

July 2020



Shop the Pickering City Centre Farmers' Market

Tuesdays | 9 am - 2 pm
Esplanade South Parking Lot
pickering.ca/farmersmarket



Friendly Reminder:



Keep 2 metres from others



Masks are encouraged

City facilities will be closed. Washrooms and water fountains will not be available.

Farmers' Market is back every Tuesday, from July 14th to October 6th, 2020.

Come out and enjoy fresh produce, baked goods, meats and more in the heart of our City Centre!



CHESTNUT HILL DEVELOPMENTS RECREATION COMPLEX

The health and safety of our community is our highest priority. While we're closed, we're working hard to prepare for your return.



With a carefully planned and phased approach, Chestnut Hill Developments Recreation Complex will begin to reopen. Each of us will play an important role in making the facilities a safe experience for us all.

Part of the plan includes a dedicated 55+ area with its own entrance, washroom facilities, cardio/weight equipment and fitness classes just for older adults.

For complete details and information visit our website.

pickering.ca/fit

905.683.6582

Chestnut Hill Developments Recreation Complex

Dedicated 55+ Zone

Reminder to check the City's website: pickering.ca/covid19 for regular updates throughout the pandemic - "Stay safe and stay healthy"!

Pickering Museum Programs



New

Storytelling Drive-Thru Tours

Join Nellie, from 170 years ago during the time of Pickering's Boom, as she takes you on a guided audio tour of Pickering Museum Village from the comfort of your car.

Every Friday, July 3 to August 28. Tour times start every 10 minutes beginning at 9:30 am.

Buy tickets online: \$20/vehicle for a 30 minute experience.



New

Haunted Ghost Drive-Thru Tours

Take a driving tour of the historic village at night and learn about paranormal investigations that have found evidence of spirits and ghosts, and hear stories of past.

Every Thursday, starting July 16 to October 29. Tour times start every 5 minutes beginning at 7:00 pm.

Buy tickets online: \$20/vehicle for a 25 minute experience.

Seniors Centre Without Walls



The City of Pickering launched an exciting new initiative that enables you to participate in programs from the comfort, safety and security of your own home and all you require is a telephone. We bring the programs to you, while we cannot get you to the programs, as a result of the need to physical distance and keep our vulnerable population safe. The program is being hosted, free of charge.

Don't miss the opportunity to call in, have some fun and/or be informed. Programs enable participants to feel connected, hear friendly voices, play some games and keep their minds sharp. Programming includes Trivia Tuesdays, Spotlight Series information sessions on Wednesdays, Name that Tune Thursdays. Space is limited so sign up for a session now and give it a try!

If you or someone you know would like to participate, visit pickering.ca/adults55plus for the schedule, check out our social or in postings throughout the City.

Trivia Tuesday & Name that Tune Thursday

We look forward to hearing you, from a distance, every Tuesday from 2:00 – 2:30 pm and Thursday from 10:30 – 11:00 am! Please call 905.420.6588 or email kbradley@pickering.ca and let us know which date you would like to participate and we will add you to the list, space is limited!

Spotlight Series Schedule:

Spotlight presentations take place on Wednesdays from 1:00 pm – 2:00 pm. Please call 905.420.4660 ext. 2080 or email arose@pickering.ca to register.

Date:	Topic:	Presenter:
July 22	Osteoporosis	Esther
July 29	Local History with PPL	Becky George
August 5	Brain Teasers and Riddles	Becky
August 12	Animal Services	Lindsey Narraway
August 26	Local History with PPL	Becky George

Fall 2020 City Services & Leisure Guide



Available first week of August!

Join our Facebook group [RecreationPickering/Pickering55+](https://www.facebook.com/RecreationPickering/Pickering55+) or check out our website at Pickering.ca/adults55plus for more information on programs and activities happening in Pickering!

Making the Best of COVID-19

Submitted by, Lynne S

It is day 124 of my Covid-19 lockdown. Having been retired for three years before the pandemic I had some sort of routine. Now I have a different some sort of routine.

I am learning lots on the thing they call the Internet. I get there by pressing the little colourful circle on my laptop. It looks like an old 45 record. I am not very computer savvy so it has been interesting. I have been told that not everything you read on the internet is true. Well why would anyone write anything that wasn't? I found out that they were right after trying a few recipes like "the best" chicken ever or the crunchiest cookies. I should have known something was wrong when the little number in the lower left hand side of the paragraph had a 5, five stars and (1). How was I to know that that meant only one person commented? There should be a guide for this kind of thing. (Well there probably is but I am not looking. It might just have my picture.)

I love the videos too. I looked up how to fix my front door latch and it was so easy a five year old could fix it. Yes, if you could get the cover off the handle it might be easy. Two of us have tried to get it off following the pictures. Needless to say the door handle still sticks and now we are coming and going out the side door. We figure we will get someone else to fight with it. It is much easier to chuckle when someone else struggles.

The best part of the lockdown has been the telephone. Something I have always hated as I was the "go to" person at work. When it used to ring my first thought was "what is wrong now". Now I try to call friends and relatives at least once a week. I am still the queen of emails but I have been known to chat for more than an hour given the chance. Maybe the phone isn't so bad. If only I could get the low grade clicking to stop. (landline) I tell anyone that asks that it is the RCMP checking my calls. After all I was the go to person!



Thursdays at 7:00 pm on Facebook

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|--------|---|
| Aug 6 | Andy Earle and the Bandits - Chicago Blues |
| Aug 13 | Stacey Renee - Top 40, Pop, Rock, Funk, and Soul |
| Aug 20 | Twisters (BLOCK ROCK) - 60/70/80's Rock'n'Roll |
| Aug 27 | The Liverpool 4 - Canada's Tribute to The Beatles |

Sundays at 2:00 pm on Facebook

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|--------|---|--|
| Aug 2 | Bing Serrao & The Ramblers - Caribbean, Reggae, Waltz, Country, Latin | Presented by
ONTARIO POWER
GENERATION |
| Aug 9 | Jean & Dave - Classic Rock and Country Rock | |
| Aug 16 | Alex Whorms - Piano pop, Jazz-Pop | |
| Aug 23 | Toronto All-Star Big Band - 30's, 40's & 50's big band | |
| Aug 30 | Beatsync - Electronic Pop A Cappella Covers | |

Follow us [f](#) @PickeringEvents to watch all these concerts!

Coming Soon!

Free 55+ Programs in the Park



Stay tuned for new 55+ Programs in the Park. Programs will include but are or not limited to Tai Chi, Latin Line Dance, Pickleball (singles), Art in the Park and many more! Keep an eye out for more program details coming to you soon.

All programs will follow the Provincial and Health Department guidelines. Prescreening will be required before the start of every program and maximum numbers will be adhered to. Signups will begin on Friday, July 27th through ActiveNet.

Continue to check our website and follow the Pickering 55+ Facebook group for more program details and updates.

We look forward to seeing you from a distance at our new Programs in the Park!

Borrow a Book During COVID

Technology and Books in COVID Time

Submitted by, Richard S

Television can become mind-numbing, repetitive and even stressful. Escape the tedium of TV by borrowing, electronic books via your local library. A library card can be your ticket to travelling the world through books to your favoured destinations of interest. Cooking? Humour? Romance? Lives of the rich and famous? Even real-world destinations. You choose. Your library will take you there. Your library card is your ticket to a whole world of entertainment and information and it's free.

The Technology Challenge

Electronic devices can be a challenge, either budget-wise or on a personal skill level. Until libraries are fully re-opened, you may need to enlist the help of a family member or friend with the technological skills to assist you. Shop electronically and focus on the purchase of a laptop or a tablet. Then, connect with your local library to obtain an electronic library card.

Electronic library cards and electronic book readers

Most libraries make obtaining a library card easy. Some even waive their residency restriction during the pandemic. Many libraries offer online 'chat' assistance to help you with the whole process. You can also connect with them through phone, email and Zoom.

Below is the website link to the Pickering Public Library and the link to their online registration to get a card:

Website: www.picnet.org

Online Registration: www.picnet.org/onlinemembership

eBooks and electronic book readers

Electronic books are digital or online books, no paper, no printed page, no hard copy. Just access to an electronic book that is as portable as your laptop or your tablet.

To read an electronic book, you need an electronic device such as desktop computer, laptop, tablet, smartphone or 'electronic

book reader.' Two popular ebook readers are the Kobo and Kindle.

Borrowing Electronic Books

Libraries have a lot of information on their websites about how to borrow electronic books. Staff are also available over phone, email and Zoom at this time when the libraries are closed.

To borrow electronic books from the library, you need to use an "app" to read the book on your device or electronic book reader. Most libraries carry the following electronic book apps:

eBooks and electronic library cards are a very practical and convenient ways for you to obtain books. You can choose whether you want to borrow books or build your electronic library by purchasing. Either way, you can escape the tedium of TV watching. Even better, you no longer have to sit in the same room captive by your TV. Grab your eReader and go to wherever you can still be safe and distanced in these difficult times.

55+ Housing Directory

Are you looking to right size, seeking retirement living, or long-term care? The City of Pickering is here to help eliminate the stress with its Housing Directory. It provides options, in Pickering, to help you through these difficult decisions.

The Directory is free of charge and you can find it online at pickering.ca/adults55plus

"The City of Pickering recognizes the great diversity among our growing older population," said Mayor Dave Ryan. "This directory is an important next step in supporting the aging-related housing and lifestyle choices that many of us will come to face."

Often times these decisions have to be made quickly. It is less stressful when you can access the information you need.



Sign up to receive the 55+ newsletter by email and you could win a tablet!

Random name draw will take place once we reach 500 subscribers. pickering.ca/subscribe

Alternate format available upon request, call 905.683.7575 or email customer@pickering.ca