

55+

AGING WELL TOGETHER

Celebrating Seniors' Month

pickering.ca/adults55plus

note: All Seniors' Month activities listed are intended exclusively for adults 55+ unless stated otherwise.

JUNE 1 - 30

Join us for special events and activities throughout June as we celebrate Seniors' Month in Pickering.

Seniors' Month is Sponsored by VIVA Pickering



— City of —
PICKERING

Mon, Jun 2

Pottery Workshop

We will be learning how, and making water dishes for the pets in the shelter with Pickering Animal Services.

CHD Recreation Complex - Pottery Studio

10:00 am - 1:00 pm reg. code: 56925 \$5.00

Register at pickering.ca/active

Dementia 101 for Care Partners (part 1)

A four part series presented by Alzheimer Society of Durham Region.

What is Dementia?; This session will provide an overview of symptoms, responding to a diagnosis, treatment and being a care partner.

Central Library - Main Branch

10:30 am - 12:30 pm reg. required free

Register at eventbrite.ca

Tue, Jun 3

Men's Shed Workshop

Join us to learn more about sheds. Anyone 18+ is welcome to attend.

Dr. Nelson F. Tomlinson CC - Gym/Multipurpose Room
2:00pm-4:00pm reg. code: 56949 free

George Ashe LCC - Russel Franklin Room
6:00pm-8:00pm reg. code: 56950 free

Register at pickering.ca/active

Wed, Jun 4

Culinary Workshop

Join our Staff to create delicious snacks and meals.

Dr. Nelson F. Tomlinson CC - Gym/Multipurpose Room
5:00 pm - 7:00 pm reg. code: 56969 \$5.00

Register at pickering.ca/active

Fri, Jun 6

Blood Pressure Clinic

CHD Recreation Complex - Program Room C

10:00 am - 1:00 pm reg. code: 56975 free

Register at pickering.ca/active

Sat, Jun 7

National Health & Fitness Day Event

CHD Recreation Complex

9:00 am - 12:00 pm code: 57002 free

Register at pickering.ca/active

pickering.ca/adults55plus communityservices@pickering.ca | 905.420.4620

Sun, Jun 8

Seniors Month Celebration & Big Band

Live musical entertainment by the George Lake Big Band, and Senior of the Year award presentation.

CHD Recreation Complex

2:00 pm – 4:00 pm Ticketed event \$7.40

Purchase tickets at CHD Recreation Complex, East Shore CC, and George Ashe CC.

Mon, Jun 9

Dementia 101 for Care Partners (part 2)

Adapting to Brain Changes; This session explores changes in the brain, adapting to change and maximizing brain health.

Central Library - Main Branch

10:30 am - 12:30 pm reg. required free

Register at eventbrite.ca

Seniors Month Bingo with Rouge Hill Seniors Club

Registration for non-club members is required.

George Ashe LCC - Helen Paris Room

7:00 pm - 9:00 pm reg. code: 56951 \$5.00

Register at pickering.ca/active

Tue, June 10

Seniors' Day at the Farmers Market

Stop by the City of Pickering booth at the Farmers' Market to pick up a free garden kit.

8:30 am - 2:30 pm

pickering.ca/farmersmarket

Fri, Jun 13

Sound Healing for Seniors

Indigenous singer and flautist John Standingready will be facilitating this sound healing session.

George Ashe LCC - Helen Paris Room

11:00 am - 12:00 pm reg. required free

Register at pickeringlibrary.ca

Fitness Class: Zumba Gold

Dr. Neslon F. Tomlinson

12:00 pm - 12:50 pm reg. code: 56922 \$5.00

Fitness Class: Arthritis Dance Fit

Dr. Neslon F. Tomlinson

1:00 pm - 1:50 pm reg. code: 56934 \$5.00

Seniors Month - Blood Pressure Clinic

Dr. Nelson F. Tomlinson CC - Meeting Room

2:00 pm - 4:00 pm reg. code: 56976 free

Register at pickering.ca/active

Sat, Jun 14

Pottery Painting with Pickering Library

Paint your own custom coaster that will be fired in the kiln to create a beautiful useable keepsake.

Claremont Library

2:00 pm - 3:30 pm reg. required free

Register at pickeringlibrary.ca

Mon, Jun 16

Dementia 101 for Care Partners (part 3)

Planning Ahead; Common risks people living with dementia may face and how to manage them.

Central Library - Main Branch

10:30 am - 12:30 pm reg. required free

Register at eventbrite.ca

Spotlight Seminar: Digital Safety Workshop

Presented by KnowledgeFlow Cybersafety Foundation

Learn how to be #UnHackable while building the confidence and skills needed to navigate the internet.

George Ashe LCC - Helen Paris Room

6:00 pm 8:00 pm reg. code: 56928 free

Register at pickering.ca/active

Tue, Jun 17

Seniors Month - Art Workshop

Learn, paint, and create in this enjoyable session.

CHD Recreation Complex - Art Studio

10:00 am - 12:00 pm reg. code: 56974 \$5.00

Register at pickering.ca/active

Seniors Month - Pottery Workshop

Learn how, and make water dishes for the pets in the shelter with Pickering Animal Services.

CHD Recreation Complex - Pottery Studio

5:30 pm - 8:30 pm reg. code: 56926 \$5.00

Register at pickering.ca/active

Wed, June 18

Seniors Month 55+ Bingo

Join in the fun for an hour of excitement and prizes!

Dr. Nelson F. Tomlinson CC - Gym/Multipurpose Room

1:00 pm - 2:00 pm reg. code: 56935 free

Register at pickering.ca/active

Thurs, Jun 19

Games Day

Expect a fabulous evening of social fun, physical activities, mental challenges, and PRIZES! Presented by the City's 55+ Committee.

Dr Neslon F. Tomlinson

6:00 pm - 8:00 pm reg. code: 56933 free

Register at pickering.ca/active

Fri, Jun 20

Joyful Movement Yoga Pickering Library

Amanda Dass leads this session, practicing gentle movements while focusing on the principles of mindfulness. Bring a yoga mat with you.

Central Library

10:00 am - 11:00 am reg. required free

Register at pickeringlibrary.ca

Seniors Month - Blood Pressure Clinic

George Ashe LCC - Youth Room

10:00 am - 1:00 pm reg. code: 56977 free

Register at pickering.ca/active

Sat, Jun 21 & Sun, Jun 22

Free 55+ Public Swim

CHD Recreation Complex - Pool

1:00 pm - 4:00 pm drop-in free

Mon, Jun 23

Dementia 101 for Care Partners (part 4)

Building a Circle of Support; This session will help care partners learn how to recognize stress, manage stress and build a circle of support.

Central Library - Main Branch

10:30 am - 12:30 pm reg. required free

Register at eventbrite.ca

Tue, Jun 24

Spotlight Seminar: Digital Safety Workshop

Presented by KnowledgeFlow Cybersafety Foundation

Learn how to be #UnHackable

East Shore CC

1:00 pm - 3:00 pm reg. code: 56929 free

Register at pickering.ca/active

Wed, Jun 25

Seniors Month Culinary Workshop

George Ashe LCC - Helen Paris Room

1:00 pm - 3:00 pm reg. code: 56970 \$5.00

Register at pickering.ca/active

Thurs, Jun 26

Chair Yoga

George Ashe LCC - Russel Franklin Room

2:00 pm - 3:00 pm reg. code: 56921 \$5.00

Register at pickering.ca/active

Fri, Jun 27

Seniors Month - Blood Pressure Clinic

East Shore CC - Community Room

1:00 pm - 4:00 pm reg. code: 56978 free

Register at pickering.ca/active

Durham Community Health Centre Presentation: Grief, Loss & Social Isolation

Dr Neslon F. Tomlinson

2:30 pm - 3:30 pm reg. code: 58152 free

Register at pickering.ca/active

Sat, Jun 28

Puzzle Competition with Pickering Library

Compete against fellow puzzlers and race against the clock to be first to complete your supplied puzzle. Play individually or in teams of up to four. Prizes to be won!

George Ashe LCC - Helen Paris Room

2:00 pm - 4:00 pm drop-in free

Mon, Jun 30

Spotlight Seminar: Understanding Power of Attorney in Ontario

Gain practical knowledge and information on creating a Power of Attorney, including:

- What is it, and why is it important to have?
- The two types of Power of Attorney in Ontario
- A review of the forms, making changes, and more

George Ashe LCC - Helen Paris Room

12:00 pm - 2:00 pm reg. code: 58207 free

Register at pickering.ca/active

Tuesdays in June

Seniors' Social with Pickering Library

Central Library - Main Branch

1:00 pm - 3:00 pm drop-in free

Fridays in June

Free Health Club Access

Enjoy access to treadmills, ellipticals, bikes and other fitness equipment.

CHD Recreation Complex

6:00 am - 11:00 pm drop-in free

55+

Celebrating Senior's Month

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 1 D-Day Parade & Ceremony	2 Pottery WS Dementia Care (1)	3 Seniors' Social Men's Shed WS	4 Culinary WS	5	6 Free Health Club BP Clinic	7 National Fitness Day Event
8 Big Band Event	9 Dementia Care (2) RHSC Bingo	10 Farmers Mkt - Kit Seniors' Social	11 Pottery WS	12	13 Free Health Club Sound Healing WS Zumba Gold Arthritis Dance Fit BP Clinic Ribfest	14 Pottery Painting Ribfest
15 Ribfest	16 Dementia Care (3) Spotlight Seminar: Digital Safety	17 Art WS Seniors' Social	18 Sr Month Bingo	19 Games Day Event	20 Free Health Club Yoga WS BP Clinic	21 Free Public Swim
22 Free Public Swim	23 Dementia Care (4)	24 Spotlight Seminar: Digital Safety Seniors' Social	25 Culinary WS	26 Chair Yoga	27 Free Health Club BP Clinic DCHC Presentation	28 Puzzle Competition
29	30 Spotlight Seminar: Power of Attorney	31 Seniors' Social	JULY 1 Canada Day! Esplanade Park noon - 5:00 pm Kinsmen Park 7:00 pm - fireworks	AGING WELL TOGETHER pickering.ca/adults55plus		