

Flourish 55+



Healthy Activity Society



90 Dominion St, Bridgewater NS B4V 2V3

Lisa LeBlanc, Executive Director

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Facebook:

Flourish-Centre-Bridgewater

www.flourishcentre.ca

Flourish Mission

Our mission is to provide support to those 55+ in the Town of Bridgewater and Municipality of Lunenburg, by offering interactive programs through mental, physical and social recreation. We understand the struggles seniors are facing with social isolation and food insecurity and seek to aid with those issues through the various programs we offer. We adhere to the Optimal Aging Model which focuses on the 7 Healthy Aging Habits in order to achieve a healthier and happier life as a Senior.

Membership Prices

Single \$10 - 12 months OR \$100 Annually

Couple \$18 - 12 months OR \$150 Annually

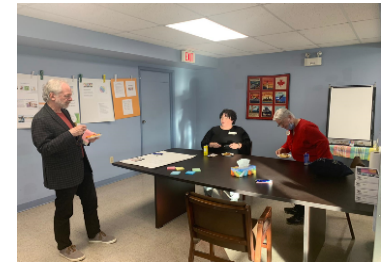
At Flourish we believe that laughter and fun is essential to aging well!



Laughter is the best medicine!

Flourish Organization

The Flourish Centre is run by a volunteer board of directors. It was founded in 2014 to create a healthy aging center that supports and promotes Optimal Aging. Flourish is inclusive and Intergenerational, offering programs that engage Seniors to socialize, exercise, learn & find friendship.



Through the 34 activities and programs offered in the Centre, we are able to promote the 7 Healthy Aging Habits which lead to Optimal Aging. Come in and take a tour of the Centre, have a coffee or tea and a chat, learn about the programs.



Music has healing powers!

Healthy Activities for 55+ & Friends of Flourish



The Buddy Program - The Flourish Centre provides a welcoming, safe space for 55+ dealing with mental health issues, who have experienced loneliness and isolation. Another program at the Centre; **Grief, Loss and Life Support**, helps individuals dealing with grief and loss issues.

Mental Health
Foundation
of Nova Scotia

town of
BRIDGEWATER

NOVA SCOTIA

Flourish Activities

Mental, Social and Physical Fun

Games: Crib, 45's Club, Bridge, Puzzles
Exercise & Classes: Tai Chi, Chair Yoga, Meditation, Drumming, Reflexology

Social: Music Jams, Potlucks, Games Night, Flourish Music, Crafter's Corner, Knitting Club, OWLs, Let's Preserve, Lunch & Share & TGIF

Tech Help: tablet loan, computer lab, Tech Aid, Virtual Care NS, computer clinics.

Workshops: Drumming, Sewing, knitting, creative writing, scrap booking...



The Centre offers many Food Security programs which have been funded by:

Let's Preserve,
Lunch & Share,

Community Kitchen, In the Kitchen Together.



United Way
Lunenburg County

<https://www.modl.ca/index.php>

Flourish Wellbeing

Flourish HELPERS*

Have fun and recreation

Eat wisely

Learn new things

Participate daily

Exercise often

Rest and relax

Socialize



Let's Flourish together!