

NEWSLETTER

SEPTEMBER 2026
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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 6th edition of our monthly newsletter "Hanover Age-Friendly Connections". This new initiative is supported by the Ontario Government, Ministry for Seniors 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](#), or by visiting the Age-Friendly webpage and selecting the subscription button at the bottom of the webpage. Hanover.ca

BEFORE YOU ADD SOMEONE TO YOUR HOME'S TITLE...

Thinking about changing your home's ownership? Learn about the potential legal and financial risks before making a decision.

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FALL PROGRAMS ARE HERE!

Registration is now open, and many programs begin this September. Discover new opportunities to stay active, get creative, and connect with others.

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SEPTEMBER

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THINK CAREFULLY BEFORE CHANGING YOUR HOME'S OWNERSHIP

By the Grey-Bruce Community Legal Clinic

Many older adults consider adding a child or family member to the title of their home so it can be passed on more easily after they are gone. While this can have potential tax benefits, it's important to understand the legal and financial risks before making this decision.

As a lawyer with the Grey-Bruce Community Legal Clinic and Chair of the Grey Bruce Elder Abuse Prevention Network, I have seen many situations where seniors unintentionally put themselves at risk by changing the ownership of their homes.



Two important risks to consider:

You could lose your home because of someone else's debt.

If a person listed on the title develops financial problems, their creditors may be able to force the sale of the home to recover what they are owed—even if you still live there.

You may lose control over decisions about your home.

Once another person becomes a legal owner, they have equal rights regarding the property. This can affect decisions about selling, renovating, or even who lives in the home.

Many seniors believe this would never happen within their own family. Unfortunately, life circumstances can change unexpectedly. Financial hardship, relationship changes, or other challenges can lead to situations no one anticipated.

Before adding anyone to the title of your home, take time to understand both the benefits and the risks. Consider seeking independent legal advice to ensure you are making the decision that is right for you.

Learn More

If you have questions about legal issues affecting older adults, contact the Grey-Bruce Community Legal Clinic or [visit their website](#) to learn more about the services and resources available.

Know Before You Sign

Before adding someone to the title of your home, ask yourself:

- Have I received independent legal advice?
- Do I understand the risks as well as the benefits?
- Am I making this decision because I want to, or because I feel pressured?
- Have I discussed other estate planning options with a lawyer?

Taking the time to ask these questions can help protect your home and your future.

FIND YOUR FALL FAVOURITE

Discover a Program This Fall

Whether you're looking to stay active, explore a new hobby, or connect with others, the Town of Hanover offers a wide variety of programs for adults this fall. Here are just a few opportunities to help you stay healthy, active, and engaged.

Stay Active

- **Walk & Talk (FREE)**
 - Enjoy a relaxed walk, friendly conversation, and light refreshments while staying active at your own pace.
- **55+ Gentle Fitness (FREE)**
 - Improve your balance, strength, and coordination in a welcoming class designed specifically for older adults.
- **POUND Fitness (FREE)**
 - Move to the rhythm with this energetic full-body workout using lightly weighted drumsticks.

Get Creative

- **Guided Acrylic Painting | \$40.00 | Oct 6th | 6:00-8:00pm**

Whether you're a beginner or an experienced painter, create your own artwork while learning new techniques in a supportive environment.

- **Build Strength & Balance**

Choose from a variety of fitness classes including:

- Beginner Pilates
- Chair Yoga
- Standing Yoga

These classes are designed to improve strength, flexibility, balance, and overall well-being.

Stay Connected

- **Lunch & Social (FREE)**
 - Enjoy a delicious meal, great conversation, and fun activities each month.
- **Carpet Bowling (FREE)**
 - A Hanover favourite! This long-standing social program is now FREE thanks to Senior Active Living Centre (SALC) funding.
- **Huff N' Puff Hockey**
 - Enjoy recreational, non-contact hockey with an emphasis on fun, fitness, and friendship.

Ready to Get Started?

The **Parks, Recreation & Culture Community Guide – Fall 2026 & Winter 2027** is now available.

Pick up a copy of the Community Guide at the P&H Centre or visit the [Recreation Programs webpage](#) to explore the full lineup and register.



HERITAGE MOMENTS

The River by Al Morrow



The Saugeen River has always been at the heart of Hanover's history. It shaped the community not only as a source of power for early settlers, but also as a place where families gathered to fish, swim, skate, boat, and simply enjoy the outdoors.

When I was a boy in the 1950s, the river was our playground. Long before there were arenas, swimming pools, and recreation centres, we spent countless summer days exploring its banks, fishing its waters, and wading through its shallows. We knew every bend of the river from the highway west of town to the cemetery, and it became part of who we were.

One of my earliest memories is fishing with my older brother from an old dock just south of the Walkerton highway. Armed with nothing more than a wooden fishing pole, I felt a sudden tug on my line and watched a beautiful rainbow trout leap from the water before it quickly escaped. I couldn't have been more than seven or eight years old, but I've never forgotten that moment.

The river was full of adventures. My friends and I caught frogs along the shoreline, searched for fish from the old cattle bridge, and even found an abandoned rowboat one afternoon. We climbed in to test it, only to discover it leaked. We paddled frantically to shore just before the boat disappeared beneath the water. Looking back, it probably wasn't our wisest decision, but it certainly became one of those childhood stories that stayed with me.

One landmark I remember well was the old cattle bridge at the end of 7th Street. Farmers used it to move cattle onto the island to graze, while local children gathered there to fish. Although the bridge disappeared many years ago, it remains an important part of Hanover's history and my own memories of growing up beside the Saugeen.

Today, much has changed. The river is quieter, and fewer people experience it the way we once did. Yet it still holds the same peaceful beauty. I continue to visit my favourite bench along the river whenever I can, and each visit reminds me why the Saugeen will always feel like home.

HANOVER HAPPENINGS

MONDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	6:00am & 11:30am	P&H Centre	Click here for more info.
Aquafit	8:15am & 5:45pm	P&H Centre	Click here for more info.
Adult/Senior Swim	10:15am & 2:30pm	P&H Centre	Click here for more info.
VON- Parkinson's	1:00pm	Grace United	Contact church for more info
Euchre	1:30pm	Hanover Legion	Contact Legion for more info

TUESDAYS

PROGRAM	TIME	LOCATION	NOTES
Lane Swim	6:00am, 11:30am, & 8:30pm	P&H Centre	Click here for more info.
Adult/Senior Swim	10:15am	P&H Centre	Click here for more info.
Aquafit	2:30pm	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
Cards	1:30pm	Holy Family Parish	Contact church for more info
Chess	4:00pm	Hanover Public Library	Contact library for more info

EVERY STEP COUNTS

Walking is one of the easiest ways to improve your health. Just 30 minutes of walking can help improve heart health, strengthen muscles, boost your mood, and support better balance.

Looking for a walking partner? [Join our FREE Walk & Talk program every Wednesday morning.](#) Enjoy a relaxed walk around the P&H Centre walking track, friendly conversation, and light refreshments while staying active with others.



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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.
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.
Adult/Senior Swim	10:15am	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	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

TECH TIP OF THE MONTH

Back Up Your Photos

Your photos capture precious memories. Make sure they're protected by backing them up regularly to a cloud service or an external hard drive.

A simple backup can help prevent losing photos if your phone or computer is lost, damaged, or replaced.



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.
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 Sat. of the month
Eat Well Farmers Market	9am - 1pm	Hanover Town Square	Click here for more info.



Fall in Hanover

Can you find all the hidden words?
They may appear forwards,
backwards, vertically, or diagonally

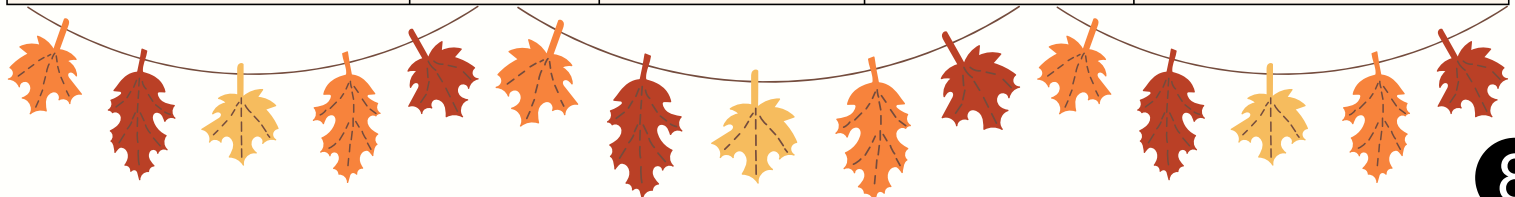
- Hanover
- Autumn
- Harvest
- Walk
- Library
- Programs
- Pumpkin
- Soup
- Apples
- Friends
- Wellness
- Maple
- Community
- Fitness
- September



HANOVER HAPPENINGS

ON-GOING & SPECIAL EVENTS

Event	TIME	DATE	LOCATION	NOTES
Alzheimer Society & Hanover Family Health Team Coffee Break	10:30am-1pm	September 8th	P&H Centre	Click here for more info.
Hanover Legion Ladies Auxiliary Lunch Fundraiser	11:30am-1pm	September 11th	Hanover Legion	Click here for more info.
Comedian Hypnotist Show & Dinner	5pm-9pm	September 12th	Hanover Legion	Click here for more info.
Hanover & District Horticultural Society Plant Sale	8am-12pm	September 12th	Hanover Legion Parking Lot	Click here for more info.
Hanover Trading Card Toy & Collectibles Show	10am-3pm	September 13th	The Carriage House Event Centre	Click here for more info.
Hanover Market in The Square	10am-3pm	September 19th	Heritage Square	Click here for more info.
ABBAMANIA MAMMA MIA	7pm	September 25th	Hanover Civic Theater	Click here for more info.
Buddy Check Coffee Break	10am	September 28th	Hanover Legion	Contact Legion for more info



 **PREP TIME**
20 MINUTES

 **COOK TIME**
1 HR 10 MINS

 **SERVINGS**
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Ingredients

- 1 small butternut squash, halved lengthwise and seeded
- 1½ tsp olive oil
- 1 tbsp butter
- 1 onion, chopped
- 1¼ cups hot vegetable broth (plus more if needed)
- 1½-inch piece fresh ginger, peeled and coarsely chopped
- ¼ tsp curry powder
- ¼ tsp ground cumin
- Salt and freshly ground black pepper, to taste
- ¼ cup heavy whipping cream
- 1½ tsp white sugar
- ⅛ tsp cider vinegar
- Pinch of cayenne pepper

RECIPE OF THE MONTH

Roasted Butternut Squash Soup

A creamy, comforting soup that's perfect for crisp autumn days. Roasting the squash brings out its natural sweetness, while fresh ginger adds a warm, cozy flavour.

Instructions

1. Preheat oven to 350°F (175°C).
2. Brush the squash with olive oil and roast cut-side down for about 40 minutes, until tender.
3. Sauté the onion in butter until softened.
4. Add the roasted squash, vegetable broth, ginger, curry powder, cumin, salt, and pepper. Simmer for 15 minutes.
5. Blend until smooth. Stir in the cream, sugar, cider vinegar, and cayenne pepper. Adjust seasoning and broth to reach your desired consistency.

Cook's Note

If you love ginger, cut ginger into small pieces and blend with the soup. If you prefer to have just a taste, slice ginger and remove it before blending.

Healthy Tip

Butternut squash is naturally rich in vitamin A, which supports healthy vision and immune function. It also provides fibre to help keep you feeling full and satisfied.



[FULL RECIPE CAN BE FOUND HERE](#)

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COMMUNITY CONTACTS

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ALZHEIMER.CA/GREYBRUCE/EN

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HANOVERHORSESHOEFACEBOOK

HANOVER FAMILY HEALTH TEAM
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