

JUNE 2021 NEWSLETTER

Hello Everyone,

June is Senior's Month in Ontario and this year's theme is "stay safe, active, and connected!" Visit [this website](#) to find information on the programs and services aimed to help seniors remain healthy, active, and engaged during the COVID-19 outbreak, ways you can help promote seniors month, and ways you can recognize a senior in your own community!



1) Age-Friendly Library Guide

In an effort to open our doors and become more inclusive and accessible, one of our fantastic librarians has created an age-friendly library guide for you. Check out the library services available to you through the Ontario Tech Library by clicking [here](#).

2) Senior Ridgebacks Community Sports Hub

As part of Ontario Tech's age-friendly initiatives, we are working on creating a community hub for sport and recreation programs available to older adults across the Region of Durham.

This hub is hoped to become a resource for older adults in the area interested in getting involved in a variety of sports including pickle ball, cycling, skiing, golf, and more!

If you are currently part of a program or club looking to gain new members, please reach out to us for more information. We can't wait to welcome you to the Ridgeback family!

3) **REMINDER: Speaker Series**

Can you out exercise all that sitting?: A review of research on sedentary behaviour in older adults.

Speaker: Shilpa Dogra, PhD

Date: Wednesday June 9th, 2021 at 11am

While there is a plethora of research to suggest that sitting is bad for your health, most of us are still sitting for 10 hours per day. This talk will start with defining sedentary time so that you can identify activities in your daily life that might need to be modified. The talk will focus on simple solutions to overcoming the negative effects of sitting and look into the volume of exercise needed to counteract the negative effects of sitting. The bottom line is, you shouldn't feel bad about enjoying some activities that involve sitting. But you might need to move more!



Age-Friendly University
Speaker Series

**Can you out exercise
all of that sitting?**

Wednesday, June 9
11 a.m. to noon

OntarioTech UNIVERSITY ontariotechu.ca/agefriendly

The poster features a photograph of an elderly woman and man sitting at a table, looking at a laptop. The woman is pointing at the screen while the man looks on. The background is a light, neutral color.

Join in for [Dr. Dogra's](#) talk via

Zoom: <https://ontariotechu.zoom.us/j/96866348099?pwd=eEJtcG1mMIN6dS9NRkZIZlcyZlZz09>

4) **Summer Age-Friendly Campus Community Connect Event**

Date: Wednesday, August 11th, 2021 at 10am-2pm

Registration now open!

We are so excited to be able to welcome you to our campus this summer for an outdoor event. Come take a tour of our campus, meet with students, and chat with researchers and staff. You can check out our fantastic facilities around campus, including the library, health and wellness centre, and ACE wind tunnel; chat with students who will be hosting a 'living library' where you can engage in conversations and share your life stories with small groups of students and other community members; and finally, the Senior Ridgebacks will be hosting various drop-in games and activities, such as pickle ball and cottage games!

Please note, we will be following Public Health guidelines related to COVID-19 so that everyone can participate in this event safely. Stay tuned for registration information!

You can register for the summer event [here!](#)

Connect with us! Have ideas for us? Want to get involved? Please feel free to visit [our website](#) at any time, or reply to this email with any feedback or questions.