

Upcoming Programs, Workshops and Events

Seniors Active Living Centre 2026/2027

Made possible by the Ontario Ministry's Senior Active Living Grant, the Seniors Active Living Centre operates from the **Sojourn Church, 112 Scott Ave in Paris.**

The Seniors Active Living Centre offers a welcoming and inclusive environment that supports social connection, wellness and lifelong learning. From recreation and education to volunteer opportunities, there is something for everyone. Annual memberships are **\$30.00** and run from September to June. Membership provides access to a wide variety of programs and activities. As we begin our second year, we look forward to welcoming both returning and new members.

Please note that memberships do not automatically renew. All members must re-register each year.

Registration for the 2026-2027 season opens on Wednesday, September 9 at 10:00 am

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

In-person: at Sojourn Church, Wednesday September 09 from 10:00 am to 12:00 pm

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

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

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

For more information, please contact seniors@brant.ca.

Paris Museum and Historical Society Tour

Come and Take a Free Tour of the Paris Museum!

Join us for a free tour of the Paris Museum at Syl Apps Community Centre. Discover the rich history of Paris through fascinating exhibits, artifacts, and stories that showcase our community's heritage.

Have you ever considered becoming involved with the Paris Museum and Historical Society? This tour is a great introduction to the organization and the important work they do to preserve local history. New members and volunteers are always welcome! Come explore, learn, and connect with others who share an interest in our community's past.

Date:	Time	Location	Fee
Wednesday, September 16	1:00 pm to 4:00 pm (drop-in anytime)	Paris Museum & Historical Society, Syl Apps Community Centre, 51 William St.	FREE

Walking Tour with the Paris Museum and Historical Society

Join the Paris Museum, Archives and Historical Society for a walking tour of Upper Town Paris. Led by guides experienced in the history, architecture and neighborhoods of Paris. The walk will be 1.5 to 2 hours in length and will be leaving from St. James Anglican Church, 8 Burwell St, Paris.

To attend this event for FREE you must register.

Date:	Time	Location	Fee	Activity #
Saturday, September 19	10:00 am to 12:00pm	St. James Anglican Church, Burwell St. Paris	FREE	9031

Sunflower Vase Arrangement

Calling all sunflower lovers! Join Kailey Stewart of Ecothera to design a vibrant sunflower arrangement while learning foundational floral design principles, including balance, colour, and structure. This hands-on workshop is perfect for beginners and offers tips you can use at home with seasonal blooms. Please bring a pair of garden pruners and wear clothing you're comfortable crafting in.

Date:	Time	Location	Fee	Activity #
Thursday, September 24	10:00 am to 12:00 pm	Wilkin Family Community Centre	\$35.00	9016

Wills and Power of Attorney Made Simple

Join for an informative presentation by the Elder Law Project. This presentation explains why every adult needs a Will, even if they do not have a lot of money or assets to leave behind. We will discuss common questions about Wills, including funeral arrangements, how many executors are needed, and what should be included about pets in a Will. This is a valuable opportunity to learn more about planning ahead and making your wishes known.

Date:	Time	Location	Fee	Activity #
Tuesday, September 29	1:30 pm to 2:30 pm	Sojourn Church	FREE	9021

How to Register?

Online: Register online today 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 - 8:00 pm

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

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

Get your copy of the 2026 Fall Community Services Guide

You can **view the Guide online** or pick up a printed copy at any County of Brant Customer Service office or Community Centre. The Fall guide is packed with information about drop in and registered recreation programs for all ages, parks, events, and community contacts.



Fall Program Registration opens on Monday September 14, at 6:00pm

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.

History Club with Monthly Speakers

- **Second Thursday every month, 2:00 pm to 4:00 pm, Burford Branch**

A time for curious minds to gather for lively discussions and explore past events. Discover new themes this fall, including; History of Local Homes and Businesses, The World Wars and their Planes, Our Role in the War of 1812, Holiday Celebrations and Family Recipes.

Tie-A-Thon and Legion History with the Burford Legion

- **Wednesday, September 16, from 6:30 pm to 8:00 pm, Burford Legion, 4 Park Ave**

Celebrate the 100th anniversary of the Burford Legion! Get involved with a community poppy project and learn about the legion's history, all while enjoying snacks and conversation.

Wills and POA

- **Wednesday, September 23, 6:30 pm to 8:30 pm Online via Zoom**

Join an experienced legal professional for an informative online session covering the importance of wills and powers of attorney, common misconceptions, and key considerations for Ontario residents.

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.

Top 5 Things your Family Needs to Know Now to Prevent Conflict

The Grand River Council on Aging invites you to join Dr. Laura Shoots to learn the five essential conversations every family should have before a health crisis occurs, helping reduce misunderstandings, stress, and conflict. This practical workshop will provide simple strategies to communicate your wishes, strengthen family relationships, and create peace of mind for everyone

- **Wednesday, September 2, from 10:00 am to 11:00 am**

To register for this virtual workshop email admin@grcoa.ca or call 519 7540777 ext. 439

Living With Regret

The Grand River Council on Aging invites you to join Kathleen Foldvari from A Minute to Mental Health, to discover how to understand and move beyond regret by learning the difference between regret, guilt, and shame, recognizing what regret is trying to tell you, and breaking free from unhelpful rumination. Through practical tools and a guided self-reflection exercise, you'll leave with greater self-compassion, clarity, and confidence to move forward.

- **Wednesday, September 16, from 10:00 am to 11:00am**

To register for this virtual workshop email admin@grcoa.ca or call 519.754.0777 ext. 439

Pharmaceutical Interactions with Over-the-Counter Drugs and How to Check for Them

The Grand River Council on Aging invites you to join pharmacist PhD student, Shaheena Fakir to learn how prescription medications, over-the-counter drugs, vitamins, and herbal supplements can interact, and why these interactions matter for your health and safety. This workshop will provide practical tips and trusted tools to help you recognize potential drug interactions, ask the right questions, and use your medications with confidence.

- **Wednesday, September 30, from 10:00 am to 11:00 am**

To register for this virtual workshop email admin@grcoa.ca or call 519.754.0777 ext. 439

County of Brant OPP

Harvest Season Road Safety: Tips for Mature Drivers and Sharing the Road with Farm Equipment

As summer transitions into fall, Brant County's rural roads become increasingly busy with agricultural activity. September marks the beginning of harvest season, when farmers work long hours to bring crops in from the fields before the weather changes. The Brant County OPP is reminding motorists to exercise patience and caution when travelling on rural roadways.

Watch for Slow-Moving Farm Equipment

Tractors, combines, and other farm machinery often travel between fields using public roads. These vehicles are much larger than passenger vehicles and may move at speeds of only 25 to 40 km/h.

When you encounter farm equipment:

- Slow down and maintain a safe following distance.
- Be patient and avoid aggressive driving.
- Pass only when it is safe and legal to do so.

- Remember that large equipment may make wide turns into fields or farm laneways and can occupy more than one lane.

Sharing the Road Saves Lives

Agriculture is a vital part of our community, and harvest season is one of the busiest times of the year for local farmers. A few extra moments of patience can make a significant difference and help prevent collisions.

Whether you are visiting family, attending community activities, or enjoying the beautiful fall colours across Brant County, remember that roadway safety is a shared responsibility.

Brant County OPP Safety Reminder

Give farm equipment space, slow down, stay alert, and drive at a pace that keeps everyone safe.

Together, we can help ensure a safe and enjoyable harvest season for all road users.

Brant County OPP

Working Together for Safer Communities

County of Brant Fire

September 28 is Ontario's Test Your Smoke Alarm Day

A working smoke alarm can provide the precious seconds needed to escape safely in the event of a fire. That's why we celebrate Test Your Smoke Alarm Day in Ontario, reminding all residents to make sure their alarms are working properly. This September 28, take a moment to press the test button on every smoke alarm in your home. Smoke alarms should be tested monthly, batteries replaced annually (or as needed), and units should be replaced every 10 years. Always be sure to follow manufacturer recommendations.

For older adults, smoke alarms are especially important. Consider asking a family member, friend, or neighbour for assistance if your alarms are mounted in hard-to-reach locations. While you're at it, review your home fire escape plan and make sure everyone in your household knows what to do if an alarm sounds.

Remember: A working smoke alarm could save your life. Be "Saved by the Beep" on September 28.

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