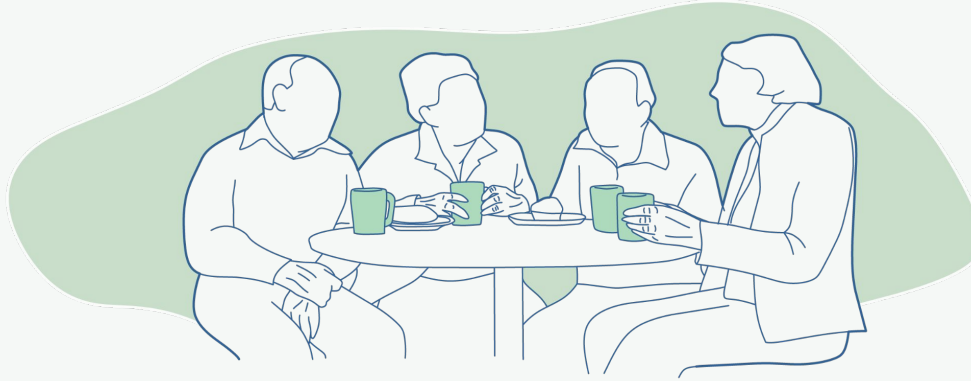


Toronto Seniors Strategy &



Sparkling Social Connections in Your Shared Spaces



Sparkling Social Connection In Your Shared Spaces



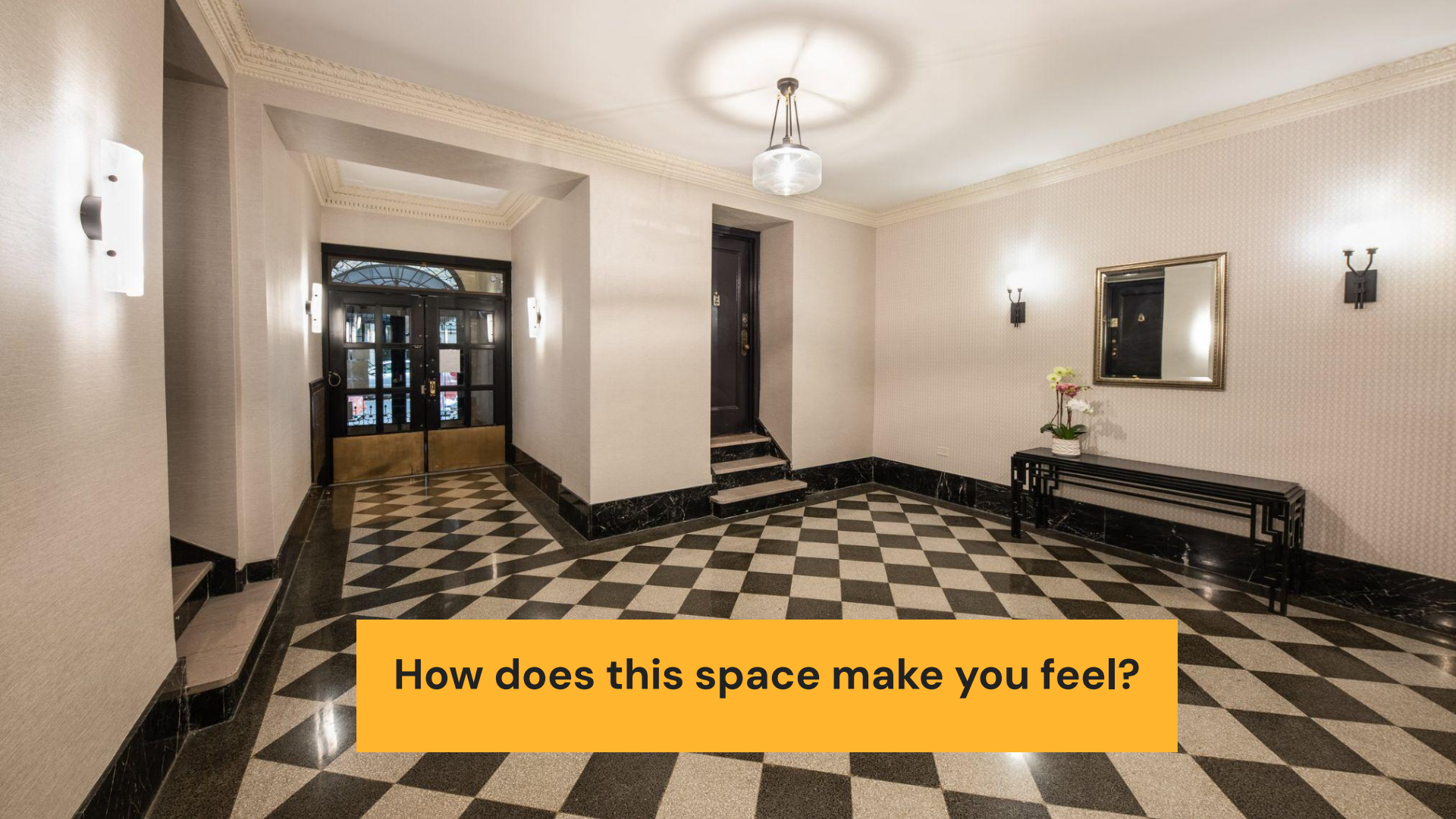


This document's
focus:
**Indoor shared
spaces in multi-unit
buildings**

- Lobbies
- Common rooms
- Hallways
- Stairways



Every community, building, and shared space is different. **Take what resonates and make it your own!**



How does this space make you feel?



**How does this space
make you feel?**

Image credit: Davie Street Community Garden in Vancouver

Let's explore ideas to spark:

**Social
Interactions**

**Agency &
Options**

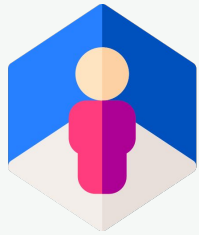
**Access and
Inclusion**

Joy!

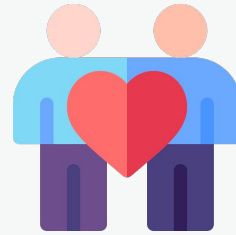
Making space for

Social Interactions

When there are opportunities to connect with new people in our shared spaces, we can:



**reduce
social isolation**



**form supportive
relationships**

1

Add social nooks

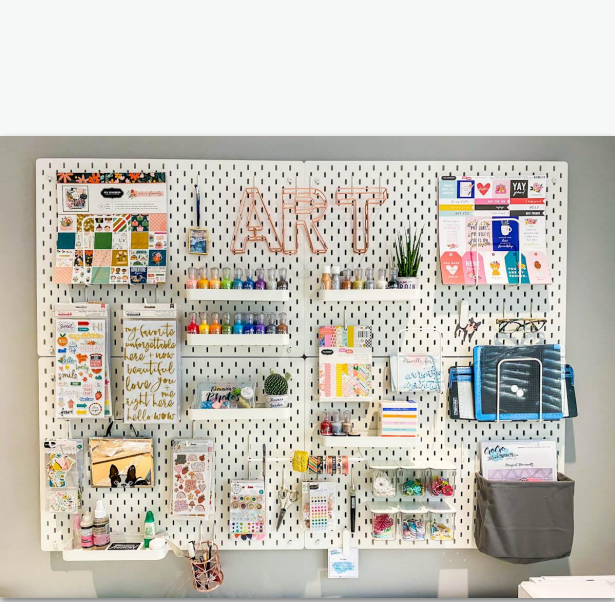
Image credit: Happy Cities, Little Mountain Cohousing





Image credit: Happy Cities, Little Mountain Cohousing

try this: add a new function to your laundry room



try this: host a free stuff exchange (take one leave one)

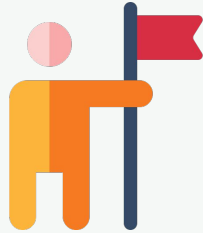


Image credit: free store @ University of Toronto

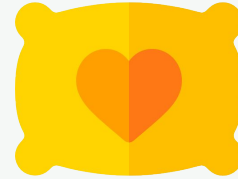
Making space for

Agency & Options

When we feel we have agency and options over how we engage with our shared spaces, we tend to:



**have a stronger sense
of belonging**



**be more
comfortable where
we live**



**The dreaded
locked, empty
cork board...**

AIP with NORC

Your NORC Coordinator is available to:

- Connect with you about social services and wellness needs
- Work with you and your neighbours to coordinate events and services
- Help facilitate community building and neighbourhood activities
- Support with connections to live care and health and social services that help to address your specific needs

Health and Wellness Programs

Health talks, exercise classes and social events, including clinics, foot and nail care, wellness clinics and more!

Stanley Knowles Drop Ins

Location: 4th floor lounge

Monday	Tuesday	Thursday
Drop-in: 10:00 am - 3:30 pm	Social: 10:00 am - 3:30 pm	Drop-in: 10:00 am - 3:30 pm



Want to learn more?

Phone: 437-882-5628
Email: kathrin.brunner@uhn.ca
Kathrin is available Monday to Friday, between 9am and 4pm.



Bringing Neighbours Together

The NORC celebrates the joy of building lasting relationships and believes in the power of neighbour-to-neighbour connections. The NORC team is dedicated to working with residents at Stanley Knowles to build a vibrant community.

What is a NORC?

NORC stands for mutually-connecting retirement community. NORC refers to geographical areas that naturally come to house a high number of residents over the age of 65.



The NORC Program:

- Collaborates with other entities to find ways to thrive in a local together
- Connects residents with health and social services
- Helps to build and maintain resident-led programs
- Co-develops their own group-to-neighbour support services

FOOT & NAIL CARE CLINICS

Open to all members of Stanley Knowles (any age welcome!)

Tuesday, March 5th from 10-5pm &
Saturday, March 9th from 10-5pm

\$20 cash

Appointment with a Licensed Chiroprapist in 4th floor meeting room or in your apartment

To register contact Kathrin:
Drop-in hours Mondays & Thursdays 11-2:30pm
Phone: 437-882-5628
Email: kathrin.brunner@uhn.ca

AIP with NORC



AIP with NORC Presents

Info-session with Sprint Senior Care

Come learn about the programs and services offered at Sprint

Tuesday, March 5th
2-3pm
4th floor meeting room
Refreshments provided

AIP with NORC



AIP WITH NORC PRESENTS MARCH SOCIAL TUESDAYS

MAR 05 INFO SESSION
2-3 PM

GUEST SPEAKER: SOCIAL WORKERS FROM SPRINT SENIORCARE
Learn about the services and programs available at SPRINT Senior Care.

MAR 12 STAN'S SOUP SOCIAL
12-1 PM

WARM UP WITH A MUG OF SOUP & CONVERSATION
Enjoy homemade soup and treats with your neighbours. Free of cost, bring your own mug!

FOR MORE INFORMATION
CONTACT KATHRIN 437-882-5628



AIP WITH NORC PRESENTS MARCH SOCIAL TUESDAYS

MAR 19 INFOSESSION
1:30-2:30 PM

CENTRAL EGLINTON COMMUNITY CENTRE
learn about the various programs, events, clinics, and outings offered at the CECC.

MAR 26 TEA & TALK
1-2:30 PM

DYING WITH DIGNITY: ADVANCED ARE PLANNING
An empowering session for individuals and caregivers on the what, when, how, and why of advanced care planning and substitute decision makers. Refreshments provided.

FOR MORE INFORMATION
CONTACT KATHRIN 437-882-5628



NEW: Frozen Meal Delivery Available

Available for all residents

Healthy homemade frozen entrees & soups available for weekly delivery

For information contact Kathrin:
Drop-in hours Mondays & Thursdays 11-2:30pm
Phone: 437-882-5628
Email: kathrin.brunner@uhn.ca

AIP with NORC



what's on



Computers for Beginners
6 part series for complete novices interested in learning the basics.

Start from the beginning and learn both the physical and digital skills necessary to use a computer and the internet!
Mar 12th: Computers for Beginners 1: Use the Mouse
Mar 19th: Computers for Beginners 2: Use the Keyboard
Mar 26th: Computers for Beginners 3: Use the Internet
Apr 2nd: Computers for Beginners 4: Use Google Search & Maps
Apr 9th: Computers for Beginners 5: Use Windows
Apr 16th: Computers for Beginners 6: Use Email

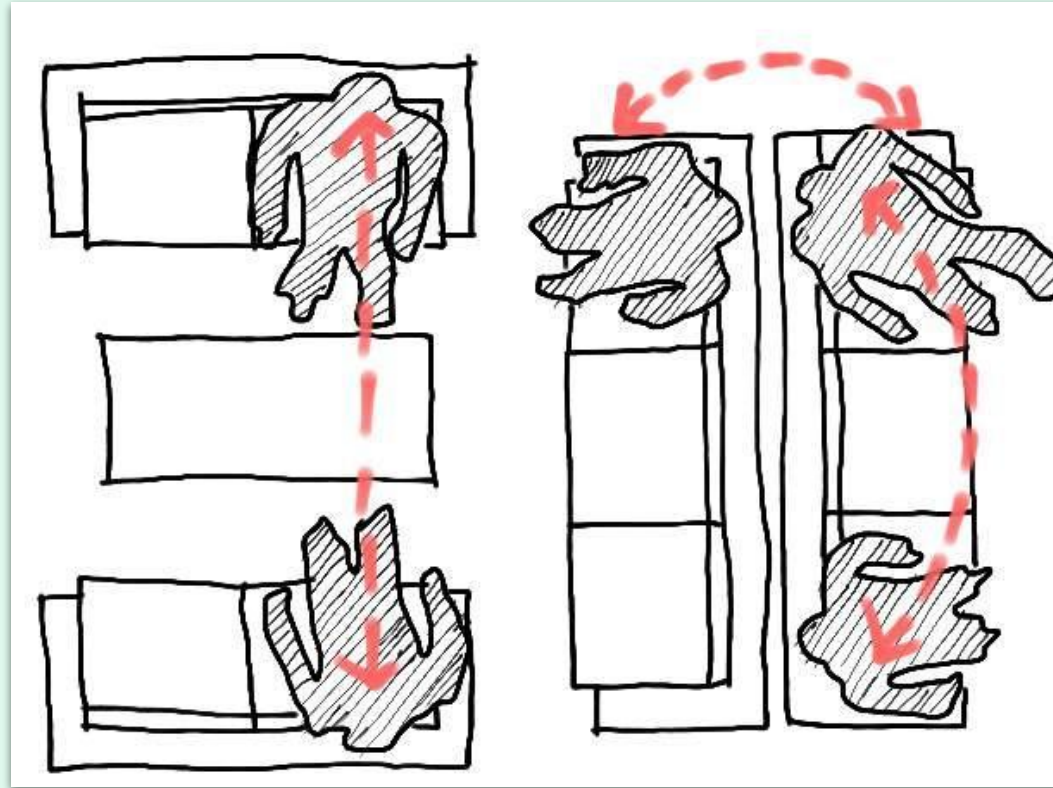
All classes are from 2-3:30pm in the Northern District Learning Centre.
Prerequisites: You do not need to attend all classes, but basic mouse and keyboarding skills are necessary for classes 3-6.
Registration required: Space is limited to 10 attendees per class. Please register in-branch or by phone: 416-992-7612.

tpl Toronto Public Library

tpl.ca

1

Ensure options for
how to engage in
the shared space



try this: divide spaces with room dividers or plants



try this: purchase *semi-private* seating



images (left to right): OSKARSHAMN wing chair (IKEA), VINGSÖN indoor/outdoor wing chair (IKEA)

try this: include both individual and group activity options

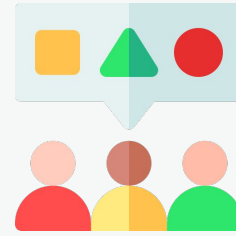


Making space for Access & Inclusion

When our gathering spaces are **accessible and inclusive to all our neighbours**, we can:



remove barriers to
participation in our
programing



create inclusive
programming

1

improve access for
people with lower mobility or
mobility devices



try this: conduct accessibility walks with neighbours



try this: add ramps to elevated entrances



try this: purchase more accessible seating



features

- firm, high backs that offer neck support
- adjustable seat height
- wide cushioned seats and arms

2

improve access for
lower vision



try this: apply self-adhesive tactile flooring strips



3

**improve access and
comfort for
lower hearing**



Reserved
—
Accessibility

Reserved
—
Accessibility

Reserved
—
Accessibility

try this: use rugs and floor pads to modulate sound



4

improve access for those
with cognitive impairment
or dementia



try this: simplify, declutter, clarify

X



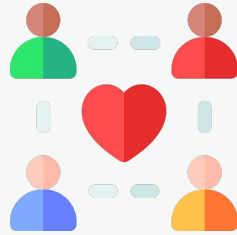
try this: Use colour and contrast, limit patterns



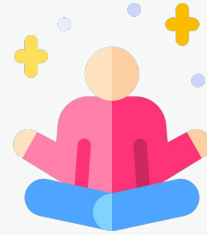
Making space for

Joy!

When our gathering spaces feel joyful, we:



**are more likely
to be social with
one another**



**alleviate stress &
negative emotions**

1

integrate nature
& natural elements



2

Select colourful,
meaningful art



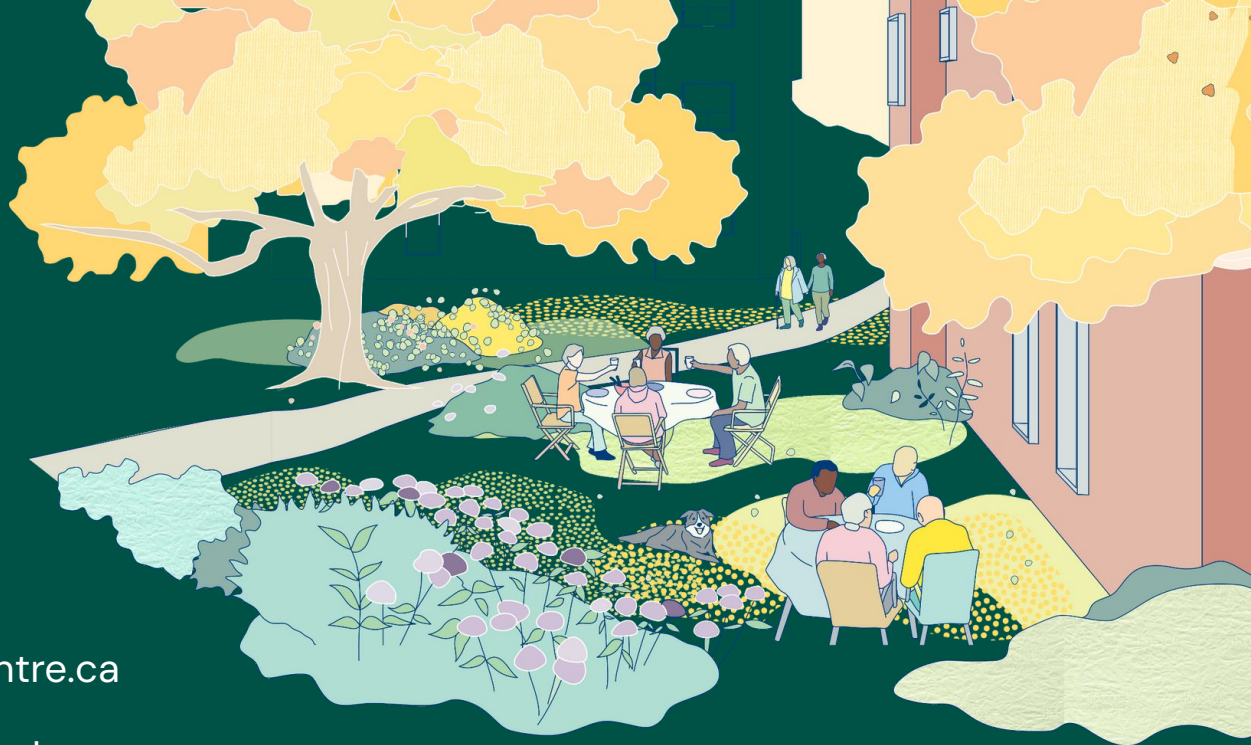
idea: rotating lobby art exhibitions





There is always
something to be
thankful for





www.norcinnovationcentre.ca



norcinnovationcentre@uhn.ca



[@NORCCentre](https://twitter.com/NORCCentre)



NORC Innovation Centre



**NORC
Innovation
Centre**
at UHN