

# June is Seniors Month! Come celebrate with us, from the comfort and safety of your own home!



Seniors Centre Without Walls (SCWW) FREE telephone programming for adults 55+ who are able to call in – no internet, computer or smart phone required.

## City of Pickering - Seniors Month Programs and Activities

**George Lake Big Band** - Enjoy big band music for your listening pleasure – since they cannot safely perform live at our Seniors Month Event, they look forward to performing live for us, when it is safe to do so.



**TRIVIA** Tuesday - Test your knowledge, and join us every Tuesday in June from 2:00 pm - 2:30 pm



**Name That Tune Thursday** - See if you can name that tune, every Thursday in June from 10:30 am - 11:00 am



**Spotlight Series** - Join us every Wednesday in June for information sessions with local guest speakers from 1:00 pm - 2:00 pm

Call **905-420-4660 ext. 2078** or email [kbradley@pickering.ca](mailto:kbradley@pickering.ca) to register for a program or Spotlight Series Presentation!

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

Ontario 

Alternate format available upon request call, 905.683.7575 or email [customer@pickering.ca](mailto:customer@pickering.ca)

City of  
**PICKERING**

55+ Aging Well Together  
[pickering.ca/adults55plus](http://pickering.ca/adults55plus)

# Seniors Month Programs and Activities Calendar - June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Plot to Plate Applications open George Lake Big Band 2 pm	2 Pickering Fit 8:30 am Trivia Tuesday 2 pm	3 Knitting Circle 1 pm Spotlight Series Love is Love 1 pm	4 Name That Tune 10:30 am Ask a Blind Person Webinar 1 pm	5	6
7	8 Pickering Fit 1 pm	9 Trivia Tuesday 2 pm	10 Spotlight Series Fire Safety 1 pm	11 Name That Tune 10:30 am Online Makers & Artisans 1 pm	12	13
14 George Lake Big Band 2 pm	15	16 Pickering Fit 8:30 am Trivia Tuesday 2 pm	17 Knitting Circle 1 pm Spotlight Series Taxes and Tips 1 pm	18 Name That Tune 10:30 am Self Care Workshop 3 pm	19 Senior's Month Curbside Pickup Registration opens 9 am	20
21 Plot to Plate Application closes 4:30 pm	22 Plot to Plate Draw *9 applicants will be selected by random draw.	23 Senior's Month Curbside Pickup 10 am Trivia Tuesday 2 pm	24 Spotlight Series Local History with Pickering Public Library 1 pm	25 Name That Tune 10:30 am Online Makers & Artisans 1 pm	26	27
28 Plot to Plate Program starts 10 am George Lake Big Band 2 pm	29	30 Trivia Tuesday 2 pm				

## Pickering Fit

### June 2 - How to Follow the Physical Activity Guidelines for Older Adults (65+)

Join us as we discuss the guidelines, health benefits and ideas of activities you can do to reach your daily movement goals and stay fit!

### June 8 - How-To do Balance Exercises

What are common reasons we lose balance as we age?  
Learn beginner to advanced level balance exercises you can practice at home.

### June 16 - How-To do Chair Exercises

Join us as we take you through a full-body workout from the comfort of a chair!  
We'll discuss the benefits, importance and simplicity of chair exercises.

## Spotlight Series

Wednesday, June 3 – Love is Love with Jake Farr  
Wednesday, June 10 – Fire Safety with Pickering Fire Services  
Wednesday, June 17 – Taxes and Tips (CERB) with CRA  
Wednesday, June 24 – Local History with Pickering Public Library

## Pickering Public Library

### Stay At Home Knitting Circle

Take some time to hang out with fellow crafters, socialize, and work on projects while connected to Zoom.  
This will be online only, register today!

### Online Makers & Artisans

Whether you are knitting, crocheting, crafting, printing, building, or just socializing - you can do it online through Zoom.  
Bring your own projects, share ideas, and get creative.  
This will be online only, register today!

Call 905.420.6588 for more information or visit [pickering.ca/adults55plus](http://pickering.ca/adults55plus) for the full program line up.  
We will also post in the **Aging Well Together group** on Facebook. If you haven't already, like [@RecreationPickering](https://www.facebook.com/RecreationPickering), don't delay!

Alternate format available upon request call, 905.683.7575 or email [customer@pickering.ca](mailto:customer@pickering.ca)