

NEWS FROM

AGE
FRIENDLY
BRANDON**LET NO ONE BE ALONE WEEK: MAY 5 TO 9**

Brandon Seniors for Seniors Co-op Inc. is hosting a week of special events to mark Let No One Be Alone Week—a time to focus on connection, kindness, and community. In our busy lives, it's easy to overlook how much a simple moment with others can mean. A shared meal, a short conversation, or a small act of kindness can go a long way. This week reminds us to check in, reach out, and be there for one another. Loneliness isn't always obvious. It can hide behind full calendars, closed doors, or quiet silence. That's why this week matters—it's about making sure no one feels forgotten.



Seniors for Seniors encourages you to stop by, join an event, or invite someone to come along. Even the smallest gesture can make a big difference. When we connect with others, we're not just easing loneliness—we're building a more caring, supportive community. Check out the special events being held throughout the week!

Foot Care Clinic – May 5

Book your appointment and treat your feet!

45 minute appointments are available starting at 9 am.

Kindness Rock Painting – May 6

10:00–11:30 AM

Get creative and spread positivity by painting uplifting messages on kindness rocks.

Breakfast Club – May 7

8:30–10:00 AM (Don Glen Room)

Bring a friend—or come make one! At \$8 per person, it's comfort food with a side of connection.

Wellness Tradeshow – May 7

9:30 AM–12:00 PM

Explore local resources, talk to friendly faces, and discover supports that help you stay well and engaged!

Friendship Tree – All Week Long

Stop by and add a heartfelt message to our Friendship Tree!

Mother's Day Tea – May 9

3:00–4:30 PM (Don Glen Hall)

Celebrate the women who hold our communities together! Tickets: \$25 (includes dainties, sandwiches, refreshments, and entertainment).

Contact Hannah at 204-717-9918 for more information or to register!

WALK FOR ALZHEIMER'S - WHO ARE YOU WALKING FOR?

Join the Alzheimer Society of Manitoba for the annual Brandon Walk for Alzheimer's on **May 29th**! Funds raised from the walk help support those living with dementia as well as their care partners. The 2025 Walk will kick off from the Brandon Riverbank Discovery Centre with check in starting at 5:00 pm. Participate as an individual, start a team, or join a team! For more information or to register visit: <https://alzheimer.mb.ca/>



Photo Credit: Alzheimer Society of Manitoba

STAY SUN-SAFE BRANDON!

May brings warmer weather and sunny days! As you start spending more times outdoors, it is important to be sun smart! May is Sun Awareness Month, a time dedicated to educating Canadians about the risks of sun exposure and the importance of protecting our skin. May 4th is "Check Your Skin Day," an initiative encouraging individuals to examine their skin for any new or changing spots. Early detection of skin abnormalities can lead to more effective treatment. If you notice any changes, consult a healthcare professional promptly.

Why Sun Awareness Matters

Approximately one-third of Canadians are expected to develop skin cancer in their lifetime. The risk increases with age due to cumulative sun exposure over the years.

Understanding the Risks

Ultraviolet (UV) radiation from the sun can damage skin cells, leading to premature aging and increasing the risk of skin cancer. UV rays are strongest between 11 a.m. and 3 p.m., but they can harm your skin even on cloudy days or during winter months.

Take Action:

- **Seek Shade:** Especially during peak sun hours.
- **Wear Protective Clothing:** Opt for long-sleeved shirts, pants, and wide-brimmed hats.
- **Use Sunscreen:** Apply a broad-spectrum sunscreen with SPF 30 or higher, and reapply every two hours.
- **Wear Sunglasses:** Protect your eyes from UV rays.



Embrace sun-safe habits and make skin checks a regular part of your routine! For more information on sun safety and skin cancer prevention, visit CancerCare Manitoba's Sun Safety Page at: <https://www.cancercare.mb.ca/screening/cancer-prevention/be-sun-safe>

UPCOMING EVENTS - MAY

3	Yard Sale	Brandon Seniors for Seniors 9:00 am to 2:00 pm
4	Mother's Day Wooden Flower Bouquet/Vase	A.R. McDiarmid Civic Services Complex 1:30 pm to 4:30 pm https://brandon.perfectmind.com
4	Brandon Community Orchestra Spring Concert	Western MB Centennial Auditorium Performance starts at 3:00 pm https://www.wmca.ca/events
7, 14, 21, 28	Mindfulness 101	Shoppers Mall Library 3:00 pm to 4:30 pm Call 204-727-6648 to sign up!
7, 14, 21, 28	Crochet - Cross Body Bag	A.R. McDiarmid Civic Services Complex 7:00 pm to 8:30 pm https://brandon.perfectmind.com
11	Mother's Day Trivia Night	The Eagle's Nest 5:00 pm to 7:00 pm https://brandon.perfectmind.com
13	Disc Golf	FREE drop-in activity, no experience necessary! Canada Games Park, 6:00 to 7:00 pm
13	Ageism Workshop	Join Age Friendly Brandon for a workshop on ageism in the workplace! 311 Park Avenue East 1:00 pm to 4:00 pm Call 204-717-9918 to register.
15	Duck Identification - Westman Naturalists	Starts at 7:00 pm Hybrid event - Zoom or in-person Sign up by clicking here or email westman.naturalists@gmail.com
24, 31	Farmer's Market	Brandon Riverbank Discovery Centre 9:00 am to 2:00 pm



VIRTUAL EVENTS

Living with Dementia-2
May 10
10 am to 11:45 am

The Emotional Impact of
Caregiving
May 27
2 pm to 3 pm

Register at
<https://alzheimer.mb.ca>

**Have an event you would
like to see in an upcoming
edition? Email:**
agefriendly@brandon.ca



PHONE EVENTS

Welcome to Senior
Centre Without Walls
May 14
10:00 am to 10:45 am

Biographies: Ann Murray
May 14
1:30 pm to 2:00 pm

Home exercises: Staying
on your feet
May 27
10 am to 11 am

For more phone sessions
and to register, contact
Seniors Centre Without
Walls at 1-888-333-3121

Downtown *Spring* COMMUNITY CLEAN-UP DAY

Calling all community volunteers to
help clean up our downtown!
RAIN OR SHINE

Sign up here:



Walk-ups
welcome!

Wed, May 7th
1:00-3:00 PM

PRINCESS
PARK

PRIZES

- Best Dressed Team
- Most Garbage
- Best Picture



For more info contact: 1 (204) 729-2120
housingandwellness@brandon.ca

REFRESHMENTS PROVIDED



We recognize and
appreciate the mothers
and caregivers who build
community through
everyday kindness and
care. You inspire
connection, resilience,
and age-friendly values in
every generation.



Follow us on Facebook @ Age Friendly Brandon
Visit our website: www.brandon.ca/agefriendly



Mark your calendar and come
join us for Seniors Day at the
Riverbank Discovery Centre
August 8 and 9, 2025. Watch
future editions for more details!



May 5-11, 2025 ▶ MentalHealthWeek.ca

There's more to me.



Open and honest
conversations connect us all.

#UnmaskingMentalHealth

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