

# Operation Actively Aging Calendar of upcoming events

## Seniors Garden Club

Join Trisha for a fun and social morning of gardening!

We will be working on the community vegetable gardens & the Municipal flower gardens.

**Thursday, June 15th  
Meet at Sportsplex for 9am**

There will be lunch and refreshments provided!



Let Trisha know if you plan on attending so that she knows what we need for lunch!!

## HELLO Summer PARTY

Kick off to summer Senior Lunch Social  
Wednesday, June 21<sup>st</sup>  
Echo Bay Hall

**Doors will open at 11am**

**Trefry Center** to share information regarding the programs they offer **11:30am**

**Lunch to follow Trefry presentation**

Please contact Trisha if you are interested in attending so we have an idea of numbers for lunch!  
Please RSVP by Friday, June 16, 2023

## Seniors



## Club

Cooking made *EASY* for 1 or 2

Tuesday, June 13<sup>th</sup>

10am-1pm

Echo Bay Hall

Join Trisha for this social cooking experience!  
We will be making 4-5 different meals.  
We will prepare, cook and sample each meal for lunch.  
Recipes will be available for the meals that you enjoy and want to make again!

Please contact Trisha if you plan on attending.  
We want to make sure there is enough for everyone to sample the meals that we prepare!!

## 3rd Seniors PRIZE BINGO

When: Tuesday, June 27<sup>th</sup>

11am-2:30pm

Where: Echo Bay Hall

Doors will open at 11am

Bingo will start at 12pm

**FREE to Participate**

Join us for a fun afternoon of



Winners will choose from a wide assortment of prizes!!  
If you have your own dabbers please bring them but we will have dabbers available!

There will be a canteen to purchase drinks, lunch & snacks

## Seniors GAMES CLUB



**FOOD, GAMES, FUN**

Come join in on some outdoor yard game fun & BBQ!

**Thursday, July 6<sup>th</sup>**

**11am-2pm**

**Sportsplex**

Let Trisha know if you plan on attending so that she knows what we need for lunch!!

For more information or to participate please contact Trisha  
(705) 297-4024 - Cell  
tdaynard@ontera.net -Email

hydro one

# Community Bike Rodeo



**FRIDAY, JUNE 9<sup>TH</sup>**

**1-3 PM**

## **ECHO BAY SPORTSPLEX PARKING LOT**

Join us for a **FREE**, fun and hands-on opportunity. Learn essential bike-handling safety and test your knowledge on our bicycle skills course.

**Bring your helmet & bike and join the fun!!**

It is a PD day for children and all ages are invited to attend with adult supervision ☺

Refreshments and snacks will be available!!

Registration is not mandatory but would be appreciated so we have an idea of how many kiddos we will be expecting ☺

- Learn helmet safety
- Learn the rules of the road
- Learn basic bike maintenance
  - Learn safety tips
  - Prizes



Contact Trisha – [tdaynard@ontera.net](mailto:tdaynard@ontera.net) or 705-297-4024

Please join us for

# FAMILY FEST

**Friday, June 9, 2023**

**5-8pm**

**Echo Bay Sportsplex Grounds**

**Let's kick off Summer together....**

Are you new to the community or have you lived here for years?

Either way, come on out to meet new people or "ketchup" with old friends over BBQ!!

**There is lots of fun to be had at Family Fest**

- ◆ Be entertained by Jeffrey Wright Music from 6-8 pm  
\*\*Feel free to bring your lawn chair for a front row seat!!
- ◆ Games and activities
- ◆ Bouncy Houses
- ◆ And more...
- ◆ **Free BBQ and beverages**  
Provided by:



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