

HANOVER AGE-FRIENDLY CONNECTIONS

AGE-FRIENDLY COMMUNITY WELCOME

The Town of Hanover and the Age-Friendly Advisory Committee would like to welcome you to the 1st edition of our monthly newsletter “Hanover Age-Friendly Connections”. This new initiative is supported by the Ontario Government, Ministry for Senior’s and Accessibility through Seniors Active Living Centre (SALC) funding. The monthly newsletter will contain information, activities and special events pertaining to older adults in our community.

For more information on SALC Programs and the Age-Friendly Advisory Committee visit www.hanover.ca/our-community/age-friendly-hanover.

ONTARIO RECOGNIZES HANOVER AS AN AGE-FRIENDLY COMMUNITY

Minister Raymond Cho, Ministry for Seniors and Accessibility, and the Ontario Government officially recognized the Town of Hanover as an Age-Friendly Community at the Ontario Age-Friendly Community Recognition Ceremony on January 18th, 2026. The ceremony coincided with the 2026 Rural Ontario Municipalities Association (ROMA) conference. Age-friendly communities create more inclusive physical and social environments that support older adults to live safely, enjoy good health and stay active.



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APRIL 2026
ISSUE NO 1
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HANOVER AGE-FRIENDLY CONNECTIONS



HANOVER ACTIVE AGING EXPO

What an incredible day at the Hanover Active Aging Expo on March 24th, 2026! Over 270 attendees and vendors sharing inspiring conversations, helpful resources, and plenty of smiles. Thank you to our speakers, entertainers, vendors, volunteers and participants for a terrific, age-friendly day.

SPRING CLEANING TIPS

1. TACKLE TASKS IN SMALL SEGMENTS

Spring cleaning doesn't have to be done all at once. Break it down into smaller chunks over several days or weeks.

2. DECLUTTER TO KEEP PATHWAYS CLEAR

Decluttering your space can lower the risk of tripping by removing obstacles from your doorways, walkways and stairs.

3. LEAVE THE HEAVY LIFTING TO OTHERS

Ask for help from family, friends, or hire professionals to safely move heavy items.

4. CHECK YOUR MEDICINE CABINETS

Properly dispose of expired medications and consider replenishing necessary items.

5. DON'T FORGET TO TEST YOUR DETECTORS!

Ensure your smoke and carbon monoxide detectors are in working order.

LAUGHTER IS THE BEST MEDICINE



TRUE OR FALSE?

1. Onions are good for wasp strings.
2. Never rinse your hair in hot water.
3. Fix wood scratches with a walnut.
4. Cheese before bed causes nightmares.
5. Bulls hate the colour red.
6. Newspaper are great glass cleaners.
7. Gargle salt water to relieve a sore throat.
8. Save burnt rice with a slice of bread.

8, T
7, T
6, T
5, F
4, F
3, T
2, T
1, F
FALSE:
OR
TRUE

HANOVER HAPPENINGS

MONDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	6:00am & 11:30am	P&H Centre	Click here for more info.
Aquafit	See Notes	P&H Centre	Click here for more info.
Pilates	9:00am	P&H Centre	Click here for more info
Adult/Senior Swim	10:15am	P&H Centre	Click here for more info.
Chair Yoga	10:30am	P&H Centre	Click here for more info
VON- Parkinson's	1:00am	Grace United	Contact church for more info
Euchre	1:30pm	Hanover Legion	Contact Legion for more info
Line Dancing	6:30pm	Hanover Legion	Contact Legion for more info Beginning April 13th
Darts	7:00pm	Hanover Legion	Contact Legion for more info

TUESDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	See Notes	P&H Centre	Click here for more info.
Adult/Senior Swim	10:15am	P&H Centre	Click here for more info.
Young at Heart	11:00am	Hanover Missionary Church	Contact church for more info
Carpet Bowling	1:00pm	P&H Centre	Click here for more info
Euchre	1:00pm	Grace United	Contact church for more info
Bridge	1:00pm	Senior Friendship Club	Contact SFC for more info
Aquafit	2:30pm	P&H Centre	Click here for more info.
Cards	1:30pm	Holy Family Parish	Contact church for more info
Chess	4:00pm	Hanover Public Library	Contact library for more info
TV Bingo	7:00pm	Wightman TV Ch. 1	Contact Rotary for more info
Darts	7:30pm	Hanover Legion	Contact Legion for more info

HANOVER HAPPENINGS

WEDNESDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	6:00am & 11:30am	P&H Centre	Click here for more info.
Aquafit	8:15am & 1:30pm	P&H Centre	Click here for more info.
Walk & Talk	8:30am	P&H Centre	Click here for more info
Gentle Fitness	10:30am	P&H Centre	Click here for more info
Cards	1:30pm	Senior Friendship Club	Contact SFC for more info
Adult/Senior Swim	2:30pm	P&H Centre	Click here for more info.
Public Swim	6:30pm	P&H Centre	Click here for more info.

THURSDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	11:30am	P&H Centre	Click here for more info.
Chair Yoga	9:00am	P&H Centre	Click here for more info
Adult/Senior Swim	10:15am	P&H Centre	Click here for more info.
Standing Yoga	10:30am	P&H Centre	Click here for more info
Shuffleboard	1:00pm	Grace United	Contact church for more info
Mahjong	1:00pm	Hanover Public Library	Contact library for more info
Senior's Social	1:00pm	Hope Community Church	Contact church for more info
Aquafit	2:30pm & 6:15pm	P&H Centre	Click here for more info.
TOPS	6:00pm	Senior Friendship Club	Contact SFC for more info
Cornhole	7:00pm	Hanover Legion	Contact Legion for more info
Solo	7:00pm	St. Matthews Evangelical Lutheran Church	Contact church for more info

HANOVER HAPPENINGS

FRIDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	6:00am & 11:30am	P&H Centre	Click here for more info.
Aquafit	8:15am	P&H Centre	Click here for more info.
Adult/Senior Swim	10:15am & 2:30pm	P&H Centre	Click here for more info.
POUND Fitness	10:30 & 11:45am	P&H Centre	Click here for more info
Bid Euchre	1:00pm	Senior Friendship Club	Contact SFC for more info
VON- Parkinson's	1:00am	Grace United	Contact church for more info
Catch the Ace	4:45pm	Hanover Legion	Contact Legion for more info Beginning April 24th

SATURDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	6:00am	P&H Centre	Click here for more info.
Crafternoon	1:00pm	Hanover Public Library	Contact library for more info 1 st & 3 rd of the month
Stich and Sip	1:00pm	Hanover Public Library	Contact library for more info 2 nd & 4 th of the month
Public Swim	1:15pm	P&H Centre	Click here for more info.
Meat Draw	3:00pm	Hanover Legion	Contact Legion for more info April 4th & 18th

SUNDAYS

PROGRAM	TIME	LOCATION	NOTES
Family Swim	10:45am	P&H Centre	Click here for more info.
Lane Swim	12:00pm	P&H Centre	Click here for more info.
Public Swim	1:15pm	P&H Centre	Click here for more info.
Family Fun Cornhole	2:00pm	Hanover Legion	Contact Legion for more info April 19th

HANOVER HAPPENINGS

ON-GOING & SPECIAL EVENTS

Event	TIME	DATE	LOCATION	NOTES
Rotary Hanover Easter Egg Hunt	11:00am	April 4	Heritage Square	Contact Rotary for more info
Sponsored Swim	1:15pm	April 4	P&H Centre	Sponsored by the Hanover Legion Ladies Auxiliary
Poetry Workshop	5:30pm	April 8	Hanover Public Library	Contact Library for more info
Coffee With Randy Bross	11:00am	April 10	Hanover Public Library	Contact Library for more info
Ladies Auxiliary Luncheon	1:00pm	April 10	Hanover Legion	Contact Legion for more info
Grey Bruce Singers "Together We are Better"	See Notes	April 10 - 12	Hanover Civic Theatre	Click here for more info April 10 th 7:30pm April 11 th & 12 th 2:00pm
Poetry Open Mic Night	6:00pm	April 17	Hanover Public Library	Contact Library for more info
Earth Day Community Clean Up	6:00pm	April 22	P&H Centre	Click here for more info Sponsored by Hallman Motors
Hanover Community Players "Unnecessary Farce"	See Notes	April 24-26 April 30-May 3	Hanover Civic Theatre	Click here to visit the HCP webpage for more info
Earth Day Community Wide Yard Sale	8:00am	April 25	Hanover	Click here for more info Sponsored by Hallman Motors
Karaoke	7:00pm	April 25	Hanover Legion	Contact Legion for more info
Afternoon Dance	1:00pm	April 26	Hanover Legion	Contact Legion for more info

RECIPE OF THE MONTH



PREP TIME
15 MIN



COOK TIME
20-30
MINUTES



SERVINGS
8-16 SLICES

Ingredients

- 10 tablespoons (142g) unsalted butter
- 1 ¼ cups (250g) granulated sugar
- ¾ cup plus 2 tablespoons (75g) unsweetened cocoa powder, spooned and leveled
- 1 teaspoon vanilla extract
- ¼ teaspoon fine sea salt
- 2 large cold eggs
- ½ cup (65g) all-purpose flour, spooned and leveled
- ⅔ cup (80g) chopped walnuts, pecans, or chocolate chips, optional

Fudgy Brownies

Instructions

1. Preheat oven to 325°F (162°C). Line the bottom and sides of an 8-inch square baking pan with parchment paper.
2. Add butter to a medium saucepan cooking until the butter melts completely, then turn off the heat.
3. While the butter is hot, stir in the sugar, cocoa powder, vanilla, and salt. Stir well until blended.
4. Set the saucepan aside to cool until the mixture is warm, not hot, 5 to 10 minutes.
5. Add the cold eggs, one at a time, stirring vigorously after each egg.
6. When the batter looks thick and well blended, add the flour. Use a spoon to beat the flour into the batter until it is very thick and pulls away from the sides of the bowl.
7. Add optional mix-ins: If using, stir in nuts or chocolate chips (optional).
8. Bake for 20 to 30 minutes, or until the edges look set and the middle is slightly underbaked.
9. Let the brownies cool completely in the pan to ensure they set properly.



Recipe from: <https://www.inspiredtaste.net/24412/cocoa-brownies-recipe/>

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Age-Friendly
Hanover



THE PLACE TO BE

EARTH DAY In Hanover



APR
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COMMUNITY CLEAN UP | STUFF THE HALLMAN TRUCK! 6:00PM | P&H CENTRE

Help tidy our town and fill a Hallman Motors truck with litter from around the community.

Meet at the P&H Centre by 6:00pm for instructions, supplies and location assignment.

PIZZA & REFRESHMENTS PROVIDED FOR VOLUNTEERS.

Hallman
Certified Service



APR
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ZERO WASTE CHALLENGE

Residents are encouraged to spend the day limiting their waste footprint by reducing, reusing and recycling. Small changes such as turning the water off when brushing teeth, not using single use plastics in lunches & using reusable water bottles can make a big difference.

APR
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COMMUNITY WIDE YARD SALE

Give your household goods a second life and get an early start on garage sale season by participating in the Community Wide Yard Sale for Earth Day. Locations registered by April 20th will be added to a community yard sale map available for download at hanover.ca.

To register visit: <https://forms.office.com/r/QAzJhbyU0u>

SENIOR DISCOUNTS IN HANOVER

MONDAY

- Giant Tiger- 10% OFF (1st Monday of the Month)

TUESDAY

- M&M Food Market - 10% OFF
- Rona- 10% OFF select items (1st Tuesday of the month)
- Ashanti Coffee 20% OFF
- Rexall- 20% OFF (Must have Be-Well card)
- Shannon IDA- 20% OFF
- Paramount Theatre- 20% OFF Adult Tickets
- Queen's Bush Pub- 15% OFF Food
- Hafermehl Jewellers - 13% OFF
- The Giddy Goblin- 10% OFF
- T's Beauty Shop- 10% OFF Shellac Manicures
- KC Beauty- 10% OFF Facials & Shellac Pedicures
- Teenie Tiny Tots- 10% OFF Clothing
- Becker Shoes- 10% OFF (Last Tuesday of the Month)
- First Choice Haircuts- 10% OFF

WEDNESDAY

- Home Hardware- 10% OFF
- Foodland- 10% OFF
- First Choice Haircuts- 10% OFF

THURSDAY

- Shoppers Drug Mart- 20% OFF
- Pharmasave - 20% OFF
- Pet Value- 10% OFF
(Last Thursday of the Month)



- Discounts for ages 55+
- Discounts for ages 60+
- Discounts for ages 65+

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COMMUNITY CONTACTS

ALZHEIMER SOCIETY GREY BRUCE
519.376.7230
ALZHEIMER.CA/GREYBRUCE/EN

CANADIAN CANCER SOCIETY
1.800.430.6228
WWW.CANCER.CA/EN

CMHA- GREY BRUCE
519.364.4350
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FAITHDESBORO@GMAIL.COM

GRACE UNITED CHURCH
519.364.3550
GRACEUC@WIGHTMAN.CA

GREY BRUCE PUBLIC HEALTH UNIT
1.800.263.3456
PUBLICHEALTHGREYBRUCE.ON.CA

GREY BRUCE SINGERS
519.392.8351
WWW.GREYBRUCESINGERS.CA

HANOVER AREA PROBUS CLUB
PRES@HAPC.CA
WWW.HAPC.CA

HANOVER CURLING CLUB
519.378.8617
WWW.HANOVERCURLINGCLUB.COM

HANOVER COMMUNITY PLAYERS
519.506.6902
HANOVERCOMMUNITYPLAYERS.CA

HANOVER HORSESHOE LEAGUE
519.506.4348
HANOVERHORSESHOEFACEBOOK

HANOVER FAMILY HEALTH TEAM
519.506.4348
WWW.HANOVERFHT.CA

HANOVER LAWN BOWLING CLUB
BOB FARROW | PRESIDENT
HANOVERLAWNBOWLING.COM

HANOVER PUBLIC LIBRARY
519.364.1420
WWW.HANOVERLIBRARY.CA

HANOVER ROTARY
HEATHER CURRAN | PRESIDENT
WWW.ROTARYOFHANOVER.CA

HANOVER ROYAL CANADIAN LEGION
519.364.1130
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HERITAGE COMMITTEE
519.364.4810
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519.364.1973
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WWW.HCSSGREYBRUCE.COM

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HANOVERHOSPITAL.ON.CA

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SAUGEEN FIELD NATURALISTS
519.364.9924
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WALT BERRY | 519.887.3732
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519.379.8108
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