**

Tuesday, March 10, 2021 | 10:00 am - 11:30 am

Compassionate Ottawa and the OPH's Aging Well in Ottawa program are hosting a free online workshop ...

[Learn more](#)

## **Virtual Coffee Morning**

Wednesday, March 10, 2021 | 10:00 am - 11:00 am

Social distancing doesn't mean we can't be social! Freiheit Care Inc. invites you to join us for some ...

[Learn more](#)

## **Health & Nutrition session with Dietitian Emily**

Wednesday, March 10, 2021 | 11:00 am - 12:00 pm

Join us on Seniors Centre Without Walls in this educational nutrition session. Part-time Vegetarian These ...

[Learn more](#)

## **Indigenous Perspectives & Lived Experiences with the Legal System**

Wednesday, March 10, 2021 | 11:00 am - 12:00 pm

Join Reach Canada for a session on Indigenous perspectives and lived experiences with the Canadian legal ...

[Learn more](#)

## **Gardening Symposium “Container Gardens”**

Wednesday, March 10, 2021 | 1:30 pm - 2:30 pm

SOG Garden Symposium Join us every Wednesday until April 7th for a series of 6 virtual workshops. Here is ...

[Learn more](#)

## **Being Prepared Made Simple**

Wednesday, March 10, 2021 | 7:00 pm -

This is a session about prearranging your funeral. Get answers to some of the most important and ...

[Learn more](#)

## **Ottawa PC Users' Group Q & A "Passwords"**

Wednesday, March 10, 2021 | 7:30 pm - 10:00 pm

The next meeting of the Ottawa PC Users' Group will be at 7:30 pm on Wednesday, March 3.

[Learn more](#)

### **Online Chair Fun & Fitness**

Thursday, March 11, 2021 | 10:00 am - 10:30 am

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

[Learn more](#)

### **Tai Chi for Health**

Thursday, March 11, 2021 | 11:00 am - 12:00 pm

Tai Chi QiGong is a mind-body Chinese practice that involves a combination of slow-motion exercises and ...

[Learn more](#)

### **Frank Sinatra: The Man and His Music**

Thursday, Mar 11, 2021 | 4:00 pm - 5:00 pm

Join us for "Frank Sinatra: The Man and His Music"— a very entertaining presentation that explores the ...

[Learn more](#)

### **Sharing the Songs that you Love**

Thursday, March 11, 2021 | 2:00 pm - 3:00 pm

In a small group, participants are given an opportunity to share the music and songs that they love to ...

[Learn more](#)

### **Music Performance – Storytelling with Sébastien Lemay (MASC)**

Friday, March 12, 2021 | 11:00 am - 12:00 am

Come be part of the fun and join us in this great session on Seniors Centre Without Walls, we welcome ...

[Learn more](#)

### **Dancing with Nubia**

Saturday, March 13, 2021 | 10:00 am - 11:00 am

Dancing with Nubia is a fun opportunity for participants to learn how to keep physically fit through ...

[Learn more](#)

## **What You Need To Know About Retirement Living Before You Make The Move**

Saturday, March 13, 2021 | 1:30 pm -

There is a lot to consider when choosing a retirement home. Is now the right time? What kind of support ...

[Learn more](#)

## **Tech Café : How You Can Stay Safe While Shopping Online, Protect your rights, Avoid Frauds and Scams and Prevent Identity Theft**

Monday, March 15, 2021 | 4:00 pm - 5:00 pm

Have you been doing a lot of online shopping and are worried about how safe it really is? Have you heard ...

[Learn more](#)

## **Monthly Community Event Calendars**

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

**The Good Companions Centre Senior Centre Without Walls (SCWW)**  
[January - April 2021 calendar](#)

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

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

**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.

## COVID-19 Community Information and Services for Seniors & Caregivers

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### Contact Us

[coa@coaottawa.ca](mailto:coa@coaottawa.ca)

(613) 789-3577

[www.coaottawa.ca](http://www.coaottawa.ca)



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