

MEN'S SHEDS ARE FOR:

- Any man who would like to contribute his time, knowledge and skills to help others and help the local community.
- Many of us are seniors but all are welcome and there are no age limits!

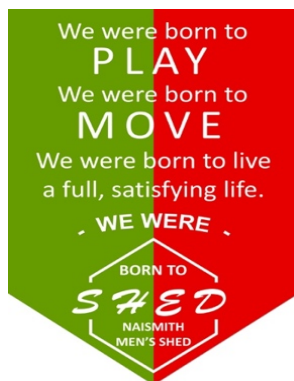
GATHERINGS

- The Naismith Men's Shed™ meets every 1st and 3rd Thursday of the month for breakfast at the Superior Restaurant at 8:30 am.
[And if the month is generous: also the 5th Thursday is a breakfast]
- Every 2nd and 4th Thursday of the month is for social activities at 9 am until Noon at the Mill of Kintail Gatehouse meeting room.
- Every 2nd and 4th Wednesday is Games Day from 10 until 1 at the Mill of Kintail.
- Social outings such as to the movies.

Feel free to come out and see what we are about. Non-members welcome.

MEMBERSHIP COSTS

- \$1 annual membership fee
- Other donations of time, talent and treasure welcomed



Why Men's Sheds?

1. They offer friendship and mutual support

- Men need a network of support that addresses their unique issues and concerns.
- We offer friendship and an ear to each other's ideas, concerns and travails.
- We offer a safe environment in which everyone is treated equally and with respect.

2. They contribute to the community

- The men's shed movement allows men to contribute back to the community.
- Some of the projects that we have undertaken have been the raised garden beds at the Almonte Public Library and Clayton Seniors Home, the refurbishing of the electrical boxes on the fairgrounds and the creation of bluebird house kits for the local young naturalists.

3. They give men purpose and a sense of self-worth

- Many senior men view retirement personally as forced unemployment.
- We offer an opportunity to share and/or learn from each other.

Friendship is the cornerstone of our existence.

™ Men's Sheds is the trademark of Men's Sheds Canada & member men's sheds.



CONTACT INFO

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The Mill of Kintail Gatehouse meeting place



Breakfast at the Superior Restaurant



Our shed at the Mill of Kintail



A meeting at the Mill of Kintail Gatehouse



The workshop in Appleton

Our Vision

To create a space where men can enjoy meeting, making friends, socializing and helping each other overcome or deal with any feelings of loneliness, isolation or depression.

Our Mission

To be an independent body at a physical location where men can regularly socialize, make friends, talk, share skills, network and find companionship with the primary purpose of supporting and enhancing personal well-being and health.

To form a supportive community (the NMS) that will allow members to feel that they are not alone when faced with life challenges that seem altogether too big for one person.

To preserve skills and interests which can be passed on from one man to another.

To create a social environment through informal get-togethers (impromptu and planned) for members to meet in a relaxed, happy and creative space where they can feel useful, have purpose and make a worthwhile contribution to the larger community.

Our History

We are one of six Sheds in Ontario and one of thousands worldwide.

We have been around since the Spring of 2018 and our name is thanks to the generosity of Dr James Naismith's family. (of basketball fame)

Past and On-going Projects

Bat house project for the Canadian Wildlife Federation.



The raised garden beds built outside the Almonte Public Library and the Clayton Seniors Home.

Trips and Fellowship

Our trip to see the wild orchids at the Purdon Conservation Area.



Our super BBQ on the back deck at a member's house.

Our outing to Wheeler's Pancake House.

