A screenshot of a cell phone

Description automatically generated

A screenshot of a cell phone

Description automatically generated

A close up of a logo

Description automatically generated

A screenshot of a cell phone

Description automatically generated

A screenshot of a social media post

Description automatically generated

A screenshot of a social media post

Description automatically generated

A screen shot of a building

Description automatically generated

A group of people in a park

Description automatically generated

A screenshot of a social media post

Description automatically generated

A screenshot of a cell phone

Description automatically generated

A screenshot of a social media post

Description automatically generated

A picture containing indoor, building, person, man

Description automatically generated

A close up of text on a black background

Description automatically generated

A screenshot of a cell phone

Description automatically generated

A screenshot of a cell phone

Description automatically generated

A screenshot of a cell phone

Description automatically generated

A screenshot of a cell phone

Description automatically generated

A close up of a newspaper

Description automatically generated

A screenshot of a cell phone

Description automatically generated

**Resource Material on the Topic of Men’s Sheds**

• Men's Sheds Canada national website <http://menssheds.ca/>

• Naismith Men’s Shed website <http://www.naismithmensshed.ca>

• McMaster Optimal Aging Portal for articles on health among aging Men <https://www.mcmasteroptimalaging.org/browse>

• Punch Jackson's newsletter re: MS around the world [https://paper.li/RecretionCanada/1431485509?edition\_id=a2505a50-f130-11e9-82e8-0cc47a0d164b](https://t.co/TtxSejoUGM?amp=1)

• article in Good Times Canada’s Magazine for Successful Retirement: <https://goodtimes.ca/helping-men-cope-retirement/>

• Globe and Mail article Nov 26, 2015 “Men vulnerable to boredom, depression in retirement”

<https://www.theglobeandmail.com/globe-investor/retirement/retire-health/men-vulnerable-to-boredom-depression-in-retirement/article27490557/>

• Globe & Mail article Sept 21, 2018 “health by stealth” <https://www.theglobeandmail.com/life/health-and-fitness/article-mens-sheds-where-guys-tinker-and-improve-health-by-stealth/>

• Winnipeg Free Press Aug 3, 2017 “Women get sicker, but men die quicker”

<https://www.winnipegfreepress.com/opinion/analysis/mens-sheds-help-build-longer-happier-lives-438248073.html>

• The Guardian Newspaper Nov 6, 2013 “Men’s Sheds are more than buildings” <https://www.theguardian.com/commentisfree/2013/nov/06/mens-sheds-building-lifesaver-community>

• Boston Globe “The biggest threat facing men”

<https://www.bostonglobe.com/magazine/2017/03/09/the-biggest-threat-facing-middle-age-men-isn-smoking-obesity-loneliness/k6saC9FnnHQCUbf5mJ8okL/story.html>

* CBC “Canada is unprepared for the demographic time bomb hurtling towards us” <https://www.cbc.ca/radio/thesundayedition/the-sunday-edition-october-14-2018-1.4858401/canada-is-unprepared-for-the-demographic-time-bomb-hurtling-at-us-1.4860164>
* CBC “Loneliness in seniors an epidemic” <https://www.cbc.ca/radio/thecurrent/the-current-for-september-20-2016-1.3770103/loneliness-in-canadian-seniors-an-epidemic-says-psychologist-1.3770208>
* Government of Canada “Social Isolation of Seniors” <https://www.canada.ca/en/employment-social-development/corporate/partners/seniors-forum/social-isolation-toolkit-vol1.html>
* Huffington Post “It’s time to get men talking about depression” <https://www.huffingtonpost.ca/joshua-r-beharry/world-health-day-male-depression_b_15833732.html>
* Beyond Blue “Men are known to bottle things up” <https://www.beyondblue.org.au/who-does-it-affect/men>
* Evidence Network “Men’s sheds help build longer happier lives” <https://evidencenetwork.ca/?s=men%27s+sheds>
* Forever Young Magazine “Senior men create a place where men can

socialize without pressure” <https://www.foreveryoungbc.com/images/stories/pdfs/FYng_Aug_2018.pdf>