

NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

# SENIOR COMPASS NEWS

Creating Opportunities for More Patrons to Access and Support Services

Cyber-Seniors provides FREE technology support and training for senior citizens.

Services are available virtual, by phone or video call. One-on-one tech help is provided to older adults. Webinars over Zoom are showcaed very week



**cyberseniors.org**  
1-844-217-3057

go to their website, "click here" to browse all of their free programs and services

No computer or internet at home, come to the Library to access cyberseniors.org

\$

## Healthy Eating on a Budget

\$



- stick to your list
- shop sales
- compare prices
- stock up and freeze
- consider the season
- choose plant-based protein foods more often
- limit highly processed foods
- set a budget
- compare grocery stores



<https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-eating-budget/>

## Another Year of Senior COMPASS!!!

Here is a quick lineup of some of the activities and programming we will be doing for the year !!!

Virtual Reality - June 24th Call the Library to save your spot!!

Mini Health Fair - this fall - featuring educational session on OsteoArthritis presented by Manitoulin Physio

Book Buddy Program - helping individual access library materials with the help of volunteers

Elder Abuse Programing with Sheila Schuehle, Elder Abuse Prevention Ontario

Coffee Talk - providing a safe space to talk about current issues

Safety Workshops on Wills, Power of Attorney, Advanced Directives and Power of Care with Barbara Baker

Contributing to the Collection of Books for the Library

Contact Suzanne to find out how you can participate or if you have any programs you would like to see offered!!

Call 705-368-2444 or email [nemilibcompass@vianet.ca](mailto:nemilibcompass@vianet.ca)

## SENIOR COMPASS PROGRAMMING

# Virtual Reality Continues . . .

We are hosting another session before school is out!! Join us and explore new experiences in virtual reality.



Saturday, June 24, 2023  
11 am - 4pm



You must sign up to reserve your spot! Call  
705-368-2444  
or email [nemilibcompassevianet](mailto:nemilibcompassevianet).

Participants must be 13 years of age or older OR be accompanied by an adult 18 years or older.

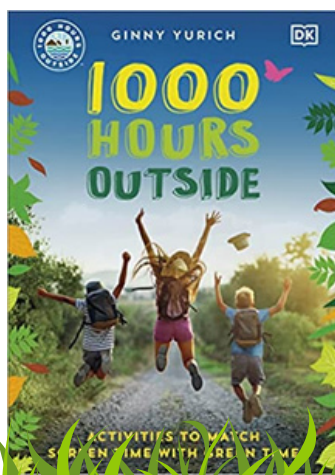
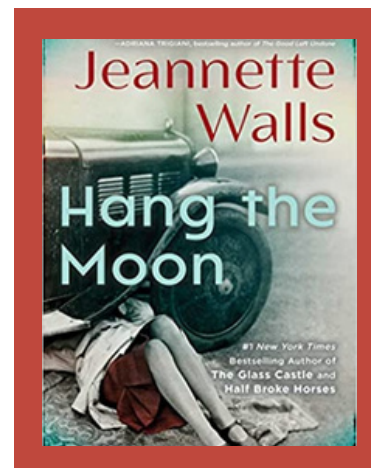
Consent and Waiver forms will be presented at the event for participants/guardians to sign.

## Our COMPASS Carts are full . . .

*scissors* *cross stitch kits* *shadow boxes* *foil construction paper*  
*bracelet making kits* *3-D wood kits* *embroidery kits*  
*craft fabric*  
*paints and canvas* *ribbon* **come and create**  
*water colour brush pens* *card making supplies* *craft tape*

## Hang The Moon

From Jeannette Walls, the #1 New York Times bestselling author of *The Glass Castle*, comes a riveting new novel about an indomitable young woman in Virginia during Prohibition. You will fall in love with Sallie Kincaid, a feisty and fearless, terrified and damaged young woman who refuses to be corralled.



## 1000 Hours Outside

With the nice weather starting, enjoy time outside with friends, neighbours and family exploring and creating. This book features activities to do throughout the different seasons.

Find it in our "new fiction" book section to the left of the check out counter



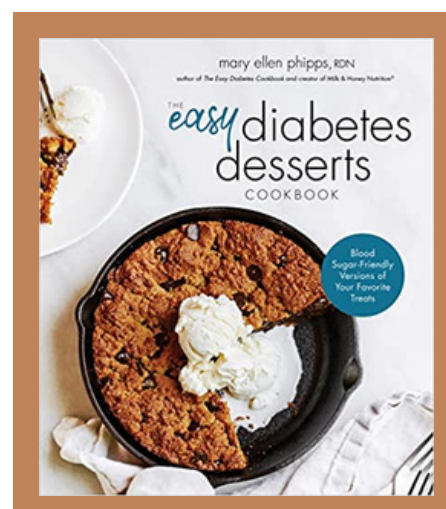
## Frozen Yogurt Blueberry Bites

5 oz. plain low-fat Greek yogurt  
2 Tbsp. honey  
1 tsp lemon juice  
1/2 tsp lemon zest  
1/3 cup crushed walnuts  
1 cup blueberries, fresh or frozen

In a bowl, whisk the yogurt, honey, lemon juice, and lemon zest until smooth. Then fold in the crushed walnuts and blueberries.

Pour mixture into an ice cube tray and freeze until solid, at least 2 hours, before enjoying.

Store in the freezer for up to 3 months



## LIBRARY NEWS

**Recognizing and Honoring our Volunteers !!**

**Please join us for our Spring Thing**

**Thursday, May 25, 2023**

**4 pm to 7 pm**



**NEMI Public Library**

# Spring Thing

**Coffee House Style Open Mic Night**

**Special guest local authors will be reading from their books.**

**Community members are invited to share their musical, spoken word, and other talents in celebration of the new opportunities blossoming at the library and the volunteers who make it all possible.**

**May 25 from 4 to 7pm**

**50 Meredith St. West, Little Current**



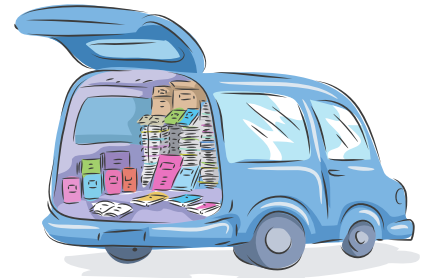
# COMMUNITY RUMMAGE BOOK & DVD SALE

Saturday, June 24  
10am-3pm

50 Meredith St. West  
Little Current, ON

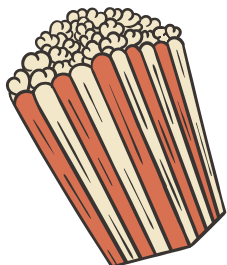
Community Members are invited to set up a table or sell out of their trunks in the library parking lot. Sellers are responsible for their own station.

There is no fee to sell, but a \$10 donation is suggested.



Books and DVDs 6 for \$5  
unless marked otherwise.

We appreciate your book and dvd donations for this fundraiser.  
Please bring book and dvd donations to the library anytime before June 24.  
No damaged books, text books, encyclopedias or magazines please.



**Fresh Popcorn and Drinks  
for Sale**



**Volunteers  
needed**

If you wish to volunteer for any of our events  
Contact the Library @ 705-368-2444

# Another Year of Funding for ...

## Technical Skills Development NEMI Public Library

50 Meredith Street West, Little Current 705-368-2444

[nemi.olsn.ca/skills](https://nemi.olsn.ca/skills)

Free for all library members age 15 and over

*This FREE innovative program  
will be offering exciting technical skills  
opportunities for a 2nd year!*

TSD 2023-2024 provides the same 1:1 support  
+ practical computer skills workshops  
+ exciting new technical skills workshops  
led by skilled professionals.

The library provides resources and support.  
You decide when and how you participate.

This Employment Ontario Program is funded in part by the Government of Canada and the Government of Ontario.  
The views expressed in this publication are those of NEMI Public Library and do not necessarily reflect those of the Province.  
The Government of Ontario and its agencies are in no way bound by any recommendations contained in this document.



**NEMI Public  
Library**

Call Us: 705-368-2444

Email Us: [nemilibcompass@vianet.ca](mailto:nemilibcompass@vianet.ca)

Find us online:

<https://nemi.olsn.ca/seniorcompass>

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program



**The Library is for Everyone**

**Senior COMPASS Project**

NEMI Public Library is seeking the valuable guidance and insight of community seniors and older adults to make the library better for everyone.

**The Community is its COMPASS**