

## **Additional Information**

### **Activities for Senior Column**

Activities for 50+ Column appears every Tuesday in the Daily Gleaner. Provides information about upcoming meetings, classes, new programs, lectures, activities at the Stepping Stone Senior Centre, and services for seniors. If you have a message you would like placed in the column please call the Daily Gleaner at 452-6671, fax your message to 452-7405, or [E-mail](#), 10 days prior to the Tuesday you would like the message to appear.

## **Education and Mental Stimulation**

### **Third Age Center, St. Thomas University**

The Third Age Center's mission is to empower older adults to promote and maintain active, healthy lifestyles. Activities of the Center include lectures, courses and workshops on various subjects including health & physical fitness, elder abuse, intergenerational programs, medication awareness, substance abuse, distance education, retirement preparation, and training volunteers, a resource library and information referral service, computer courses for older adults to introduce them to the uses of technology, word processing functions and specific software programs. Activities are made available at the University, senior's centers, nursing homes, employment settings and almost anywhere seniors gather within south central New Brunswick

*For further information:*

Fax: 460-0330;

Mail: Third Age Center, St. Thomas University, Fredericton, NB E3B 5G3. Phone: (506) 452-0526

**York-Sunbury Historical Society and Museum** - members meet once a month for programs and guest speakers at Museum on Queen St.

Activities: Special and permanent exhibits, newsletters, monthly programs and workshops. Yearly membership fee.

Contact: Kate Mossman, P.O. Box 1312, E3B 5C8

Talking Book Service - Fredericton Public Library, 4 Carelton St. Monday to Friday 8 a.m. to 5 p.m.

Contact: Deirdre Sorensen, 460-2808

Activities: Service provides books recorded on cassette tape for loan (both fiction and non-fiction available).