

NEWS FROM

AGE
FRIENDLY
BRANDON**MARK YOUR CALENDARS: SENIORS DAYS AT THE RIVERBANK!**

Brandon's first-ever Seniors Days are coming to the Riverbank on August 8 and 9 —and you won't want to miss it! Brandon Riverbank in partnership with Age Friendly Brandon and Brandon Seniors for Seniors will be hosting two full days of celebration, education, and recreation for older adults—and those young at heart!

Come check out:

- Engaging presentations and events
- Guided tours of exciting new features at the Riverbank
- And more!

**Stay tuned!**

Do you live in a senior residence or care home?

We're working on transportation options so everyone can take part.

Best of all? It's totally FREE and open to all ages!

Full schedule and event details coming soon!

CELEBRATE CANADA DAY!

Brandonites — get ready for a fun-filled Canada Day at the Riverbank! Join the celebration on July 1st with live entertainment, local food, a market, and family-friendly fun all day long!

Live entertainment and music starts at 11 am on the main stage, with opening ceremonies at 1 pm (see schedule on Page 3).

Buskers perform from 2 to 7 pm.

Food trucks open at 11 am, serving up tasty treats all day.

Market runs from 10 am to 8 pm with over 25 local vendors offering crafts, gifts, and homemade goodies.

Kids Zone is open from 12 to 8 pm, packed with fun for the whole family.

Fireworks at 11 pm!

Are you volunteering at Canada Day? Come check out the **Volunteer Lounge** where food, drink, and a place to take a break will be available for all the volunteers!



JULY 7TH IS INJURY PREVENTION AWARENESS DAY

Every July, Injury Prevention Awareness Day invites us to take action on preventable injuries—especially falls, which are the leading cause of serious harm for Canadians aged 65 and up.

Why Falls Matter

20–30% of Canadian seniors fall each year; Manitoba saw over 6,000 hospitalizations due to falls in 2020–21. Falls can lead to broken bones, head injuries, fear, and loss of independence. The cause? A mix of health changes and hazards—both inside and outside the home.

Steps to Prevent Falls

Stay Active

Strength and balance work—like resistance bands, walking, chair yoga—cuts fall risk by building strength and preventing muscle loss.

Make Your Home Fall-Safe

Cut risk from tripping or slipping in your home. Use grab bars, non-slip mats, good lighting, clear clutter, wear safe footwear, and install safety equipment.

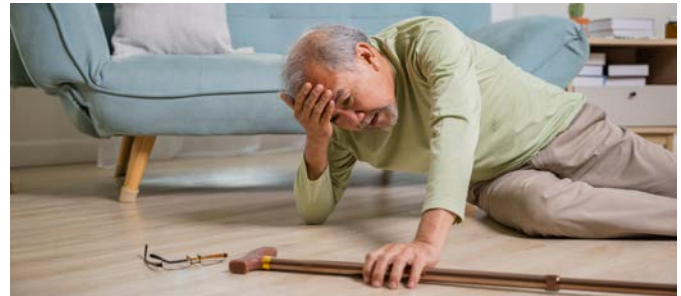
Keep Your Health in Check

Get vision and hearing tests, review medications, eat healthy, and stay hydrated.

Talk About It

If you've fallen, feel dizzy, or find yourself using furniture and walls to help you walk, speak up early—don't wait. This can prevent small issues becoming big.

This July start—or refresh—your fall-prevention plan. You could be one small change away from a big impact: staying safe, stable, and confident.



A great place to start is Manitoba's Home Safety Checklist and Prevent Falls Checkup, visit : <https://preventfalls.ca/>

Call to Action

TIDY UP TUESDAYS! SHOW YOUR PRIDE AND WIN LOCAL PRIZES



Help keep Brandon beautiful this summer—just 10 minutes of your time can make a big impact! **Here's how to enter:** Spend 10 minutes tidying up around Brandon. Snap a photo of your cleanup efforts. Post it on social media with #TidyUpTuesday and tag City of Brandon Parks and Recreation Services OR email it to: s.schmidt@brandon.ca

Each week in July and August, you could win one of two \$25 gift cards to fantastic local businesses!

Need supplies? Grab a free tidy-up kit at the Riverbank Discovery Centre, or request one online at: <https://forms.office.com/r/cPdDGUZEiY>

UPCOMING EVENTS - JULY/AUGUST

2, 9, 16, 23, 30	Downtown Summer Market	Brandon Downtown Rosser Avenue 2:00 pm to 7:00 pm
3	Paddle- boarding 101	Brandon Riverbank for more information or to register: https://www.naturesedgetourism.ca/clinics
5, 12, 19, 26	Farmers Market	Brandon Riverbank 9:00 am to 2:00 pm
8, 15, 22, 29	Music in the Park	Princess Park, Starts at 6:30 pm FREE! Bring your lawn chairs and enjoy an incredible lineup of local talent
July 9 to Aug 13	50+ Chair Yoga	A.R. McDiarmid Civic Services Complex Wednesdays 1:00 pm to 2:00 pm https://brandon.perfectmind.com
17	Practical Paint Night - Watering Can	The Eagles Nest 5:30 pm to 7:30 pm https://brandon.perfectmind.com
18 to 20	Salamander Summer Music Festival	Rideau Park For tickets and information visit https://www.salamanderfest.ca/
19	Naija Market Day	Princess Park 11:00 am to 7:00 pm
22	Line Dancing	Fusion Credit Union Stage 7:00 pm to 8:30 pm https://brandon.perfectmind.com
23	Balloon Dart Paint Night	Queen Elizabeth Park 7:00 pm to 8:30 pm https://brandon.perfectmind.com
26	Summer Multicultural Celebration	Brandon Riverbank Starts at 10:00 am FREE event
Aug 8 & 9	Seniors Days	Brandon Riverbank FREE event!



CANADA DAY

Main Stage
Schedule

11 am: HAMI Dance
Group

12 pm: VMHS Jazz
Band

1 pm: Opening
ceremonies

2 pm: Powwow
Demo

4 pm: Las
Pregoneras

5 pm: Full Flannel
Jacket

7 pm: Clubbing
Fraggles

9 pm: The Incredibly
Hip

Have an event you would
like to see in an upcoming
edition? Email:
agefriendly@brandon.ca

CHRONIC DISEASE EDUCATION PROGRAM - VIRTUAL CLASSES

Prairie Mountain Health is offering chronic disease education virtually starting July 8th. The Program offers 14 FREE online classes to help you manage your chronic health conditions. Classes run through to September 17th and cover topics like: diabetes and healthy eating, high blood pressure and cholesterol, kidney health, and more.



All classes are held on Microsoft Teams, so you can join from the comfort of your own home using a computer, tablet, or smartphone. To register, call 1-877-509-7852.

MANITOBA WILDFIRES 2025

Manitoba is currently facing a significant wildfire crisis, with over 15 active fires burning across the province—several of which remain out of control. As of mid-June more than 21,000 people have been forced to evacuate their homes due to wildfires, marking one of the largest evacuations in Manitoba's history. Although some evacuees are starting to return home, many still cannot.

How You Can Help

Give directly through the Canadian Red Cross Manitoba Wildfires Appeal at redcross.ca. Have a spare room or vehicle? Sign up via the Red Cross to help evacuate or host displaced families.

Stay Smoke Smart

Even when wildfires burn far from Brandon, shifting winds can bring dangerous smoke into our air. Older adults are especially at risk from poor air quality, as smoke can worsen existing heart and lung conditions.

Here are some tips to help you stay smoke smart:

Check air quality daily. Visit the Government of Canada website. Avoid outdoor activities when the Air Quality Health Index (AQHI) risk is high.

Keep your home smoke-free. Close windows and doors. If you have an air conditioner, set it to recirculate." A HEPA purifier can help.

Watch for symptoms. Coughing, difficulty breathing, and fatigue can be signs that smoke is affecting your health. If symptoms worsen, call Health Links at 1-888-315-9257 or visit your Health Care Provider.

Check on others. Older neighbours or those with health conditions may need support. A quick call can make a big difference!

Follow us on Facebook @ Age Friendly Brandon

***NEW website! Check us out at:**

www.brandon.ca/city-hall/age-friendly-committee/

