

## WINTER 2025/26 NEWSLETTER

Contact - [info@WSLinfo.ca](mailto:info@WSLinfo.ca) ~ (613) 840-7211 ~ [www.WSLinfo.ca](http://www.WSLinfo.ca)



The funds raised for Westport Senior Living on January 31st will be used to support the Mission of Westport Senior Living. Our Mission could not be delivered without the support of our wonderful volunteers.

Westport Senior Living is committed to enhancing the quality of life for older adults in the Westport area. Our primary objectives are to foster independence and social connections, and provide learning opportunities, facilitate awareness of and access to beneficial services and resources. In 2025 we funded Connected Canadians workshops, Healthy Aging with Dr. Puxty, Grandpals and a variety of workshops.

WSL Board - Joan Barrett, Judy Fielding, Dr. John Puxty, Ken Rose, Betsy Smith, Bob Thompson, Jim Wallace, Gary Woodworth.

*Grandpals*



**GrandPals is a community-based intergenerational program that brings older adults and elementary school students together to build relationships through storytelling, conversation, and shared reflection.**

**We have six Westport seniors registered as Grandpals to begin at St. Edwards School in March to work with Grade 6/7/8 students as part of their English curriculum.**

*Share this Newsletter and information about events with a neighbour or friend*

### UPCOMING EVENTS

#### **Yoga Nidra**

**Mondays Jan 26 to Mar 2  
11:30-12:00** (Bring mat, pillow, blanket) North Crosby Hall

#### **Mindful Chair Yoga Laughter**

**Tuesdays Jan 27 to Mar 24  
9:30 am to 10:30**  
WTC Arena upstairs

**WSL Fundraiser The Cove Inn Sean McCullough & Henry Norwood (sponsored by Black Dog Inn) Jan 31 6:00 to 10:00**

Reservations: 613-273-3636 or email [THECOVEINWESTPORT@gmail.com](mailto:THECOVEINWESTPORT@gmail.com)  
\$20 cover but the dancing and fun are free!

#### **Caring for your feet – Interactive presentation Foot foundations**

**Juana Gramago RN  
Feb 3 – 1:30 to 3:30**  
WTC Arena upstairs

#### **Learn to use CHATGPT AI**

**Connected Canadians Feb 4  
1:30 – 2:30** WTC Arena upstairs

**Digital Banking/Finance presentation Connected Canadians Feb 11 1:30 – 2:30**

WTC Arena upstairs

#### **WSL EVENT VOLUNTEERS**

Ian Macdonald, Vivian Croll, Sue Greensmith, Patricia O'Rourke, Betsy Smith, Betty-Jo MacDougall, Judi Curry, Linda Hatfield, Joan Barrett, Carmel McCartney

**Digital Creator** – Judy Fielding, Cindy Macdonald

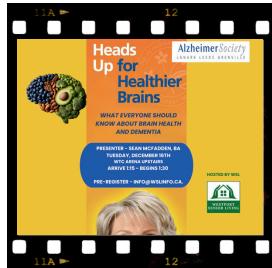
**Video/photos** – Marc Lattoni

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Above: Coffee group Baptist Church; What's Cooking Westport; WOW Walkers



**Sean McFadden from LLG Alzheimer's Society gave an excellent presentation at a WSL event on Brain Health. You will find this video, which was taped/edited by Marc Lattoni, on our WSL website under Events.**

### WSL Introduces Arts classes & Yoga Fitness

Westport Senior Living has introduced some fun art classes and fitness wellness along with their regular line up of events.

January is **Watercolour** painting, February **Alcohol Ink** and March will have a **Needle Felting** workshop.

**Mindful Chair Laughter Yoga** is a gentle 9-week self-care practice aimed at enhancing relaxation, mobility, strength, and emotional well-being. It helps calm the nervous system, reduce fatigue and anxiety, improve breathing, and alleviate pain. Each class concludes with laughter yoga to boost mood and support brain health.

**Yoga Nidra** Deep rest for body and mind. Yoga Nidra is a gentle, guided relaxation done lying down or seated comfortably. It helps calm the nervous system, reduce stress, improve sleep, and restore a sense of balance. No movement or experience needed—just relax and recharge.



WSL is delighted to have Sandy Prentice lead both of these yoga classes

### UPCOMING EVENTS

#### Alcohol Ink – Sue Villeneuve

**"WORKSHOP FILLED" Feb 18**

Set your creativity loose for an enchanting afternoon exploring the fabulous world of Alcohol Ink Art. WTC Arena upstairs

#### What's Cooking Westport –

**CRCHC Feb 24 10:00 – 1:00**

Learn new recipes and make new friends while you cook and share food. Must register in advance [thoward@crchc.on.ca](mailto:thoward@crchc.on.ca) North Crosby Hall

#### Retirement & Estate Planning,

**Amy Wickenden, Sunlife Advisor**

**Feb 26 1:30 – 3:30**

WTC Arena upstairs

#### WOW – Walkers of Westport every

**Thursday (weather permitting)**

**10:00 Meet in front of Knox Presbyterian Church**

#### COFFEE GROUP VOLUNTEERS:

Ed Humphrey, George Bluett, Betsy Smith, Betty-Jo MacDougall, Vivian Croll, Bob Thompson

