

At Home with ROSSS

www.rosss.ca

Summer 2026



ROSSS
Rural Ottawa South Support Services



Summer Greetings from the Executive Director

As summer arrives, our community is embracing longer days, warmer weather, and plenty of opportunities to connect across our rural communities.

At ROSSS, summer is a busy and exciting season, and we are so grateful for the donors, volunteers, and community partners who continue to support seniors and adults with disabilities throughout the year. Your generosity helps ensure that people remain connected, supported, and cared for during every season.

Over the summer months, you'll find the ROSSS team out and about at a variety of community events with our information booth, sharing resources, programs, and friendly conversation with residents across the region. We're especially excited to be part of the Canada Day celebrations in Greely and look forward to connecting with many familiar and new faces there.

Our Great Social Luncheons and Breakfast Programs continue throughout the season, offering welcoming spaces for seniors and community members to enjoy good food, companionship, and meaningful social connection.

As temperatures rise, we also encourage seniors and caregivers to take extra care during hot summer days. Remember to stay hydrated, keep cool indoors when possible, wear light clothing, and check in on neighbours, friends, and loved ones during periods of extreme heat. Small acts of care can make a big difference in helping everyone stay safe and healthy this summer.

While many of our summer events are just getting underway, we're already looking ahead to the return of one of our favourite gatherings, The Afternoon Tea this September. We can't wait to welcome everyone back for another wonderful afternoon of connection, conversation.


Thank you for continuing to be part of the ROSSS community. Your support helps create moments of care, friendship, and belonging for the people we serve every day.

Warm regards,

Kelley Dumas

Executive Director, ROSSS

STAFF DIRECTORY

 613-692-4697

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

Executive Director	Kelly Dumas	kelly.dumas@rosss.ca	ext. 225
Operations and Finance			
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Client and Caregiver Liaison	Cindy Powell	cindy.powell@rosss.ca	ext. 240
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Coordinator, Home Care Services	Mackenzie Ellis	mackenzie.ellis@rosss.ca	ext. 238
Community Support Services			
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Manager, Transportation Services	Jennifer Baxter	jennifer.baxter@rosss.ca	ext. 230
Coordinators, Community Support Services			
Adult Day Program	Ashley Bouwman	ashley.bouwman@rosss.ca	ext. 227
Connections, Service Arrangements and Income Tax	Lyn Rorke	lyn.rorke@rosss.ca	ext. 224
Food Security and Foot Care	Nell Bourgeacq	nell.bourgeacq@rosss.ca	ext. 226
Coordinator, Food Security Programs	Cathy Beckwith	cathy.beckwith@rosss.ca	ext. 226
Volunteers and Community Engagement			
Coordinator, Volunteers and Community Engagement	Alicia Dorey	alicia.dorey@rosss.ca	ext. 236
A Friendly Voice			
Manager, A Friendly Voice and Friendly Visiting	France Connor	france.connor@rosss.ca	ext. 235

Monday

Connections Lunches, 12pm (Occasional)

Manotick, North Gower, Metcalfe and Richmond

Manotick Breakfast, 9am-10:30am

2nd Monday of the month

Manotick Legion, 5550 Ann St.

NOTE: Registration is required for each session

Big Bingo, 12:30pm-2:30pm

3rd Monday of the month

Location varies each month. Call to confirm.

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

1st Wednesday of the month

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

Mix & Mingle 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 - North Gower

Note: Registration is required

Caregiver Support Group, 10am-12pm Manotick *Bi-Weekly*

Call for details on registration and location.

Line Dancing, 4:30pm-5:30pm - Greely and Osgoode (resuming in the fall)

Note: Registration is required

Friday

Metcalfe Breakfast, 9am-10:30am

3rd Friday of the month

Kenmore Community Hall, 3242 Yorks Corners Rd.

NOTE: Registration is required for each session

Cultured Purls, 10am-12pm

Hyfield Apartments Kiwanis Room

5581 Dr. Leach Dr., Manotick

**With recent changes at the community centre,
Pickleball will no longer be available through
ROSSS.**

Lunch and Learns and Special Programs

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.

Mix & Mingle

Come meet with us once a month for coffee, chit chat, cards, presenters, music, etc.

Line Dancing (Resuming in the fall)

Join us for line dancing in Greely and Osgoode.

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.

Cultured Purls

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

Bingo

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.

Coffee & Cards

Do you like to play Euchre, Canasta, Sevens, or do you have a game you would like to teach us? Come join us for coffee, snacks, and card games!



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.

THE SPRING MUSICALE



The Spring Musicale welcomed more than 250 guests for a sold-out show, raising over \$10,000 in support of ROSSS. The Village Singers and the Manotick Brass brought the 60s to life, while the Macdonald Highland Dancers added to an unforgettable afternoon.



ST PATRICK'S TRIVIA NIGHT

The ROSSS St. Patrick's Day Trivia raised over \$5,000 and welcomed 150 guests for an evening of fun and fundraising!



MANOTICK SPRING FLING

Spring Fling at Home Hardware was a wonderful day filled with community spirit, friendly faces, and plenty of fun! Visitors stopped by to leave thoughtful notes for seniors, pick flowers from our flower board for a chance to win prizes, and learn more about ROSSS programs and services.



METCALFE MEET AND GREET



The Metcalfe Meet and Greet was a wonderful afternoon filled with great conversations and community connections. We had the opportunity to meet so many friendly faces, and share all the wonderful things we do at ROSSS.

As summer brings longer days, vibrant community gatherings, and new opportunities to connect, we're reminded how fortunate we are to be part of such caring and supportive communities. This season's energy inspires our continued commitment to the people we serve, and your generosity and involvement make that work possible every day. Thank you for being part of the ROSSS community — we look forward to creating even more meaningful connections and impact together in the months ahead.

THANK YOU

SUMMER with ROSSS

WHAT'S HAPPENING?

The Great Social Luncheon

GOOD FOOD. GREAT PEOPLE. STRONGER COMMUNITY.

12:00 PM - 2:00 PM

ALL FOR \$18

JOIN US FOR:

- FUN ENTERTAINMENT!**
Enjoy live music and a lively atmosphere.
- CHANCES TO WIN DOOR PRIZES!**
Take home something special.
- HOMEMADE LUNCH PREPARED BY OUR VOLUNTEERS!**
Delicious food made with care.
- GREAT CONVERSATION WITH YOUR NEIGHBORS!**
Build connections and make new friends.
- AND AS A BONUS, WE WILL HAVE RAFFLE PRIZES UP FOR GRABS WITH THE PURCHASE OF TICKETS!**
Everyone who purchases a ticket is entered to win!

UPCOMING DATES

→ JUNE 3RD	📍 GREELY COMMUNITY CENTRE
→ JULY 8TH	📍 OSGOODE LEGION
→ AUGUST 5TH	📍 ST. JOHN'S CHURCH RICHMOND
→ SEPTEMBER 2ND	📍 KARS RA

REGISTRATION REQUIRED
CALL 613-692-4697 EXT. 224

ROSSS
Rural Ottawa South Support Services

Let's come together, connect, and celebrate!

The **ROSSS** BREAKFAST

★ GOOD FOOD. GREAT PEOPLE. STRONGER COMMUNITY. ★



★ MANOTICK LEGION 9AM

MONDAYS:

June 8th • July 13th
August 10th • September 14th

★ KENMORE COMMUNITY HALL 9AM

FRIDAYS:

May 22nd • June 19th • July 24th
August 21st • September 25th

ENJOY:

- ✓ COFFEE / TEA
- ✓ JUICE
- ✓ FULL BREAKFAST
- ✓ DOOR PRIZES
- ✓ RAFFLE PRIZES
- ✓ GREAT CONVERSATION



ALL FOR \$14!

A GREAT VALUE FOR A GREAT CAUSE!

For details and to register

CALL LYN RORKE
613-692-4697 EXT 224



ROSSS
Rural Ottawa South Support Services

DENTISTRY @ MANOTICK



ROSSS
Rural Ottawa South Support Services



MONDAY	JUNE 15TH	MANOTICK
MONDAY	JULY 20TH	METCALFE
MONDAY	AUGUST 17TH	RICHMOND
MONDAY	SEPTEMBER 21ST	MANOTICK

12:30–2:30 PM

Test your luck and have fun with your friends while playing bingo and winning **great prizes!**



**REGISTRATION IS REQUIRED
DUE TO CAPACITY.**

*Call or email
Lyn Rorke at*

lyn.rorke@rosss.ca

(613) 692-4697 x 224

Volunteer Spotlight!

As the days grow longer and summer begins to shine across our rural communities, the volunteers at ROSSS continue to bring warmth, dedication, and support to the people we serve every day. Their commitment helps keep our programs running strong all season long.

This summer, we are proud to recognize Martin Stone for his incredible dedication and willingness to always lend a hand. Martin first began volunteering as a Meals on Wheels driver, and over time, his role has grown tremendously. Today, he plays a key part in helping plan and execute our Community Breakfasts and the GSL program, even stepping into the kitchen to help cook the day before events.

Martin also serves as a dependable back up driver for both fresh and frozen meal deliveries, often making himself available whenever coverage is needed for absent drivers, sometimes many times within a single month. His flexibility, reliability, and generosity make a meaningful difference to both our team and the clients we support.

Thank you, Martin, for your outstanding commitment to ROSSS and our community. Summer is brighter because of volunteers like you!

MEET MARTY!

Through my wife's involvement in the client transportation services, I became aware of the support that ROSSS provides to seniors and people with special needs.

Looking to volunteer in a different assistance program, I joined Meals on Wheels. For the past year, I have been a replacement driver for both the fresh and frozen meal deliveries when regular drivers are unavailable. What I have enjoyed most is the interaction with clients. They truly appreciate the volunteers who offer their time and are willing to spend a few moments chatting.

Last Christmas, I became aware that ROSSS also provides a monthly breakfast and lunch program for seniors. These events rotate between Metcalfe, Osgoode, Richmond, and Manotick. With over 40 years of experience in the hospitality industry, including catering, I volunteered to assist with these meals as well. Some new menu concepts have been very well received by the clients, who have appreciated the refreshed menu.

I have truly enjoyed my volunteer roles with ROSSS and look forward to continuing to support the programs and the wonderful people they serve.



THANK YOU!

LOOKING FOR VOLUNTEER OPPORTUNITIES?

Join Our Team



Volunteer Drivers Needed!



Be a Part of Our Growing Family



To apply fill out an application at:
www.rosss.ca/volunteer



For questions reach out to:
alicia.dorey@rosss.ca



ROSSS
Rural Ottawa South Support Services



CALL FOR VOLUNTEERS!



ROSSS
Rural Ottawa South Support Services

Are you a teenager 15 or older and looking to make a difference in your community?

ROSSS is seeking teen volunteers to assist seniors with yard work this spring and summer!



WHAT YOU'LL DO:
Cutting grass, raking, and tidying up outdoor spaces.



REQUIREMENTS:
Must be at least 15 years old and have access to transportation.



EARN COMMUNITY SERVICE HOURS!

MAKE AN IMPACT. BUILD COMMUNITY.



613-692-4697
Ext. 236



alicia.dorey@rosss.ca



www.rosss.ca

For more information contact Alicia Dorey

JUNE IS Seniors' Month!



**HONOURING TODAY.
SUPPORTING TOMORROW.**

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.



Our seniors have built strong communities.

Together, we can help them thrive.



Every donation, no matter how big or small, directly contributes to sustaining and expanding our programs and essential services for our clients.



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.

WAYS TO GIVE

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



MAIL

Fill out and mail the donation form included in this newsletter.



ONLINE

Visit our website at www.rosss.ca to donate online.



IN PERSON

Drop by our office at 1096 Bridge Street.



BY PHONE

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.

Thank you for making a difference!



THE IMPACT OF YOUR SUPPORT



152

Caregiver Support Visits



3,286

Social Connections Attendances



317

Meals on Wheels Clients Served



8,585

Transportation One-Way Drives

→ **DONATE TODAY!**



Your support makes all the difference.





STAY COOL THIS SUMMER!

Easy Ways for Seniors to Beat the Heat



1. STAY HYDRATED

Drink plenty of water throughout the day, even if you don't feel thirsty.



2. STAY IN COOL PLACES

Spend time in air-conditioned places when you can. Libraries and community centres are great options.



3. USE FANS OR AIR CONDITIONING

Keep your home cool with fans or air conditioning.



4. DRESS FOR THE HEAT

Wear light, loose-fitting, light-coloured clothing and a hat when outdoors.



5. AVOID THE HOTTEST HOURS

Limit outdoor activities between 11 a.m. and 4 p.m., when the sun is strongest.



6. CHECK ON OTHERS

Check on friends, neighbours and family, especially those who live alone.



NEED SOMEWHERE COOL TO GO?

ROSSS CAN HELP.

We can connect you with resources and services to help you stay safe and comfortable this summer. Call or stop in at our office.



ROSSS
Rural Ottawa South
Support Services



613-692-4697



1096 Bridge Street
Manotick, ON K4M 1J2

Supporting seniors in our community.

Library Programs

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



Metcalfe Library

Metcalfe Book Club - Meet your neighbours and discuss great books in a relaxed atmosphere. All are welcome! Drop-in every last Thursday of the month, rotating afternoons and evenings. January's book pick is 'His & Hers' by Alice Feeney. Copies are available to borrow from the Metcalfe branch service desk.

Jan 29, 2026 - Jun 25, 2026 (2:00pm)



Richmond Library

Cook and Tell Club - Meet with fellow food enthusiasts and put a cookbook to the test. A new cook book each month. Contact the branch for more details.

Mondays, May 25, 2026 - July 27, 2026 (6:30pm)



North Gower Library

North Gower Nifty Knitters - Join us for an informal gathering of knitting enthusiasts - from beginners to experts. Share your ideas and projects in a relaxed social atmosphere.

Wednesdays, May 13, 2026 - Jun 24, 2026 (1:00 pm)



Manotick Library

The Great Yarn of Manotick - Knitters, crocheters, needle workers, rug hookers - all are welcome to socialize with fellow yarn crafters and work on their latest project. This is a drop in program.

Thursdays, Feb 12, 2026 - Dec 10, 2026 (11:00 am)

Book Club - Share the enjoyment of good books in a relaxed atmosphere in person, in the afternoon. This group meets every second Wednesday of the month (September to June). Contact branch for the book selection.

Wednesdays, Feb 11, 2026 - Jun 10, 2026 (3:00 pm)

French Conversation Group - Join our French conversation group to practice speaking in French in a relaxed and friendly environment.

Wednesdays, Feb 04, 2026 - Jun 24, 2026 (7:00 pm)

Mahjong - Join fellow mahjong players for a friendly game in a congenial environment. Program runs every second Thursday.

Thursdays, Feb 05, 2026 - Jun 25, 2026 (10:15 am)





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.

SPOTS AVAILABLE



FOR MORE INFORMATION

Jeanne Pronovost

613-692-4697 ext. 223

jeanne.pronovost@rosss.ca

DID YOU KNOW?



\$34/hr

Want more information?

613-692-4697 ext. 240

HOME SUPPORT

What do we offer?

- ✓ Dusting & vacuuming
- ✓ Laundry & bed linen changes
- ✓ Bathroom cleaning & floor washing
- ✓ Dishwashing and dishwasher unloading
- ✓ Cleaning mirrors, counters & small appliances
- ✓ Wiping down kitchen surfaces
- ✓ Light meal preparation
- ✓ Cleaning the interior and exterior of the fridge
- ✓ Cleaning the exterior of the stove
- ✓ And more – services are tailored to each client's needs



JUNE

Summer 2026

IS PRIDE MONTH

LGBT Wellbeing Check-in Program Good Companions



A friendly
call can make
all the
difference.



 **Category:** Telephone Reassurance & Safety Checks

 **Target Population:** 2SLGBTQIA+, Seniors, Socially Isolated

About the Program

Volunteers call clients each morning to assure people's wellbeing and safety. Because of an identified need in the LGBT community, TGC and Ottawa Senior Pride Network (OSPN) have partnered together to develop the LGBT Wellbeing Check-in Program. This program is aimed primarily at people who are living alone. You may be healthy and active and still appreciate a check-in to remain connected and safe, or you may be more isolated, homebound and at risk. The program is open to all seniors and adults with physical disabilities, who identify as being LGBT, and who live within the Champlain Region. People also use this program for social reasons, since a call from a friendly volunteer may be a great way to start the day.

Eligibility Criteria



- Clients must be able to abide by the program guidelines and be able and willing to receive a regular call.
- Clients must have a working telephone or another way to connect with volunteers (text, email).
- Members of the LGBT community



**We're here to
care and connect.**



For social reasons
or for peace of mind,
we're just a call
away.

Cost to Client: Free




Get in Touch

To learn more or enroll in the program,
please contact us:

Inquiry Phone: 1 (613) 236-0428

Available 8:30am - 4:00pm, Mon - Fri

You are valued. You are not alone. 

PROGRAMS & SERVICES

OUT AND ABOUT



SATURDAY'S
55+

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.

ADULT DAY PROGRAM



**2SLGBTQIA+
ADULT DAY PROGRAM**
55+

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

WELLBEING CHECK-IN PROGRAM



**WELLBEING
CHECK-IN PROGRAM**
55+

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



**RAINBOW
COFFEE CLUB**
55+

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.



THE GOOD COMPANIONS



Inclusive. Respectful. Community.



Proudly serving the Champlain Region.



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!



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

Have Questions?



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 3

Join the **ROSSS** Team!

JOIN OUR TEAM



ROSSS
Rural Ottawa South Support Services

PERSONAL SUPPORT WORKERS

We are currently recruiting for positions in Manotick, Richmond, Osgoode, Metcalfe, Russell, and surrounding area.



APPLY NOW

jeanne.pronovost@rosss.ca

Make the difference in a senior's day!

We're Hiring!



ROSSS
Rural Ottawa South Support Services

Join our Team!

Casual Home Support Worker

*Make a difference in a
senior's day!*

We are currently recruiting for positions in Manotick, Richmond, Osgoode, Metcalfe, Russell, and surrounding area.

APPLY NOW

jeanne.pronovost@rosss.ca



Sunshine Above

*How happy are we that summer is here
Let's celebrate the season with a resounding cheer
Chilly memories dissipate, gloomy months have passed
Long may the sunshine bathe us and last*

*Trees and shrubs awaken from slumber
Their buds and blooms will never encumber
Colourful displays, pure delight for the eyes
Birds and bees feast on their prize*

*Gardening fills the time for those with green fingers
With the hope that daylight stretches out and lingers
Weekends of mowing, neat lawns are the aim
Weeds, a constant battle, to control and tame*

*Endless weeks of activities and fun
Stretch out for the 'kids' under the sun
Camps galore, filled with water sports and friends
Campfires, sharing stories, the laughter never ends*

*The season to celebrate Dad, the treat is on you
A day of fishing, a family outing, maybe a BBQ
A day to put his feet up, no chore list for him
A nap by the river, followed by a refreshing swim*

*Anticipating family vacations with glee
A staycation or further afield, whatever we agree
Happy memories to store, to share with those you love
Remembering joy and warmth, having the sunshine above*



July
Pool
Sun
Vacation

Day
Hot
June

Summer
Beach
Barbecue

Lemonade
Camping
Independence

Shorts
Lazy Days
August
Swimming



Why don't seashells take baths?

Because they wash up on the beach.



What's a palm tree's favorite summer clothing item?

His swimming trunks!



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

Long time, no sea.

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