

PRESIDENT'S COMMENTS

I certainly hope that you are all enjoying the summer. Many of you are probably going to cottages or lake resorts. Hopefully you are enjoying family and friends as well as many outdoor activities.

In case you are travelling, here are some pointers on:

HOW TO GET THE MOST OUT OF YOUR RTO HEALTH INSURANCE PLAN

1. Set up direct deposit
2. Set up your account for online claims
3. Submit claims right away and file your receipts
4. Explore your retirement health coverage
5. Call your claims team before major aids and appliances purchases
6. Carry your RTOERO benefits card with you
7. Make sure you have proof of travel dates

With those points in mind - travel safely!

Terry Hamilton

CHECK OUT THESE UPCOMING EVENTS! <i>Don't miss the Registration Forms included below:</i>		
Coming Event	Date	How to Register
Book Club	10 am Resumes in September	watch for e-mail
Fresh Air Friday	10:30 am Friday September 15, 2023 at Marguerite Ormston Trailway	click here https://docs.google.com/forms/d/e/1FAIpQLScioBUC4GQKSdH19N4O3JeOIGnhDw7bkMrKoE8BII9DZisQtQ/viewform
Coffee and Conversation	will resume in September	
Stitching with Friends	will resume in September	click here https://docs.google.com/forms/d/e/1FAIpQLScqPj7jFG6lZnOJNhardm4qLZS6DVzxsyJ6RNrhYhUNMGk0EA/viewform

MORE INFORMATION ABOUT OUR UPCOMING EVENTS

District 11 will again offer activities monthly for you to meet with members, online and in-person. Some of our monthly activities include:

- * Coffee and Conversation - members meet at different coffee shops in the region
- * Stitching with Friends - members meet online to enjoy crocheting, knitting, fabric arts and chatting
- * Fresh Air Fridays - members enjoy the outdoors at different trails and parks in the region

- * Book Club - members meet online to discuss a group-chosen book
- * Special activities - occur at different times (plays, musicals, workshops, tours)

Check District 11's Facebook page and website for updates.

Fresh Air Friday

Join us for our Fresh Air Friday walk resuming on Friday, September 15th at 10:30 am. Our loop trail will be Marguerite Ormston Trailway. (2200 Homer Watson Blvd. Kitchener, ON N2P 1A5)

This 4.7 km trail is in Kitchener. It is considered an easy route and takes an average of 1 hr 11 min to complete. Dogs are welcome, but must be on a leash.

Please remember to bring your health card and two contacts with their telephone numbers. See you then!

Theatre News

Theatre Time Again!!!

"Evita", Sunday November 5th, 2023 @ 2pm at the Hamilton Family Theatre, Cambridge, On.

Emails through Eventbrite will go out in early August and sales will begin on August 21st, 2023.

Book an event for you and your friends as an early Christmas celebration. We have 60 tickets this time!

The room on the second floor will be available to meet and greet fellow District 11 members, both before the performance and during the intermission.

Check your email for your personal invitation coming your way!

25th Annual RTOERO District 11 Charity Golf Day

This will be held on Tuesday, September 12, 2023 at the Conestoga Golf Course.

For Registration information and forms, please email: rtogolf2022@gmail.com

News at 11 - your District 11 Newsletter

News at 11 wants to print your story about celebrations in your life. For example, a personal milestone, an unexpected achievement, a new road taken, a family dynamic, a charitable goal, a memorable journey, an obstacle overcome, a celebration of life!

Send your story idea to Sylvia Ranson at: rtodistrict11Newsletter@gmail.com

Story length with photos:

Half page: 250 words

Full page: 500-700 words

Follow District 11 News and Events on Facebook and our Website:

<https://www.facebook.com/RTOERODistrict11WaterlooRegion> / <https://district11.rtoero.ca/>