

# A Community Rises

## BRONSON RISE (Real Inclusion by Seniors Everywhere) YEAR ONE 2019-2020

The story of Bronson RISE's first year is, like so many in 2020, one of hope, sudden change, and re-emergence with a brave new goal: to safely re-open the community hub doors of Bronson Centre, and promote a healthier, happier, more connected way to age.

Inspired by our new community garden, this timeline traces the year's highlights and challenges, from seed, to stalk, to harvesting new possibilities.



### October 2019 Laying the foundation

Bronson RISE (Real Inclusion by Seniors Everywhere) launches from Ottawa's Bronson Centre, to work with Bronson Centre organizations and others in fighting social isolation and increasing social inclusion for seniors.

### November – December 2019 Finding common ground

With a goal of introducing everyone and finding shared passions, Bronson RISE brings the diverse organizations working out of the Bronson Centre together to meet, many for the first time



### February 2020 Sowing connections

Further building community and possibilities, our Bronson Centre Speed Dating event pairs Bronson Centre organizations and others in fun, fast "first dates"... then the buzzer sounds and it's onto the next.

### March 2020 Seeds of reconciliation

For International Women's Day, Bronson Centre organizations and the surrounding community hosted the Kairos Blanket Exercise, facilitated by Indigenous Elders to foster truth, understanding, and reconciliation among Indigenous and non-Indigenous people.



### March 2020 A sudden frost

Making music and art, sharing food and culture, welcoming all to help make aging's best years start now: our plans, like everyone's, ground to a halt when the pandemic comes roaring in.



### April 2020 Unstoppable spring

Forced to pivot, we learn and teach new ways to connect and converge, and Bronson RISEs anew as a virtual organization, bringing many seniors online for the very first time.



### Summer 2020 Bloom and resilience

No virus can stop the determination of older people who've seen it all, as our garden and virtual programs bloom with life: singing, chair yoga, arts, and healthy, sustainable food.



### October 2020 Sharing our bounty

Hand-in-hand, mask-in-mask with our Bronson Centre neighbours, we rally to re-open Bronson Centre as the safest source of community for Ottawa seniors, while continuing to connect them virtually as well.

### September 2020 Harvest and plan

Our garden now feeds both families and community sustainability: our programs are revealed to be equally nourishing, as evaluation reports show an overwhelming demand for more from connection-starved seniors.



[bronsoncentre.ca/bronson-rise](https://bronsoncentre.ca/bronson-rise)