




An age-friendly community encourages people to enjoy good health, age well, live in a secure environment and fully participate in society. A healthy, active, age-friendly community benefits people of all ages and abilities because it provides accessible places and opportunities for all.

Photography By: Rosie Kadwell (Good Food Box);  
Pamela Marsales (Rail Trail Rambles - inset)

**Tips:**

- Prevent a Fall...You're in Control Every Step of the Way.
- Wear good-fitting, supportive shoes with non-slip soles.
- Use medication safely. Be aware that some drugs can make you sleepy, dizzy or light-headed.
- Slow down and plan ahead. Rushing only increases your risk of falling.
- Have regular health check-ups. Changes in vision, hearing, bone density and muscle strength could lead to a fall.

# November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
<p>OCTOBER 2012</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>DECEMBER 2012</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								<p>Diabetes Month <a href="http://www.diabetes.ca">www.diabetes.ca</a></p>	<p>Shepherd's Table Community Supper Lakeside Baptist Church <a href="http://www.lakesidebaptistchurch.ca">www.lakesidebaptistchurch.ca</a></p>	<p>Osteoporosis Month <a href="http://www.osteoporosis.ca">www.osteoporosis.ca</a></p>
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<p>Daylight Savings Time Ends</p> <p>National Senior Safety Week, Nov. 4-11 <a href="http://www.safety-council.org">www.safety-council.org</a></p>				<p>Good Food Box - order today! call Mary 705-488-1128</p>																																																																																													
<p>Remembrance Day (Canada) Veteran's Day (USA)</p>				<p>Good Food Box - pick up today!</p>	<p>Shepherd's Table Community Supper Lakeside Baptist Church <a href="http://www.lakesidebaptistchurch.ca">www.lakesidebaptistchurch.ca</a></p>																																																																																												
		<p>National Child Day <a href="http://www.phac-aspc.gc.ca/ncd-jne/index-eng.php">http://www.phac-aspc.gc.ca/ncd-jne/index-eng.php</a></p>		<p>Thanksgiving Day (USA)</p>																																																																																													