

EWCS NEWS

News & Events

The last two summer Video Dance Parties are: in Erin at Centre 2000 on Saturday, June 5 and in Rockwood at Rockmosa on Friday, July 23. These parties have been a huge success with youth aged 7-14. For more information: www.videodanceparty.ca or 519-833-9696. EWCS is still looking for more volunteer parent chaperones.

National Hunger Awareness Day - June 1: The mission of Hunger Awareness Day is to tell the story of Food Banks and the people helped by them. The goal of Hunger Awareness Day movement is to raise awareness about the solvable problem of hunger in Canada. There IS hunger in Canada because...too many Canadians do not have enough income to pay for rent, bills, clothing for growing children, transportation, medication – and food. Food is unfortunately one of the most flexible household expenses, and it is often nutrition that suffers when money is tight. Everyone can play a part in reducing hunger. People can volunteer at their local food bank, donate food and funds, approach their local representatives, join local Hunger Awareness Day activities and events, and spread the word in their workplaces, faith groups and schools. To learn more about the issue of hunger in Canada, visit the Food Banks Canada website <http://foodbank-scanada.ca>.

At the same time the Kraft Hunger Challenge is also going on. During the beginning of June Kraft Canada will match donations made to the EWCS Food Banks. This is a great time to donate, as your dollars will go twice as far. Please ensure that all cheques designated for the Challenge have "Kraft Hunger Challenge" written by the donor on the memo line, and are dated between the campaign dates of June 1-11.

As always, food donations are most welcome and the Food Banks in Erin and Rockwood are greatly in need of peanut butter and jam.

Interested in Volun-

teering? A number of opportunities are available for volunteers.

- Short shifts in the retail stores. Bring a friend and work together. Friendly atmosphere where you get to be part of the community. Have fun working with clothing or books.

- Volunteer drivers to provide transportation for seniors to medical and therapeutic appointments. Must be 18 or older and have a clean driver's abstract. Mileage will be reimbursed from volunteer's home.

Weekly Highlights from New to You Store & Bookends

Bookends: Summer is on the door step and here are a few favourite picks from Bookend's "Must Read List"

- Marley & Me, John Grogan

- The Five People You Meet in Heaven, Mitch Albom

- A Thousand Splendid Suns, Khaled Hosseini

- A wide selection of French books are also available for adults and children.

Spotlight at New to You, Rockwood: We'll keep it short... lots of shorts for children and women are in store.

New to You Stores regrettably cannot take furniture, housewares and home décor items due to space restrictions. We welcome gently used clothing items for women, men and children of all ages. Stores are also currently in need of pant hangers.

Seniors News

Please contact Sherri Plourde for more information on any of the following senior's programs or events 519-833-0087.

- Book soon! Day trip to Grand River Dinner Cruises, July 7. Coach provided by Great Canadian Coach Lines. Cost is \$68 (includes transportation, entertainment, roast beef lunch with

homemade bread and desserts and a three hour boat cruise along the Grand River). We need over 35 people in order to take this trip on the coach. Please contact Sherri Plourde at 519-833-0087 to book your seat.

- Rockwood Euchre: every other Thursday at the Library from 1 - 3:30 p.m.

- "In Stitches": knitting/crochet group would like to invite you to join them for a couple hours of knitting/crocheting and conversation-every Tuesday from 10 a.m. – 12 p.m. at the EWCS Seniors Centre, Erin.

- Bid euchre: Tuesdays 1 – 4 p.m., EWCS Seniors Centre, Erin.

- Thursday evening Pilates (bring your own ball) @ EWCS Seniors Centre from 6 – 7 p.m. Instructor fee is based on number of participants. Please call to register, 519-833-0087.

- Line Dancing: on Friday from 10 a.m. – 12 p.m. @ EWCS Seniors Centre. Please contact Sherri Plourde for more information or to register.

- Bridge: EWCS Seniors Centre, Fridays 1 – 4 p.m.

- Meal on Wheels: EWCS in partnership with V.O.N. is pleased to announce that we will be once again offering and delivering hot lunches on Monday, and Thursday each week. Please contact Dee Dee Eurig (Victoria Order of Nurses) at 1-888-506-6353 for more information.

- Foot Care Clinic: Wednesday, June 15, located in the EWCS Seniors Centre in Centre 2000, Erin. Most people are born with healthy feet, but three out of four people develop serious foot problems as they age. Cost is \$20. This clinic is by appointment only. Call Pauline to book your appointment, 519-941-9716. Please bring your own towel.

The ROCKWOOD Miller



PEDAL POWER: It was a beautiful day for both pedal and gas powered bikers. Credit Valley branch members of the Canadian Vintage Motorcycle Group enjoyed a pit stop Sunday morning for a coffee in Rockwood, as a group of cyclists whizzed by. – Denise Paulsen photo



Cancer ride ready

Rockwood's Brent Stiles will ride 325 kilometres – from Toronto to Niagara Falls – next weekend in the annual Ride to Conquer Cancer benefiting the Campbell Family Institute at the Princess Margaret Hospital.

Raising funds for cancer research is close to Stile's heart as several of his relatives have succumbed to the disease, and he had

participated in the Terry Fox Run for the past 15 years.

Recently Stiles raised \$600 when he set up his training bike in the back

of his truck parked in Rockwood and collected pledges. To sponsor Stiles visit www.conquercancer.ca and type in Brent Stiles in the Donate Now link.

Saturday, June 5th, 2010 ROCKWOOD UNITED CHURCH

119 Harris St. Rockwood, ON
COUNTRY BREAKFAST

8am - 11am

PLANT SALE

8am - 12pm

CAR WASH

8AM - 12PM,

KIDS CARNIVAL

10am - 3pm

Dunk Tank, Jumpy Castle
Cotton Candy, Games
and Activities for All!!!



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