



District 37
Oxford

Bellringer E-Blast

December 2020



December is upon us and hopefully everyone is making preparations to celebrate and find the joys and blessings of the season. This quote is so appropriate: "Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain." Let's all find our dance this Christmas.

Helen Reid - Editor, President

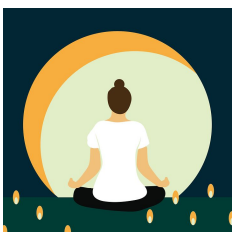
Email comments, suggestions, questions, concerns to:

president37@districts.rtoero.ca

Upcoming Workshops - all free and offered through ZOOM.

The Wellness Committee is planning a series of free workshops for our members. The registration form will ask for your RTOERO Membership number. The membership number is on the Benefits Card. This is to prevent outsiders from taking up a spot. For some workshops there is limited enrollment. If necessary, extra sessions will be offered. We understand that some of our members do not have access to computer technology but would still like to be a participant in the workshops. The Wellness Committee is cognizant of this and will, as much as possible, offer workshops that can be accessed by telephone. However, be aware that the phone numbers available via Zoom are all long distance and so, if you do not have a long distance plan, there will be additional charges to your phone bill. In the next E-Blast, the Wellness Committee, will publicize the next series of workshops.

TAKE A BREAK



This is the perfect opportunity to leave behind the stress and worries that surround us in this uncertain time. Let go of the January ***blahhhs!*** Join John Schieven, CYI to explore the benefits of daily meditation practice and to use the tools to help you become relaxed. We will begin with Guided Meditation and a review of the research and background.

Wednesday January 20 2021

1:15 pm - 2:15 pm

ZOOM

Maximum 30 participants - Must register by January 10 2021

Please register online at:

https://docs.google.com/forms/d/e/1FAIpQLSedyP6HlfmT_nOisI0ApSmhCUGofkLPIJFEZTMkSmSt21gn9w/viewform?usp=sf_link

**If you do not have a computer please register by calling Heather Wilson-Boast at:
519 485 1542**

CHAIR YOGA



Chair yoga is a gentle form of yoga that can be done by sitting or standing using a chair for support. It is an excellent way to improve flexibility, strength, balance, and reduce stress and joint pain. Join us for an introduction and gentle demonstration and discussion regarding this most valuable tool to support positive aging, John Schieven is always encouraging and always guiding you to listen to your own body, Try it - do what you can!

Wednesday FEBRUARY 17 2021

10:00 am - 11:30 am

ZOOM

Maximum 25 - Must register by February 7 2021

Register online at:

https://docs.google.com/forms/d/e/1FAIpQLSdLwKKaV5G76Z0A_GwD_a7AREHYrDhoUVKaKCX2nbmTx7wA8w/viewform?usp=sf_link

COPING WITH GRIEF AND LOSS DURING THE PANDEMIC



A national grief strategy is needed to help Canadians cope with loss during COVID-19. Loss is occurring in so many different ways: our inability to attend family gatherings, grandchildren's graduations, family birthdays and celebrations of life. The loss of human interaction and not being able to touch and hug is having a huge impact.

Catherine Cannon will present a workshop on:

- Understanding clearly what grief and loss are
- Exploring the different ways we grieve
- Debunking previous ways of dealing with grief
- Providing strategies to cope

Thursday, FEBRUARY 11 2021

11:00 am - 12:30 pm

ZOOM

Maximum 25 - Must register by February 1 2021.

Register online at:

https://docs.google.com/forms/d/e/1FAIpQLSeJuwlnb_HZ-gJ6K4rC5FgWIKceiWLSxUa46VABfFiO2xereA/viewform?usp=sf_link

If you do not have a computer please register by calling Helen Reid at: 519 914 8788

TECH TALK WITH CLIFF and HELEN

TECH TALK is offered every two weeks on Wednesday from 10:00 am - 11:30 am. Next session is December 16th. If you wish to be included in these sessions please email, rtoeroxford@gmail.com A ZOOM invitation will be emailed to you.

Upcoming TECH TALK Sessions

- Gaming for Seniors
- Travel Apps
- Using Notes on your phone
- iPads & Tablets
- Working with Google Sheets
- GoogleKeep
- Security
- Browsers
- Organizing Your Contacts
- Hangouts, WhatsApp, Messenger, Skype and more
- Managing your pictures



CALLING BRIDGE PLAYERS

Are you suffering from *Bridge Withdrawal*? We can help.

Join our Bridge Chat Group which meets every Tuesday from 11:00 am-12:30 pm.

Next session of chats will focus on playing the weakest hand at the table. We are preparing to have an online tournament where you can see the table and the four people at the table. You can converse and play. It is a special platform called *SharkBridge Console*. Helen gathers everyone in a Lobby, similar to ZOOM, and then sends you and your partner to a table to play. If you are interested in learning how to play on this platform, join our Bridge Chat group. Our goal is to get as many people trained and then have a tournament in February. One-on-one learning sessions can be provided.

Email rtoeroxford@gmail.com and a link will be sent to you.



Are you interested in a possible RTOERO Painting Event? We're interested in your thoughts .

Complete the survey at the link below.

<https://mailtrack.io/trace/link/2ca285b586fcedd87bf0b5c8b288e68f53eef2df?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSeRaH09zo2Dsa1pfUQFHwj6jA2p8PRjE6tCby382iClSwWTEw%2Fviewform&userId=603332&signature=e9740c51f2216edd>

RTOERO SCHOLARSHIP



Each year RTOERO awards up to 20 scholarships, valued at \$3000, to post-secondary (college or university) students enrolled in programs that lead to careers which could benefit RTOERO members and seniors in Canada. RTOERO members are encouraged to recommend students in their lives, including family members, who meet the criteria. Over the past 20 years, we've awarded 374 scholarships totalling \$429,000.

Eligibility

- The applicant must be studying in a college or university program that leads to a career which could benefit RTOERO members and seniors in Canada.
- Students who are newly entering their programs are eligible provided that they have enrolled in their programs by the application deadline (January 29, 2021).
- This includes fields such as: Health sciences; medicine; nursing; personal care; geriatric health care; research into healthy active living for seniors; architects and designers of age-friendly spaces.
- The applicant must be recommended by an RTOERO member.
- Successful applicants may be awarded the RTOERO scholarship only once.
- RTOERO members are not themselves eligible to be awarded the scholarship.
- In addition to the completed application, the applicant must provide proof of enrolment.
- Please see application instructions (below) for more details on the selection criteria.

How to apply

Please read thoroughly the following Application Instructions before completing your application.

Applications are **due by January 29, 2021**. For more information contact scholarship@rtoero.ca.

Apply: <https://fs2.formsite.com/FsBLLz/rtoero-scholarship/index.html?1599672463949>

