



NEWSLETTER MAY, 2024

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REMINDER 2024 MEMEBERSHIPS ARE DUE – ONLY \$25.00.

PLEASE RENEW NOW BEFORE YOU GET TOO BUSY WITH SUMMER FUN!

AGM

ANNUAL GENERAL MEETING

The Annual General Meeting will be held on Friday, May 17, 2024, starting with dinner at 5:00 p.m. at the Kakabeka Legion. The cost of the dinner is \$25.00 per person. The Legion will have a cash bar available. Tickets must be purchased by Friday, May 10, 2024.

The meeting will follow immediately after dinner. Please note that there will be an election as we have 7 members running for the Board and we need to have 5 positions filled. **IN ORDER TO VOTE, YOUR MEMBERSHIP FOR 2024 MUST BE PAID.** If you are not sure if your membership has been paid and you are eligible to vote, please call the Centre to find out.

SPECIAL NOTE TO MEMBERS:

If you know a member is in the hospital or has lost a family member, could you please let us know so we can send a card from the members of the Centre. Thank you.

Rural Health Fair

Norwest Health Centre is holding this event on May 29, 2024 at the Kakabeka Legion from 12:00 Noon to 3:00 p.m. Rural 60 Plus will have a booth and we have been asked to collect food items for the Rural Food Bank. If anyone wants to donate, we will have a box at the Centre for donations.



REMINDER.....Clean up day is Saturday June 1, 2024 at 10:00 a.m.

Luncheon Friday, June 14, 2024 at the Kakabeka Legion
from 12:00 Noon to 1:00 p.m.

You must sign up by Friday, June 7, 2024.

The cost is \$5.00 for members and \$15.00 for guests.



Rural 60 Donations

| | | | |
|-----------------|--------------------|---|------------|
| This past year: | Donation boxes | - | \$ 951.45 |
| | Cribbage | - | \$1,056.50 |
| | Personal donations | - | \$ 310.00 |

Plus weavers each pay \$5.00 a month.

While we do get grants from the government, a lot of that money goes towards the upkeep of the Centre, so every little bit helps.

Thank you!!

In September the Board of Directors will be looking into have guest speakers on different topics. If there is something you think everyone would be interested in, please submit the idea by email or drop off a letter at the Centre.

The events would be held on Friday morning or afternoon.



Craft sale will be **Saturday, November 16, 2024**. Lottery tickets will be available soon - there will be 3 prizes: a quilt from the quilters, a shawl from the weavers and a cash prize. Tickets will be 3 for \$5.00.

WITH SUMMER COMING I SUSPECT EVERYONE IS GOING TO BE MORE ACTIVE AND OUT OF THE HOME SO INSTEAD OF PUZZLES TO KEEP YOU BUSY, I AM PROVIDING YOU WITH A LIST I CAME ACROSS OF SENIOR ACTIVITIES TO ENJOY IN SUMMER.

1. Catch a Sporting Event

Attending a grandchild's soccer game or a professional baseball game can be an action-packed way for your loved one to reconnect with one of their favorite pastimes.

2. Fish for Fun

Even if an elder has mobility problems or uses a wheelchair, you can still cast a rod from a dock, pier, or other location. Check your province's tourism or parks and recreation websites to see if they provide listings of compliant fishing locations. Many areas across the country have also started offering all-terrain wheelchairs for check out or rental that can help a loved one with mobility issues get closer to the water.

3. Be a Tourist

If you live in a city, take an open-air bus or trolley tour to see the local sights. Another option could be a boat tour, depending on what type of equipment an elder needs to take with them. It gets you both outside, but you don't necessarily have to be walking.

A Sunday drive around town can also allow a senior to check out happenings in the community that interest them. This could be new construction, blooming flowers and trees, or even festivals and community events.

4. Take a Dip

For some folks, this might entail putting a foot in the pool, while others may be able to handle low-impact water aerobics. If a senior is willing and able, spending some time in the pool is an excellent way for them to incorporate some physical activity into their routine that seems more like relaxing than a workout.

5. Stroll Around

If a walk is possible, start slow and work up to longer outings. Consider bringing along a walker or wheelchair in case your loved one gets tired and needs to rest along the way or requires help getting back.

6. Be an Animal Lover

This could be as simple as encouraging a loved one to sit outside and enjoy the sights and sounds of a birdhouse, bird feeder, or bird bath in the yard, or it could mean an outing to the zoo or a local dog park. There are plenty of options for seniors who enjoy animals to get outside and either interact with or observe nature.

7. Go Fly a Kite

Head to a park or beach and get a kite soaring. Let your loved one take control, which they can do while sitting down. If children are around, they can get involved by trying to keep the kite in the air.

8. Picnic Outdoors

Picnics are another flexible activity that you can plan at a park, in your own backyard, or on the surrounding grounds of a long-term care facility. At the park, seniors can watch children run around and enjoy the buzz of outdoor activity. Make sure to locate an area with comfortable seating and plenty of shade in advance, or remember to bring your own.

9. Attend Community Events

From Canada Day activities, parades and fireworks to Labor Day block parties, there are plenty of community events during summer that offer opportunities for elders to get out and be part of the crowd. Many communities offer outdoor musical performances, art shows, car shows, flea markets, festivals, and more. Peruse the events section of the local newspaper to find happenings that fit your loved one's interests and abilities.

10. Go Out for a Treat

Most seniors have a favorite snack or restaurant that picks their spirits right up. Instead of limiting this indulgence to special occasions or the post-doctor's appointment routine, make an outing out of it just because. This could consist of getting an ice cream cone from the local Dairy Queen, a coffee and pastry from a favorite breakfast spot, or a lunch special from the diner around the corner. If the weather is nice, enjoy your goodies at a patio table.

Thank You!

Ontario 

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