

Celebrating Seniors' Month June 2021



We have a surprise for you!

We don't want to tell you exactly what it is... it is a surprise after all.

But we can tell you that what's inside promises to bring you an afternoon of creative activity, and delicious fun ... and you definitely want one!

Your Seniors' Month Surprise Kit needs to be reserved in advance. Quantities are limited.

Curbside pick-up takes place Tuesday, June 8

10:00 am – 12:00 pm

East Shore Community Centre

Register and reserve your kit online at pickering.ca/active with activity code: 31223.

Registration starts June 1 at 6:00 am.



55+ Aging Well Together Free Events

Virtual Games Day

Hosted by the Community Services 55+ Committee

Thursday, June 17

1:00 pm – 2:30 pm

via Zoom

will be hosting a virtual intellectual / physical games day through Zoom to Pickering residents 55+. Free to participate however pre-registration is required so that we can plan accordingly.

Register and reserve your space online at pickering.ca/active with activity code: 31190.

Drive-in Movie Event

Sponsored by Amica Lifestyle Pickering

Tuesday, June 29

6:30 pm – 8:30 pm

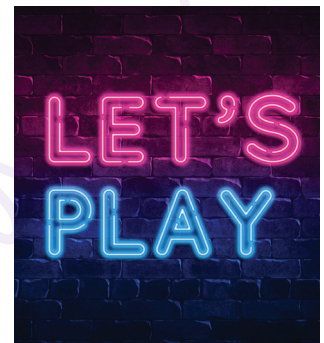
Don Beer Arena

Get your tickets in advance, max attendance. Physical distancing protocols will be in effect. Bring your lawn chair, snacks & water.

Movie playing: Bohemian Rhapsody

Register and reserve your space online at pickering.ca/active with activity code: 31224.

Registration starts June 8 at 6:00 am.



event partner:

AMICA
PICKERING

Spaces still available for this month's workshops

(Virtual) Learn to Harvest your Garden

Durham Master Gardeners will talk about the when and how of harvesting your home grown vegetables.



Online via Zoom

Wednesday, June 16 7:00 pm 29621 Free

PARTYicipation

Nourish your mind, body and soul in this fun workshop. Participants enjoy dance, mind games, and mental exercises that will help keep your body healthy and combat cognitive decline.



George Ashe LCC

Friday, June 18 2:30pm 30483 \$15.00

Ladybird MAZE



Outdoor Summer Programs

Art in the Park 55+

These workshops are a perfect opportunity to get outside, and get your creative energy flowing. All supplies are included. Cost is \$15.00 per workshop

George Ashe LCC 10:00 am-12:00 pm

- Friday, July 9 30501
- Friday, July 16 30502
- Friday, July 23 30503
- Friday, July 30 30504
- Friday, August 6 30505
- Friday, August 13 30506
- Friday, August 20 30507
- Friday, August 27 30508

Bingo in the Park 55+

Thursdays this summer - join us for fresh air, fun & prizes! Each session is 4 weeks. Bring your own dabber. Approx. 6 games per week. Cost is \$40.00 per session/month.

George Ashe LCC

July 8 - July 29

- Session 1 10:00 am-11:00 am 30488
- Session 2 11:30 am-12:30 pm 30489

August 5 - August 26

- Session 1 10:00 am-11:00 am 30490
- Session 2 11:30 am-12:30 pm 30491

Programs in the Park 55+

Reserve your spot to try one, or two, or more!
Cost is \$5.00 per class.

George Ashe LCC	10:30 am-11:30 am	
Tuesday, July 6	Latin Line Dance	30492
Tuesday, July 13	Crochet	30493
Tuesday, July 20	Country Line	30495
Tuesday, July 27	Guitar	30494
Tuesday, August 3	Country Line	30496
Tuesday, August 10	Crochet	30497
Tuesday, August 17	Country Line	30498
Tuesday, August 24	Guitar	30499
Tuesday, August 31	Latin Line	30500

Nia in the Park 55+

This dance based cardio class will get your heart pumping! All fitness levels are welcome. Cost is \$35.00 for this 6 week program.

Esplanade Park Gazebo

Thursdays July 8-Aug 12
10:00 am-11:00 am 31056

Spaces are limited for all programs.
Register early to reserve your spot.
Register online using code provided.

pickering.ca/active

Free Phone In Programs

for Adults 55+



Pickering Seniors' Centre Without Walls

This is a great opportunity to connect with others and enjoy some social fun from the comfort and safety of home. These weekly sessions are phone in programs, so a computer and/or internet are not required.

Mondays

We start the week with some exercise. All classes are lead by qualified fitness instructors and are suitable for all fitness levels.

To participate: reserve your spot in advance, call Amanda at 905.420.4660 ext 2080 or email arose@pickering.ca

Tuesdays

Trivia: Join us to learn some fun facts or test your knowledge of history, geography, food, entertainment and more!

To participate: call in a few minutes before the start time, toll free: 1.866.279.1594, and enter participant code: 260259#

Wednesdays

Sessions vary from "Spotlight Series" interactive seminars with local guest speakers, to lively games and social fun. Check the schedule each month to see what's happening.

To participate: reserve your spot in advance, call Amanda at 905.420.4660 ext 2080 or email arose@pickering.ca

Wednesday Spotlights:

June 2

Chat with Mayor Ryan!

Mayor Dave Ryan will give the latest updates on what is happening in Pickering.

June 9

A Custodia Coffee Talk

A 40 minute chat on reducing stress, managing the home, and combating fraud against seniors.

Thursdays

Name That Tune: Get ready for some friendly fun trying to identify songs being played during our take on this popular musical quiz game.

To participate: call in a few minutes before the start time, toll free: 1.866.279.1594, and enter participant code: 260259#

Fridays

Are reserved for exciting games of chance & luck or crime solving journeys of mystery...

To participate: call in a few minutes before the start time, toll free: 1.866.279.1594, and enter participant code: 260259#



Seniors' Centre Without Walls programming has been made possible by the support of the Government of Ontario

June 16

'Covid Journey' with Dr. Heather Palmer

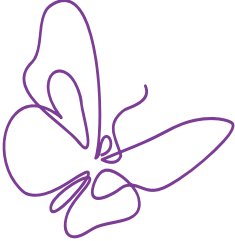

A mental health based approach to help support psychological well-being as we transition through, and out of COVID.

June 30

Local History with Pickering Public Library

Hear exciting stories about Pickering's past. The library's local historian tells the story of Pickering, from its earliest people to today's growing City.

Celebrating Seniors' Month! **June 2021**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 2:00 pm 🕒 Trivia	2 1:00 pm 🕒 Spotlight: Chat with Mayor Ryan	3 10:30 am 🕒 Name that Tune	4 1:00 pm 🕒 Crime Solvers	5
6	7 11:00 am 🕒 Seated Yoga & Meditation 12:45 pm 🕒 Arthritis Dance Fit	8 2:00 pm 🕒 Trivia 10:00 am Curbside Pickup	9 1:00 pm 🕒 Spotlight: A Custodia Coffee Talk	10 10:30 am 🕒 Name that Tune	11 1:00 pm 🕒 Bingo (deck of cards required)	12
13	14 11:00 am 🕒 Seated Yoga & Meditation 12:45 pm 🕒 Arthritis Dance Fit	15 2:00 pm 🕒 Trivia	16 1:00 pm 🕒 Spotlight: 7:00 pm Virtual Workshop: Learn to Harvest your Garden	17 10:30 am 🕒 Name that Tune 1:00 pm Virtual Games Day	18 1:00 pm 🕒 Crime Solvers 2:30 pm PARTYicipation	19
20	21 11:00 am 🕒 Seated Yoga & Meditation 12:45 pm 🕒 Arthritis Dance Fit	22 2:00 pm 🕒 Trivia	23 1:00 pm 🕒 Game: Family Feud	24 10:30 am 🕒 Name that Tune	25 1:00 pm 🕒 Bingo (deck of cards required)	26
27	28 11:00 am 🕒 Seated Yoga & Meditation 12:45 pm 🕒 Arthritis Dance Fit	29 2:00 pm 🕒 Trivia 6:30 pm Drive-in Movie	30 1:00 pm 🕒 Spotlight Series: Local History with Pickering Library	 <p>Register for Summer</p> <ul style="list-style-type: none"> • Art in the Park • Bingo in the Park • Programs in the Park • Fitness Classes <p>pickering.ca/active</p>		