

# FAIRHAVEN FOUNDATION

*Supporting Quality Living*



May 11, 2009

Dear Residents and Families:

Come one! Come all! The Fairhaven Foundation invites you to participate in our annual Walk 'n' Roll. This year Fairhaven's Walk 'n' Roll will be held at Fairhaven so more residents can participate – walking, wheeling and watching.

Mark your calendar for Thursday, June 4, 2009. At 2:00 pm, participants will walk or roll their way around our Fairhaven course with a BBQ snack and ice cream cones to follow after the walk. There will also be a special “Breakfast of Champions” on the morning of the event in the Great Room for those residents who are registered to participate. June is recognized in Ontario as Senior's Month so come out and help us celebrate.

The Foundation encourages residents, family, staff and volunteers to participate. Registration is \$20 for the 3 km. walk which includes an event t-shirt and participation medal. Supporters will be present throughout the race. We are canvassing for volunteers so every resident participating has a partner. Please consider entering the event - your support will help to make this a huge success!

There are many residents already interested in walking and rolling through the 3 km route. They will be easily spotted around Fairhaven by the bright “Fairhaven Resident Team” buttons that they will be wearing. Rather than individually sponsoring each resident, you can support them by sponsoring the “Team” at the Reception Desk. A pledge sheet will be there so that we have details for your tax receipt information. You can hear and feel the buzz all around the Home.

Secondly, if you are a walker and want to participate with your resident or volunteer to help, you may register by completing the form on the reverse side of this letter. Drop it off at the Reception Desk by Monday, May 18<sup>th</sup>. Bring your friends and family; make a fun afternoon of it. You may even join in the fun by forming your own “team” and wearing silly hats, coloured shoes, etc!

Members of our Family and Resident Advisory Councils endorse this event. They encourage you to come out and participate. All funds raised benefit Fairhaven Residents through the ongoing work of the Fairhaven Foundation. If you have comments or questions, please contact one of our event co-chairs:

- Kathie Nelson, Programs and Volunteer Manager, 705.743.0881 x 248 or [knelson@fairhavenltc.com](mailto:knelson@fairhavenltc.com)
- Lillian Horn, Foundation Executive Assistant, 705.743.0881 x 212 or [lhorn@fairhavenltc.com](mailto:lhorn@fairhavenltc.com)

Hope to see you there!

**Wal**  **'n'**  **Roll**