



Seniors -- New Free Movement Dance Class Offered in Brighton

August 20th, 2018 (Brighton)

Community Care Northumberland (CCN) has launched a new wellness, “Free Movement Dance Program for Seniors”. This 13-week program is designed to help seniors improve their fitness, flexibility and overall coordination, helping to reduce falls and falls–related injuries by encouraging them to stay active and have fun while dancing.

“Often dance programs can be cost prohibitive and there is currently no dance program in Brighton for seniors,” said Gail Ellis – Wellness Coordinator for CCN. “For seniors who have limited resources, dance and fitness classes may not be feasible in spite of the health benefits.”

“Whether a senior has never danced before, or they are returning to it after decades away, this free program will begin on Monday, September 17th at 10:30am at the King Edward Community Centre and operate on Mondays for 1 hour per week for 13 weeks. Instruction will promote greater mobility, self-confidence, physical awareness, social interaction, and of course, expressiveness in movement,” added Ellis.

This free dance program is made possible by a grant that CCN received from the Kay Stafford Fund, administered by the Trenton Memorial Hospital Foundation (TMHF).

Since 1997, the Kay Stafford Memorial Fund through the TMHF has awarded over \$1.5 million to local groups wanting to enhance health care in Quinte West and Brighton for the overall benefit of Trenton Memorial Hospital. These grants provide medical attention and prevention programs which in turn reduces the demands on our Emergency Department and other operations.

Kay Stafford endowed a gift of \$1.2 million in her Will to the TMH Foundation. She requested the investment income be disbursed each year with the majority of it (75%) is allocated to community groups offering these program. To-date, more than 75 community groups have received grants, everything from Defibrillators to access Vehicles and Ambulances and now to Community Care Northumberland’s Free Dance Movement Program in Brighton.

“We are pleased to be able to give back to the community thru the Kay Stafford Fund to those who support our hospital throughout the year, “said Wendy Warner – Executive Director- Trenton Memorial Hospital Foundation.

Spaces are limited for this free dance program, for more information or to register, please call Gail Ellis at CCN (613)475-4190 or visit www.commcare.ca/wellness.html

Photo Attached: Pictured right: (L-R) Pam Pettigrew—Board Member, Trenton Memorial Hospital Foundation, Gail Ellis—CCN’s Wellness Coordinator and Jennifer Rainbird—Board Member, Trenton Memorial Hospital Foundation at the Trenton Memorial Hospital Foundation’s Annual General Meeting after the grant presentations.

Summary:

Name: Free Movement Dance Program

Dates: Every Monday from - September 17th to December 17th (no class on October 8th)

Time: 10:30am – 11:30am

Location: King Edward Community Centre, 75 Elizabeth Street, Brighton, Ontario

To register: Call Gail at CCN in Brighton (613)475-4190.

Media Contacts:

Gail Ellis

Wellness Coordinator

Community Care Northumberland

Phone: (613)475-4190

Email: g.ellis@commcare.ca

www.commcare.ca/wellness.html

Wendy Warner

Executive Director

Trenton Memorial Hospital Foundation
Foundation

Phone: (613)392-2540

www.tmhfoundation.com

Trish Baird

Executive Director

Community Care Northumberland

Phone (705)653-0955

Email: t.baird@commcare.ca

www.commcare.ca



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