

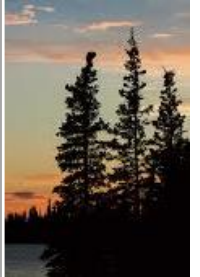
in this issue >>>

*Walk to Tuk- How to Get Active!!
Happiness, Health, and Hobbies
Next Board meeting*



Seasonal Newsletter: Winter 2020

NWT Seniors' Society



Creating Safe Communities Workshops

Fort Smith Nov. 5th and 6th
Deline, Dec. 4th



Workshop participants in Fort Smith



Workshop participants in Deline

How do I apply for my old age pension ?? Why do I have to take so many pills ?? What services or programs are available to me ?? Where can I get a discount ??

Your questions will be answered on the
Seniors' Information Line
1-800-661-0878

* No charge for calls

In Yellowknife call:
920-7444

Sponsored by:
NWT Seniors' Society

"Seniors Helping Seniors"

How do I apply for my old age pension ?? Why do I have to take so many pills ?? What services or programs are available to me ?? Where can I get a discount ??

The NWT Seniors' Society mourns the loss of our former president Alphonsine McNeely who passed away in Nov. 2019. She will be sorely missed.



NWTSS Receives Funding for “Collaborating for Inclusion of Older Adults” Project

The Government of Canada’s New Horizons for Seniors Program has chosen our project to reach out to isolated and vulnerable older adults in the NWT. The 1.8 M in funding will be provided over a five year period. We are currently in the process of hiring a project coordinator. This is a project built on partnership and will have a leadership team, an advisory committee and an elders’ council to guide the work. Requests for proposals will be sent out and 10 communities will be chosen to participate in the project.

Look forward to hearing more about this great project!



Funded by the Government of
Canada's New Horizons for
Seniors Program

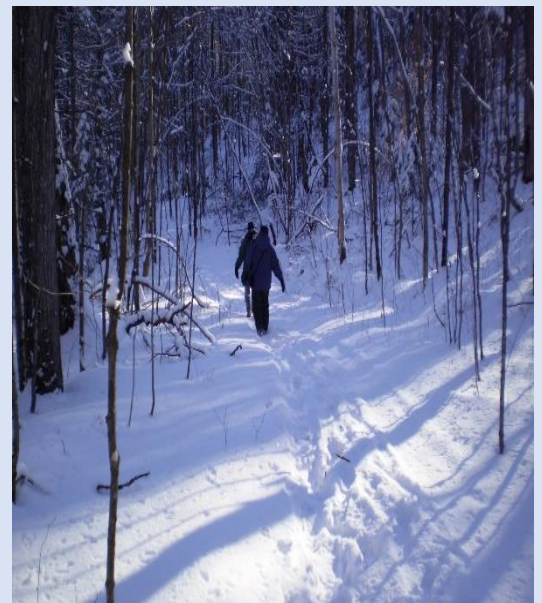
Canada

Walk to Tuk- How to Get Active!

This year, Walk to Tuk celebrates it's tenth birthday!! For over a decade, the NWT Recreation and Parks Association has been encouraging northerners to stay active through the coldest and darkest months of winter. Walk to Tuk has grown to become the largest physical activity event in the NWT, and one of most celebrated events of the year! Many older adults participate. Read on to find out how to get involved, get engaged, and stay active this winter!

<https://www.walktotuk.com/>

- 1) Start an elders team! This is a great way to engage with friends through exercise. Sign up your friends to take on the challenge together!
- 2) Join a community or family team- ask around. There is BOUND to be someone in your community looking for teammates to walk with this winter.
- 3) Get walking on your own! Get some fresh air this winter. Whether its 5 or 45 minutes, your body, mind, and spirit will thank you! Make sure you have good boots and dress warmly.
- 4) If walking outside is hard for you, see if you can join friends to walk in the community gym.



Happiness, Health, and Hobbies



Staying active and engaged over the winter helps to keep us healthy and well.

Here are some ideas for you to consider.

Dancing is a great way to keep active and socialize. Invite some friends to join you moving to music. You can try traditional dances like jigging or have a 'dance like you want' session. Start with slow tunes to let you warm up. It's not what you do, it's the moving that counts.

We have already talked about walking but how about **yoga**? Yoga can be very gentle and has low impact. It focuses on breathing and relaxation but still helps to build your strength and balance.

Search online for 'yoga for seniors' or 'gentle and slow' yoga. Or try the T'lichó camp yoga that uses traditional movements instead. Here is a link to their video.

<https://www.youtube.com/watch?v=OPqnObKa9zg>

Sewing Circles are a great way for people to gather and learn or share sewing skills. It's also a chance to visit and share stories. Invite youth to join you.

What do YOU do to stay happy, healthy and active throughout the winter?

We want to hear from you!

Send us an email, phonecall, photo, or Facebook message to get in touch!

Elizabeth Kunnizzie of Inuvik is the new president of the NWTSS. The next Board Meeting of the NWTSS is on Feb. 25th and 26th. Please contact your regional representative if you have any issues you want discussed.

Elizabeth Kunnizzie – Delta
Annie Goose – Nunakput
Marg Shott – Fort Smith
Tom Makepeace – Hay River, Enterprise, and Kathodeechee
Martina Norwegian – Dehcho
John Soderberg – Yellowknife/N'dilo/Dettah

In The Next Issue

Update on Inclusion Project
Community Profile – Tulita
Tips on gardening



Interested in becoming an NWT Seniors' Society Member? It's easy! Contact us- Facebook, Email, Telephone. Membership costs 10\$ and supports advocacy and initiatives for elders throughout the NWT. You will receive newsletters, updates from around the NWT and an invitation to our Annual General Meeting.



Questions? Contact us!

Phone: 1-800-661-0878 | 867-920-7444

Website: www.nwtseiorsociety.ca

Facebook: www.facebook.com/nwtseiors