

MARCH 2024 Flyer

WELCOME TO CORAH at NSCC Strait Area Campus
226 Reeves Street, Port Hawkesbury

Centre of Rural Aging & Health (CORAH) is a vibrant, community hub offering a space for older adults 55+ to connect, socialize and learn.

We look forward to meeting you!

Connect with us for information or to register for our upcoming sessions, below:

Corah-strait@nsc.ca | **902-625-4252** | www.facebook.com/CORAHNSCCStrait



Join us for the CORAH Café

- Enjoy your morning coffee/tea with others
- Chat, socialize, meet new people and enjoy the view of the Strait
- We will have card decks, a chess board and some ice breaker exercises on hand.

EVERY Wednesday & Friday

PLEASE NOTE: there will be NO café on MARCH 6 & 15th



Follow us
@
CORAHNSCC
Strait



MEDITATION with Monica McCarthy

- Looking to reduce worry, stress, anxiety and have a more calm, peaceful and joyful life?
- Join us to learn more about breathwork, meditation and mindfulness.

Sliding scale- PAY WHAT YOU CAN - \$5 minimum-\$10 maximum

Thursday MARCH 14, 2024

11:00am-12:00pm



Chair Tai Chi with **MICHELLE GREENWELL**

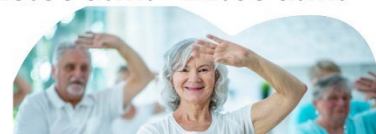
Personalized for all levels and abilities

- We will learn: the benefits of Tai Chi for overall health
- How Tai Chi can improve flexibility, balance, and stability

Sliding scale- PAY WHAT YOU CAN - \$20-\$30 maximum

FRIDAY-March 1, 8 & 15th, 2024

10:00 a.m. - 11:00 a.m.



Join Sharon in the kitchen

- Together we will **sample cheese from around the world** and whip up a grilled cheese sandwich and a delicious dessert.
- All supplies will be provided

Tuesday March 26th, 2024

9:00-12:00 pm



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An Afternoon of BLUES

- Join us for a live **BLUES** concert with NSCC students **Uduakobong Okon** with **ENACTUS & Courage Alexander**
- Pay what you want at the door (\$ to be split among performers) or bring a food donation for the student pantry

Tuesday March 26th, 2024
3:00-4:00pm



Foot Care Clinic

with **RN Tina Pinkham**

MARCH 19 & APRIL 3, 2024

- Increase foot health and mobility
- **Diabetic Nail Care**
- **Foot Health & Mobility Assessment**
- **Sensation Testing**
- Learn simple ways to help care for your feet

Location: **ROOM 242** at NSCC Strait Campus-226 Reeves St.



Covered by most insurance plans every 6 weeks



Floor YOGA with Michele MACPHEE

- **YOGA** is an ancient practice that incorporates **breathing techniques, postures, relaxation, and meditation.**
- Together we will practice flexibility, balance and choice making.
- Please bring a **mat, water and any props** that might be helpful (**blocks, blanket etc.**)

Wednesday March 13 & 27th
10:00am-11:00am



FELTING Workshop with ENACTUS student Jill Kennedy

- Felting is a fascinating process that **transforms wool fibers into fabric.**
- Unlock your inner creativity and create a soft sculpture work of art.
- ****Registration is limited to 10 participants****

Friday April 5, 2024
1:00-3:00 pm

