



MatureMinds is committed to creating a future in Simcoe County where getting older is seen as full of possibilities and where we can age with a deep rooted sense of our intrinsic value.

Education/Advocacy

Workshops & presentations available:

- Ageism (intro, media, health, systemic)
- Caregiver Resilience
- Communication Strategies
- Mental Health Awareness
- Self-care Practices

Community Programs/Events

- Everybody's Birthday
- Generations Over Dinner
- Golden Buddies
- Slow Cooker Club
- The Next Chapter Book Club

Volunteer Opportunities

- Friendship Bench
- GrandPals
- Scrabble Club

Community Resource Consultation

Working together to find:

- Health & Wellness
- Mental health and wellbeing
- More volunteer opportunities
- Social Activities

The future is old!

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