

Canada Day

Sunday, July 1

12:00 pm - 5:00 pm

Esplanade Park

Behind City Hall

Free family celebration!

All ages, community event with live entertainment, activities, games and so much more! Special interest areas for kids, teens, adults and family.

Plan for a full day of fun at the park!

Enjoy 55+ Area fun & activities with the following groups:

Canada Day Bandanas

Rouge Hill Seniors & Viva

55+ Advisory Committee

Pickering Probus

Gift of Life

Pickering Wood Carvers

Pickering Ajax Italian Social Club

The day celebration will be followed by live stage show and fireworks at Kinsmen Park starting at 7:00 pm.

pickering.ca/greatevents



Free Summer Concerts

Thursdays

7:00 pm - 9:00 pm

at Millennium Square

Liverpool Road, South

- | | |
|-----------|------------------------------------|
| July 5 | Salk Road - Rock & Hits |
| July 12 | The Jackson Fox Band - New Country |
| July 19 | The Wanted - Roots, Folk Rock |
| July 26 | The Doncasters - Classic Rock |
| August 2 | South_eld - 60's, 70's & 80's Rock |
| August 9 | Backspin - Classic Rock |
| August 16 | Stacey Renee - Pop/Rock |
| August 23 | The Twisters - 60's & 80's Rock |

Sundays

2:00 pm - 4:00 pm

at the Esplanade Park Gazebo

behind Pickering City Hall

- | | |
|-----------|---|
| July 8 | Pickering Community Concert Band |
| July 15 | Whiskey Mojo - Classic Rock |
| July 22 | Driftwood Theatre presents Rosalynde (As You Like It) |
| July 29 | Re_ex-Sun - Multi Genre |
| August 5 | Cruisin - 50's & 60's |
| August 12 | Pickering Food Truck Festival |
| August 19 | Toronto All-Star Big Band - Big Band Swing |
| August 26 | Alex Whorms - Soft rock |



Summer Fitness Programs

Start the week of July 1

Spaces still available. Register Now.

Back To Basics 55+

East Shore CC- Community Room
M Jul 16 - Aug 27 1:00 pm - 2:00 pm 6 wks 10878 \$42.00

Pickering Rec Complex - Fitness Studio A
Th Jul 5 - Aug 23 11:30 am - 12:30 pm 8 wks 10877 \$56.00

Barre & Balance 55+

East Shore CC - Gymnasium
Tu Jul 17 - Aug 21 12:30 pm - 1:30 pm 6 wks 10879 \$42.00

Chair Pilates 55+

Pickering Rec Complex - Fitness Studio C
Tu Jul 3 - Aug 21 11:30 am - 12:30 pm 8 wks 10890 \$56.00

Ribbon Dance Fit 55+

East Shore CC - Gymnasium
Tu Jul 17 - Aug 21 1:30 pm - 2:30 pm 6 wks 10947 \$42.00

Seated Zumba Gold 55+

East Shore CC - Community Room
Th Jul 19 - Aug 20 2:00 pm - 3:00 pm 6 wks 10954 \$42.00

Zumba Gold Toning 55+

East Shore CC - Community Room
M Jul 16 - Aug 27 9:15 am - 10:15 am 6 wks 11008 \$42.00

George Ashe LCC - Helen Paris Room
F Jul 6 - Aug 17 9:00 am - 10:00 am 7 wks 11009 \$49.00

Register at **Pickering Active Online**, or by phone, or in person at Pickering Rec Complex. Contact Registration at 905.420.4621.



Summer Arts Studio - Workshops

Watering Can Painting 55+

Sunday, July 15 12:00 pm - 2:00 pm 13020 \$15.00

Paint Night 55+

Tuesday, July 24 4:30 pm - 6:30 pm 13021 \$20.00

Scarf Painting 55+

Sunday, August 12 12:00 pm - 2:00 pm 13023 \$25.00

Register at **Pickering Active Online**, or by phone, or in person at Pickering Rec Complex. Contact Registration at 905.420.4621



Summer Arts Studio - Pottery

Pottery Wheel 18+

Tuesdays 7:00 pm - 10:00 pm
July 3 – 31 \$125.00 Barcode: 12455
August 7 – 28 \$100.00 Barcode: 12458

Wednesdays 7:00 pm - 10:00 pm
July 4 – 25 \$100.00 Barcode: 12456
August 1 – 29 \$125.00 Barcode: 12459

Fridays 7:00 pm - 10:00 pm
July 6 – 27 \$100.00 Barcode: 12457
August 3 – 31 \$125.00 Barcode: 12460

Open Studio

Thursdays 7:00 pm - 10:00 pm
Saturdays 2:30 pm - 5:30 pm

Fall Programs Guide will be available first week of August. Program Registration starts August 14 for Aquatics, and August 16 for all others. Classes start in September. Guide is available online or pick up a copy at a City facility near you. pickering.ca/cityguide

Program Highlight

Submitted by: Irene P.

It was C.S. Lewis who said "you are never too old to set another goal or dream a new dream". Let this be your time. Art classes provided through the City of Pickering offer instruction for every level from beginner to expert. These classes have been designed specifically for adults 55+ and are given in a friendly almost club like atmosphere. Enjoy the satisfaction of acquiring a new skill, all while meeting new people.

Art Class 1 this fall

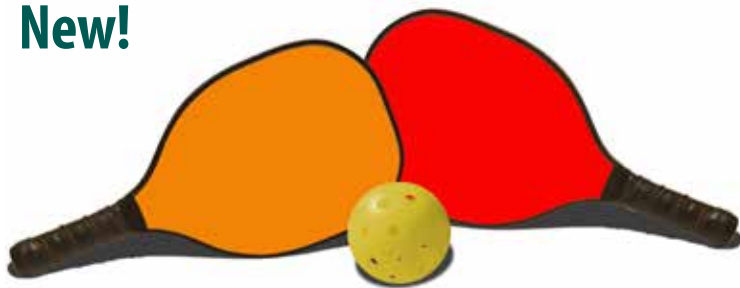
This program is designed for beginner to advanced students. Traditional techniques will be introduced and taught with impressionistic style from the basics. Learn how to paint loose, light, transparent beautiful watercolours with a great instructor!

Pckering Rec Complex - Arts Studio

Friday Sep 28 – Nov 30 1:00 pm – 3:00 pm 10 wks 12048 \$56.00

About the Instructor: Hi-Sook Barker is an art teacher and full time professional watercolour painter. She is known for implementing her impressionistic style to both floral and landscape works. Hi-Sook is also an elected member of the Canadian Society of Painters in Watercolour (CSPWC). She has had numerous exhibits and achieved success in group and juried art shows. Her original works can be found in private and corporate collections around the world.

New!



Summer Pickleball League

July 3 - August 28, 2018

Tuesdays & Thursdays from 10:00 am - 12:00 pm

Pickering Rec Complex - Delaney Arena

All Ages and Skill Levels Welcome!

Join us for a fun summer of Pickleball, in Pickering's first summer league! All equipment will be available for participants to use. Prizes for league champions!

Register using the activity code 12450 \$90.00 per player

Register at Pickering Active Online or in Person at Pickering Rec Complex.

Helpful Tips

Stay Healthy, Active & Safe

Submitted by: Andrea Dufresne

Stay Active, Stay Independent, Stay on your Feet!

Falls occur often among adults 65+. A third of the population fall each year, falls are the leading cause of injury related hospitalization. Unfortunately when a fall occurs individuals lose their confidence and independence with each fall. Falls are not a normal part of aging, they are predictable and preventable.

Nine Steps to stay on your feet:

1. Be active
2. Walk tall
3. Improve your balance (attend physical activity programs)
4. Care for your feet and use safe, comfortable footwear
5. Manage your health
6. Manage your medicines
7. Check your eyesight and hearing regularly

8. Eat well for life

9. Identify, remove and report hazards

Condo Living

Walk the Halls - Exercise tip

Submitted by: Irveen P.

Since becoming a condo owner I have found it is quite a transition in my mode of exercise. Previously I could run out and do some gardening or yard work, whereas I now have to consider, should I take the elevator a) to the gym, b) try my hand at tennis, c) work out in the pool - hmm - maybe I'll decide tomorrow - and we all know tomorrow never comes.

Fortunately, we have learned one of the quickest ways to stay in shape is - To Walk the Halls! - one floor at a time. It is a great way to build up your stamina - meet new people - get new ideas for door decorations, and stay in shape! Make sure to wear running shoes and of course check with your doctor.

There are 12 floors in our building

- we walk the 12th floor hallway, to the far exit
- take steps down to the 11th floor
- walk 11th floor hallway to the other stair
- take steps down to the 10th floor, and so on, until you get to the main floor

*if you need a rest - take it - then go back up to your home floor

*start with one or two floors, you'll be amazed how your stamina will build

We walk our 12 floors - down and up in 30 minutes, and it is so great to see our number on the door when we return to the twelfth floor!



Ageing Well Expo & BBQ

Thursday, September 13, 2018

12:00 pm - 4:00 pm

George Ashe Library & Community Centre

470 Kingston Road, Pickering

BBQ, entertainment, information, vendors & giveaways.

Ageing Well Event

Wednesday, October 24, 2018

10:00 am - 4:00 pm

Pickering Recreation Complex

1867 Valley Farm Road, Pickering

Age Friendly Round Table discussions, with speakers, vendors & giveaways.

**Free • Interactive
Social • Fun**

Save the Dates

Exciting events are happening this Fall!

55+ Ageing Well Together

SAVE THE DATES!
MONDAY & TUESDAY
Oct 29th 30th 2018
Located at:
Hilton
OACAO Annual Conference
AGING WELL
Turning Vision Into Action
www.oacao.org
@theOACAO
f OACAO
#AgeingWell2018 #OACAO

**THE
McLEAN
GROUP**

Bev, Brandon, Bill and Shannon McLean
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www.TheRemaxFamily.com

905.831.3300



Bev

Brandon

Bill

Shannon

Next edition coming in August. Sign up to have your 55+ news sent directly to your inbox. pickering.ca/subscribe

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