

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 8th 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

WELCOMING NOVEMBER

As the days grow shorter and cooler weather settles in, November is a time to slow down, stay connected and prepare for the season ahead. This month, we're sharing helpful information about fall prevention, opportunities to stay active and connected, and plenty of ways to enjoy our community as we transition into winter. Grab a warm drink, get comfortable and enjoy this month's edition of Active Aging News!

NOVEMBER

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Age-Friendly Hanover · Hanover Ontario, Canada · Ontario

STAYING CONNECTED AS THE DAYS GET COLDER

A little connection can make a big difference

As the weather gets colder and we begin spending more time indoors, our usual routines can change. Walks may become less frequent, getting around can become more difficult, and there may simply be fewer opportunities to see other people.

Maintaining meaningful connections is an important part of healthy aging. Staying connected to family, friends and the community can provide support through life's changes and help reduce feelings of loneliness and isolation. Government of Canada

Make Connection Part of Your Routine

You don't need a packed social calendar. Small, regular connections count. Call a friend, meet someone for coffee, attend a community program, visit the library or make plans with family.

Get Involved

Volunteering is another way to stay connected while contributing to your community. You could also join an exercise class, return to a favourite hobby or try something completely new. Government of Canada

Pick Up the Phone

Can't get out? Connection doesn't always have to happen in person. Phone calls and technology can help you keep in touch when weather, transportation or mobility makes getting together more difficult. Government of Canada

Check In on Someone Else

Connection works both ways. Think about a friend, neighbour or family member you haven't heard from lately. A quick phone call or invitation for coffee may mean more than you realize.

Need Someone to Talk To?

A Friendly Voice is a free, confidential telephone line for Ontarians 55+ who would simply like to chat with a friendly person. Ontario currently lists the service as available toll-free at 1-855-892-9992. Ontario

Beat the November Blahs

Shorter days and cooler weather can make November feel a little quieter. Give yourself something to look forward to!

- □ **Call a friend**
- □ **Go for a walk**
- □ **Visit the library**
- □ **Try something new**
- □ **Meet someone for coffee**
- □ **Attend a community program**
- □ **Start a puzzle or new book**
- □ **Plan something fun for the week**



SIMPLE STEPS TO REDUCE YOUR RISK OF FALLING

By Kaela Sales, Health Promoter with Grey Bruce Public Health

As slippery winter weather approaches, November is a great time to make small changes that can improve your balance and help reduce the risk of a fall-related injury. Here are some ways to stay safer at home and in the community.

Keep Moving & Eat Well
Aim for 150 minutes of moderate to vigorous physical activity each week, broken into smaller amounts throughout the week if needed. Choose activities you enjoy, such as walking, hiking, biking, yoga or pickleball.

Make water your drink of choice and aim for balanced meals that include a variety of foods.

Make Your Home Safer
About half of falls happen in the bathroom or on the stairs. Keep these areas free of clutter, clean up spills, use night lights and choose rubber-backed mats.

Throughout your home, keep light switches easy to reach, tuck wires safely behind furniture and leave enough space to move comfortably, especially when using a mobility aid.

Choose the Right Footwear
Wear well-fitting shoes with good ankle support and grip. Walkers, wheelchairs and other mobility aids should be properly fitted and used according to the manufacturer's instructions.

Review Medications, Vision & Hearing
Take medications as prescribed and consider asking your doctor or pharmacist to review your medications, vitamins, supplements and over-the-counter products.
Have your eyes and ears checked annually to monitor changes. Alcohol and cannabis may cause unsteadiness, interact with medications and increase the risk of falling.

Take Your Time Outdoors
Rushing can increase your risk of a fall. Slow down, watch for hazards and report things such as fallen branches or uneven sidewalks when you see them in the community.

When Should You Ask for Help?
Consider seeking professional advice if:

- You have fallen before
- You would like a home safety assessment
- You would like a referral to occupational or physical therapy

Want to Learn More?
The locally created Staying on Your Feet Guide can help you identify fall risk factors, learn ways to prevent falls and connect with local resources.

Source: Article by Kaela Sales, Grey Bruce Public Health. Fall statistic referenced from the Public Health Agency of Canada, Seniors' Falls in Canada: Second Report (2014).

HERITAGE MOMENTS

The Mosquito Bomber By Al Morrow

Many and varied are the stories and memories our older citizens have of the last war. At this time of year, these memories are stirred and awakened. On November 11, we remember the young lives lost during the wars and the surviving veterans whose ranks, sadly, are almost now depleted. Hanover has its own unique connection to the Second World War.

Throughout the war, wings for the famous de Havilland Mosquito bomber were manufactured in the east plant of the Knechtel factory complex. The Knechtel family was determined to find a way to support the war effort, and production of Mosquito parts began in September 1942 and continued until August 1945.

Known affectionately as the “Mossie” by those who flew it, the Mosquito was a wooden aircraft constructed using spruce and plywood with alternating layers of birch and balsa wood. Powered by two Rolls-Royce Merlin 12-cylinder engines, its speed could match that of the fastest enemy fighters. The aircraft could fly low to evade radar, following river channels and even flying beneath larger bridges. Producing an aircraft through the woodworking industry also helped relieve pressure on other wartime manufacturing facilities. By the end of the war, Canada had produced approximately 500 Mosquito bombers.

Near the end of the war in 1945, a Mosquito and its crew visited Hanover. The visit paid tribute to the local workers who had tirelessly assembled the wings for three years while also encouraging the sale of war bonds.

The aircraft, known as “F for Freddie,” was travelling across Canada with a two-man crew, one Australian and one Canadian, who had successfully flown 50 missions.

Hanover resident Bob Bohnert remembered the visit from when he was a 12-year-old boy standing in the schoolyard. The Mosquito came in low from the east and flew directly over Holy Family School before banking over the old high school and travelling down the main street.

For Bob, it was a brief but exciting glimpse of the aircraft that workers in his own community had helped to manufacture.

This month, as we once again don our poppies, let us remember those who served overseas, including those who never came home. Let us also remember those who kept the home fires burning and the workers who spent long hours in factories helping to bring an end to a terrible conflict.

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 Skate	10:00am	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
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	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.
Carpet Bowling	1:00pm	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

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.
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 Skate	4:00pm	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

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
Huff n Puff Hockey	65+ 2:15pm 50+ 3:30pm	P&H Centre	Click here 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 1st & 3rd Sat. of the month
Stitch and Sip	1:00pm	Hanover Public Library	Contact library for more info 2nd & 4th Sat. of the month

TAKE TIME TO ENJOY THE SEASON

November may bring cooler temperatures and shorter days, but there is still plenty to enjoy. Take in the last of the fall colours, curl up with a good book, connect with someone you haven't seen in a while, or simply enjoy a quiet cup of coffee. Sometimes the little things are the best part of the season.



HANOVER HAPPENINGS

ON-GOING & SPECIAL EVENTS

Event	TIME	DATE	LOCATION	NOTES
Remembrance Service	10:15 am	Nov. 4	The Village	
Big Funny Comedy	7:00–8:30 pm	Nov. 5	The Queens Bush Pub	Click Here For More Info
Line Dancing Social Night	7:00–11:30 pm	Nov. 7	Hanover Legion	Click Here For More Info
Remembrance Service	11:00 am	Nov. 8	Salvation Army Church	
A Charlie Brown Christmas	3:00–6:00 pm	Nov. 8	Hanover Civic Theatre	Click Here For More Info
Remembrance Day Service	**10:30 am**	Nov. 11	Hanover Cenotaph	
“That Time of Year” Christmas Concert	Various	Nov. 12–15	Hanover Civic Theatre	Click Here For More Info
Luncheon	11:30 am–1:00 pm	Nov. 13	Hanover Legion	
Between the Lines	Various	Nov. 27-29	Hanover Civic Theatre	Click Here For More Info
Sunday Afternoon Dance	1:00–4:00 pm	1:00–4:00 pm	Hanover Legion	

LOOKING FOR MORE EVENTS?

There’s always more happening in Hanover! Visit the Town of Hanover Events Calendar for more upcoming events, activities and community updates.

ARE YOU READY FOR WINTER?

A little preparation now can make winter weather easier to manage.

Canadian winters can bring extreme cold, snow, freezing rain and power outages. Before winter arrives, take a few minutes to make sure your home, vehicle and emergency supplies are ready. Government of Canada

🏠 Around the Home

- Test your smoke and carbon monoxide alarms.
- Keep salt or ice melt handy for slippery walkways.
- Make sure shovels and snow-removal supplies are easy to reach.
- Check doors and windows for drafts.
- Arrange snow removal ahead of time if you need assistance. Ontario

🔦 Check Your Emergency Supplies

Households should be prepared to manage for at least 72 hours during an emergency. Keep essentials somewhere easy to reach, including:

- Water and non-perishable food
- Flashlight and extra batteries
- First-aid kit
- Medications and a medication list
- Phone charger or power bank
- Warm clothing and blankets
- Battery-powered or wind-up radio
- Emergency contact information Government of Canada

🚗 Don't Forget the Car

Winterize your vehicle and keep an emergency kit inside. Ontario recommends items such as a blanket, warm clothing, flashlight, shovel, jumper cables, traction mats or sand, food, water and a portable phone charger. Ontario

❤️ Be a Winter Neighbour

When extreme cold or winter storms are expected, check in with older relatives, friends and neighbours to make sure they are warm and have enough food, medications and other supplies. Government of Canada

Learn More:
Government of Canada: Get Prepared

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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GREY BRUCE PUBLIC HEALTH UNIT
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PUBLICHEALTHGREYBRUCE.ON.CA

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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
HANOVER HORSESHOE FACEBOOK

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
HANOVERLEGION@WIGHTMAN.CA

HERITAGE COMMITTEE
519.364.4810
HANOVER.CA/HISTORY-HERITAGE

HOLY FAMILY CATHOLIC CHURCH
519.364.1973
INFO@HOLYFAMILY.CA

HCSS GREY BRUCE
519.372.2091
WWW.HCSSGREYBRUCE.COM

HOPE COMMUNITY CHURCH
519.364.5668
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HOSPITAL AUXILIARY
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HANOVERHOSPITAL.ON.CA

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YOURHANOVERLIONS.CA
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519.364.9924
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