

Upcoming Programs, Workshops and Events

Seniors Day

Join the County of Brant Seniors Recreation Staff and the County of Brant Public Library for a special day celebrating our 55+ community! Enjoy a fun-filled day featuring activities, fitness, crafts, cards, and games, plus a delicious pizza lunch. Come connect, stay active, and make new friends in a welcoming and engaging environment.

Date:	Time	Location	Fee	Activity
Thursday, October 1	10:00 am to 1:00 pm	Sojourn Church, Paris	\$3.00	9022

Autumn Planter Workshop

Join Kailey Stewart of Ecothera to create a beautiful outdoor fall planter using seasonal plants, textures, and natural materials. Learn design tips for layering, colour balance, and longevity to keep your planter looking great throughout the season. Please bring a pair of garden pruners and wear clothing you're comfortable crafting in.

Date:	Time	Location	Fee	Activity
Monday, October 5	9:00 am to 11:00 am	Brant Sports Complex, Paris	\$60.00	9017

Paint Workshop with Amy Walsh-Harris

Come join local artist Amy Walsh-Harris for an afternoon paint session! Amy will guide you step by step, including how to mix colours, as you create a beautiful landscape painting to take home.

Date:	Time	Location	Fee	Activity #
Wednesday, October 14	1:00 pm to 3:00 pm	Sojourn Church, Paris	\$36.00	9024

Bocce Ball

Join us for some fun with a casual game of bocce ball! Whether you're a seasoned player or just looking to try something new, everyone is welcome. It is easy to learn and a perfect way to relax and enjoy good company. Let's roll!

Date:	Time	Location	Fee	Activity #
Friday, October 16	1:30 pm to 2:30 pm	Syl Apps Community Centre, Paris	\$6.50	9013

Learn to Play Short Mat Lawn Bowling

Have you ever wanted to try short mat bowling? Join the St George Lawn Bowling Club for a fun and friendly introduction to this enjoyable indoor sport. Short mat bowling is an indoor version of lawn bowls, played on a portable mat with the aim of rolling your bowls as close as possible to the jack while using skill and strategy to outplay your opponents. It's easy to learn, low impact, and suitable for all ages and abilities. Welcoming members will guide you through the basics in a relaxed and social environment. No experience is necessary, and all equipment is provided. Come along, meet new people, and discover why short mat bowling is a great way to stay active and have fun.

Date:	Time	Location	Fee	Activity #
Monday, October 19	9:00 am to 12:00 pm	Gaukel Memorial Community Centre, St. George	FREE	9159

Autumn Dried Floral Wreath Workshop

Join Kailey Stewart of Ecothera to create a seasonal wreath using dried flowers, foliage, and natural textures. Learn foundational wreath-building techniques and principles of composition as you design a beautiful, long-lasting piece. Perfect for adding warmth, texture, and a touch of autumn to your home. Please bring a pair of garden pruners and wear clothing you're comfortable crafting in. Please bring a pair of garden pruners and wear clothing you're comfortable crafting in.

Date:	Time	Location	Fee	Activity #
Thursday, October 22	10:00 am to 12:00 pm	Wilkin Family Community Centre	\$30.00	9029

Barkers Bush Fall Colours Walk

Come and join us for a walk in Barkers Bush to admire the fall colours. Please wear hiking shoes and bring some water to drink.

Date:	Time	Location	Fee	Activity #
Wednesday, October 28	10:00 am to 11:00 am	Barkers Bush, Paris	FREE	9026

How to Register?

Online: Register online by visiting www.brant.ca/COBConnect

In-person: Register in-person at the Brant Sports Complex (944 Powerline Road, Paris)
Monday - Friday from 8:30 am to 8:00 pm

Need assistance with registering? Call **519.442.1944**.

Customer service hours are Monday to Friday from 8:30 am to 4:30 pm

What else is happening in Brant?

County of Brant Library Programs and Events

Check out the great things happening with the County of Brant Public Library! To view the full calendar of events and to register for events, visit www.brantlibrary.ca or contact the library directly at 519.442.2433.

Tasty Treats from Around the World

- **Every Wednesday in October, from 6:30 pm to 8:00 pm**

Travel the world through food without leaving the County of Brant. In these free hands-on cooking experiences, participants will learn traditional recipes and food traditions from a variety of cultures, guided by instructors with personal heritage connections and extensive experience preparing these beloved dishes. Everyone will help create the featured recipe and enjoy tasting it together at the end of the evening.

Themed Cooking Classes:

- Mauritius Banana Tarts, Venezuelan Celebration Bread, Lithuanian Pierogies (sweet and savory), Thai Mango Rice

Night Under the Stars: Astronomy Event

- **Thursday, October 15, from 7:00 pm to 10:00 pm, Green Lane Sports Field**
- **Free event, registration required**

Join the library and the K.W. Astrological Society for an unforgettable evening of stargazing at **Green Lane Sports Fields**. Whether you're a seasoned sky watcher or simply curious about the wonders above, this all-ages event offers the chance to peer through powerful telescopes, learn to spot constellations, and explore distant galaxies, star clusters, and other celestial marvels. Participants are welcome to use the telescopes provided or bring their own equipment to share and learn alongside fellow astronomy enthusiasts.

Wrap up warm, bring a blanket or lawn chair, and settle in for a relaxing night under the stars. Society members will be on hand to answer questions, explain what you're seeing in the night sky, and help unlock the mysteries of our universe. It's the perfect opportunity to slow down, look up, and experience the awe of the cosmos together.

AI Empowerment: Tips for Safe and Responsible Use

- **Tuesday, October 13 at 6:30 pm, Paris Branch**
- **Free event, registration required**

Learn about potential risks when using AI tools and verifying outputs. Pitfalls such as over-reliance, hallucinations, data bias, and privacy concerns will be discussed.

The Grand River Council on Aging

The Grand River Council on Aging is a registered charitable nonprofit organization and is a backbone organization dedicated to encouraging the development of an "age-friendly City of Brantford, County of Brant, Six Nations of the Grand River and Mississaugas of the Credit First Nation.

Understanding Trusts

- **Wednesday, October 14, 10:00 am to 11:00 am**
- To register for this virtual workshop email admin@grcoa.ca or call 519.754.0777 x 439

The Grand River Council on Aging invites you to join Jennifer Stebbing from Stebbing Butcher to learn what a trust is, how it works, and why it may be an important part of estate and financial planning.

Jennifer will explain common types of trusts, how they can be used to manage and protect assets, and some of the key considerations for older adults and their families.

The Poppy Project

- **Wednesday, October 28, 10:00 am to 11:00 am**
- To register for this virtual workshop email admin@grcoa.ca or call 519.754.0777 x 439

The Grand River Council on Aging invites you to join Chad Martin, Chair of the Brantford Poppy Project, to learn about this powerful community initiative honours Canada's veterans through the creation and display of thousands of handmade poppies. Chad will share the story behind the project, its growth, and how it has brought the community together in remembrance.

County of Brant OPP

Don't Let Battery Safety Become a Halloween Fright!

Many devices used every day, including rechargeable hearing aids, cell phones, tablets, and mobility scooters, are powered by lithium-ion batteries. To help prevent fires, use only chargers that come with the device, charge batteries in a well-ventilated area away from combustible materials, and replace damaged batteries right away. If a battery becomes hot, swells, leaks, or smells unusual, disconnect it if safe to do so and stop using it. A few simple precautions can help ensure a safe and enjoyable autumn season.

County of Brant Fire

Staying Safe During the Darker Months: Personal and Home Safety for Seniors

A Message from Brant County OPP

As autumn arrives and the days become shorter, it is important to take a few extra precautions to stay safe both at home and while out in the community. With earlier sunsets, reduced visibility, and changing weather conditions, October is the perfect time to review simple safety habits that can help prevent injuries and keep you feeling secure throughout the fall and winter months.

Be Visible When Walking

Walking is a great way to stay active, but as daylight hours decrease, it becomes more difficult for drivers to see pedestrians.

To increase your visibility:

- Wear bright or reflective clothing when walking outdoors.
- Carry a flashlight if you are heading out at dusk or after dark.
- Cross streets at designated crosswalks and intersections whenever possible.
- Make eye contact with drivers before stepping into a crosswalk.
- Avoid distractions such as looking at your phone while crossing the street.

Even familiar routes can become more hazardous when visibility is reduced. A few small precautions can make a significant difference.

Protect Yourself While Out and About

Whether you are shopping, attending community events, or visiting friends and family, situational awareness is an important part of personal safety.

Consider the following tips:

- Park in well-lit areas whenever possible.
- Keep car doors locked and valuables out of sight.
- Have your keys ready before returning to your vehicle.
- Trust your instincts. If something does not feel right, move to a safer location and seek assistance.
- Let a family member or friend know your plans if travelling alone.

Staying alert and aware of your surroundings can help prevent incidents before they occur.

Review Your Home Security

Fall is a great time to conduct a quick home safety check.

Ask yourself:

- Are all exterior lights functioning properly?
- Are door and window locks in good working order?
- Are shrubs or bushes trimmed to maintain clear sightlines around entrances?
- Is your house number clearly visible from the road for emergency responders?

Simple measures such as installing motion-sensor lighting and regularly checking locks can help deter unwanted activity and improve overall security.

Prepare for Emergencies

Every household should be prepared for unexpected situations.

Make sure you:

- Test smoke alarms and carbon monoxide detectors monthly.
- Keep an up-to-date list of emergency contact numbers.
- Have flashlights with fresh batteries readily available.
- Ensure cell phones are charged before storms or severe weather events.
- Consider maintaining a small emergency kit with water, medications, and essential supplies.

Being prepared provides peace of mind and can help you respond more effectively during an emergency.

Stay Connected

One of the best ways to stay safe is to stay connected. Regular contact with neighbours, friends, family members, and community groups creates a strong support network and helps reduce social isolation.

If you have an older neighbour living alone, consider checking in periodically, especially during severe weather or power outages. A simple phone call or visit can make a meaningful difference.

A Final Reminder

As we move into the fall season, taking a few moments to review your personal and home safety plans can go a long way toward preventing accidents and protecting your well-being. The members of the Brant County OPP encourage everyone to remain aware, stay connected, and enjoy all that autumn has to offer safely.

Together, we can help make Brant County a safer community for everyone.

For emergencies, call 9-1-1. For non-emergency police matters, contact the OPP at 1-888-310-1122.

A Hero's Home

A Hero's Home is a community project recognizing the military service of veterans from Paris, Ontario. We're inviting residents to help identify homes where veterans once lived—or still live—and to share memories, photos, or details about their service. These stories will help us complete personal records and ensure their contributions are remembered.



Leading up to **November 11**, we'll place *A Hero's Home* signs in front of these houses to honour veterans from all eras—World Wars, Korea, Afghanistan, peacekeeping missions, and those still serving today.

We hope you'll help **spread the word**. Talk to friends and neighbours, share the project on Facebook and community groups—let's get the whole town involved. Paris has always been a home for heroes. Every Remembrance Day, the community shows up to honour the fallen. Now, let's work together to recognize **all** our veterans—living and fallen, in war and peace—with the honour they truly deserve.

If you have any questions about the project, contact Neil Edwards at neiledwards51@gmail.com. To share a story or volunteer, please email info@homesofheroes.ca.

Looking to have something featured in this publication?

Do you have a group or upcoming event, and you would like to be featured in this publication? Please email heather.slot@brant.ca, and feel free to pass this information along to anyone who may be interested.

If you do not want to receive this monthly newsletter, please respond with UNSUBSCRIBE and your name will be removed from the mailing list.

County of Brant Recreation Services

- www.brant.ca/Recreation
- Call 519.44BRANT (**519.442.7268**) / 1.855.44BRANT (**1.855.442.7268**)
- Email us at parksandrec@brant.ca
- We're Social! [Follow us](#) on Facebook, Twitter and Instagram @BrantCommunity

We want to hear from YOU! Reach out to our County of Brant Senior Services Program team with any questions, comments or ideas at seniors@brant.ca