



**RTO  
ERO**

District 11  
**Waterloo Region**

**PRESIDENT'S COMMENTS**

I am excited to be your President for the next two years! I have big shoes to fill as your outgoing President, Wendy Brum, has been amazing! As well as being caring, compassionate and kind she also lived by the adage "a job with doing is worth doing well, even if you are a volunteer"! She has certainly done a very good job! I am so pleased to have her mentoring me. Farewell Wendy and now you can relax!

As your new President I will be embracing RTOERO's three strategic goals:

1. senior strategy
2. geriatric health plan
3. environmental stewardship

With the help of our very active and supportive board, I will be able to do this!

Please register for our June activities and know that some of them will return in September.

Terry Hamilton

Terry Hamilton

<b><i>CHECK OUT THESE UPCOMING EVENTS!</i></b> <b><i>Don't miss the Registration Forms included below:</i></b>		
<b>Coming Event</b>	<b>Date</b>	<b>How to Register</b>
<b>Book Club</b>	<b>10 am Thurs. June 15, 2023</b>	<b>watch for e-mail</b>
<b>Fresh Air Friday</b>	<b>10:30 am Friday June 16, 2023</b>	<b>click here</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLScioBUC4GQKSdH19N4O3JeOIGnhDw7bkMrKoE8BII9DZisQtQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLScioBUC4GQKSdH19N4O3JeOIGnhDw7bkMrKoE8BII9DZisQtQ/viewform</a>
<b>Coffee and Conversation</b>	<b>will resume in September</b>	
<b>Stitching with Friends</b>	<b>1 pm Monday June 19, 2023</b>	<b>click here</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLScqPj7jFG6lZnOJNhardm4qLZS6DVzxyJ6RnrhYhUNMGk0EA/viewform">https://docs.google.com/forms/d/e/1FAIpQLScqPj7jFG6lZnOJNhardm4qLZS6DVzxyJ6RnrhYhUNMGk0EA/viewform</a>

## **MORE INFORMATION ABOUT OUR UPCOMING EVENTS**

### **Fresh Air Friday**

Friday June 16th 2023 @ 10:30 am

We will be walking the Preston Riverside Park Trail . It's a 4.5 km loop trail and is generally considered an easy route. It takes an average of 1 hr 10 min to complete. This is a popular trail for birding, hiking and snowshoeing. The trail is open year round and is beautiful to visit anytime. Dogs are welcome, but must be on a leash.

This will be our last walk until we meet again in September.

### **Theatre News**

Our members enjoyed the performance of "Beautiful: The Carole King Musical" on Tuesday May 30th, 2023. As usual it was an amazing production and enjoyed by all.

MARK YOUR CALENDAR: We are obtaining a block of 50 tickets for "Evita", Sunday Nov. 5, 2023 @ 2pm. This will also be at the 'Hamilton Family Theatre' in Cambridge. Invitations will be sent out in late July through our Eventbrite account.

We hope to have great response for this as we have for our former "Hamilton Family Theatre" performances.

### **Fall Newsletter**

News At 11 (our print newsletter) wants to hear from you! Share your stories related to our spring theme: Celebrations!

Tell us about a special celebration you've had in life—perhaps for a special award or milestone in your life; or about an important family member's life; perhaps you went on a travel adventure to celebrate a special event; or celebrated a wonderful achievement. Whatever your small or grand thing that was a cause for celebration in your life, we'd love to hear from you—and so would our members.

We welcome your stories and accompanying photos in this format:

- half-page (250 words) / full-page (500 words) / 1 1/2 pages (650 words) - approximately
- 11-point Arial font
- single spacing - one space after period at sentence end
- double spacing between paragraphs - no paragraph indentions

Please send your story idea to Sylvia Ranson: [rtodistrict11newsletter@gmail.com](mailto:rtodistrict11newsletter@gmail.com) Deadline for final article submission: July 15, 2023

### **RTOERO Foundation REP**

Safety Alert for Those who walk their dogs!

It has come to our attention that there is a hidden and unforeseen hazard to elderly dog walkers. When walking an unsuspected rabbit or squirrel in daytime and a raccoon at night , may run in front of the dog

causing the dog to quickly and forcibly lunge forward pulling the walker off balance and causing a fall resulting in serious injury to the walker.

Grand River Hospital has advised that this type of accident to seniors is a common occurrence.

**Stay safe and be alert of these unforeseen incidents.**

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

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