

At Home with ROSSS

www.rosss.ca

SUMMER 2025



Summer Greetings from the Executive Director

Summer has arrived, and with it comes new energy and exciting opportunities at ROSSS!

With longer days and warmer weather, we're embracing the season by offering more ways for our community to stay connected, engaged, and supported.

One of the highlights this season has been our brand-new Great Social Luncheon program. The response has been incredible, and we're so happy to see clients enjoying time together over delicious meals and lively conversation. It's quickly become a summer favourite!

We're also gearing up for our much-anticipated Ride for ROSSS—a day full of fun, motorcycles, and community spirit, all in support of local seniors.

And after a long break, we're thrilled to return to the Upper Canada Playhouse for a group outing. It's been years since our last visit, and we know this will be a special experience for everyone involved.

Our Summer Maintenance Program is also in full swing, helping clients tackle seasonal chores and stay safe and comfortable in their homes.

Thank you for being part of the ROSSS community. We're looking forward to a summer full of connection, laughter, and meaningful moments.

Warm regards,

Kelly Dumas

Executive Director, ROSSS

STAFF DIRECTORY

 613-692-4697

OFFICE HOURS
 MONDAY-FRIDAY 8:00 AM - 4:00 PM

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Manager, Funding and Outreach	Melissa MacIsaac	melissa.macisaac@rosss.ca	ext. 236
A Friendly Voice			
Manager, A Friendly Voice	France Connor	france.connor@rosss.ca	ext. 235

Summer Program Calendar

Summer 2025

Monday

Connections Lunches, 12pm(Occasional)

Manotick, North Gower, Metcalfe and Richmond

Manotick Breakfast, 9am-10:30am

Second Monday of the month

Manotick Legion, 5550 Ann St.

NOTE: Registration is required for each session

Pickleball, 1:30pm-3:30pm

Vernon Community Center, 7950 Lawrence St

NOTE: Registration is required for each session

Tuesday

Adult Day Program, 10am-3pm - Manotick

Call for details on registration and location

Caregiver Support Group, 10am-12pm

Manotick *Bi-Weekly*

Call for details on registration and location



Wednesday

The Great Social Luncheon, 12pm-2pm

First Wednesday of the month

Held quarterly

Note: Registration is required to reserve a seat

Osgoode Bingo, 10am-12pm

2nd Wednesday of the month

O-YA, 5479 Osgoode Main St.

Note: Registration is appreciated

Men's Mugs 10am-12pm

3rd Wednesday of the month

O-YA, 5479 Osgoode Main St.

Note: Registration is appreciated

Coffee & Cards, 10am-12pm

4th Wednesday of the month

O-YA, 5479 Osgoode Main St.

Note: Registration is appreciated

Thursday

Adult Day Program, 10am-3pm - Kenmore

Note: Registration is required

Pickleball, 1:30pm-3:30pm

Vernon Community Center, 7950 Lawrence St

NOTE: Registration is required for each session.

Caregiver Support Group, 10am-12pm Manotick

Bi-Weekly

Call for details on registration and location.

Friday

Metcalfe Breakfast, 9am-10:30am

3rd Friday of the month

Metcalfe Lion's Den, 2821 8th Line Rd.

NOTE: Registration is required for each session

Cultured Purls, 10am-12pm

Hyfield Apartments Kiwanis Room

5581 Dr. Leach Dr., Manotick



Lunch and Learns and Extreme Bingo

These events will be held on various dates throughout the year. See program calendar for more information and descriptions.

NOTE: Registration is required to reserve a seat

For questions or to register contact:

[Social Programs](#)

Lyn Rorke 613-692-4697 ext. 224

[Adult Day Programs](#)

Ashley Bouwman 613-692-4697 ext. 227

For questions or to register for the

[Caregiver Support Group](#)

contact Jeanne Pronovost

at 613-692-4697 ext. 223

Program Descriptions

Manotick and Metcalfe Legion Breakfast

Once a month, enjoy a good breakfast, great company, entertainment and raffle prizes! A fun morning!

The Great Social Luncheon

Held once a month, this luncheon provides a hot meal, dessert, entertainment, door prizes, raffle, and more!

Connections Lunches

Enjoy good food and even better company at our favourite restaurants in Manotick, Richmond, Metcalfe, Osgoode and North Gower! Lunches provide an opportunity to connect with friends and meet new people.

Men's Mugs

Come meet with us once a month for coffee, chit chat, cards, presenters, etc. We will be focusing on men's health, well being and interests.

Pickleball

Join us for a fun and active drop-in program playing pickleball. Bring your running shoes!

Adult Day Programs

A social day, full of fun, in a safe and caring environment. Activities, presenters and crafts with snacks and lunch provided. Referral by Ontario Health atHome required.

Caregiver Support Group

This program provides a chance to meet and connect with other caregivers, as well as provide support, resources and companionship.

Counselling

One-on-one counselling service for those seeking professional support.

Cultured Purls

Calling all knitters! Join us for good conversation while you finish your latest projects.

Bingo, Coffee & Cards

Whether you're a seasoned player or a first-timer, it's the perfect way to enjoy some friendly competition and maybe even win a prize. Grab your card, mark your numbers, and let the good times roll!

Lunch and Learn

A fun outing such as a boat ride, a trip to a ball game, a presentation, a visit to a craft venue or one of many other activities to look forward to. Check the monthly calendar for all current and upcoming programs.

Ladies Tea Talk (Resumes in September)

A chance to meet, once a month, for a social get-together to enjoy a cuppa, snack and good company.

New Social Programs

We're thrilled that Men's Mugs is back in Osgoode and that our new quarterly Big Bingo event in Manotick is off to a fantastic start!

These lively monthly social gatherings are a wonderful way to connect with your community. If you're a senior 55+ or an adult with a disability looking to socialize and have some fun, join us at Bingo on the 2nd Wednesday of each month at O-YA in Osgoode.

Not into Bingo? No problem! Come out for Coffee and Cards on the 4th Wednesday of each month, also in Osgoode.

Men's Mugs is now running on the 3rd Wednesday of each month at O-YA, featuring a variety of fun activities—and the turnout has been fantastic!



Don't miss out—call to register today.

We can't wait to see you there!



Library Programs

Did you know that the Library offers many free presentations, hobbies and crafts? Come on out for the following activities!



Metcalfe Library

Book Club – This drop-in program meets every Thursday at 6:30 pm until June 26th, 2025.



Richmond Library

Richmond Crochet Club – Bring your crochet project and share advice, ideas and conversations with fellow enthusiasts. For adults, teens and children of all abilities. This club is a drop in and runs Wednesdays at 6pm until July 23rd.



North Gower Library

Nifty Knitters – This drop-in program meets Wednesdays at 1:00 pm until June 25th, 2025. For Beginners to Experts!



Manotick Library

The Great Yarn of Manotick – This drop-in program meets on Thursdays until December 18, 2025.

Book Club – This drop-in program meets every second Wednesday at 3 pm until December 10th, 2025.

CATCHING UP WITH ROSSS



March, April, and May have been vibrant months filled with exciting community events and meaningful fundraising activities that strengthened our bonds with those we support. From springtime initiatives to impactful outreach efforts, these months have offered abundant opportunities to connect with community members and bring a sense of renewal and support to the season.

ST. PATRICK'S TRIVIA NIGHT 🌈



The ROSSS St. Patrick's Day Trivia raised almost \$5,000 and welcomed 120 guests for an evening of fun and fundraising!



ART FOR THE SOUL 🎨



In April, participants joined local artist Amy Nicholls for a relaxing, step-by-step paint class in Manotick. Together, they created beautiful springtime scenes, enjoyed a delicious lunch, and let their creativity shine!



THE NEW GREAT SOCIAL LUNCHEON 🎉

Our brand-new Great Social Luncheon launched in Richmond with music, prizes, and plenty of fun! Huge thanks to our performers, donors, and amazing volunteers!



RICHMOND COMMUNITY TABLE 🌈



ROSSS was proud to be part of the Community Fair at the Ottawa Public Library in Richmond. It was a fantastic opportunity to connect with local support organizations and share information about the services available to our community!

As spring brings new beginnings and a sense of renewal, we're reminded of how fortunate we are to be part of such engaged and caring communities. This season's spirit of growth energizes our mission and deepens our dedication to supporting those we serve. Your generosity and involvement continue to make a real difference. Thank you for walking alongside us—we're excited to keep building meaningful connections and creating a lasting impact together in the months ahead.

thank
you

***Curious about our new Great Social Luncheon Program?
Come out this summer and see for yourself!***



The Great Social Luncheon

FORMALLY KNOWN AS DINERS CLUB

MORE OF ALL YOUR FAVOURITE THINGS!

 **MORE** entertainment!
MORE chances to win prizes!
MORE gifts from local businesses! 

 **12:00 PM - 2:00 PM**

● JUNE 4TH	📍 KARS RA CENTRE
● JULY 9TH	📍 OSGOODS LEGION
● AUG 6TH	📍 KARS RA CENTRE
● SEPT 3RD	📍 RICHMOND, ST. JOHNS HALL

**Homemade
lunch, music
and games**

All for 

For more information or to register contact:
Lyn Rorke 613-692-4697 ext. 224



ROSSS
Rural Ottawa South Support Services





Volunteer Corner

The sun is shining bright, and the volunteers at ROSSS bring the same warmth and energy as a perfect summer day! Their big hearts and helping hands, essential to the programs and services we provide, are always accompanied by joyful smiles and a spirit of care and support.

Kenny recently started his volunteering role at ROSSS, and we're excited to highlight him and introduce him to you!

Kenny has been an incredible asset to the ROSSS Volunteer Team, especially with his dedicated help at the front desk during lunch hour. His warm, welcoming demeanor makes a big impact on everyone who walks through the door. His kindness, patience, and friendly spirit truly brighten the day of those he interacts with. We're so fortunate to have Kenny as part of our team—his contributions mean the world to us!

MEET KENNY!



My name is Kenneth Gwena. I enjoy reading, writing, public speaking, playing music, and spending time with my family. I grew up in Harare, Zimbabwe and always visualized myself exploring the world beyond. Shortly after completing college, I decided it was time to pursue that dream. As soon as I received my passport, I applied for a U.S. student visa and was accepted to a college in Indiana, where I spent the next four years studying.

During my time as a student, I volunteered at a local community food bank and served at a nearby church, leading a youth program and contributing articles to the church website. These experiences shaped my deep appreciation for community service.

After graduation, I began my professional career in Student Services at McPherson College near Wichita, Kansas. There, I coordinated Service Learning programs that connected students with organizations such as Habitat for Humanity and Big Brothers Big Sisters. This role deepened my understanding of how volunteerism strengthens communities and fosters civic responsibility.

In 2005, I moved to Canada and began working as a newcomer settlement counselor. My focus was helping new Canadians build strong roots by encouraging them to give back to their communities through volunteer work. I also volunteered extensively as a presenter, storyteller, and MC with organizations such as the Canadian Red Cross, Historica Canada, Habitat for Humanity, and various multicultural centres, libraries, schools, colleges, and universities. Recently, I relocated to Ottawa and now work from home as a Regulated Canadian Immigration Consultant. Wanting to reconnect with local community work, I decided to dedicate a few hours each week to volunteering. While driving through Manotick one day, I noticed ROSSS and felt an immediate pull to learn more about what they do. I mentioned to my wife that something about the organization stood out to me. On a whim, I stopped in, introduced myself, and asked if they needed volunteers.

I'm glad I did—ROSSS has some of the most dedicated and welcoming staff I've ever met. It's a privilege to make a small contribution to the incredible work they do supporting seniors in the community. Now that the warmer weather is here, I'm excited to get involved in more of the ROSSS summertime programming and continue learning how I can help make a difference.



CALL for VOLUNTEERS

ROSSS
Rural Ottawa South Support Services

BE A SUPER HERO

SIGN UP!

IN YOUR COMMUNITY

WHY VOLUNTEER WITH ROSSS?

- ✓ EARN VOLUNTEER HOURS FOR SCHOOL
- ✓ GAIN LEADERSHIP SKILLS AND EXPERIENCE
- ✓ MAKE A DIFFERENCE IN SOMEONE'S LIFE

CALL FOR VOLUNTEERS

EARN COMMUNITY SERVICE HOURS!

Are you a teenager 15 or older and looking to make a difference? ROSSS is seeking teen volunteers to assist seniors with yard work this spring and summer!

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LEARN MORE

Tech-Savvy Teens Needed!

- ✓ Do you love technology?
- ✓ Want to make a difference in your community?
- ✓ Volunteer to help seniors with their phones, tablets, and computers!

Help Seniors Stay Connected!

- Setting up emails & social media
- Teaching how to text & video call
- Showing how to use apps & the internet

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Contact: Alicia Dorey : alicia.dorey@rosss.ca

June is Seniors' Month!

As we celebrate Seniors' Month, it's crucial to reflect on the significance of community support. Our seasonal fundraising campaigns play a pivotal role in sustaining the vital work we do in the community.

ROSSS is an integral part in supporting vulnerable members of our community, offering affordable, quality health and social programs tailored to the needs of older adults, individuals with disabilities, and their caregivers in our rural communities. Everything we do, is done with the goal of fostering independence, enhancing quality of life, and ensuring a safe environment for those who wish to continue living in their homes.

Fundraising campaigns enable us to adapt to the evolving needs of our community. As the population ages, the demand for services like ROSSS continues to surge. Without adequate support, meeting these growing needs would be a challenge.

Every donation, no matter how big or small, directly contributes to sustaining and expanding our programs. Your support ensures that we can continue providing essential services and facilitating access to additional supports and social programs for our clients.

This Seniors' Month, we invite you to join us in making a difference. If you'd like to celebrate or recognize Seniors' Month by supporting ROSSS, there are several ways to contribute:



- Fill out and mail the donation form included in this newsletter.
- Visit our website at www.rosss.ca to donate online.
- Drop by our office at 1096 Bridge Street.
- Call us at 613-692-4697 to make a donation over the phone.



Your generosity empowers us to make a meaningful impact on the lives of seniors and individuals with disabilities in our community. We extend our heartfelt gratitude for your continued support. Together, we can create a brighter and more inclusive future for all.

How do YOUR donations help?



Caregiver Support
152 Visits



Meals on Wheels
317 Clients Served



Social Connections
3,286 Attendances
613 Clients Served



Transportation
8,585 One-Way Drives





DON'T MISS OUT!

Summer 2025



Rural Ottawa South Support Services

PRESENTS

THE 4TH ANNUAL MOTORCYCLE

RIDE FOR ROSSS

POKER RUN & BBQ

A Charity Motorcycle Ride in Support of Rural Seniors



SCAN ME

June 21st 2025

- Meet at 8am at ROSSS
- Ride leaves at 9am

ALL RIDERS, ALL BIKES WELCOME

\$40 PER RIDER OR \$60 WITH AN ADDITIONAL RIDER

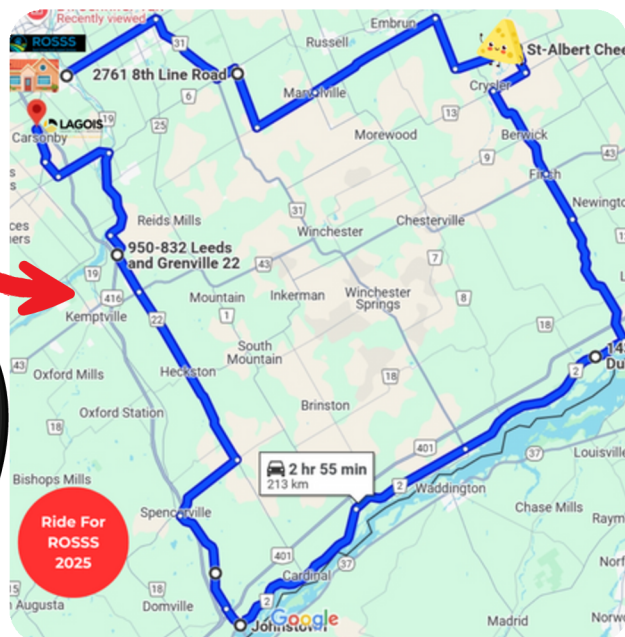
(includes swag bags, lunch and refreshments)

Just want to join for the BBQ? \$25

SILENT AUCTION! • 50/50! REGISTER AT WWW.ROSSS.CA • RAFFLE! • ENTERTAINMENT!



ROUTE



Get ready for an unforgettable ride that's about more than just the open road. On June 21st, 2025, join your fellow bikers for the 4th Annual Ride for ROSSS – Poker Run & BBQ!

This event is your chance to give back to the rural seniors in need in our community.

📍 Starting point: ROSSS

🕒 Meet up: 8:00 AM | Kickstands up: 9:00 AM

💰 Cost: \$40 solo | \$60 with a passenger

🍷 BBQ-only option: \$25

(includes lunch and great vibes)



Plus, enjoy:

Swag bags

50/50 draw

Silent auction

Live entertainment and more!

Every dollar raised supports essential services for seniors living in rural Ottawa South – helping them stay safe, healthy, and connected!

All bikes, all riders welcome! Let's ride with purpose and make a difference.

Register now: Scan the QR code or visit www.rosss.ca



ROSSS
Rural Ottawa South Support Services

A NORM FOSTER COMEDY

MAGGIE'S GETTING MARRIED

\$65 PLUS THE COST
OF LUNCH

UPPER CANADA PLAYHOUSE

TUESDAY 12 AUGUST

 **LUNCH AT THE MACINTOSH INN**



BUS STOP 1 WILL DEPART FROM THE MANOTICK COMMUNITY CENTRE AT 10:45 AM
BUS STOP 2 WILL DEPART FROM THE GREELY COMMUNITY CENTRE AT 11:15 AM

RSVP: LYN RORKE 613-692-4697 EXT 224

JUNE IS PRIDE MONTH

HAVE YOU HEARD OF THE OTTAWA SENIOR PRIDE NETWORK?



MISSION, VISION AND VALUES

Mission: We strive to achieve our Vision in the National Capital Region by:

Fostering an inclusive, visible community and creating an environment where we can connect, support, and celebrate each other, and

Working towards equitable access and full participation wherever we go, through advocacy and education.

➔ Want to know more?
🌐 www.ospn-rfao.ca

Vision: We envision a community where older queers are celebrated, included, and empowered.

THE GOOD COMPANIONS NOW HAVE AN E-NEWSLETTER!



Hello TGC Rainbow Community!

Welcome to the first edition of our brand-new 2SLGBTQIA+ Newsletter!

This quarterly newsletter is designed just for **YOU**, to keep you informed, engaged, and connected with everything happening in our vibrant 2SLGBTQIA+ community here at **TGC** (The Good Companions)

www.thegoodcompanions.ca

LEARN MORE ➔

Programs and Services



Out and About Saturdays
Recreational, educational and social activities for members of The 50+ 2SLGBTQIA+ community. The Good Companions is open the 2nd and 4th Saturday of every month specifically for The 50+ 2SLGBTQIA+ community.



2SLGBTQIA+ Adult Day Program
Tuesday, Friday and every 2nd and 4th Saturday of each month from 9:30 am to 2:30 pm.



Wellbeing Check-in Program
The Wellbeing Check-in Program offers 2SLGBTQIA+ seniors regular check-ins from 2SLGBTQIA+ volunteers via phone or social media. The program is available to 50+ 2SLGBTQIA+ individuals or adults with disabilities in the Champlain Region.



Rainbow Coffee Club
The Good Companions runs the Rainbow Coffee Club the first Wednesday of each month from 10:00-11:30 am. The Rainbow Coffee Club is open to any of The 50+ 2SLGBTQIA+ or adult with disabilities living in the Champlain Region.



Article by Jenny Sawanohk, owner of Misiwe Ni Relations Healing Lodge

June 20th marks Summer Solstice, a Time of year that holds profound spiritual and cultural significance for many Indigenous peoples. It marks the longest day of the year and the beginning of a new season of life. For those of us who refer to the Sun as Grandfather, we welcome His longer presence and the way His sunlight and warmth nourishes us in body, mind and spirit. We celebrate how the Land, our Mother Earth, is supported to grow plants, medicines, food and sustenance, which we need to live. Many Indigenous peoples mark the Solstice with ceremonies, feasts, gatherings and celebrations, and that is why June 21st has been declared National Indigenous Peoples Day here in Canada. We are grateful for a statutory holiday that honours our culture, heritage, resiliency and contributions.

In terms of Energy, it means that it is a more powerful day for prayer and intention. We as Indigenous people are Spiritual Beings first and foremost. Although Summer Solstice practices vary across different Nations and cultures they often involve elements like Pipe Ceremonies and the use of a Sacred Fire, which provide a spiritual doorway to commune with our Ancestors and the Spiritual World. Lakota Spiritual Leader Chief Arvol Looking Horse had the United Nations declare June 21st as World Peace and Prayer Day in an effort to encourage people from all around the world to spend the day at ceremonial sites praying for world peace and global healing. All Races. All Faiths. One Prayer.

You are most welcome to join us for a Sunrise Ceremony at the Misiwe Ni Relations Healing Lodge. You could also pray from your homes, workspaces or somewhere meaningful to you, in whatever practice and rituals that are important to you. It is simply important to pray, as when we pray together our energy is amplified.

At the very least, please allow this Solstice to provide you with an incredible opportunity to pause, ground, reflect, and reconnect with the cyclical patterns of Nature. Welcome this Time of Summering and All of her Teachings and Blessings, appreciating the abundance of the land and the connection between Us and the Natural World that feeds, nourishes and sustains us.

When we harness the energy of the Sun, we open ourselves to our greatest potential. When we ground into the Earth energy and absorb the Sunlight, we optimize our health and become more heart and Spirit centered. It truly is a beautiful way to exist, and summer offers us the best weather to do this. Blessings on this Journey.

Gitchi-Miigwech. Misiwe Ni Wakoomahgunuk/All My Relations: A prayer for Oneness and Harmony with All Life.

Jenny Sawanohk, Visionary & Caretaker of Misiwe Ni Relations Healing Lodge



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Rural Ottawa South Support Services

CAREGIVER SUPPORT GROUP

Our Caregivers Group meets every two weeks for two hours in a warm, welcoming space where support and understanding are always present. This free program offers a chance to connect with others who share similar experiences, and respite care can be arranged if needed to help make attendance possible.

OUR PROGRAM OFFERINGS INCLUDE:

- ✓ Educational guest speakers who provide valuable information on aging well at home.
- ✓ Resource sessions for caregivers to learn about support services available to them.
- ✓ Opportunities to connect with fellow caregivers and build supportive relationships
- ✓ Interactive workshops focused on wellness, caregiving strategies, and self-care.



FOR MORE INFORMATION

Jeanne Pronovost

613-692-4697 ext. 223

 jeanne.pronovost@rosss.ca

Summer 2025



ROSSS
Rural Ottawa South Support Services

We're Hiring

Casual Home Support Worker

Make a difference in a senior's day!

Manotick, Richmond, Osgoode,
Metcalf, Kemptville and
surrounding area

APPLY NOW

laura.paas@rosss.ca



From the Heart: Why Our Home Support Workers Matter!

"They're the reason
I can stay in my
home."

"I don't know what
I'd do without
them."

"I look forward to
their visit every
week."

Our Home Support Workers don't just provide services — they provide comfort, dignity, and independence to seniors across Rural Ottawa South.



ROSSS
Rural Ottawa South Support Services

HOME MAINTENANCE PROGRAM

EXAMPLES OF WHAT WE OFFER

- ✓ Gardening and lawn care
- ✓ Window cleaning
- ✓ Removing storm windows
- ✓ Patio and outdoor setup
- ✓ Painting
- ✓ Pool cleaning
- ✓ Storage cleanout
- ✓ Small interior and exterior home repairs and maintenance

Let us take care of the odd jobs, so you can focus on what matters most!



Have Questions?



**\$34/hr with a
2h minimum
(no maximum)**



Cindy Powell | 613-692-4697

Ext. 240

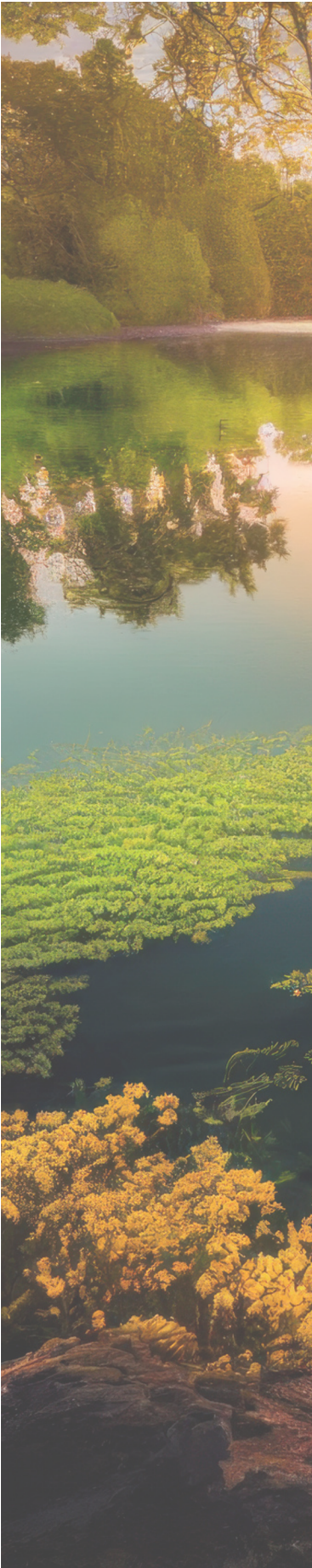
cindy.powell@rosss.ca

1096 Bridge St Manotick
ON K4M 1J2

Summer ROSSS Office Closures

Canada Day July 1

Civic Holiday August 4



Summer Feels

*The warmer months are here, hip hip hooray
Waking up to lighter morns, the best start to each day
Azure blue skies are a welcome sight, cloudless and so clear
The sun is bright, projecting its rays, so balmy this time of year.*

*The geese have returned, back where they belong
No more sounds of their honking song
Replaced by the twittering of a robin or chickadee
Fluttering around so joyfully carefree.*

*Pastimes aplenty, so many to choose
Sports, boating, and swimming, no time to lose
Bike rides and picnics, relax in the park
Rise with the sun and stay out until dark.*

*Father's Day is the time to treat the guys you hold dear
To say thank you, to celebrate them with good cheer
Family gatherings, no matter how you spend the day
The occasion is special, a happy event to take away.*

*Vacations near or far, taken by road or flying high
Whether travelling abroad or exploring close by
Adding to memories, never forgotten, the feelings of bliss
Experiences embraced, which should not be missed.*

*Spend these months enjoying everything you can
Fill it to the full, scheduled excursions or simply no plan
Chill, reenergize or go all out, kicking up your heels
Surround yourself completely with those wondrous summer feels.*

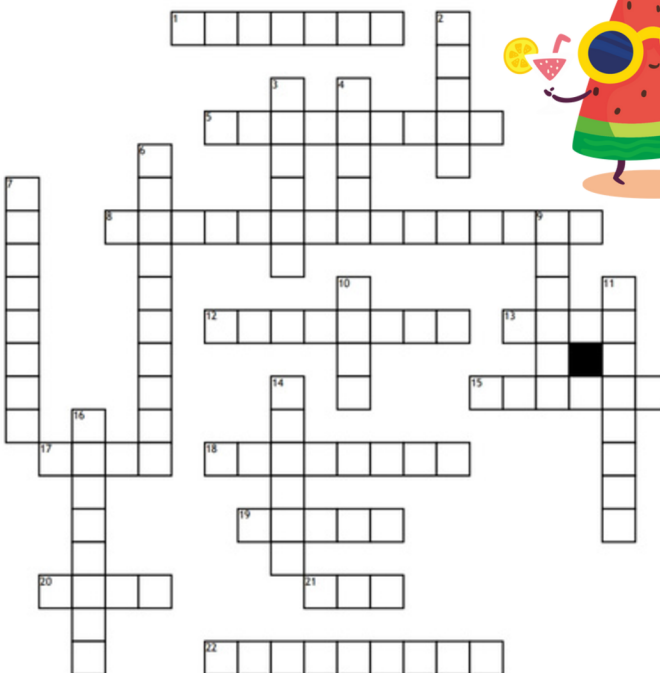
Summer Crossword

Across

1. An outdoor activity that usually involves a tent
5. Common meat product to grill that goes inbetween 2 buns
8. Holiday in July
12. If you dont put on sunscreen you will get.....
13. First month of summer
15. Common meat product to grill that goes inbetween a bun
17. An open body of water you can go swim at
18. We sit around it usually at night and it produces a lot of heat
19. The shore of the sea, or lake, which is washed by the waves
20. A closed body of water you can swim at
21. What is the star at the center of the solar system?
22. To prevent a sunburn you want to put on

Down

2. In the summer you usually can.....in.
3. A yummy sweet treat that you roast over a fire
4. You can.....a sandcastle at the beach
6. What do you make at the beach?
7. To cook outdoors on a grill
9. Month we go back to school
10. Second month of summer
11. A sweet drink that is a mixture of lemon juice, water, and sugar
14. The season you do not go to school
16. If you walk around without shoes on its called



What did the beach
say to the tide when
it came in?

Long time, no sea.



What does the
sun drink from?

Sunglasses.



Why did the banana
apply sunscreen?

Because it peels.

All donations can be made online through our secure portal at www.rosss.ca or by mail to Rural Ottawa South Support Services, 1096 Bridge St. Manotick ON, K4M 1J2

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250 ☐ \$500 ☐ Other amount _____

☐ I will donate online at www.rosss.ca ☐ I have left a legacy by including a donation in my will

☐ One-Time OR ☐ Monthly Pledge (Post dated cheques or credit card, paid 1st day of each month)

☐ Cash ☐ Cheque (Payable to Rural Ottawa South Support Services)

Card Number: _____ Expiry Date (MM/YY): _____ CVC: _____

Signature: _____ Name: _____

Address: _____ City: _____

Postal Code: _____ Telephone: _____

Email: _____ ☐ Please sign me up for the email newsletter



1096 Bridge St.
Manotick, ON
K4M 1J2