

# November

## **Strong Bones, Strong Body: Nutrition and Exercise for Lifelong Bone Health** **November 2, 10 - 11 a.m.**

Bone density and muscle strength naturally decline with age, but the risk of fractures and falls isn't inevitable. Discover how key nutrients, regular physical activity, and simple habits can reduce fall risk, enhance confidence, and promote healthy aging.

## **Communication and Dementia** **November 3, 1 - 2:30 p.m.**

Changes in memory, thinking, and attention can affect the way people communicate as they age, particularly for those living with dementia. Learn how dementia affects communication, and strategies to help build stronger connections and support positive interactions.

## **Men's Shed Association of BC: Information Session** **November 6, 1 - 2 p.m.**

Men's Sheds are welcoming community spaces where men come together to build friendships, share skills, support one another, and stay connected. Learn from local Men's Sheds reps, and discover how these community-driven groups are fostering friendship and purpose.

Scan the code or visit  
[eldercarefoundation.org/ywc](https://eldercarefoundation.org/ywc)  
to learn more about sessions.

Questions? email  
[events@eldercarefoundation.org](mailto:events@eldercarefoundation.org)



## **Age Well, Live Well: Safe Medication Use** **November 18, 1 - 3 p.m.**

This informative workshop explores how aging can impact medication use and offers practical guidance on working with your healthcare provider to ensure your medications remain safe, effective, and aligned with your current needs.

## **Navigating the Emergency Department** **November 24, 10 a.m. - noon**

This workshop will cover common reasons for seeking emergency care, alternatives when emergency services may not be needed, and practical tips to help you prepare for a visit and advocate for your healthcare needs.

## **Eating for the Season: Principles of Food Therapy in Chinese Medicine** **November 26, 1 - 3 p.m.**

Learn how the foundations and principles of Traditional Chinese Medicine (TCM) and food therapy can support the health and well-being of older adults, regardless of where you live or the cultural food traditions you follow.

## **Beyond the Surface: Bowel and Bladder Health, Skin Care and Product Choices** **November 27, 10 a.m. - noon**

Bowel and bladder changes are common as we age, but they don't have to limit your comfort, confidence, or independence. Through this session, you'll gain practical information to help make informed decisions, reduce complications, and encourage open conversations.

# December

## **Sleep, Memory, and Mood: Supporting Our Brains as We Age** **December 2, 9:30 - 10:30 a.m.**

in-person  
or online

Changes in sleep, memory, and mood are common as we age, but they're not something to simply accept. We'll explore practical, evidence-informed strategies to support brain health, improve sleep quality, enhance emotional well-being, and maintain cognitive function.

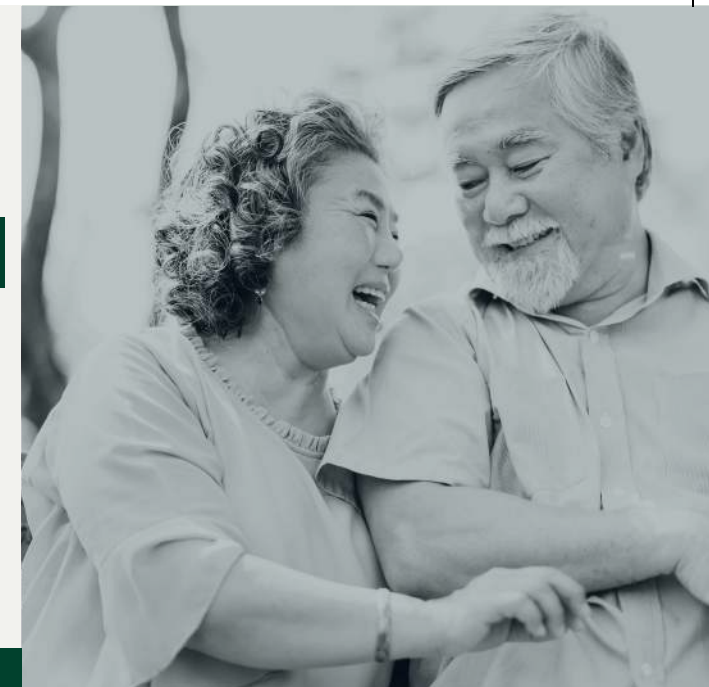
## **Share the joy! A two-part holiday extravaganza!**



**Celebrate the holiday season through creativity, connection, and giving.** Eldercare Foundation is hosting two creative sessions that invite older adults, caregivers, family members, friends, and community members to create hand-made holiday cards. We'll share these with residents in long-term care through Eldercare Foundation's Stocking Stuffers for Seniors program. Join one or join both! Materials, guidance & cookies are provided.

**A Holiday Card MAKING Gathering**  
**December 1, 10 a.m. - noon**  
With Miream Rabba, a Professional Art Therapist and Registered Therapeutic Counsellor (RTC).

**A Holiday Card WRITING Gathering**  
**December 3, 1 - 3 p.m.**  
Victoria Literacy Connection joins to share guidance on writing a card to brighten the spirits of a local resident.



# **Yakimovich** *Wellness* *Centre*



## **Seminar Schedule** **Fall 2026**

The Yakimovich Wellness Centre offers **free** education sessions for older adults, family caregivers and professionals in senior care, covering health, wellness, and future planning.



# September

## Computer Essentials: Choosing the Right Devices, Printers & Cloud Services

**September 11, 9:30 - 11 a.m.**

Cut through the confusion and make smart, confident choices about the technology you use every day. You'll learn the essentials of uploading and downloading, discover useful apps across platforms, and build practical skills for managing files, photos, and music with ease.

## Therapeutic Arts Group for Older Adults and Caregivers

**September 16, 10 a.m. - noon**

This therapeutic arts group offers older adults and caregivers a supportive, facilitated space to explore artmaking at their own pace. Come as you are, everyone is welcome, with or without prior art experience.

## Introduction to iPad/iPhone

**September 18, 9:30 - 11 a.m.**

Bought or received an iPad or iPhone and aren't quite sure what to do with it yet? This session gives you a relaxed, practical introduction to the basics so you can start using your device with confidence.

**Thanks to our donors, all sessions at Yakimovich Wellness Centre are FREE.**

## **NEW! Supporting Family Caregivers Through Burnout with Compassion & Resilience - a four-week series** **September 25, October 9, November 13** **December 11, from 9:30 - 11 a.m.**

*Each session includes a 90-minute group session, followed by optional pre-booked one-on-one support sessions for those who wish to explore their caregiving experiences in a confidential setting. Optional individual sessions can be booked between 11:15 a.m. - 1:30 p.m.*

Caring for an aging loved one can be a meaningful experience, but it can also lead to emotional, physical, and mental exhaustion. This series offers a supportive space to understand caregiver burnout, recognize its warning signs, and explore practical strategies for restoring balance.

**Email [events@eldercarefoundation.org](mailto:events@eldercarefoundation.org) to book an optional individual time slot. Limited space. Pre-registration required.**

# October

## Android Tablets & Phones

**October 2, 9:30 - 11 a.m.**

This friendly, hands-on session helps you move from frustration to confidence by showing you how to use your device with ease. You'll learn everyday essentials like texting and emailing, browsing the Internet, and customizing your setup so your device works the way you want it to.

## Communication and Aging

**October 6, 1 - 2 p.m.**

in-person  
or online

Changes in communication can occur as part of aging and may include difficulty finding words, hearing impairment, memory-related communication challenges, or difficulty following conversations. Understanding how communication and brain function are connected can help older adults maintain confidence, independence, and meaningful social connections.

## Vaginal, Urinary Health & Aging: Understanding Genitourinary Syndrome of Menopause (GSM)

**October 7, 9:30 - 10:30 a.m.**

in-person  
or online

Join this session to learn what Genitourinary Syndrome of Menopause is, why it develops after menopause, and how hormonal changes affect vaginal and urinary health as we age. We'll explore common symptoms and review safe, evidence-based treatment options and strategies to support healthy aging.

## Building Community Support for People Seeking Medical Assistance in Dying (MAiD) and Their Families

**October 15, 9 - 11 a.m.**

Medical assistance in dying (MAiD) has become an increasingly common part of end-of-life care in Canada. This seminar will share key findings from research and discuss plans to develop a community-based support and navigation program that helps people seeking MAiD connect with services.

## Social Networking and Security

**October 16, 9:30 - 11 a.m.**

This session helps you cut through the noise and understand what's really going on behind the social networks you use every day such as Facebook, Messenger, Instagram, WhatsApp, and Twitter (X), in a way that feels clear, calm, & manageable.

## Healthy Skin Starts Here: Simple Skin & Wound Care for Everyday Life

**October 23, 10 a.m. - noon**

As we age, skin naturally becomes thinner, drier, and more vulnerable to injury. Learn practical strategies to help maintain healthy skin and reduce the risk of wounds before they happen.

## Palliative Care in the Community: Supporting Quality of Life Close to Home

**October 28, 1 - 3 p.m.**

Palliative care can be delivered in community settings through a collaborative, interdisciplinary approach, focusing on quality of life, symptom management, and personalized care. Learn what palliative care is, when it should be introduced, and how it can be integrated with active treatments.

## How to register for sessions at Yakimovich Wellness Centre

Register online: visit [eldercarefoundation.org/ywc](http://eldercarefoundation.org/ywc)

Register by phone: call us at **250-370-5609**

*All sessions take place at the **Yakimovich Wellness Centre** (1454 Hillside Ave.) Some of our events are available online as well. Check our website for more info.*