

Aging Well at VPL



June is Older Adult Month.

To celebrate, VPL is offering a roster of programs of interest to older adults. Join our exciting programs to help combat ageism and reframe what it means to age well.

The Aging Well Club ☺

A series for adventurous older adults to learn and interact with others, featuring different themes and guests. Join us in person or on Zoom.

DC Wed, May 17 & June 21, 2 pm

PBRL Mon, May 8 & June 12, 7 pm

WO Thur, May 18 & June 15, 2 pm

Creative Aging: Hike & Haiku ☺

At stops along the beautiful Humber trail, with the help of our instructor, Haiku will be created seemingly effortlessly. Participants will benefit from fresh air and camaraderie.

KL Thursday, May 11, 2 pm

Creative Aging: Drum Circle ☺

Drumming is terrific fun, requires no experience, and has a wealth of health benefits. Led by Rhythmic by Nature. For older adults.

CCRL Sunday, June 4, 2 pm



Please pre-register at vaughanpubliclibraries.eventbrite.com

The 4 Phases of Retirement ☺

Discover the four phases of retirement and the psychological changes that accompany this period of life. Presented by best-selling author Dr. Riley Moynes.

ZOOM Monday, June 5, 7 pm

Reframing Menopause ☺

Learn new ways to view menopause to see it as a natural, exciting and powerful phase of our lives. With author Susan Willson.

ZOOM Wednesday, June 7, 7 pm

Elder Abuse Awareness ☺

Learn what constitutes elder abuse, how to recognize it, how to report it and how to support an older adult at risk.

ZOOM Tuesday, June 13, 7 pm

Elder Financial Abuse ☺

An overview of financial abuse of older adults, how to protect loved ones, and how to report it.

ZOOM Tuesday, June 20, 2 pm