Nursing Home Without Walls

MONTHLY NEWSLETTER

SEPTEMBER 2026

Contact Information

506-771-2784

NHWW@greenwichrec.ca

River Road HUB
Greenwich Recreation Association Inc

Nursing Home | Foyer de soins
WITHOUT WALLS | SANS MUR
Browns Flat, NB

Rocmaura
a community of caring people

"Helping older adults in Greenwich, and beyond, age safely at home"

Nursing Home Without Walls

What is Nursing Home Without Walls?

Nursing Home Without Walls is a program developed in New Brunswick that supports services for seniors 60+. Their goal is to keep seniors healthier, happier and living safely in their homes longer. And, programs are completely free!

Who are we in your community?

Nursing Home Without Walls in Greenwich is a partnership between the Greenwich Recreation Association and Rocmaura Nursing Home. We are using the success of the Hub and its resources to offer even more services to seniors

What can you do for me?

We first held a community needs assessment about a year ago, during a ham dinner at the Hub, to gauge interest in this program. Recently we held focus group to guide our planning. We have expanded our services in fitness, nutrition, education sessions and more. Please don't hesitate to call us and see what we can do for you!

We open for calls August 31st 506-771-2784

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BE ON THE MOVE

Senior Fitness

Amy will be guiding senior fitness on Tuesdays at 11am. September's theme is chair mobility and strengthening. Register to join Amy September 15, 22 and 29th!

FitPit

Do you want to build muscle? Be a September gym buddy and join Amy in the FitPit for Live Well-Move Well. A guided strength training program. Please register, space is limited. Thursdays at 11am Sept 10, 17, 24

Indoor Walking

Every morning Mon-Fri you can DROP IN to the Hub from 9-11 to go for a walk in a safe, flat and obstacle free environment.

Please register ahead 506-771-2784

Call Darlene at 506-651-3854 to book blood collection or foot care

FEEDING OUR BODIES

DROP IN

1 Stroll & Brew

Every morning Mon-Fri, 9-11 we offer a free light breakfast. While you are in for your walk and talk, also grab a piece of toast and a drink!

Please register ahead 506-771-2784

2 Community Kitchen

Our popular program 'Community Kitchen' is back! Sign up to cook and eat with friends. Take some home for yourself or a neighbour! Menu Sept 28th , 11am: Savory Fall Veg Soup, Whole wheat biscuits, Raisin walnut tarts

Please register ahead for busy day attendance

LUNCH & LEARN

WHEN: *September 21st , 11am*
GUEST: *Christina Harvey*
TOPIC: *Nursing Home Process*
MENU: *Chicken Parm*

Please register ahead 506-771-2784

HELPING HUB

Tuesdays at 2 DROP IN for:

- Help with cell phone and tablet use
- Online or paper forms
- Access to tablets and internet
- Help with Email
- Have questions about accessing other services?

BE SOCIAL

GAMES DAY

Every Thursday from 12-2, DROP IN for a light lunch, games and puzzles!

Drop in

WEEKLY SPECIAL

On Tuesdays join us for Lunch at 12 followed by a fun group activity
Sept 15 Ye Olde Words Trivia
Sept 22 Chris Fowler Music
Sept 29 Make a mosaic coaster

Please register ahead for the monthly craft

TUESDAY IS BUSY DAY

Attend what interests you! Low needs seniors may spend the day at the Hub!

9 Stroll & Brew
10 News & Views
11 Senior Fitness
12 Lunch
1 Weekly Special
2 Helping Hub
3 Visit with After School children

VOLUNTEER DAY

September 25th
Stop in to the Hub to help with set up for the Fall Fair 2026!

SEPTEMBER 2026

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Monday

Ongoing	Special
9-11am Stroll & Brew, Begins Sept 11 6:30 Craft Club, Begins Sept 14	Sept 21 Lunch & Learn, 11am Sept 28 Community Kitchen, 11am

Tuesday

Ongoing	1pm Special
Tuesday is busy day with programming from 9am-3:30pm, Please see the full schedule on the newsletter. Talk to us to see if your loved one is suitable to be dropped off for the day	Sept 15 Ye Olde Trivia Sept 22 Chris Fowler Music Sept 29 Mosaic Coasters craft **Sept 22 Foot Care with Darlene, call 506-651-3854 to book**

Wed.

Ongoing	Special
9-11am Stroll & Brew 10am Pickleball	Sept 2, 16, 30 Blood collection, call Darlene at 506-651-3854 to book

Thursday

Ongoing	Special
9-11am Stroll & Brew 11-12 Live Well-Move Well strength training 12-2 Senior Games	

Friday

Ongoing	Special
9-11am Stroll & Brew	Septemebr 25th Volunteer Day, preparing for Fall Fair

Saturday

Fall Fair, September 26th

8-10 Breakfast Buffet
11-3 Car Show
See Poster ad for more details!

Sunday

September 20th
Browns Flat Fellowship Service at the Hub