

Welcome to the County of Brant Senior's Newsletter, just for seniors! This monthly newsletter will keep you up-to-date with what's happening in our fabulous communities for residents 55+.

Happy Seniors Month!

Happy Seniors Month from all of us at the County of Brant! We celebrate the wisdom, joy and vibrant spirit of our 55+ community. We are thrilled to offer a number of great opportunities for you to get out and get active this month! Did you know, June is also Recreation & Parks Month, for a full listing of programs and activities for all ages, visit brant.ca/June

Upcoming Programs, Workshops and Events

Learn to Lawn Bowl

Have you ever wanted to try Lawn Bowling? Join the St George Lawn Bowling Club as they host a "Learn to Lawn Bowl" session. Flat soled shoes are required for the greens.

Date:	Time	Location	Fee	Activity #
Tuesday, June 4	10:00 am – 12:00 pm	St. George Lawn Bowling Club	FREE	6630

Learn to Play Pickleball

Always wanted to learn to play pickleball? Discover the basics and learn how to keep score. Paddles and balls will be provided.

Date:	Time	Location	Fee	Activity #
Friday, June 7	1:00 pm – 3:00 pm	Dawdy Park, Paris	\$6.00	6673

Walking Soccer

Walking Soccer is a low impact, modified version of regular soccer, with **NO** running and **NO** contact. Walking Soccer is a fun way to participate in team comradery and is suitable for all levels of fitness and abilities. Indoor flat soled shoes are required. Shin pads are suggested.

Date:	Time	Location	Fee	Activity #
Tuesday, June 11	1:30 pm – 3:00 pm	Syl Apps Community Centre	FREE	6961

Corn Hole Social

Join the fun in an afternoon of Corn hole at the beautiful TF Warren Group Cainsville Community Centre. Corn hole is an accessible game for all involving tossing bean bags at a raised platform with a hole in it.

Date:	Time	Location	Fee	Activity #
Tuesday, June 18	1:00 pm – 3:00 pm	TF Warren Group Cainsville Community Centre	FREE	6960

Brant Outdoor Active Adults Walk

Join the [Brant Outdoor Active Adults](#) (formally Brant Pedalars and Paddlers) for a walk, Meet the group at the Jean Rich Foundation Trailhead entrance to walk towards Glen Morris. This walk will be flat terrain with benches along the way if needed. A great way to meet new people and get some exercise!

Date:	Time	Location	Fee	Activity #
Tuesday, June 25	9:00 am – 11:00 am	Jean Rich Foundation Trailhead (Willow Street, Paris)	FREE	6962

Fill Your Cup 55+ Social

Join our 55+ community for a **FREE** drop-in social. Coffee, treats and light refreshments will be provided by Telfer Place Retirement Residence. No registration is required, bring a friend and drop-in!

Date:	Time	Location
Tuesday, June 25	1:00 pm – 2:30 pm	Sojourn Church, Paris

Zumba in the Park

Come and get your groove on in a **FREE** Zumba Gold class in Lions Park. Zumba Gold is a modified version of Zumba, with the older adult in mind. Zumba Gold is exercise in disguise, dance, laugh and sweat all at the same time. **No registration required*

Date:	Time	Location
Wednesday, June 26	10:00 am – 11:00 am	Lions Park, Paris

County of Brant Senior Olympics

Join County of Brant Recreation Team in Lions Park, for our inaugural Seniors Olympics! This day of fun, games and laughter will allow our 55+ community to enjoy time together. Bring your inner child and competitive spirit, as the accessible games require no athleticism. Bring your bathing suit and a towel, as games will head to the pool for the last hour for those interested. Lunch will be provided by Queensview Retirement Community.

Date:	Time	Location	Fee	Activity #
Thursday, June 26	11:00 am – 2:30 pm	Lions Park, Paris	FREE	6963

How to Register?

Online: Register online today by visiting www.brant.ca/COBConnect

In-person: Register in-person at the Brant Sports Complex (944 Powerline Road, Paris)
Monday - Friday from 8:30 am - 8:00 pm

Need assistance with registering? Call **519.442.1944**.

Customer service hours are Monday to Friday from 8:30 am - 4:30 pm

Stay tuned for **more great workshops + programs** happening this summer!

Upcoming County of Brant Library Programs and Events

Check out the great things happening this Summer with the County of Brant Public Library! To view the full calendar of events and to register for events, visit www.brantlibrary.ca or contact the library directly at **519.442.2433**

Empowering Older Adults: Opioid Awareness and Naloxone Training

- **Tuesday, June 4** – 2:00 pm at County of Brant Library – Paris Branch, *12 William Street, Paris*

Special Music Event: The Vandevillian

- **Friday, June 7** – 7:00 pm – 9:00 pm at County of Brant Library – Paris Branch, *12 William Street, Paris*

Beverage with a Badge – Multiple locations!

- **Tuesday, June 11**– 1:30 pm – 3:30 pm at County of Brant Library –
- Paris Branch, *12 William Street, Paris*
- Burford Branch, *24 Park Ave, Burford*
- St. George Branch, *78 Main Street North, St. George*

Gardening for Nature with a Master Gardener

- **Wednesday, June 13** – 6:30 pm at County of Brant Library – Scotland Branch, *281 Oakland Road, Scotland*

What else is happening in Brant?

Brant Outdoor Active Adults

Come and join the [Brant Outdoor Active Adults](#) (formerly Brant Pedalars & Paddlers) who meet every Monday @ 9:00am at Wincey Mills, Paris, for a hike in Barker's Bush. Approximately 1.5 hours at a steady pace.

Sojourn Church Seniors Coffee Hour

- **Tuesday, June 18** – 6:00 pm at Sojourn Church, Paris

Rollerskating

Skate:	Date:	Time	Location	Fee
Family Skate (all ages)	Tuesdays (April 16 – August 13)	6:00 – 7:30 pm	Burford Community Centre	\$3.25/ per person
Adult Skate (16 yrs. +)	Tuesdays (April 16 – August 13)	7:30 – 10:30 pm	Burford Community Centre	\$7.50/ per person

Looking to have something featured in this publication?

Do you have a group or upcoming event and you would like to be featured in this publication? Please email heather.slot@brant.ca, and feel free to pass this information along to anyone who may be interested.

If you do not want to receive this monthly newsletter, please respond with UNSUBSCRIBE and your name will be removed from the mailing list.

County of Brant Recreation Services
www.brant.ca/Recreation

Call 519.44BRANT (**519.442.7268**) / 1.855.44BRANT (**1.855.442.7268**)

Email us at parksandrec@brant.ca

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