

# RETAIL PAGES

PICKERING/AJAX

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Offering valuable insights and resources for navigating life after fifty five. Retirement planning and more!

See pages: 9-15

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This content is available in alternative formats upon request by contacting 905-683-4550 or emailing [contactus@ajax.ca](mailto:contactus@ajax.ca).



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Offer ends July 31, 2025

20% OFF

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# 105 Acres of Fun at WindReach Farm

## WindReach Farm

Remember summer camp growing up? Maybe you went to camp every year. Maybe you worked summers at camps to make a few bucks. Maybe both. Many of us carry fond memories from our camp experiences well into our adult years. The friendships formed. The independence found. That feeling that anything is possible that only comes with a seemingly endless summer stretching ahead of you. Now think back to your camp experience and try to imagine how that experience would have been different if you had a disability. How many of those activities were accessible? How included would you have felt if you had to sit out while your friends played, and laughed, and formed lasting memories and bonds? Now imagine not being able

to attend camp at all because of your disability.

At WindReach Farm we believe that all activities should be inclusive and accessible to all. Our founder, Alexander “Sandy” Mitchell grew up running into situations where he was not included because of his disability. As was common when he was growing up, when Sandy met people, they saw was a boy, and then a man, with cerebral palsy, rather than a person deserving access to all the same opportunities as his peers. Sandy used these experiences to fuel him and set out to establish a place that was built with accessibility at its forefront; a place that would be designed to ensure that people of all abilities could experience the joys of a working farm, side-by-side, as peers.

At WindReach Farm, amidst our many program offerings, is an

accessible and inclusive camp for children aged six through 13 of all abilities. Acres of Fun runs from June 30th through August 22nd and offers campers with and without disabilities the opportunity to engage with animals, participate in gardening activities, take accessible wagon rides through our cow field, engage in sensory activities along our sensory trail and in our newly re-designed sensory room, and to visit with our horses at the stables where Sandy, himself, used to ride.

Beyond the obvious benefits for children with disabilities, the opportunity for non-disabled children to learn about the benefits of inclusion at an early age while taking part in unique activities they couldn't access at other camps is just as valuable. This summer, choose inclusion. Sign your child up for Acres of Fun at [https://www.](https://www.windreachfarm.org/acres-of-fun-summer-camp)

[windreachfarm.org/acres-of-fun-summer-camp](https://www.windreachfarm.org/acres-of-fun-summer-camp).

Ross Ste-Croix  
Executive Director  
WindReach Farm

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July 5, 2025 – August 2, 2025





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Funded in part by the Government of Canada under the Youth Employment and Skills Strategy



# Why Kids Under 13 Should Not Use AI Like ChatGPT for School

While AI tools like ChatGPT can be helpful for learning, there are important reasons why children under 13 should not be using them, especially in an unsupervised or academic setting.

### 1. Privacy and Data Protection

Children under 13 are protected by privacy laws like COPPA (Children’s Online Privacy Protection Act) in the U.S. and PIPEDA in Canada. These laws are designed to prevent companies from collecting personal information from young users without parental consent. AI tools like ChatGPT collect and process user input to function effectively. Even if no obvious personal details are shared, young children might accidentally reveal names, schools, or locations. This poses privacy and safety concerns, especially when kids don’t fully understand the risks of oversharing.

### 2. Misinformation & Inaccuracy

AI-generated answers can sound confident but may be factually wrong or misleading. While older students may recognize or cross-check errors, younger children are more likely to accept false information as truth, especially when it’s presented in a clear and authoritative tone. For schoolwork, this can lead to misunderstandings, poor learning

habits, and incorrect assignments.

### 3. Undermining Critical Thinking

AI tools provide fast answers, but relying on them too early can limit the development of essential thinking skills. Kids in elementary and middle school are still learning how to research, analyze, write, and solve problems. If they skip that process by using AI to generate ideas or answers, they miss out on key parts of learning — like learning from mistakes, building resilience, and developing original thought.

### 4. Exposure to Inappropriate Content

While AI tools have filters, they are not perfect. Kids might encounter or generate content that is inappropriate, scary, or confusing. Even well-meaning questions could be misunderstood by the AI, leading to awkward or unsafe answers. Young users may not know how to process or report those responses.

### 5. Lack of Accountability

AI doesn’t understand context, emotion, or responsibility. If a student under 13 uses AI to complete their homework, it raises ethical concerns about academic integrity. It also deprives teachers of the chance to

see the child’s real progress and areas for improvement.

AI has incredible educational potential — but for children under 13, it should only be used with guidance, limits, and adult supervision. The priority at this age should be learning how to think, not just getting the right answer.

**Paul Davis**  
[facebook.com/pauldavistips](https://facebook.com/pauldavistips)  
[www.socialnetworkingsafety.net](http://www.socialnetworkingsafety.net)







# Summer Concerts



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## NEXT ISSUE

Aug. 2 - Sept. 6, 2025

Deadline July 29, 2025

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Disclaimer: Sale is valid until August 31, 2025. Eligible Offer Items: The sale applies to the following items: Non Date Specific 60, 90, 120 Jump Times, and Non Date Specific 60, 90, 120 Toddler Jump Times. Online Purchase Requirement: To avail of this offer, all purchases must be made exclusively online through our official website. Restrictions: Please note that this offer cannot be combined with any other coupons, discounts, or promotions. Jump passes are not valid during Spring Break dates. Not valid on Gift Cards or Birthday Party Packages. Only one offer can be applied to each transaction. By participating in this sale, you acknowledge and accept these terms and conditions. We reserve the right to modify or terminate this offer at any time without prior notice. For any inquiries or concerns, please contact our customer support team. Jump passes expire 365 after purchase date. Must Present Coupon to redeem.





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July 5, 2025 – August 2, 2025





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Liverpool	 Plummer St. Brock Rd.	Brock Rd.		Westney
		Bayly		

# Summer moves: Tips for buying a new home this season

(NC) There's something about summer that makes it feel like the perfect time for a fresh start—and for some, that means buying a new home. The longer days, warmer weather and flexible schedules make it easier to explore neighbourhoods, schedule viewings and manage the logistics of a move.

But before you fall in love with that front porch or start dreaming about backyard barbecues, it's important to have a plan. Here's how to make the most of your summer home search and how you can protect your investment from day one.

## Start with a clear budget

Before you browse listings or tour open houses, get pre-approved for a mortgage and understand your full financial picture. Remember to factor in additional costs like closing fees, property taxes and moving expenses.

## Know what you're looking for

Make a list of your must-haves and nice-to-haves. Think about location,

layout, commute time and even how much yard work you're willing to take on. Summer is a busy time for the real estate market, so having a clear idea of what you want helps you move quickly when the right property comes along.

## Inspect with a summer eye

In the summer, it's easier to spot issues like poor air conditioning, pests or drainage problems after a rainstorm. Take advantage of the season to carefully inspect outdoor features like roofing, siding, decks and landscaping.

## Plan your move strategically

Summer is a peak time for moving companies, so book your movers early and try to avoid weekends and the end of the month if you can. If you're handling things yourself, rent your truck well in advance and stock up on supplies.

## Protect what matters

Your new home is more than just

four walls— it's your sanctuary, your investment and your future. Home insurance from providers like Belairdirect help protect your physical property as well as your belongings. From fire and weather damage to theft or liability coverage, having the right policy in place means you're prepared for the unexpected. And if you bundle your home and auto insurance, you may even qualify for extra savings—something every new

homeowner can appreciate.

Buying a new home is exciting, but it also comes with plenty of moving parts. By starting with a clear plan and making smart choices along the way, you'll set yourself up for a smooth summer move.

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CROSSWORD PUZZLE

- Across

1. Container weight

5. Reprimand, with "out"

9. Swallows water eagerly

14. Didn't have enough

15. Deep purple, edible berry

16. Wagner work

17. Refusal to interfere

20. Boston newspaper

21. Dorm room staple

22. Sign of summer

24. A British gentleman (Archaic)

28. Snowman prop

31. Diarist Samuel

34. Maple genus

35. Trick taker, often

36. Abysmal test score

37. Ancient city NW of Carthage

38. Private property

42. Leisurely walk

43. Send to the canvas

44. Drink from a dish

45. Impulse transmitter

46. Physics particle

48. Half a matched set

49. Lampoons

51. Australian runner

53. Inflammation of the ear

56. Cremona artisan

60. Conceited

64. Unfit for Jewish consumption

65. Bubbly drink

66. Season to be jolly

67. Bakery supply

68. Bow

69. Prize since 1949
- Down

1. Chinese dynasty

2. Gone wrong?

3. Ashcroft's predecessor

4. Like some mushrooms

5. Dracula, at times

6. Air force heroes

7. Dermal development

8. Vivacious

9. Dead duck

10. Current

11. Floral necklace

12. Adept

13. Gabriel, for one

18. Formerly known as

19. "Aeneid" figure

23. Airy

25. Tapered, frozen formation

26. Fruit juice

27. Understands

28. Greek surname

29. Mountaineering tool for frigid conditions

30. Being

32. Big time

33. Lively Bohemian dance

36. Animal house

37. Amateur video subject, maybe

39. Well wishes before a vacation

40. Listening device

41. A bag-shaped fish trap

46. Bon mot
47. Improved selling price

48. Caring

50. Brown ermine

52. Fortify

54. Knowing, as a secret

55. Fodder holder

57. Bit

58. Abound

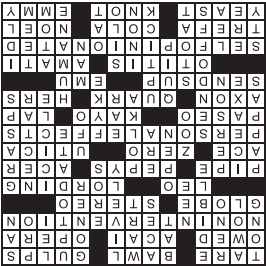
59. One way to stand by

60. Dump

61. "... he drove out of sight"

62. Grassy area

63. \_\_\_ grass



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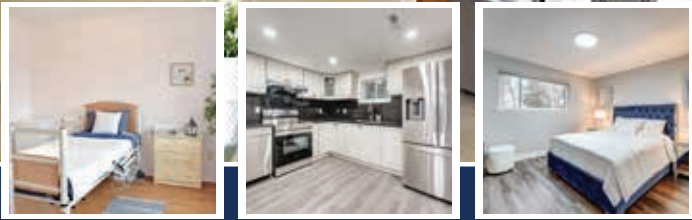


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# What Is the Average Age for Moving into a Retirement Community?

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### Thinking About Retirement Living But Feel “Too Young”?

If you’ve ever thought about moving to a retirement community but hesitated because you feel “too young,” you’re not alone. While the average age of residents in retirement communities is around 85, more and more younger seniors—those in their 60s and 70s—are making the move earlier and thriving in this lifestyle.

Retirement communities like **Delmanor Wynford** aren’t just for those needing extra care. They’re vibrant, welcoming places designed for active, social, and independent older adults looking to make the most of this exciting stage of life.

### Why Wait to Enjoy the Benefits of Retirement Living?

Why wait until a health scare or unexpected event makes the decision for you? Retirement living is about planning ahead and choosing a lifestyle that enhances your well-being—physically, emotionally, and socially.

By starting the conversation early, you stay in control of your future. It allows you to explore your options, ask questions, and make a confident decision that aligns with your lifestyle and goals.

### Is Retirement Living Right for You—Right Now? Ask yourself:

- Would you enjoy more opportunities for socializing and connecting with like-minded peers?
- Are you looking to simplify life—less cooking, cleaning, or home maintenance?
- Would having support nearby give you or your family peace of mind?

If you answered yes to any of these, it might be the right time to explore retirement living. Whether you’re 65, 75, or 85—this lifestyle is all about enhancing your independence, not limiting it.

### Choices That Fit Your Lifestyle at Delmanor Wynford

At **Delmanor Wynford**, we offer living options designed to support your independence and evolving needs:

- **Independent Living:** Perfect for those who want freedom and flexibility, with access to gourmet dining, engaging programs, and services when needed.

- **Supportive Living:** Ideal for those who prefer a little extra help with daily tasks while continuing to live an active and social life.

Moving to a retirement community isn’t about giving anything up—it’s about gaining time, ease, and enriching experiences.

### Discover Life at Delmanor Wynford

Located in the heart of Don Mills, just minutes from Leaside, **Delmanor Wynford** offers a full-service retirement experience

with elegant suites, exceptional dining, personalized support, and a full calendar of programs and events.

### Book Your Tour Today

Join us for lunch and a personal tour. See for yourself what retirement living can look like when it’s built around your lifestyle.

**Discover the Delmanor difference – Call 416-331-9797 and Join Us for Lunch and a Tour today!**





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## Managing Diabetes in Older Adults: What You Need to Know

### DIABETES CANADA

Living with diabetes as an older adult is different than when you're younger - and that's perfectly okay. As we age, our bodies and routines shift, and so should the way we manage our health. The good news? With the right support, many older adults continue to live full, vibrant lives with diabetes.

#### There's no one size fits all approach

Everyone's journey is unique. Some older adults walk daily and volunteer in the community, while others may experience memory changes, frailty, or several health conditions. That's why it's important to have a plan that fits you - your lifestyle, your goals, and your health. Your healthcare team can help you set blood sugar targets that are right for you and choose safe and effective medication.

#### It's your diabetes journey

If you're an older person who lives with diabetes and are healthy and active you can aim for the same blood sugar, blood pressure, and cholesterol goals as younger people. Aging doesn't mean diabetes care has to change drastically, it's about finding what works best for you.

#### Adjusting blood sugar targets

Older adults are more vulnerable to hypoglycemia, which can lead to falls, confusion, or even hospitalization. Insulin and certain medications can increase this risk. Your care team may recommend revised A1C targets to reduce the risk of low blood sugar.

#### Monitoring and screening

Regular blood sugar checks are important, especially if you're on medications that can cause hypoglycemia. However, if your diabetes is well-managed and you're not on such medications, frequent monitoring may not be necessary.

#### Healthy habits help

Lifestyle changes like eating well and

staying active can help manage diabetes and improve overall health. Even modest physical activity can boost strength, balance, and blood sugar control.

#### Support makes a difference

Diabetes Canada encourages older adults to reach out for support. Whether it's through a local education program or a conversation with a dietitian or nurse, getting the right information can make managing diabetes easier and more empowering. And of course, you can

always reach out to Diabetes Canada's Info & Support team at 1.800.226.8464 or [info@diabetes.ca](mailto:info@diabetes.ca) for more information.

#### Final thoughts

Managing diabetes as you age is about balance—avoiding complications while maintaining quality of life. Talk to your healthcare team about what matters most to you, and make sure your care plan reflects your goals, health status, and lifestyle.





# 55+ SUMMER in the City

## Recreation Programs

### Arts

\*NEW\* Pottery (Beginner) 55+  
Crocheting - Advanced 55+  
Crocheting - Introduction 55+  
Outdoor Guitar - Level 1 55+  
Outdoor Guitar - Level 2 18+

### Dance

Country Line Dance 55+  
Fusion Line Dance - Beginner 55+  
Fusion Line Dance - Intermediate 55+  
Latin Line Dance - Level 1 55+  
Latin Line Dance - Level 2 55+  
Latin Line Dance - Level 3 55+  
Line Dance 55+

### Fitness

#### Group Fitness Programs

\*NEW\* Stroll & Strengthen 55+  
Arthritis Dance Fit 55+  
Chair Fit 55+  
Chair Yoga 55+  
Cycle Fit 55+  
Dynamic Chair Yoga 55+  
Exercise for Arthritis 55+  
Fit Fusion 55+  
Pilates for Strong Bones 55+  
Pilates Reformer 55+  
Stretch & Strengthen 55+  
Yoga 55+  
Zumba Gold® 55+

#### Small Group Personal Training

Aging Stronger 55+  
Forever Young 55+

### Sports & Active

Pickleball - 55+  
Tai Chi 55+

## Bingo 55+

Sponsored by V!VA Pickering

Mark your calendars and get out your dabber! We will be playing for social fun and prizes!

### Tuesday Mornings

George Ashe Community Centre  
10:30 am - 11:30 pm

Jul 8	56505
Jul 22	56507
Aug 5	56509
Aug 19	56511

### Tuesday Afternoons

Dr. Nelson F. Tomlinson Community Centre  
1:00 pm - 2:00 pm

Jul 15	56506
Jul 29	56508
Aug 12	56510
Aug 26	56512

Cost is \$10.00 per session.

## Paint Workshops

Each workshop promises to be a new experience featuring a different subject/ theme, providing a perfect creative escape.

Fridays at East Shore Community Centre

### Acrylic Painting 55+

Jul 11	12:00 pm - 2:00 pm	56519
Jul 25	9:30 am - 11:30 am	56520
Aug 8	9:30 am - 11:30 am	56521

### Watercolour Painting 55+

Jul 11	9:30 am - 11:30 am	56536
Jul 25	12:00 pm - 2:00 pm	56535
Aug 8	12:00 pm - 2:00 pm	56522
Aug 15	12:00 pm - 2:00 pm	56553

Cost is \$22.00 per workshop.

View and register online  
using codes listed.

[pickering.ca/active](https://pickering.ca/active)



## Summer and Fall



### Summer Programs

View and Register Now.

Summer Registration is ongoing as space allows.



### Fall Programs

Viewable online August 5.

Fall Registration starts at 7:00 am:

August 14 for Fitness & Leisure programs

August 21 for Aquatics programs

Registration for non-residents starts Aug. 21 for Fitness & Leisure, and Aug 28 for Aquatics programs.

[pickering.ca/recreation](https://pickering.ca/recreation)



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\*Some conditions may apply.

# Serving Seniors in Our Community: How Heart to Home Meals Supports Independent Living

For more than nine years, Heart to Home Meals has served the communities of Durham Region including Oshawa, Whitby, Ajax, Pickering, Clarington as well as surrounding areas like Peterborough and the Kawarthas and has been making mealtime easier, healthier, and more meaningful for seniors across the regions. Owned and operated by Neil Ogilvie, the local franchise is part of a proudly Canadian company dedicated to supporting older adults with nutritious, ready-to-enjoy meals delivered right to their doors.

With a menu of over 200 frozen entrées, soups, and desserts, Heart to Home Meals offers far more than convenience. Each dish is carefully developed by experts in senior nutrition, prepared by in-house professional chefs, and flash-frozen to lock in freshness and flavour. Whether for special diets or everyday enjoyment, the meals cater to a wide range of dietary needs without compromising on taste or quality.

“What sets us apart is our commitment

to care,” said Ogilvie. “We really do believe life should get easier as you age, and we strive to show that through our service. The best part of the day is dropping off deliveries and getting to talk to all our customers face to face... We’re more like family than a business”.

Neil is a familiar face in the community, often spotted at local events such as the Alzheimer’s Society’s Community Health/Wellness Fair in Oshawa and Living Well Seniors Showcases in Ajax, Pickering and Peterborough, or supporting initiatives through sponsorships with the Bowmanville Older Adult Association in Clarington. His dedication extends beyond meal delivery—it’s about building relationships and making a positive impact on the daily lives of those he serves.

Heart to Home Meals’ service goes beyond food. Drivers are not just punctual and professional; they’re friendly and familiar, often becoming a welcome presence in their customers’ routines, they will even stock your freezer if you’d like. By removing the burden of grocery

shopping and meal preparation, the service empowers seniors to maintain their independence and continue living comfortably at home.

Whether for daily nourishment or the occasional break from cooking, Heart to Home Meals offers more than just meals. They offer peace of mind, meaningful connection, and genuine support.

To learn more about your local Heart to Home Meals, request a free copy of the My Menu brochure featuring the full range of over 200 entrées, soups, and desserts, or to request an information session for groups of any size visit

[www.HeartToHomeMeals.ca](http://www.HeartToHomeMeals.ca)  
or call **1-844-479-2255**





