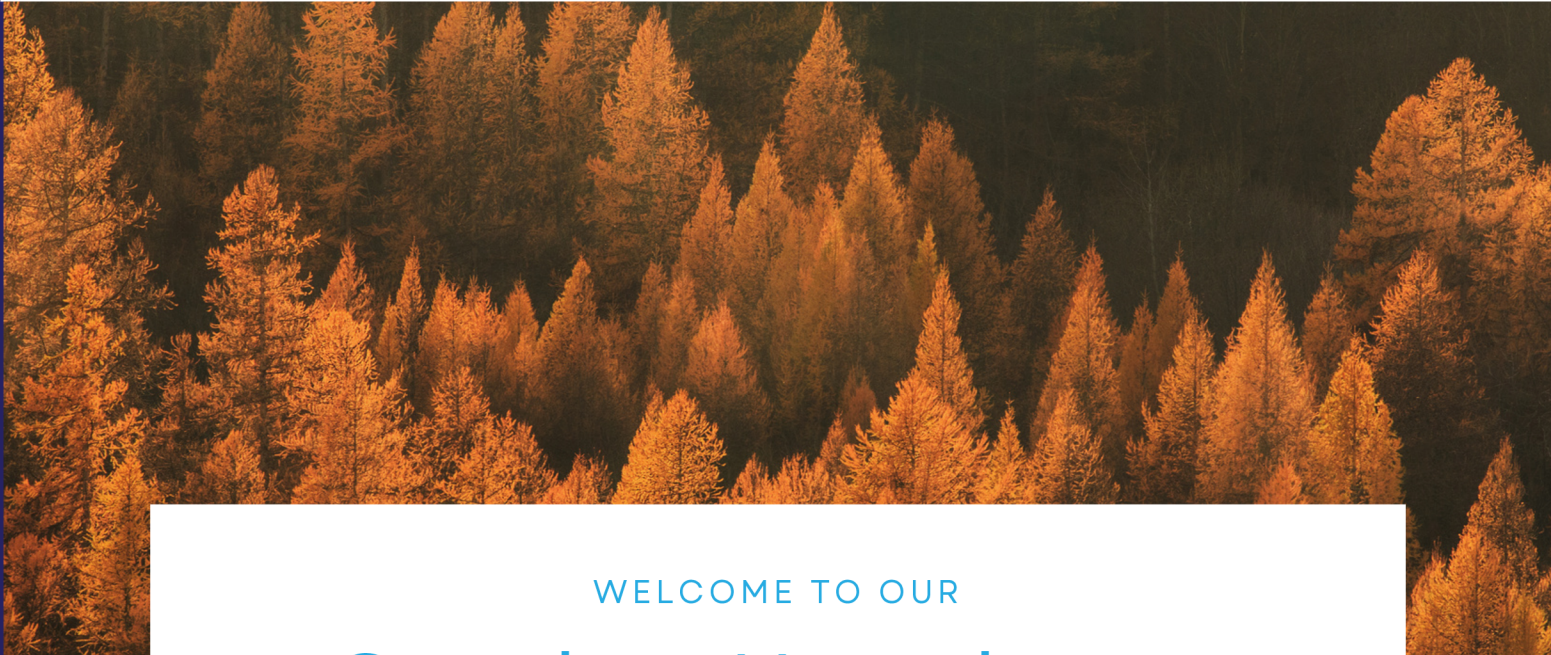




WELCOME TO OUR

October Newsletter

◆

Start of Fall Update!



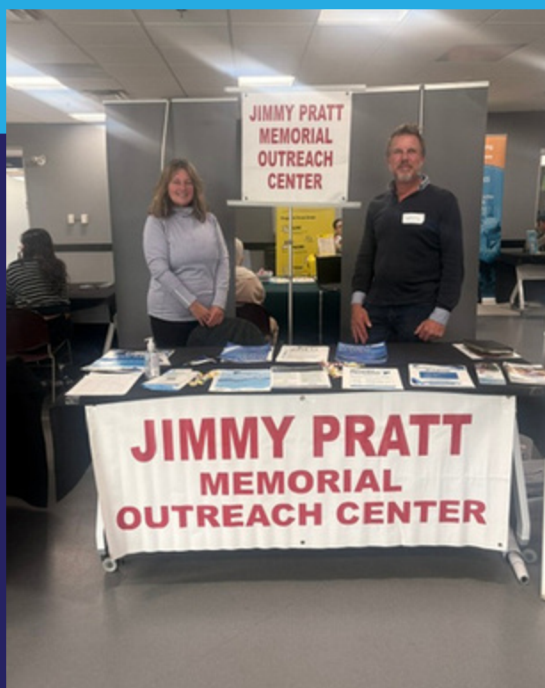
Fall has arrived in full swing, and with it comes colder temperatures and shorter days, but the work continues here at the Jimmy Pratt Memorial Outreach Centre.

From volunteer recruitment, boosting our social media presence, and new Seniors Inclusion Program scheduling, we've been working on many things over this past month. Read on to learn more about updates from our September programming and what we have planned for the season ahead!



In this newsletter you will find:

Latest updates, upcoming programming, and more. Keep Reading!



MUN G.I.V.E. Expo

SPREADING AWARENESS ABOUT OUR PROGRAMS & SERVICES, AND VOLUNTEER OPPORTUNITIES!

Greg, Executive Director, and Cheryl, Seniors Program Coordinator, represented the Jimmy Pratt Memorial Outreach Centre at the MUN G.I.V.E. Expo. They spoke with students, community members, and other attendees about the Centre's programs and services, while highlighting the many ways volunteers can support the organization. The Expo was a great opportunity to connect with people who are interested in giving back and becoming more involved in the community.

INTERESTED IN JOINING US AS A SPONSOR OR VOLUNTEER? LET US KNOW!

Congrats!

Social Media Giveaway

We held a social media gift card giveaway this month to help boost our social media. Entrants had a chance to win over \$400 in prizes. Congratulations to the lucky winner!



Upcoming Market

EXCITING NEWS AHEAD!

The Centre is planning a Holiday "Giving Market" for November 28, 2026, featuring a variety of local vendors. It will be a wonderful opportunity to discover local products and support the work our organization does for the community!

Orange Shirt | National Day of Truth and Reconciliation

EVERY CHILD MATTERS. EVEN WHEN THEY GROW UP.

We here at the Jimmy Pratt Memorial Outreach Centre observed Orange Shirt Day on September 30—a day which calls for reflection, listening to the voices of victims, survivors & their descendants, and commitments to active change.

As an organization which works with some of the most vulnerable members of our community, we acknowledge the lasting impacts residential schools have had on Indigenous peoples to this day. This shows up in the disproportionate number of Indigenous peoples which face food insecurity, housing insecurity, low income, and struggles with mental health & substance use issues.

We commit to treating everyone with compassion, and working to support the well-being of all members of our community facing challenges, in their daily lives.

To learn more about Orange Shirt Day, go to **orangeshirtday.org**

To read about the Truth and Reconciliation Commission's Call to Actions, go to **nctr.ca**



Every child matters. Even after they grow up.

On **September 30**, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.

Learn more by visiting the Orange Shirt Day website.

National Seniors Day | International Day of Older Persons

CREATING A WORLD FOR ALL AGES

Several of our staff and volunteers at the Jimmy Pratt Memorial Outreach Centre honoured National Seniors Day and International Day of Older Persons on October 1, which just so happened to land on a Thursday—during our Seniors Inclusion Program!

Newfoundland & Labrador has a large community of seniors/older persons, who deserve to be celebrated and recognized for their contributions to our communities. We believe seniors have valuable wisdom, perspectives, and lived experiences to share, and it is vital that we create communities inclusive of all ages.

We create community for seniors in our area through the barrier-free Seniors Inclusion Program, which offers opportunities for physical activity, socialization, and learning.





Come Volunteer!

SCAN THE QR CODE TO FILL OUT OUR INTEREST FORM

We are actively recruiting community-minded individuals who have availability throughout the week to assist us with delivering our programs (Breakfast on Monday, Soup Kitchen on Friday, and upcoming Seniors Program on Thursday).

Volunteers may help with preparing food, serving food, clean-up and other logistics. We are always looking for folks who can contribute their time—no strict time commitment needed. Shifts are flexible!

Fill out the form using the QR code above or contact us if you're interested in helping out!

We're Recruiting!

SEEKING NEW BOARD MEMBER

We are looking for an individual with availability to attend Board meetings and committees as applicable for our Working Board of Directors.

Experience working with non-profits and/or skills in any of the following: Fundraising & Development; Food Security & Nutrition, or Marketing & Communications, are considered assets.



JOIN OUR BOARD

Working Board of Directors

We Are Seeking:

- ◆ Availability to attend Board & committee meetings as needed
- ◆ Willingness to assist with in-person events where possible
- ◆ Fundraising & Development
- ◆ Food Security & Nutrition
- ◆ Marketing & Communications

apply now!

contact@jimmyprattcentre.ca

SCAN ME!



THINK YOU COULD BE A FIT? LET US KNOW!

Seniors Inclusion Program

OCTOBER SCHEDULE!

We have some exciting events planned for October:

Bingo - Oct 1

Healthy Eating Beyond Weight
- Oct 8

Gardening & Harvesting
Workshop - Oct 15

Gentle Exercise Talk - Oct 22

Halloween Party - Oct 29



Thank you, Lea!

WITH GRATITUDE,

We would like to say a sincere thank you to Lea with the Elevated Experience for instructing our weekly accessible fitness sessions as part of the Seniors Inclusion Program.

11am-3pm, Thursdays Seniors Inclusion Program, October

UPCOMING EVENTS

THUR 01	1:30 PM 2:30 PM	Bingo <i>Join us for a game of Bingo (with prizes)!</i>
THUR 08	1:30 PM 2:30 PM	Healthy Eating Beyond Weight <i>Learn about healthy eating with NL Health Services (NLHS)!</i>
THUR 15	1:30 PM 2:30 PM	Gardening & Harvesting Workshop <i>All about gardening & harvesting with Dan Rubin</i>
THUR 22	1:30 PM 2:30 PM	Gentle Exercise Talk <i>Learn more about gentle exercise with NLHS</i>
THUR 29	1:30 PM 2:30 PM	Halloween Party <i>Play some games and celebrate Halloween! Feel free to dress up!</i>

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