

NEWSLETTER



COMMUNITY SPOTLIGHT:

“GARDEN OF GOLDEN YEARS” – A RAISED-BED HAVEN FOR ELDERS

At SULADS Canada, we believe that gardening is for everyone—regardless of age or ability. That’s why we’re proud to introduce our newest community initiative: raised garden beds designed specifically for older adults.

This inclusive project allows seniors to enjoy the physical, mental, and spiritual benefits of gardening in a safe, comfortable, and accessible way.

🍅 BENEFITS OF ACCESSIBLE GARDENING

- Improves physical health through light exercise, flexibility, and fresh air
- Supports mental wellness by reducing stress and anxiety
- Fosters community by encouraging friendships and shared learning
- Provides fresh produce for personal use or sharing with neighbours



✉️ STAY CONNECTED

WANT TO GET INVOLVED?

✉️ EMAIL US AT: INFO@SULADSCANADA.ORG

🌐 VISIT: WWW.SULADSCANADA.ORG

📍 LOCATION: FAIRHAVEN CAMPUS, SULADS CANADA

★ JOIN THE MOVEMENT

WE’RE CALLING ON CHURCHES, YOUTH GROUPS, HEALTH CENTRES, AND CARING NEIGHBOURS TO HELP US EXPAND THIS MEANINGFUL PROJECT. WHETHER YOU VOLUNTEER, DONATE SUPPLIES, OR SPONSOR A GARDEN BED, YOUR SUPPORT HELPS SENIORS STAY ACTIVE, SOCIAL, AND CONNECTED TO GOD’S CREATION.