

Whitby 55+ Recreation Services

KEEPING YOU CONNECTED

June 2021

55+ Recreation Celebrates Seniors Month with Free Activities

Every June, the Ontario Ministry for Seniors and Accessibility proclaims Seniors Month – a time to recognize and celebrate adults age 55+. This year the Ministry has selected the theme: Stay Safe, Active and Connected.

Whitby 55+ Recreation has planned a full slate of FREE virtual activities for you to take part in. Join in our Recreation Phone In Program, fitness and wellness classes, Trivia and Bingo, a paint workshop and all-ages baking. New to Zoom? We have a class to help you out with that as well. We also have some amazing and informative free Zoom webinars that you (and your families) can attend.

On June 2, Paralympian Bronze Medalist, Kevin Rempel, will inspire us by speaking about lessons learned from his life on how to overcome challenges and remain hopeful and resilient;

Join us June 15, for a talk with Darryl Rice, from the Durham Regional Police Services, about current scams and frauds in the community that we should be aware of;

On June 16, join Jen from the Ontario Society for the Prevention of Cruelty to Animals, who will share some uplifting, “pawsitive” stories about Happy Animal Tails;

And Chat with Pickleball Pro, Stephanie Lane, on June 21st. Learn about how this Pickleball Champion plays the game, with a question and answer period to follow.

All of these activities are being offered for free with the generous support from Lynde Creek Manor Retirement Community, the Canadian Federal New Horizons for Seniors Program and the Ontario Ministry for Seniors and Accessibility.

2021 Mayor’s Senior Volunteer Award

Nominations Open Now

This annual award recognizes Whitby seniors who demonstrate outstanding and ongoing commitment to volunteerism in our community. To qualify, the nominee must be a current resident of Whitby, 55 years of age or older and volunteer their time in any aspect of the community. The nominations are judged based on volunteering at multiple organizations, the type of volunteer involvement and years of involvement.

Nominations close Friday August 13. To complete the online application, visit whitby.ca/msva. Award applications are available online-only this year.

Summer Classes

Register for the 8 week summer session of virtual 55+ Programs which includes classes, workshops and activities at whitby.ca/getactive. If you need assistance with registering for a virtual program in Active Net, please email 55plus@whitby.ca or call 905.668.1424.

Online registration starts Monday June 14 (9 am)
Session runs Monday June 28 – August 23

Phone Connection Program

Are you looking for a friendly chat with a peer? The 55+ Volunteers are making calls to members to check in and say hello.

If you would like to receive a friendly call on a regular basis, let us know by calling us or sending an email. We will add you to our list.

This project is funded in part
by the Government of Canada.


Canada 

Ontario 


Whitby

Seniors' Month Activities

June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Sponsored by: Lynde Creek Manor Retirement Community By 	1	2	3	4
	Phone-In Program: 10-11am Zoom: Home Fitness Basics 2-3pm	Phone-In Program: 10-11am Zoom: How to use Zoom Beginner 10-11am Virtual Event: Paralympian Kevin Rempel 6:30-7:30pm	Phone-In Program: 10-11am Zoom: All Ages Yoga with Lisa 7-8pm	Zoom: Relaxation with Julie 10-11am
7	8	9	10	11
Zoom: Chit Chat, Trivia & Games 10 -11am Zoom: 55+ Brain Health (in French) 11am-12 noon	Phone-In Program: 10-11am	Phone-In Program: 10-11am Zoom: Card Bingo 10-11:30am Virtual Event: All Ages Story Time (WPL) 10:30 -11am Zoom: All Ages Paint Workshop with Chrissie 6:30-8pm	Phone-In Program: 10-11am Zoom: Creative Fiber Arts Workshop 1-3pm Zoom: All Ages Yoga with Lisa 7-8pm	Zoom: Relaxation with Julie 10-11am
14	15	16	17	18
Zoom: All Ages Trivia & Games 10-11am	Phone-In Program: 10-11am Virtual Event: Fraud Prevention (DRPS) 10-11:30am Zoom: Zumba Gold 1:30-2:30pm Virtual Event: World Elder Abuse Awareness 2pm (DEAN)	Phone-In Program: 10-11am Zoom: Happy Animal Tails with OSPCA 2-3pm Zoom: All Ages Baking (Shortbread) 6:30-7:30pm	Zoom: 55+ Light and Lively with Karen 9:30-10:30am Phone-In Program: 10-11am Zoom: All Ages Yoga with Lisa 7-8pm	Zoom: Relaxation with Julie 10-11am
21	22	23	24	25
Zoom: Chit Chat, Trivia & Games 10 -11am Virtual Event: Chat with a Pickleball Pro (Stephanie Lane) 7-8pm	Phone-In Program: 10-11am Zoom: All Ages Zumba 7-8pm	Phone-In Program: 10-11am Virtual Event: All Ages Story Time (WPL) 10:30 -11am Phone Program: Short Story Book Club 2-3pm	Phone-In Program: 10-11am Zoom: All Ages Yoga with Lisa 7-8pm	Zoom: Relaxation with Julie 10-11am
28	29	30		
Zoom: Chit Chat , Trivia & Games 10 -11am Zoom: All Ages Baking (Pizza) 1-2:30pm	Phone-In Program: 10-11am	Phone-In Program: 10-11am Zoom: Card Bingo 1-2:30pm		

Phone-In Programs

Enjoy friendly conversations and learn something new while on the phone at home. Presented by Whitby 55+ Recreation and the Whitby Public Library from 10-11am. All you need is a telephone to join the session by following these directions:

1. Dial 905.430.4900
2. Listen for the prompt and then press
9 6 9 6 1 6 #
3. You will then hear the moderator for the call

Topics for June

June 1: **Highway of Tears: A True Story of Racism, Indifference and the Pursuit of Justice for Missing and Murdered Indigenous Women and Girls**

June 2: **The Oshawa Railway Company "Oshawa's Own"**

June 3: **Central Lake Ontario Conservation Authority (CLOCA)**

June 8: **Cullen Gardens and Miniature Village**

June 9: **Relaxation with Julie**

June 10: **Travelogue: Let's Discover France!**

June 15: **Whitby's First Postmaster**

June 16: **Canadian Music Trivia**

June 17: **Hollywood: An Insider's View" — Tim's 12 Favourite Films with Outstanding Female Leads**

June 22: **Armchair Travel to Niagara Falls**

June 23: **Relaxation with Julie**

June 24: **Bank of Canada Museum: History of Paper Money**

June 29: **The McLaughlin Daughters**

June 30: **The Canadian Northern Mainline**

Short Story Book Club by Phone

June 23 "**Little Free Library**" by Naomi Kritzer (2020). The whimsical story will be read aloud by the facilitator and then a friendly discussion will take place from 2-3pm.

For more information on the phone-in programs, please email 55plus@whitby.ca or call 905.668.1424.

Zoom Programs

Pre-register at whitby.ca/getactive to get your Zoom link for the following programs.

Chit Chat, Trivia & Games

Join Whitby 55+ Recreation Services in partnership with the Whitby Public Library on Mondays from 10-11 am for this free program to meet new friends, reconnect with familiar faces, discuss different topics, share your thoughts and participate in trivia and fun games.

Date: June 7
Title: **Way with Words**
Code: 39240

Date: June 14
Title: **All Ages Trivia and Games**
Code: 39241

Date: June 21
Title: **Father's Day Trivia**
Code: 39242

Date: June 28
Title: **Canadian Trivia**
Code: 39243

Zoom Activities

Date: June 1
Title: **Home Fitness Basics (Adult)**
Learn the essentials of virtual group fitness.
Code: 39136

Date: June 2
Title: **How to use Zoom Beginner**
Everything you need to know about Zoom.
Code: 39258

Date: June 2
Title: **Paralympian, Kevin Rempel**, has surmounted incredible life-challenges to reach the Olympic podium and now brings his powerful message of hope and resilient to audiences through his speaking and writing.
Email 55+plus@whitby.ca for Zoom link

Date: June 3
Title: **All Ages Yoga with Lisa**
Code: 39263

Date: June 4
Title: **Relaxation with Julie (All Ages)**
Code: 39221

Date: June 7
Title: **Train Your Brain (Adult)** (session in French)
Code: 39255

Date: June 9
Title: **Card Bingo**
Code: 38993

Date: June 9
Title: **All Ages Paint Workshop with Chrissie**
Code: 39264

Date: June 10
Title: **Creative Fiber Arts Workshop with Tara**
Code: 39208

Date: June 10
Title: **All Ages Yoga with Lisa**
Code: 39265

Date: June 11
Title: **Relaxation with Julie (All Ages)**
Code: 39222

Date: June 15
Title: **Fraud Prevention with DRPS**
Code: 39254

Date: June 15
Title: **Zumba Gold (Lite) with Laka**
Code: 39262

Date: June 15
Title: **World Elder Abuse Network (DEAN)**
Email 55plus@whitby.ca for Zoom link

Date: June 16
Title: **Happy Animal Tails with OSPCA (All Ages)**
Code: 39256

Date: June 16
Title: **All Ages Baking**
Code: 39252

Date: June 17
Title: **55+ Light and Lively with Karen**
Code: 39271

Date: June 17
Title: **All Ages Yoga with Lisa**
Code: 39269

Date: June 18
Title: **Relaxation with Julie (All Ages)**
Code: 39224

Date: June 21
Title: **Chat with a Pickleball Pro (Stephanie Lane)**
Code: 39220

Date: June 22
Title: **All Ages Zumba**
Code: 39266

Date: June 24
Title: **All Ages Yoga with Lisa**
Code: 39270

Date: June 25
Title: **Relaxation with Julie (All Ages)**
Code: 39223

Date: June 28
Title: **All Ages Baking**
Code: 39191

Date: June 30
Title: **"Happy Birthday Canada" Card Bingo**
Code: 39260

Facebook Live Events

Date: June 9
Title: **Preschool Story Time "Nature Walk"** (Intergenerational) Whitby Public Library Facebook Live Event

Date: June 23
Title: **Preschool Story Time "Summer Camp"** (Intergenerational) Whitby Public Library Facebook Live Event