



SENIOR STAR

March 2024 | ANNUAL NEWSLETTER OF HANOVER'S SENIORS HAPPENINGS

Hanover's Age Friendly Community Update

The Hanover Age-Friendly Advisory Committee would like to welcome you to the 2024 edition of our Annual Senior Star Newsletter. This year's edition is filled with information, weekly activities and special events pertaining to seniors living in our community. The Age-Friendly Committee is working hard to execute goals and action plans for 2024 projects, including introducing their new logo and the launch of their Age-Friendly Business Initiative. This recognition program aims to empower, and recognize local businesses who cater to the unique needs of our aging population. This dynamic committee includes representatives from Hanover staff, Council, the Hanover Public Library, Grey County, Grey Bruce Public Health, the Alzheimer Society of Grey Bruce & local residents. Learn more by visiting: www.hanover.ca/our-community/age-friendly-hanover.



Age-Friendly Hanover

Senior Games

The Hanover Local Senior Games are back for another year of fun competition and social gatherings. The events start at the beginning of April and run through May. A schedule of events and registration forms are available online at <https://www.hanover.ca/recreation-culture/recreation-programs> and are available for pick up at the customer service desk at the P & H Centre. To register, return your completed form to the front desk at the P&H Centre. Events include Bid Euchre, Euchre, Crokinole, Cribbage, Carpet Bowling, Shuffleboard, Lawn Bowling and a FREE wrap up luncheon social for participants! Come out, try some of the events, connect with other local seniors in your community, and enjoy the social gatherings. Please note that this event is not a qualifier for the OSGA district or provincial level games. To qualify for the provincial games, be sure to register for the Ontario Senior Games Association District 27 Senior Games beginning in May.



If you have ideas to share or have anything you would like included in an upcoming Senior Star Newsletter, please speak to one of our committee members or contact us at recreation@hanover.ca

Hanover Age-Friendly Business Recognition Programs

Hanover's Age-Friendly Business Recognition Program

The Age-Friendly Business Recognition Initiative was developed to help local businesses assess if their environment is set up to serve everyone. This program provides tools and resources to help owners/operators to identify, promote and improve their Age-Friendly features.



**Age-Friendly
Hanover**

How to get started

Review the Age-Friendly Business Resource Guide & E-Learning Video online at (hanover.ca/our-community/age-friendly-hanover). This is a great first step to understanding the importance of becoming Age-Friendly and how you can evaluate your own business. Performing the self-assessment will increase your awareness and help you get started in making your business safer, more comfortable and attractive to older customers.

How to be recognized as an age-friendly business

When reviewing the Age-Friendly Business Resource Guide you will find an application form at hanover.ca/our-community/age-friendly-hanover. Submit your completed application form along with your self-assessment results to recreation@hanover.ca. Applications are reviewed by the Hanover Age-Friendly Advisory Committee on a monthly basis.

Successful applicants will receive:

- Recognition on Town of Hanover Social Media
- Recognition on Town of Hanover's Age-Friendly Webpage
- Recognition in the Senior Star Newsletter
- Age-Friendly Business Recognition Certificate
- Age-Friendly Window Decal
- Store-Front Banner (2 Weeks)
- Pull-Up Banner (2 Weeks)



Please submit completed Checklists & Applications to recreation@hanover.ca, in person or by mail to Town of Hanover Parks, Recreation & Culture 269 7th Ave, Hanover ON N4N2H5

For more information visit hanover.ca/our-community/age-friendly-hanover, email recreation@hanover.ca or call 519.364.2310.



Hanover Foodland - Age-Friendly Business Initiative - Testimonial

As a long-standing business in our community, being welcoming and accommodating to senior patrons is extremely important to us. This is why we were so excited to get recognized as a Hanover Age-Friendly Business. We found this program to be both educational and beneficial. Getting started was easy by following the step-by-step process outlined in the Business Guide and knowing we had a member of the Age-Friendly Committee willing to help at any point of the process made the experience simple & stress free. We are proud to be a recognized Age-Friendly Business in Hanover and even prouder to continue better serving the older adults in our community. - **Luigi & Kim Catalano | Hanover Foodland**



Grey Bruce Elder Abuse Prevention Network

The Grey Bruce Elder Abuse Prevention Network is currently completing a study of elder abuse in Grey and Bruce Counties. They are collecting information from seniors in both counties to learn how seniors describe elder abuse and the resources seniors think are needed to address elder abuse. Seniors can provide their feedback anonymously at this link: <https://www.surveymonkey.com/r/23B9KYF>. If you would like a paper copy or email copy of the survey to complete, please contact Amber Jackson, a social worker at the South East Grey Community Health Centre, at 519-986-2222, ext. 6390 or by email at amber.jackson@segchc.ca.



Call Angela at
519-364-4320
or cell
226-988-1127



Home At Last (HAL)

HAL attendants provide support to aging or frail adults when they are discharged from hospital. As well as transportation home in an accessible van, the HAL attendant can pick up prescriptions or groceries and the service also includes a complimentary meal and follow up from HAL staff

Please call or email for information

Von4you.greybruce@von.ca

519-376-5895

SPOTLIGHT IN HANOVER

Your guide to what's happening for Hanover this season.

Information subject to changes

ONGOING & SPECIAL EVENTS

Event	Time	Location	Notes
Walking Track	See notes	P & H Centre	Based on P & H Centre hours
Meat Draws	3:00pm	Hanover Legion	Bi-Weekly Draws
Catch the Ace	4:30pm	Hanover Legion	Draws beginning March 1
Live Virtual Author Talks	See notes	Hanover Public Library	Contact the Library for more info.
Seed Library	See notes	Hanover Public Library	Contact the Library for more info.
Spring Ham Dinner	See notes	Grace United Church	Contact the Church for more info.
Karaoke	7:00pm	Hanover Legion	Last Saturday of the month
Ladies Auxiliary Lunch	11:30am	Hanover Legion	2nd Friday of the month
VON SMART exercise Classes & Parkinson's Classes	See notes	Grace United Church	Monday to Friday. Contact the Church for times.
Hanover Rotary Easter Egg Hunt	See notes	Hanover Heritage Square	March 30. Contact Rotary Club for more info.
Clean & Green	6:30pm	Hanover Public Library	April 10.
Grey Bruce Singers - Concert	See notes	Hanover Civic Theatre	April 12 7:30pm April 13 & 14 2:00pm
Sharper Minds	2:00pm	Hanover Public Library	April 15.
Poetry Open Mic.	6:30pm	Hanover Public Library	April 19.
Community Players "Drinking Habits"	See notes	Hanover Civic Theatre	April 26 - 28 & May 3 - 5.
The Hanover Home & Garden Show	10:00am	P & H Centre	May 4 10:00am - 5:00pm May 5 10:00am - 4:00pm
Hanover Lawn Bowling Open House	1:00pm	Hanover Lawn Bowling Club	May 11 Jitney BBQ lunch served.
Lawn Bowling - Spring Tournament	10:00am	Hanover Lawn Bowling Club	May 18 Open pairs Lunch served.
Lawn Bowling - MacLean's Ales Tournament	10:00am	Hanover Lawn Bowling Club	June 1 Mixed pairs Lunch served.
Hanover Lion's Club Duck Race & Car Show	See notes	Hanover Town Park	June 16 Contact Lion's Club for more info.
Canada Day in Hanover	11:00am	Heritage Square	July 1 More details closer to the date.
Lawn Bowling - Ryan Bester Cup	10:00am	Hanover Lawn Bowling Club	July 7 Open pairs Lunch served.
Lawn Bowling - Ladies in Waiting	See notes	Hanover Lawn Bowling Club	July 12-14 Women's Fours, Triples, Pairs, Singles Lunch served.
Lawn Bowling - McCorry-Kaster Trophy	10:00am	Hanover Lawn Bowling Club	August 5 - Open pairs Lunch served.
Lawn Bowling - Provincial Senior Pairs	See notes	Hanover Lawn Bowling Club	August 14 & 15 Senior pairs

Lawn Bowling - 1 Player Novice	10:00am	Hanover Lawn Bowling Club	August 23 Open triples Lunch served
Lawn Bowling - President's Trophy	1:00pm	Hanover Lawn Bowling Club	September 14 Jitney Dinner served.
Community Players "The Sound of Music"	See notes	Hanover Civic Centre	November 29 - December 1 & December 6 - 8.

MONDAYS

Event	Time	Location	Notes
Aquafit	8:15am & 5:30pm	P & H Centre	See Community Guide for more info.
Drop in Social	9:30am	Senior Friendship Club	1st Monday of every month.
Chair Yoga	10:30am	P & H Centre	April 22- June 3 Pre-Registration is required \$71.25 per session
Adult & Senior Swim	10:15am & 2:30pm	P & H Centre	See Community Guide for more info.
Potluck/Meeting	11:30am	Senior Friendship Club	3rd Monday of the month
Euchre	1:30pm	Hanover Legion	Contact Legion for more info.
Darts	7:00pm	Hanover Legion	Contact Legion for more info.
Pickleball	7:00pm	Neustadt Arena	\$10.00 membership fee. \$2.50/play or \$25.00/month. Ends April 30th.

TUESDAYS

Event	Time	Location	Notes
Pickleball	10:00am	Neustadt Arena	\$10.00 membership fee. \$2.50/play or \$25.00/month. Ends April 30.
Computer Buddies	10:00am	Hanover Library	Call the Library to get started.
Adult & Senior Swim	10:15am	P & H Centre	See Community Guide for more info.
Memory Lane	10:30am	Hanover Public Library	2nd Tuesday of the month Contact the Library for more info.
Young at Heart	11:00am	Hanover Missionary Church	Program and Lunch once per month
Carpet Bowling	1:00pm	P & H Centre	Ends April 30th \$2.50 per visit
Cards	1:00pm	Grace United Church	Euchre & Bid Euchre
Cards	1:30pm	Holy Family Parish	Ends June 18th
Aquafit	2:30pm	P & H Centre	See Community Guide for more info.
Rotary TV Bingo	7:00pm	Wightman Ch. 1	Wightman on Tuesday's.

WEDNESDAYS

Event	Time	Location	Notes
Aquafit	8:15am, 1:30pm & 8:35pm	P & H Centre	See Community Guide for more info. Gentlefit Wednesdays at 1:30pm
55+ Gentle Fitness Class	9:30am	P & H Centre	April 24- May 29 Pre-Registration required \$70.37 per session
Adult & Senior Swim	10:15am & 2:30pm	P & H Centre	See Community Guide for more info.
Cards	1:00pm	Senior Friendship Club	Euchre and Solo

Event	Time	Location	Notes
Pickleball	2:00pm	Neustadt Arena	\$10.00 membership fee. \$2.50/play or \$25.00/month. Ends April 30.
Rotary TV Bingo	7:00pm	Eastlink Ch. 6	Eastlink on Wednesdays.

THURSDAYS

Event	Time	Location	Notes
Chair Yoga	9:00am	P & H Centre	April 25- May 30 Pre-Registration is Required \$71.25/Session
Adult & Senior Swim	10:15am	P & H Centre	See Community Guide for more info.
Standing Yoga	10:30am	P & H Centre	April 25- May 30 Pre-Registration is Required \$71.25/Session
Seniors Social	1:00pm	Hope Community Church	No Fee. Donations accepted
Shuffleboard	1:00pm	Grace United Church	Contact the Church for more info.
Games	1:00pm	Senior Friendship Club	Crokinole & Cribbage
Mahjonn	1:00pm	Hanover Public Library	Drop in New players welcome.
Toonie Darts	1:30pm	Hanover Legion	Contact Legion for more info.
Aquafit	2:30pm	P & H Centre	See Community Guide for more info.
Chime Choir	6:30pm	Grace United Church	Contact the Church for more info.
Cards Solo	7:00pm	St. Matthews Evangelical Lutheran Church	Contact the Church for more info.
Pickleball	7:00pm	Neustadt Arena	\$10.00 membership fee. \$2.50/play or \$25.00/month. Ends April 30th

FRIDAYS

Event	Time	Location	Notes
Aquafit	8:15am	P & H Centre	See Community Guide for more info.
Adult & Senior Swim	10:15am & 2:30pm	P & H Centre	See Community Guide for more info.
Cards	1:30pm	St. Matthews Evangelical Lutheran Church	Contact the Church for more info.
Bid Euchre	1:30pm	Hanover Legion	Contact the Hanover Legion for info
Ladies Auxiliary Lunch	11:30am	Hanover Legion	2nd Friday of the month.

SATURDAYS

Event	Time	Location	Notes
Games	1:00pm	Hanover Public Library	Chess & Cribbage
Sip & Stitch	1:00pm	Hanover Public Library	Second Saturday of the month. Bring your own project & materials.
Karaoke	7:00pm	Hanover Legion	Last Saturday of the month.



Senior Star 2024



The Village

RETIREMENT RESIDENCE

Recounting memories and making new ones

Limited suites available!

Call to visit us today
519-364-4320

Senior Apartments | Independent Living | Assisted Living | TheVillageHanoverRetirement.com

TUESDAY IS SENIORS DAY IN DOWNTOWN HANOVER!

Ashanti Coffee	20% OFF
Rexall	20% OFF
Shannon IDA Pharmacy	20% OFF
Paramount Theatre	20% OFF ADULT TICKETS
Queen's Bush Pub	15% OFF FOOD
Hafermehl Jewellers	13% OFF
Bridal Temptations	10% OFF
Temptations Gifts & Home Decor	10% OFF
The Giddy Goblin	10% OFF
T's Beauty Shop	10% OFF SHELLAC MANICURES
KC Beauty	10% OFF FACIALS & SHELLAC PEDICURES
Teenie Tiny Tots Children Shop	10% OFF CLOTHING
Becker Shoes	10% OFF LAST TUESDAY OF MONTH



CELEBRATE CANADA DAY IN HANOVER
JULY 1ST, 2024
HERITAGE SQUARE | 358 TENTH ST, HANOVER

*More details closer to the event!
Follow Town of Hanover social media for updates.

Strength

Make an impact. Volunteer at VON.

Become a VON SMART (Seniors Maintaining Active Roles Together) Exercise and Falls Prevention program volunteer instructor in Hanover for adults 55+

All training provided by VON
Von4you.greylbruce@von.ca
519-376-5895

COMMUNITY CONTACTS

Alzheimer Society Grey Bruce

519.376.7230
www.alzheimer.ca/greybruce/en

Canadian Cancer Society Bluewater

1.800.430.6228
www.cancer.ca

Canadian Mental Health Association Grey Bruce

519.371.3642
www.greybruce.cmha.ca

First St. Matthew's Lutheran Church

519.364.4350
faithdesboro@gmail.com

Grace United Church

519.364.3550
graceuc@wightman.ca

Grey Bruce Public Health Unit

1.800.263.3456
www.publichealthgreybruce.on.ca

Grey Bruce Singers

519.392.8351
www.greybrucesingers.ca

Hanover Curling Club

519.378.8617

Hanover Community Players

519.506.6902
www.hanovercommunityplayers.ca

Hanover Family Health Team

519.506.4348
www.hanoverfht.ca

Hanover Lawn Bowling Club

Rick Allen
519.506.4580
rl52allen@hotmail.ca

Hanover Public Library

519.364.1420
www.hanoverlibrary.ca

Hanover Royal Canadian Legion

Dan Haverson
519.364.1130
hanoverlegion@wightman.ca

Heritage Committee

Al Morrow
519.364.4810
www.hanover.ca/history-heritage

Holy Family Catholic Church

519.364.1973
info@holysfamily.ca

Home and Community Support Services Grey Bruce

519.372.2091
www.hcssgreybruce.com

Hope Community Church

519.364.5668
connect@hopecc.ca

Hospital Auxiliary

519.364.2340 x 210
www.hanoverhospital.on.ca

Lion's Club

Kevin Raszmann
hanoverlions@gmail.com

Mennonite Church

519.364.4309
hmc@wightman.ca

Missionary Church

519.364.1823 x 21
office@hanovermissionary.com

New Apostolic Church

519.884.2862
info@naccanada.org

New Millennium Quilters Guild

Theresa Seim & Johanna Hardy
519.367.2411
newmilleniumquiltersguild@gmail.com

Parkinson Society Southwestern ON

519.652.9437
info@pssso.ca

Parks, Recreation & Culture

519.364.2310
www.hanover.ca

Pickle Ball Club

Steve Westman
519.881.7612
hanovertennisclub@gmail.com

PROBUS Club

Janice Koehler
pres@hapc.ca

Rotary

519.364.4816
www.rotaryofhanover.ca

St. Andrew's Presbyterian Church

519.364.1622
standrews@wightman.ca

St. Matthew Evangelical Lutheran

519.364.2240
stmatthews@wightman.ca

Salvation Army Church

519.364.3450
www.sahanover.ca

Saugeen Field Naturalists

Linda Manchester
519.364.9924
saugeenfieldnaturalists@yahoo.ca

Saugeen Mobility & Regional Transit

519.881.2504
www.saugeenmobility.ca

Saugeen Stamp Club

Walt Berry
519.887.3732
www.rpsc.org/chapters/saugeenstampclub/moreinfo.html

Saugeen Toastmasters

519.379.9765
saugeen.toastmastersclub.org

Senior Friendship Club

519.364.1551

Swing Bowling

519.364.2240
stmatthews@wightman.ca

Victory Fellowship Baptist Church

519.364.4011
<http://www.vfbchanover.com/>

VON SMART Exercise & Fall Prevention Program for Seniors

519.376.5895
<https://von.ca/en>