

Our Vision

To become the central gathering place for seniors to join together for socialization, recreation, meet friends and make us your second home.

Our focus will be to engage seniors in activities and events that they will take ownership of through leadership and participation.

To work with existing community organizations and partnerships to share ideas and resources to provide meaningful programs for seniors.

CHAT CORNER



Thanks to the many sponsors and community partners who have helped us make this Centre such a success!

Join Us!

The Golden Age Activity Centre was started as a result of a need in this community for seniors who live independently to have a safe, welcoming gathering place. It opened on July 2, 2013 to people 50 years of age and over.

Membership entitles the member to participate in organized programs or drop-in activities at any given time. The Centre provides opportunities for friendships to thrive through the social, educational and recreational programs provided for the diverse and changing needs of seniors.

A monthly calendar provides information on upcoming events. The annual membership fee is \$20, and runs from April 1st to March 31st.

The Centre is open 10 a.m. to 3 p.m. Monday to Friday, and occasional evenings and weekends for special events.

Drop by, a welcome awaits you. Experience what is offered and have some fun with seniors of all ages.

212 Raglan Street South

Renfrew, Ontario K7V 1R1

(across from Scotiabank)

613-431-8289

info@renfrehomesupport.ca

www.renfrewgoldenage.ca



Visit us on Facebook

WHERE FRIENDS GATHER



**Golden
Age
Activity
Centre**



Mission Statement

To provide a community focal point where older persons come together in a safe and welcoming environment to be supported in their independence and encouraged in involvement with the community.



Our History

The Renfrew Golden Age Activity Centre was established after receiving pilot funding from the Ontario Trillium Foundation to develop a seniors drop-in centre. Financial assistance from the United Way, New Horizons ESDC grant, Municipal funds, local businesses, not-for-profit partners, donations and fundraising in the community made it possible for the Centre to open in 2013. Throughout the years, the Centre continued to grow. In 2018, with financial commitment from the Town of Renfrew and Townships of Horton and Admaston/Bromley, the Centre was able to secure sustainable funding from the Ministry for Seniors and Accessibility and became a recognized Seniors Active Living Centre. It operates under the governance of an Advisory Committee and the Board of Directors at Renfrew & Area Seniors' Home Support.

A proud member of:

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



Benefits of a Seniors Centre

- Increased social participation
- Assist in preventing depression
- Feeling of belonging to your community
- Make new friends
- Relieve stress
- Educational opportunities that promote learning, creativity and skills development
- Volunteer opportunities that enable older adults to share their knowledge and skills
- Emotional support system
- Delayed entry to Long Term Care
- A home away from home

HOURS OF OPERATION

Monday through Friday
10 a.m. – 3 p.m.



Volunteers

We encourage volunteers to assist us in the running of the seniors centre. If you are interested please drop by or give us a call at 613-431-8289.

Some of Our Activities

- Low Impact Fitness Class / Yoga
- Excursions / Day Trips
- Various types of Euchre / Cards
- Crafts
- Bowling
- Information Sessions
- Board Games / Trivia
- Musical Entertainment
- Movie Day
- Lunches (at minimal cost)
- Parties for Special Events
- Bingo
- Carving / Painting