

Organization	Name/type of program	Target audience	Goal of program	Timing of program (e.g. ongoing, planned for future, past program, etc.)	Other info about program (evaluation, what works, what doesn't, etc.)	
Go Getters	Physical activity programming Lunch available Monday to Friday 11:30-12:30	Seniors	Keeping seniors healthy & active	Ongoing	223-5937 Hours 08:30 to 12:30pm newsletter monthly	Velma Neil, President
Dryden Fire Service/NWHU	Fire & Falls presentations	Seniors in apartments	Promoting home safety, fire safety with residents and staff and fire escape planning	Annual and on request	223-1178	Ken Kurz Fire Chief
Dryden Pool & Fitness	Several programs offered for seniors: moving and grooving fitness, water fit, aqua arthritis, gentle fit fitness and others	seniors	promoting seniors health and fitness	ongoing	223-1430	
Dryden Rec. Complex	Arena walking, 50+ skating, 50+ pay and play hockey	General community	Providing safe walking environment and promoting seniors health and fitness in the winter	Winter months	223-1425	
DHS	Hall walking	General community	Providing safe walking environment	Winter months		
CCAC	Home assessments and other services for seniors	Seniors in their own homes	Increase home safety	Ongoing	223-5948 Toll Free 1-877-661-6621 www.northwesthealthline.ca	
NWHU	Medicine Cabinet cleanout	General community	Increasing medication safety (reducing prescription misuse)	Fall 2012		
Age Friendly Network	Speaker's Series	Seniors, caregivers	Increase knowledge of seniors' health and safety issues	Fall-Winter	Contact: Katherine Campbell 223- 7406	
Patricia Region Senior Services	-Meals on Wheels	Seniors	Providing services to seniors to increase the likelihood that they can stay in their own homes.	Ongoing	Penny Bradley, Program Coordinator, 223-5189 www.drydenseniorservices.ca	
	-Lifeline Emergency Response					
	-Home Help Program					
	Transportation					
	Friendly visiting					
	Frozen meals					
	Social lunches					
	-Maintenance Program		This fee for service, recreational program provides socialization opportunities, respite and support to families and caregivers living in their own homes in the community	Ongoing		
Grace Haven Adult Day Program	Seniors					

Dryden Area Family Health Team	Numerous Programs				Lucy 223-7406 ext. Director of rehab	
	Falls Prevention Workshop- Free	General community	Learn simple exercises as part of a Home Exercise Program	January 20- February 24, 2015	Susan Traini 223-7406 ext. 3006	