



District 13 Supports Cycling Without Aging

RTOERO Foundation Update

By Janet Kilgannon

Those members who attended the October 26th Java Time at Williams Coffee Pub had an additional treat along with their coffee and muffins. There was an opportunity to ride around the pier on a trishaw.

District 13 recently provided a \$4,000 Community Grant to Cycling Without Age, a non-profit volunteer program that provides individuals with the opportunity to connect with their community, nature, and the world around them. Both children and seniors with mobility difficulties are piloted in the trishaw safely through neighbourhoods and on cycling paths.

This program supports those at the Welcome Inn Community Centre, Good Shepherd, Shalom Village, and Gage Park to experience memory stimulation, active outdoor citizenship, build new relationships and connect to their communities.

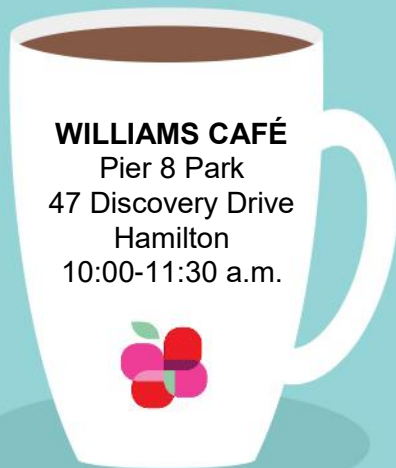
The donation from RTOERO will be put towards a specialized 'wheelchair trishaw' which allows for wheelchairs to be snapped right on, minimizing the need for physical transfers. The trishaws are stored at Gage Park during the winter, Pilot Heather Chernetz encourages our members to volunteer to become 'pilots'. There is indoor and outdoor training available, and the work is rewarding. "Your schedule would be flexible, and it keeps your body active". Pilot Sharon Gibbons says "this is the best volunteer gig going."

Contact them at cwahamilton@gmail.com or [cwahamilton.ca/fb](https://www.facebook.com/cwahamilton.ca/fb) (facebook).



COME AND JOIN US TO
SOCIALIZE WITH MEMBERS!

~ JAVA TIME ~



Last Wednesday of every month:
January 25, February 22,
March 29, April 26
(Hosted by Gemma Monaco)