



Community Contacts

Apartments

MS-DSB Manitoulin-Sudbury District Services
Administration Board
(705) 862-7850 / 1-800-667-3145
www.msdsb.net

Espanola Seniors' Club #455

Helen Laurin, President (705) 869-
(705) 869-

Victorian Order of Nurses

(705) 869-3304
www.von.ca

Bayshore Home Health

(705) 869-1545 / 1-877-869-1545

Family Health Team

(705) 862-7991

Nursing Home

Community Care Access Centre
(705) 869-3790

For a tour contact (705) 869-1420

Assisted Living

The Queensway Place
(705) 869-1420 Ext 3079

Seniors Help Line

(705) 673-3636

Sudbury & District Health Unit

(705) 222-9202
www.sdhu.com

North East Community Care Access Centre

(705) 869-3790 / 1-800-370-0952
www.ccac-ont.ca

Community Fitness Programs

Rainbow Walkers (705) 869-4016

Espanola High School, Sept – June
(school days only)
For information call Pauline Demonski

From Soup to Tomatoes (705) 862-7991

A free diabetes education & care program
with chair based exercise classes run by the
Family Health Team.

(705) 869-1540

www.espanola.ca

Stand Up Program (705) 222-9202 Ext 537

Turn your back on falls! Learn to prevent falls,
strengthen your legs, keep your bones healthy and
learn how to adapt your home environment. A
group exercise program run by certified trainers.
Registration Free – funded by the Sudbury &
District Health Unit in partnership with the Town of
Espanola.

facebook.com/TownOfEspanola

Quality of Life for Seniors

Espanola Care Van (705) 862-0244

The Espanola Care Van provides public transportation for residents aged 55 and over and residents with disabilities. The Care Van is available Monday to Friday at a rate of \$2.50 per trip. Fares can be paid individually, or by purchasing bus passes from the Municipal Office. To register you must complete an application and submit to the Municipal Office or call (705) 869-1540.

All fares to and from the Espanola Regional Recreation Complex are free!

Walkway Shoveling (705) 869-1751

Shoveling walkways is important for safety; to help prevent injuries and provide for services ie; medical, home care, deliveries. Provided to qualifying seniors, persons 65 years of age or older, or persons with a physical disability that hinders them to create access to their residence. Residences with able body persons do not qualify for this service. Shoveling is provided Monday to Friday during normal operation hours after snow plowing operations of roads and sidewalks are complete.

You must apply on a yearly basis and submit to the Municipal Office or the Public Works Department.

Library Services (705) 869-2940

Outreach Service – The Outreach Service delivers materials to people who cannot visit the library and serves the Queensway Residence, the Rainbow Apartments and residents who are still living at home. Every 2 weeks a selection of materials is delivered to door, and the previous material is picked up. The Library offers large print books, ebooks, books on cassette & cd.

Espanola Regional Recreation Complex

From a fully accessible indoor salt water pool, to squash courts, and ice surface, fitness equipment and group classes; there is something for anyone, no matter what their age.

Enjoy our fully accessible, indoor, salt water pool and instructor-led, senior-friendly aquatic programs.

SHALLOW WATER THERAPY

Drop in for a range of motion exercise class ideal for those with arthritis, or those in need of a rehabilitation program. Low impact, mindful stretching and gentle strengthening.

AQUAFIT A deep water workout with little to no impact on joints. Begin each class with a 5 minute warm-up, followed by 35 minutes of cardio and 5 minutes of stretching. Relax in our swirl pool or push yourself further with laps.

Take full advantage of our full service gym & auditorium for safe, indoor cardio, strengthening and stretching options.

Free scheduled gym orientations available to members.

Our weekly Recreational Skates welcome seniors. The Espanola Regional Recreation Complex is also home to the Stand Up program, Intermediate Line Dancing and a variety of fitness classes offered by private instructors.