

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 3rd 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.

JOIN OUR MAILING LIST!

Are you interested in receiving news updates on Age-Friendly information, including this newsletter directly to your inbox? Subscribe to the Hanover Age-Friendly mailing list by clicking this link

<http://eepurl.com/jDytRw> or by visiting the Age-Friendly webpage and selecting the subscription button at the bottom of the webpage.

www.hanover.ca/our-community/age-friendly-hanover.



WORLD ELDER ABUSE
AWARENESS DAY

June 15, 2026

#BeBold
#AgeWithAttitude
#WEAAD2026



Be Bold : Age with Attitude

JUNE

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EMERGENCY PREPAREDNESS

Emergency preparedness starts with you
be prepared

Build a 72-Hour Kit



- ✓ Customize your kit
- ✓ Pack for 3 days
- ✓ Refresh twice a year

For more information and tips, visit the Town of Hanover website and follow us on social media.



hanover.ca/emergency-preparedness



Flashlight



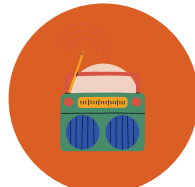
Candles/Matches



Blankets & Sleeping Bag



Cards/Games



Crank Radio



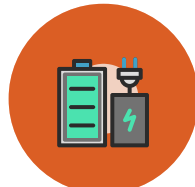
Extra Car Key



Personal Items



Whistle



Batteries & Chargers



Documents



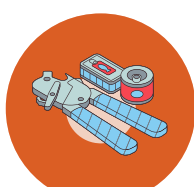
Medications



Cash



Non-Perishable Food



Can Opener



First Aid Kit



Clothing



Baby Supplies



Water



Pet Supplies



Multi-Tool



Lantern



Disposable Cutlery

GREY COUNTY AGE-FRIENDLY



Creating Welcoming Spaces for All Ages

Local businesses help shape welcoming communities, and Age-Friendly features can also help a business stand out. Becoming an Age-Friendly business does not have to mean big renovations or complicated changes. Small, thoughtful steps can help customers and staff feel comfortable, respected, and supported.

An Age-Friendly business considers the needs of older adults, people living with dementia, people with disabilities or injuries, and families with young children. It recognizes that everyone uses spaces differently. Simple changes can make it easier for people to move around, take part, and feel included. These efforts can help build customer trust, encourage repeat visits, support staff, and strengthen a business's reputation in the community.

Helpful changes can include keeping entrances and aisles clear, making sure walkways are wide enough for walkers, wheelchairs, and strollers, offering sturdy seating, using clear signs with strong contrast, and reducing noise, scents, and clutter. Kind customer service matters too. Staff communicate clearly, show patience, and offer support in a respectful and welcoming way. These small touches can help people feel confident returning and recommending your business to others.

June is Seniors Month, making it a great time to show customers your business is welcoming, thoughtful, and ready to serve people of all ages.

- Take a fresh look at your space from the point of view of someone with mobility, vision, or hearing challenges, or a parent with young children.
- Visit grey.ca/agefriendlybusiness for simple, low-cost ideas that can help your business be more Age-Friendly
- Choose one Age-Friendly change to try this June and show your customers that everyone is welcome.

Small changes can make a big difference. When businesses create more inclusive spaces, they show customers they care and help build communities where people of all ages feel welcome, respected, and supported.

By: Age-Friendly Communities Committee, Grey County

HERITAGE MOMENTS

The Park Written by Al Morrow

The Hanover Park was a magic place for kids, at least, it seemed that way for me. We lived in the southwest corner of town and the park was located in the northwest corner, so it wasn't often that I would get to play in the park. As a very young child, I remember going down to the park on Sunday evenings to hear the Hanover Band play at the band shell. This occurred frequently during the summer months. In those days (1950s), you could drive right into the park and people would position their vehicles in a circle around the bandstand. I recall being with my family and we would sit in lawn chairs outside of the car or inside the car with the windows rolled all the way down. When the band finished a selection, the crowd would clap their hands or honk their horns depending where they were situated.

I can still hear the sounds and picture the scene even after 70 years. It was such a pleasant, summer event. The last rays of the sun would slant their golden beams down into the park and eventually as the dusk deepened, the lights in the bandstand would come on and the town band would look splendid in their gray / blue uniforms as the light would reflect off of their shiny brass instruments. The bandmaster this time was generally Mr. Harry Mann who was in charge of the Senior Band. The other leader who was more familiar to myself was Mr. Robert Esser. He was in charge of the Junior Band and I spent many years going off to band practice every Monday night or Saturday morning. On these Sunday evenings, Mr. Mann took his place as conductor while Mr. Esser sat in the front row with his piccolo.

The Hanover Park, as I mentioned, was an attraction for kids. There were swings and slides and sandboxes and a ball diamond for those more into team sports. A water fountain and picnic tables in the shade offered relief on a hot day. The slides were fairly tall and one of them had a shiny metal surface, while the other slide was as tall, but had a wooden surface and was much slower and more suited to children with a more timid nature. The park was dotted with many trees, but I particularly recall the ancient willows and the cedars, a few of which still stand today. They provided cool shade and relief from the blazing sun.

As a young boy of eight or nine years of age, I often attended "day camp" in the park. This you could sign up for in two week sessions and it sure helped to pass some of those long summer days. There were games and sports, but I was more inclined to the artistic activities. At lunch time, we would gather around the picnic tables with our pails. Mr. Harold Fleet or Mr. John Harvey would eventually arrive with the milk wagon and horse and you could choose a bottle of milk – either white or chocolate. The chocolate milk from the Hanover Dairy Co-op was simply the best. The Hanover Park still exists today and I'm sure many generations since the 1950s have had their own good times. The memories I have of the Hanover Park remain the most vivid and some of the fondest of my recollections.



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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
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
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

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

SATURDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	6:00am	P&H Centre	Click here for more info.
Make & Mingle	1:00pm	Hanover Public Library	Contact library for more info 1 st & 3 rd sat of the month
Stitch 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 13 th and 27 th
Karaoke with Stubby D	7pm	Hanover Legion	Contact Legion for more info 27 th

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.

HANOVER HAPPENINGS

ON-GOING & SPECIAL EVENTS

Event	TIME	DATE	LOCATION	NOTES
Big Funny Comedy	7:00-8:30pm	June 4th	Hanover Civic Theatre	Click here to view tickets from eventbrite
Hanover Lion's Club Fishing Derby	8:00am-12:00pm	June 6th	Trout Pond	Click here for more information
5th Hanover Scouts Bottle Drive & BBQ	10:00am-2:00pm	June 6th	Elephant Thoughts	Click here for more info
Decoration Day	2:00pm	June 7th	Hanover Cemetery	Contact the Legion for more information
Ladies Auxiliary Luncheon	11:30am-1:00pm	June 12th	Hanover Legion	Click here for more information
Music in the Square He Said She Said	11:00am-1:00pm	June 13th	Heritage Square	Click here for more information
Fraud, Scams and Elder Abuse	10:30am	June 15th	Hanover Public Library	Visit Hanover Public Library webpage
SALC Lunch & Social	12:30pm	June 18th	P&H Centre	Pre-Registration is required. Click here to register
Cher Believe The Songbook	7:00pm	June 19th	Hanover Civic Theatre	Click here for more information
Hanover Lion's Duck Race & Car Show	9:00am	June 21st	Hanover Town Park	Click here for more information
Bone Health and Osteoporosis	10:30am	June 25th	Hanover Civic Centre	Visit Hanover Public Library webpage
Music in the Square New Resident Event	11:00am-1:00pm	June 27th	Heritage Square	Click here for more information
Afternoon Dance	1pm- 4pm	June 28th	Hanover Legion	Click here for more information

RECIPE OF THE MONTH



PREP TIME
20 MINS



COOK TIME
15 MINUTES

Ingredients

For the Cookies

- 2 ¼ cups flour
- 1 teaspoon baking powder
- 1 cup butter (softened)
- 1 ¼ cups sugar
- 1 egg
- 1 teaspoon vanilla extract

For the Lemon Curd Filling

- 1 cup sugar
- 2 whole eggs and 2 yolks
- ¾ cup lemon juice

For the Topping:

- Lemon zest from 1 lemon
- 2 tablespoons powdered sugar (for garnish)

Nancy's Mouth Watering Lemon Bar Cookie Cups

Instructions

Cookie Cups

1. Start by mixing flour, baking soda, and baking powder.
2. Cream the butter with sugar until fluffy, then add the egg and vanilla.
3. Combine with dry ingredients to form dough.
4. Shape dough into balls, place in a mini muffin tin.
5. Bake until golden. (Approx 12-15 minutes at 350 degrees)
6. Immediately press the center to form cups and allow to cool.

Make the Lemon Curd

1. In sauce pan on medium heat.
2. Cream butter and sugar, whisk in eggs and lemon juice.
3. Cook while stirring consistently until thickened.

Assemble:

1. Fill each cookie cup with lemon curd, chill, then top with lemon zest and powdered sugar.



COMMUNITY CONTACTS

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WWW.CANCER.CA/EN

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