

LENDRUM AGING-IN-PLACE SURVEY RESULTS SUMMARY

In May, we sent out an Aging-in-Place survey. Thank you to everyone who took the time to respond! 17 people responded. The responses reflect findings from an Edmonton Survey and are summarized below:

Requested Resources:

- **Community Volunteers** to help with snow clearing, clearing icy sidewalks, yard work, small household tasks (lifting something, minor home fix ups), grocery shopping
- **Community Library**

Requested Information Session Topics:

- Memory loss
- Comedian
- Mental health and wellness: staying positive, beating winter blues
- Preparing for death, wills, funeral planning
- Art history
- Diet/nutrition/hydration
- Healthy Aging
- Managing Arthritis
- Heart Health
- World Affairs
- Vision health
- Home Fire prevention
- Environmental issues
- Nature topics
- Accessing health care services
- Retro-fitting house to accommodate mobility challenges
- Bone health
- How to downsize
- Medical Assistance in Dying

Requested Recreational Activities:

- **Walk-in fitness classes:** Aerobics, Zumba, muscle strengthening, Yoga, Pilates, cardio, stretching, Tai Chi for beginners, Fitness classes during the hours of 9am and 3pm
- **Social Activities:** Bridge, Dinner and a movie nights, Pub with early hours and quiet music, art gallery tours, book Club, book exchange, nature club, yearly street party, card games, Coffee meet and greets/drop in, lounge drop in
- **Sports Activities:** Walking group, Darts, cycling club, Running club, Track set-Nordic skiing, Lawn bowling, Pickle Ball: Fun and serious leagues, cross country skiing
- **Artistic Activities:** Painting classes, knitting classes, music classes

If anyone is interested in facilitating a recreational activity, please contact Lisa Vaughn at seniors@lendrum.org