

SENIORS Newsletter

July 2019



FREE

NORDIC WALKING

FOR SENIORS

Nordic walking is a fun and addictive low-impact activity for people of all ages and fitness levels.

Learn how with Lynda
Tuesdays
1-2:15pm

Meet at 627 Patricia Street



SENIORS' BUS SCHEDULE

Summer 2019

MONDAY

Alpine Summit* Outing

Departure:
From Alpine Summit
1pm

Return:
From Town
4pm

*for residents of Alpine Summit

WEDNESDAY

Trips to Lake Annette

Departure:
Home Pick-Ups
11am & 12:30pm

Return:
From Lake Annette
3:30pm

\$10

THURSDAY

Hinton Trips

1st & 3rd Thursday of the month

Departure:
Home Pick-Ups
8am

Return:
Leave Hinton
3pm

\$20

FRIDAY

Town Run for all Jasper Seniors

Departure:
Home Pick-Ups
1pm

Return:
From Town
4pm

\$7

BUS PASS

NEW

Purchase a
monthly bus pass
for \$50
to ride the
Evergreen Bus all
month long

Passes are available at
Alpine Summit Seniors
Lodge & Community
Outreach Services

Evergreen Bus trips are open to everyone with the exception of Monday's outing.

TO BOOK A TRIP, CALL 780-852-4881 EXT. 3.

Building a welcoming and inclusive community.



Lynda Shore | Adult Outreach Worker | 780-852-6536




COMMUNITY OUTREACH SERVICES
627 Patricia St.
M-F 9:00 am - 4:30 pm
P: 780-852-6536 F: 780-852-2147
lshore@town.jasper.ab.ca





July 2019 Seniors Calendar

	<p>1</p> <p>CANADA DAY!</p> 	<p>2</p> <p>1-2:15pm Nordic Walking, meet @ COS 1-3pm World Cafe @ COS 1:30pm Cards, Sr. Lounge 1pm Dance with Nicole @ Alpine Summit. Everyone welcome.</p>	<p>3</p> <p>11am & 12:30pm Pick Ups Seniors Bus Trip to Lake Annette 12-1pm Aquafit 10:30am Knitting Circle @ Library 1-3pm Community Coffee Connections @ COS 1-5 Mixed Bridge @ Sr. Lounge</p>	<p>4</p> <p>8am-4pm Seniors Bus Trip to Hinton 1:30pm Sr. Reading @ Library 1-3 Coffee Connections @ COS 6pm Games/Chess Night @ Library 6pm Meditation @ Library (downstairs)</p>	<p>5</p> <p>9:30-10:30am Aquafit 1pm Seniors Bus to Jasper shops/apts. 1-3pm Coffee Connections @ COS 7pm Bridge, Pine Grove</p>	6
7	<p>8</p> <p>12-1pm Aquafit 1-3pm Coffee Connections @ COS 6:30pm Pianist Terry Jordan @ Alpine Summit. Everyone welcome.</p>	<p>9</p> <p>1-2:15pm Nordic Walking, meet @ COS 1-3pm World Cafe @ COS 1:30pm Cards, Sr. Lounge</p>	<p>10</p> <p>11am & 12:30pm Pick Ups Seniors Bus Trip to Lake Annette 12-1pm Aquafit 10-11:30am Coffee w/ COS @ Pine Grove 10:30am Knitting Circle @ Library 1-5 Mixed Bridge @ Sr. Lounge 1-3pm Community Coffee Connections @ COS</p>	<p>11</p> <p>1:30pm Sr. Reading @ Library 1-3 Coffee Connections @ COS 6pm Games/Chess Night @ Library 6pm Meditation @ Library (downstairs)</p>	<p>12</p> <p>9:30-10:30am Aquafit 1pm Seniors Bus to Jasper shops/apts. 1-3pm Coffee Connections @ COS 7pm Bridge, Pine Grove</p>	13
14	<p>15</p> <p>12-1pm Aquafit 1-3pm Coffee Connections @ COS</p>	<p>16</p> <p>1-2:15pm Nordic Walking, meet @ COS 1pm Dance with Nicole @ Alpine Summit. Everyone welcome. 1-3pm World Cafe @ COS 1:30pm Cards, Sr. Lounge 4pm Scripture and Song with Deacon Ed Meding at Alpine Summit. Everyone welcome.</p>	<p>17</p> <p>11am & 12:30pm Pick Ups Seniors Bus Trip to Lake Annette 12-1pm Aquafit 10:30am Knitting Circle @ Library 1-5 Mixed Bridge @ Sr. Lounge 1-3pm Community Coffee Connections @ COS</p>	<p>18</p> <p>8am-4pm Seniors Bus Trip to Hinton 1:30pm Sr. Reading @ Library 1-3 Coffee Connections @ COS 6pm Games/Chess Night @ Library 6pm Meditation @ Library (downstairs)</p>	<p>19</p> <p>9:30-10:30am Aquafit 1pm Seniors Bus to Jasper shops/apts. 1-3pm Coffee Connections @ COS 7pm Bridge, Pine Grove</p>	20
21	<p>22</p> <p>12-1pm Aquafit 1-3pm Coffee Connections @ COS</p>	<p>23</p> <p>1-2:15pm Nordic Walking, meet @ COS 1-3pm World Cafe @ COS 1:30pm Cards, Sr. Lounge</p>	<p>24</p> <p>11am & 12:30pm Pick Ups Seniors Bus Trip to Lake Annette 12-1pm Aquafit 10:30am Knitting Circle @ Library 10-11:30am Coffee w/ COS @ Pine Grove 1-5 Mixed Bridge @ Sr. Lounge 1-3pm Community Coffee Connections @ COS</p>	<p>25</p> <p>1:30pm Sr. Reading @ Library 1-3 Coffee Connections @ COS 6pm Games/Chess Night @ Library 6pm Meditation @ Library (downstairs)</p>	<p>26</p> <p>1pm Seniors Bus to Jasper shops/apts. 1-3pm Coffee Connections @ COS 7pm Bridge, Pine Grove</p>	27
28	<p>29</p> <p>12-1pm Aquafit 1-3pm Coffee Connections @ COS</p>	<p>30</p> <p>1-2:15pm Nordic Walking, meet @ COS 1-3pm World Cafe @ COS 1:30pm Cards, Sr. Lounge</p>	<p>31</p> <p>11am & 12:30pm Pick Ups Seniors Bus Trip to Lake Annette 12-1pm Aquafit 10:30am Knitting Circle @ Library 1-5 Mixed Bridge @ Sr. Lounge 1-3pm Community Coffee Connections @ COS 2pm Tea Party at Alpine Summit. Everyone Welcome.</p>			