



AMICA  
PICKERING

# Seniors' Month

June 1 – 30 sponsored by Amica Pickering

Join us for special events and activities throughout the month!



LIVE MUSIC • DANCING • ENTERTAINMENT

## Seniors' Month Celebration & Big Band Event

**Sunday, June 7**

**2:00 pm – 4:00 pm**

**Chestnut Hill Developments  
Recreation Complex**

This enjoyable afternoon features live music and entertainment by the George Lake Big Band for your listening and dancing pleasure!

The 2026 Senior of the Year will be announced and recognized as part of this event.

Light refreshments are included.

**TICKETS on sale now.  
\$7.75 each at:**

**Chestnut Hill Developments Recreation  
Complex**  
1867 Valley Farm Road

**East Shore Community Centre**  
910 Liverpool Road

**George Ashe Library & Community  
Centre**  
470 Kingston Road

Tickets must be purchased in advance, and are available while quantities last. Tickets will not be sold at the door.

Pay by credit & debit (cash is also accepted at Chestnut Hill Developments Recreation Complex).

# June 1 – 30 Activity Calendar

Register early to reserve your spot.

ACTIVITY	DATE	TIME	LOCATION	CODE
Hearing Health (part 1)	Mon, Jun 1	11:00 am – 12:30 pm	DNTCC	62952
Vitality Blueprint	Tue, Jun 2	5:00 pm – 6:00 pm	ESCC	63675
Puzzle Competition	Wed, Jun 3	11:30 am – 1:30 pm	GALCC	63760
Stroke Awareness	Thu, Jun 4	9:00 am – 10:30 am	ESCC	63772
Digital Library Made Easy	Thu, Jun 4	2:00 pm – 3:30 pm	GALCC	63761
DRT Travel Training	Fri, Jun 5	1:00 pm – 3:00 pm	ESCC	63657
Lawn Bowling WS	Sat, Jun 6	10:00 am – 3:00 pm	ESCC	63008
Big Band Event	Sun, Jun 7	2:00 pm – 4:00 pm	CHDRC	Ticketed event
Hearing Health (part 2)	Mon, Jun 8	11:00 am – 12:30 pm	DNTCC	62953
Power of Attorney Seminar	Tue, Jun 9	11:00 am – 1:00 pm	ESCC	63763
Sound Meditation	Wed, Jun 10	10:00 am – 12:00 pm	DNTCC	62292
AED Awareness	Thu, Jun 11	1:00 pm – 2:00 pm	GALCC	63007
DRT Travel Training	Fri, Jun 12	3:00 pm – 5:00 pm	GALCC	63658
Throwball WS	Sat, Jun 13	10:30 am – 12:00 pm	ESCC	62599
Hearing Health (part 3)	Mon, Jun 15	11:00 am – 12:30 pm	DNTCC	62954
Fire Safety Essentials	Tue, Jun 16	2:30 pm – 3:30 pm	CHDRC	63002
Chess for Beginners	Wed, Jun 17	2:00 pm – 4:00 pm	DCHC	62966
Games Day Event	Thu, Jun 18	6:00 pm – 8:00 pm	DNTCC	61191
Preventing Elder Abuse WS	Sat, Jun 20	2:00 pm – 4:00 pm	CEN LIB	36625
Hearing Health (part 4)	Mon, Jun 22	11:00 am – 12:30 pm	DNTCC	62955
Hearing Health (part 5)	Mon, Jun 29	11:00 am – 12:30 pm	DNTCC	62956

## Location Key

CHDRC: Chestnut Hill Developments Recreation Complex | 1867 Valley Farm Road

DCHC: Dorsay Community & Heritage Centre | 2365 Sixth Concession Road

DNTCC: Dr Nelson F Tomlinson Community Centre | 4941 Old Brock Road, Claremont

ESCC: East Shore Community Centre | 910 Liverpool Road

GALCC: George Ashe Library & Community Centre | 470 Kingston Road

CEN LIB: Central Library Brance | 1 The Esplanade South

Register online at [pickering.ca/active](https://pickering.ca/active)

Search Seniors Month to view the full list of activities.

# Activity Descriptions

## Hearing Health (5 Part Workshop)

Presented by Canadian Hearing Services

These classes are designed to improve communication in everyday listening situations. You will develop coping skills that will enable you to deal successfully with the challenges of living with a hearing loss, decrease isolation, and meet others sharing similar experiences. Open for anyone with suspected or confirmed hearing loss.

Part 1: Intro to Hearing Health and Communication

Part 2: Factors that Influence Understanding of Speech

Part 3: Stress, Expressing Communications Needs

Part 4: Difficult Listening Situations

Part 5: Hearing Aids and Home Safety Equipment

## The Vitality Blueprint: How to Thrive After 55

The Vitality Blueprint is a one-hour, interactive nutrition workshop that blends evidence-based education with practical, accessible strategies to help adults feel more energized, resilient, and confident in their health as they age. Participants will learn simple, sustainable habits that support mobility, cognitive health, digestion, and overall vitality.

## Puzzle Competition 55+

with Pickering Public Library

Compete against fellow puzzlers and race against the clock to be the first to complete your supplied puzzle. Play individually or in teams of up to 4 people. Prizes to be won.

## Stroke Awareness with Lakeridge Health

Let's talk about stroke... What is a stroke/TIA? This interactive seminar will focus on signs of stroke, risk factors, and what you can do to modify your risk.

## Digital Library Made Easy 55+

Discover how to enjoy free e-books, e-audiobooks, and e-magazines from the library, on your tablet, smartphone, or iPad. In this friendly, hands-on session for seniors, we'll show you how to download apps, borrow titles, and customize your reading or listening experience. Bring your library card, device and your questions, we'll help you get started!

## Durham Region Transit: Travel Training

Learn how to navigate the Durham Region Transit system independently, empowering you to travel with ease. Become familiar with routes, stops, transit hubs, and landmarks; increasing your confidence in travelling with DRT. This program has an educational component and an optional interactive component where DRT representatives will take you to the nearest bus stop to navigate our transit system in real time.

## Lawn Bowling Workshop 55+

Presented by Pickering Lawn Bowling Club

This interactive workshop introduces the basics of Lawn Bowling. Learn how to play, and practice a few bowls. All levels welcome. This workshop will be held outdoors. Wear comfortable outdoor clothing.

## Seniors' Month Big Band & Celebration

Live musical entertainment and Senior of the Year presentation. Tickets on sale now, available while quantities last.

## Power of Attorney Seminar 55+

Insights on estate planning, wills, powers of attorney and more. Learn about the importance of appointing someone you trust to oversee your asset distribution and manage your estate.

## Sound Meditation Workshop 55+

Sound Meditation uses music and sound to clear the mind and deepen meditation. Learn how this ancient practice can improve your focus and mental clarity, deepen relaxation, ease anxiety and promote a sense of well being.

## AED Awareness

The presentation focuses on the importance of Automated External Defibrillators (AEDs) in saving lives during sudden cardiac arrest. It explains what AEDs are, how they work, and why immediate actions, such as calling emergency services, performing CPR, and using an AED quickly is critical for survival. The text also highlights how AEDs are designed for easy public use, where they are commonly located, and the role of community programs (such as in Pickering) in maintaining and supporting these devices.

## Throwball Workshop 55+

Throwball is a fast-moving, non-contact team sport where players catch and throw the ball over a net on a court slightly larger than volleyball, making the game energetic and easy to learn. It blends teamwork, quick reflexes, and strategy in every play. With simple rules and constant action, throwball is a fun, accessible sport for players of all ages and skill levels.

## Fire Safety Essentials Workshop

Participants will learn the most common causes of fires, how CO<sup>2</sup> and smoke alarms work, and why they are critical for early detection. The session also covers how to create a personalized fire escape plan, what to do when an alarm sounds, and how to stay calm and make safe choices during an emergency.

## Chess for Beginners 55+ Workshop

Always wanted to learn how to play chess but didn't know where to start? This workshop designed for complete beginners, and teaches the fundamentals of chess in a relaxed, supportive environment. If you've never played before — you're in the right place.

## ACTively Preventing Elder Abuse Workshop

Theatre of the Beat will lead an interactive discussion about ageism, recognizing the different forms of abuse, caregiver burnout, and the importance of community intervention and support. Participants will learn and practice conflict resolution techniques and will receive a resource package at the end of the session.

Register for this workshop at [pickeringlibrary.ca](http://pickeringlibrary.ca)

# Seniors' Socials

Get together with other seniors for an enjoyable afternoon of games and conversation.

Light refreshments will be provided while supplies last.

Tuesdays at the Central Library | 1:00 pm – 3:00 pm

[pickeringlibrary.ca](http://pickeringlibrary.ca)



## 55+ Games Day

Presented by the 55+ Committee

**FREE EVENT.**

Join us for an afternoon of excitement.

We're **playing for prizes** in a variety of fun physical and intellectual games & challenges.

Light refreshments will be provided.

**Thursday, June 18**

6:00 pm – 8:00 pm

Dr. Nelson F. Tomlinson Community Centre

Spaces are limited.

**Register now to reserve your spot.**

**[pickering.ca/active](http://pickering.ca/active)**

activity code: 61191

We're Aging Well Together. [pickering.ca/adults55plus](http://pickering.ca/adults55plus)