

Spotlight Series

Interactive seminars on various topics of interest, presented by local guest speakers and experts.

Seminars are **FREE** but reservation is required.

Call to reserve your spot, 905.420.4660 ext 6104

Alzheimer's Society of Canada

Thursday, October 18, 2018

7:00 pm – 9:00 pm

George Ashe LCC

Online & Home Safety

with Durham Regional Police Service

Thursday, November 22, 2018

7:00 pm – 9:00 pm

George Ashe LCC

* Spotlight Series events are made possible by the New Horizons for Seniors Grant Program.



Good bye summer, Hello autumn.

Good bye heatwaves, **Hello cozy fires.**

Good bye salads, **Hello slowly simmered stews.**

Good bye Blue Jays, **Hello Maple Leafs.**

We are so fortunate to have different seasons each of which calls for different activities; at this point our gardening activities are winding down but are not quite finished yet. Here are some of the things we recommend to do before shutting down for the winter:

- Take cuttings from geraniums, coleus, and fuchsia.
- Return lawn mower cutting level to 1 ½"; shorter grass winters better under snow. It is also easier to rake.
- If your houseplants had a vacation outside, bring them back indoors.
- Plant spring bulbs. Daffodils should be planted in September, tulips and any of the smaller bulbs can be planted as long as you can get a shovel in the ground.

- Divide perennials and renovate perennial borders.
- Remove tender bulbs – dahlias, canna lilies, gladioli, tuberous begonia – and store in a cool place.
- Cut back perennials; leave some plant stems to protect plants over winter. Stems help to hold snow and offer natural protection. Leave plants with interesting seed heads for winter interest and/or for the birds to feed on.
- Add manure, compost or shredded leaves to soil.
- Plant Amaryllis for Christmas bloom.

Why not join us for a visit at one of our meetings?

First time visit is free, subsequent visits are \$3.00. Of course, we would hope that you like our society enough to sign up for membership. At only \$20.00 per year, it's quite a bargain. You can check our meeting schedule and all other details at pickeringhorticulturalsociety.com

Sigrid Squire
Pickering Horticultural Society



Volunteers are essential to the heart and soul of Community Care Durham (CCD).

Volunteering enriches your *life!*

Without your generosity and commitment, CCD would not be able to provide our clients with the broad range of services and supports that enable them to live at home.

Throughout Durham Region, our volunteers are neighbours helping neighbours, dedicated people sharing their knowledge, time and skills to enrich the lives of others. In the process, our volunteers also receive training opportunities, the chance to learn new skills and opportunities to use them.

When you volunteer, you experience the personal satisfaction that comes from helping someone in need. Your generosity makes the difference between someone living without support, versus a person living confidently and well, safe in the knowledge that they are not alone.

Please consider joining the CCD team of volunteers as we continue in our mission of "Supporting People, Strengthening Community." Whether it is a few hours a week or a few hours a month, you can make a difference in someone's health and quality of life. Tell us what your availability is and we will work with you to develop a schedule that works for you!

Check out our Volunteer Opportunities to see where your skills and experience can help someone in your community!



Ajax-Pickering Location:
1420 Bayly Street, Unit #6, Pickering, ON L1W 3R4
905.837.0017
ajaxpickering@communitycaredurham.on.ca
Adult Day Program: 905.420.5010

Join a Club! Enjoy social fun with activities, events, and more!

- | | |
|------------------------------|---|
| South Pickering Seniors Club | 910 Liverpool Road, Pickering
905.420.5049 spsc753.com |
| Rouge Hill Seniors Club | 470 Kingston Road, Pickering
905.420.4660 ext 6103 |
| St Martin's Seniors Club | 1201 St Martins Drive, Pickering |
| Claremont Seniors Club | 4941 Old Brock Road, Claremont
905.649.2320 |
| Greenwood Seniors Club | 2475 Concession 6, Greenwood
905.683.3942 |



Make Someone Happy

By Michael McFarland

If you are 55+ you should remember the song "Make Someone Happy". It was recorded by many, but probably remembered most by Jimmy Durante in the movie *Sleepless in Seattle*. Turns out the songwriters knew what they were talking about. Research now shows that volunteering regularly over time may have benefits for older adults. Studies show that older adults who volunteer enjoy better emotional and physical health, and even tend to live longer than non-volunteers do.

Seniors now have a greater incentive than ever for doing volunteer work in their retirement years, considering a new Canadian study that shows volunteering can substantially reduce the development of dementia. The study, led by University of Calgary psychology professor Yannick Griep, tracked 1,001 Swedish citizens, all of whom retired in 2010, over a five-year period, monitoring them for the development of cognitive problems.

The retirees were divided into three groups based on their engagement in volunteer work. One group was made up of individuals who consistently volunteered in their respective communities for at least one hour per week. The second group consists of those who sporadically engaged in volunteering. The third group were retired workers who never engaged in volunteering.

The cognitive health of the individuals was assessed at regular intervals in 2010, 2012 and 2014. The study found that the people who volunteered for at least one hour a week on a regular basis were 2.44 times less likely to develop dementia than the seniors who didn't volunteer. Interestingly, researchers found that the middle group—those retirees who only volunteered sporadically—did not receive any benefits to their cognitive health. They discovered for this group there was no differences than with the group that never volunteered.

If you attended Pickering's Aging Well Together day last September, you will remember Dr. Nicole Anderson's presentation about brain health. Dr. Anderson has also studied the benefits of volunteering and her findings are not much different.

More and more studies are showing the benefits of volunteering in our retirement years. Anything you can do that's low cost and easy to implement, that will reduce the likelihood of developing dementia, is invaluable. It's not only beneficial for the health-care system but also for those individuals who might develop dementia, as well as the family members who wind up caring for them.

As the refrain in the song goes. . . Make someone happy. Make just one someone happy. And you will be happy too. © Warner/Chappell Music Inc.

Tid Bit...

After years of evaluating over 700,000 scientific research projects about aging and health, the World Health Organization concluded that leading a sedentary lifestyle is one of the 10 leading causes of death and disability. Their evaluation revealed that even gentle, regular exercise such as walking, or swimming may increase lifespan by around three to five years. Talk to your Doctor - then check out the 55+ fitness programs offered by the City of Pickering.



Register now

Fall Programs will be starting soon.

Check out some of our new ones...

Guitar 55+

Learn the fundamentals of guitar playing, how to handle a guitar, tuning and develop performance skills as you learn to read music and play popular songs.

George Ashe LCC

Th Oct 4 – Dec 6 2:00 pm – 3:00 pm 11393 \$70.00

Silk Painting 55+

Show off your hand made silk projects to your family and friends. You will create and take home your own designs, materials included.

Pickering Rec Complex – Arts Studio

S Sep 23 – Nov 18 4:00 pm – 6:00 pm 12072 \$110.00

Sewing 55+ (advanced course also available)

Would you like to brush up on sewing skills? Perhaps you have begun a project and would like assistance in completing it. Bring it along and our instructor will give you a hand, and you can learn something new along the way! List of materials will be provided on first day, sewing machines will be provided however you are welcome to bring your own, if you have one.

George Ashe LCC

M Oct 1 – Nov 26 2:00 pm – 4:00 pm 11388 \$51.00

Badminton 55+

Come out for some exercise and fun with this social badminton group. Good for beginners or those with a little more experience, looking to brush up on their skills. No partner required. Bring your own racquet. Nets and birds will be provided.

ESCC – Gymnasium

W Sep 26 – Dec 5 3:00 pm – 4:30 pm 12053 \$55.00

Arts Studio Workshops

Jewellery Creations 55+

This creative workshop will bring out the artist in you. Using semi precious stones and sterling silver you will create your very own bracelet that you can enjoy wearing for years to come, or give as a gift for someone you love!

Wednesday, September 12 10:00 am - 12:30 pm 11976 \$55.00

Floral Creations 55+

Start the season early by learning how to build a stunning holiday table centre. Join the Reeds Florists team of experts where you will learn how to design your centre piece using evergreens, seasonal flowers, pinecones, bows and other holiday décor. Be prepared to get messy and have fun!

Thursday, November 29 11:00 am - 1:00 pm 11975 \$65.00

pickering.ca/registration



Volleyball 55+

Designed for men and women who still work during the day, to meet new people, play a sport and have some fun, all while getting some exercise! Appropriate for the beginner or those with previous experience. Knowledgeable, patient instructor/coach will provide tips and help facilitate game play.

EB Phin PS – Gymnasium

Tu Sep 24 – Dec 4 6:30 pm – 7:30 pm 12064 \$55.00

Dance Programs are also available, including Bollywood, Clog, Line, Latin Line, and Country Line Dancing. Each program offers a knowledgeable, friendly instructor and an opportunity to get out, meet new people and have some fun, while keeping your feet moving!

Several registered fitness programs are offered at George Ashe and East Shore Community Centres, including Back to Basics, Barre & Balance, Chair Pilates, Yoga/Chair Yoga, Cycle Fit, Tai Chi, Keep Fit, Nia, Zumba, and Stretch & Strengthen. See the Fall City Services and Leisure Guide for specific information on each program.

pickering.ca/cityguide

Upcoming Events

55+ Aging Well Expo & BBQ

Thursday, September 13

12:00 pm – 4:00 pm

George Ashe Library & Community Centre
470 Kingston Road

Join us for an afternoon of live entertainment; music & dancing with Pauly and the Goodfellas. Plus vendors, information, raffles & giveaways.

Pickering Farmer's Market features

55+ Aging Well and Accessibility Day

Tuesday, September 25

Look for the City of Pickering booth for information, program demonstrations, and goodies!

Age Friendly Information & Active Living Fair

Thursday, October 24

10:00 am – 3:00 pm

Pickering Recreation Complex

Age Friendly roundtable focus group presentations, information sharing, vendors, speakers and giveaways

South Pickering Seniors Club Bazaar

Saturday, November 3

9:00 am – 1:00 pm

East Shore Community Centre, 910 Liverpool Road

New & used items, white elephant table, baked goods and more!

Rouge Hill Seniors Club Bazaar

Saturday, November 17

10:00 am – 2:00 pm

George Ashe Library & Community Centre, 470 Kingston Road

Poinsettia Tea

Sunday, December 2

2:00 pm – 4:00 pm

Pickering Recreation Complex

Tickets go on sale Monday, November 5 at East Shore CC, George Ashe LCC and Pickering Rec Complex.

For full list of events and details visit the City's event calendar online.

pickering.ca/greatevents

Senior of the Year Award now accepting nominations

Nominations will be accepted until Thursday, February 7, 2019. Nominate someone you know.

The City of Pickering is honoured to recognize one senior resident annually with this award. To be eligible for the award, the nominee must be a Pickering resident over 65 years of age, and have enriched the social, cultural, or civic life of the community. Tell us about your nominee and their accomplishments in a one page submission.

Your nomination should include contact information for both nominator, and the nominee.

One nomination will be selected and the chosen recipient will be contacted.

Mail/drop off your nomination, Attention To:

Sharon Milton

Manager, Recreation Services

City of Pickering

One The Esplanade, Pickering, ON L1V 6K7

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

Sign up to receive the **55+ newsletter** by email and you could win an iPad!

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