



**Seniors Month**  
**Pride Month**  
**June 21st**  
**Father's Day**  
**First Day of Summer**  
**Indigenous Peoples Day**



## STAY HYDRATED THIS SUMMER!

The warm weather is upon us; it is important to drink enough water to ensure you are adequately hydrated. Filtered water taps can be found in the lounge on each floor of the Residential Tower.

## Celebrating Seniors Month



June is Seniors Month in Ontario - a time to celebrate the wonderful seniors living at OSCR. The 2026 theme for Seniors Month is "Ontario Seniors - Let's Get Moving", aimed at encouraging wellness, social engagement, and lifelong learning. OSCR's Healthy Living Programs provide clients with a variety of activities & programming to support and engage our clients.

## INDIGENOUS PEOPLES DAY

National Indigenous Peoples Day is observed annually in Canada on **June 21<sup>st</sup>**. This day is dedicated to recognizing and celebrating the unique heritage, diverse cultures, & contributions of the First Nations, Inuit, and Métis peoples.

OSCR's grounds are located on the territories of the Anishnabek, Huron-Wendat, Haudenosaunee, Ojibway, and Mississaugas of the Credit First Nation.

## Healthy Living 2027 Calendar

The Healthy Living Programs department will be holding a meeting on June 4th @ 2pm to discuss the 2027 HLP Movie Calendar. Please speak with HLP staff if you would like be involved.



# Staff Spotlight



Our Staff Spotlight shines on Charity, who is a Personal Support Worker. Charity began her career at OSCR in 2013, and has been providing care & support to our clients for over 13 years. Be sure to say hello to Charity and let her know you saw her featured in the newsletter the next time you see her around OSCR!



## Open Meeting OSCR Seniors Association Residential Tower

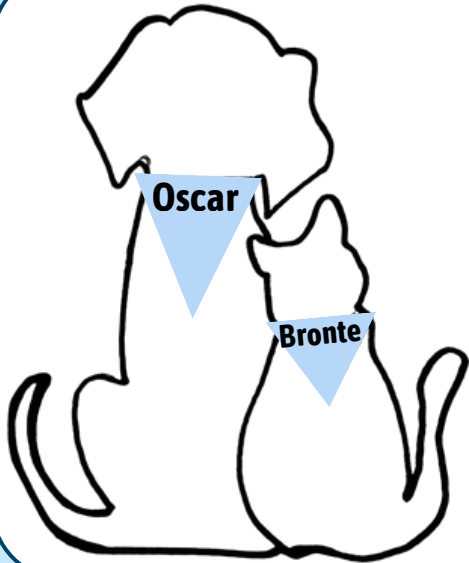
All clients are invited to the OSCR Seniors Association Open Meeting on Tuesday June 16th at 10:00 am in the Family Room. Meet the Association members, Management Team, and hear some updates regarding OSCR.

# Happy Birthday To You!



- |                     |                   |
|---------------------|-------------------|
| <b>Helen W.</b>     | <b>Doug S.</b>    |
| <b>Huanian W.</b>   | <b>Bill C.</b>    |
| <b>Aubrey R.</b>    | <b>Ross M.</b>    |
| <b>Stephen C.</b>   | <b>Alan K.</b>    |
| <b>Leonard A.</b>   | <b>Mary H.</b>    |
| <b>Millicent W.</b> | <b>Dragica I.</b> |
| <b>Howard H.</b>    | <b>Ellen B.</b>   |
| <b>Monte P.</b>     | <b>Wendy H.</b>   |
| <b>Rosemarie R.</b> |                   |

# OSCR SENIORS ASSOCIATION



The Seniors Association would like to encourage everyone to take advantage of the outdoor space on the back property. The patio furniture & gazebos offer ample seating and shade. Enjoy a coffee from OSCaR's Place, read a book, chitchat with neighbours, or simply listen to the peaceful sounds of nature. This is a great place to appreciate the beautiful summer weather with fellow residents, family & friends!

## *Resident Guide*      Meal *Recap:*      Absences

If you will not be joining us in the Dining Room for lunch or dinner, you must fill out the meal sign out sheet located across from the elevators on the main floor of the Residential Tower. If you cannot make it downstairs to sign out, please call the Food Services Supervisor at (905) 827-4139 ext. 121 to notify them of your absence.

If you do not report your absence for lunch or dinner, this will trigger a security check by OSCR staff. A staff member will call your phone. If there is no answer, staff will proceed to enter your suite to check on you.



**Original.  
Social.  
Creative.  
Recreation!**

