Thank you to our 2021 Corporate Sponsors!

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**How do I register?**

Visit www.sunnysidefoundation.ca, select "Virtual Walk and Roll 2021", and then click on "Register for Virtual Walk and Roll." Follow the instructions to register online.

To register by phone, please call Jeff Burton at 519-893-8494 ext. 6377

**How do I collect pledges?**

We encourage you to collect pledges virtually as much as possible to keep a safe distance. Email or call potential sponsors and share your fundraising link. Please follow all public health guidelines if collecting in person.

**How do I submit pledges?**

Online is the easiest way! During registration, you will be redirected to our fundraising page (SimplyK) to create your own Virtual Walk and Roll team (you can also join as an individual!) Using SimplyK to collect online donations is the safest and most convenient way to get your pledges to the Sunnyside Foundation.

We will still be accepting cash and cheque pledges. If you accept cash or cheque donations, please contact Jeff Burton for a pledge sheet.

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To register or donate, please visit www.sunnysidefoundation.ca

For more information about Virtual Walk and Roll, please visit the Sunnyside Foundation online at www.sunnysidefoundation.ca, follow us on social media, or call Jeff Burton at 519-893-8494 ext. 6377
COVID-19 has drastically changed the world that we live in. So, for the second year in a row, the Sunnyside Foundation’s largest annual fundraiser is going virtual!

Virtual Walk and Roll is a month-long fundraising event beginning on June 1, 2021 in support of Sunnyside Seniors’ Services. It’s a chance for the community to come together at a safe physical distance to help older adults at Sunnyside live their best lives.

The Sunnyside Foundation invites you to get active in whichever way you are able for the month of June.

What will my pledges support?

Funds raised from this event will go towards purchasing items that support the health, safety and overall well-being of Sunnyside residents, tenants, clients, and staff. As a response to the pandemic, the Sunnyside Foundation created the COVID-19 Support Fund to purchase:

- technology that connects residents, tenants, and clients with their family or friends in the community
- additional personal protective equipment like masks, face shields, gowns, caps and gloves
- items to support residents to engage in meaningful and inspiring activities

How do I participate?

Participating in Virtual Walk and Roll has just three easy steps:

Step 1: Set your goal to get active

Step 2: Raise pledges to help meet that goal

Step 3: Stay safe and have fun in support of Sunnyside!

In case you need a little help to get started, here are a few sample goals that you could set for the month of June:

- Walk or Roll around your neighbourhood at least 3 times a week for the whole month
- Walk over 2km at least 5 times a week
- Do a 30 minute workout every single day of the month

Keeping Track of Your Progress

For the first time ever, participants can choose to track their progress online. By filling out the online Walk and Roll survey regularly, you can track both your active minutes and your steps. Check out the Sunnyside Foundation website for the survey and for more information!

At the end of June, we will check the survey results and award a prize to the participant with the most active minutes and to the participant with the most steps. Good luck!

Virtual Walk and Roll Events

In addition to our activity challenge fundraiser, there will also be several virtual fundraiser events that you can attend from the comfort of your own home. More events will be announced soon on the Sunnyside Foundation website and social media accounts so stay tuned!

- June 1 - 12:00 p.m. - Virtual Opening Ceremonies
- June 19 - 7:00 p.m. - Virtual Concert with singer-songwriter Spencer Burton (sponsored by RE/MAX Solid Gold, The Inglis Team)
- June 26 - 7:00 p.m. - Virtual Trivia Night hosted by Jeff and Miranda’s Trivia Nights
- June 30 - 3:00 p.m. - Virtual Closing Ceremonies

Stay Connected on Social Media!

Facebook and Instagram @SunnysideFoundationWR
Twitter @SSHFoundationWR

More events will be announced soon on the Sunnyside Foundation website and social media accounts so stay tuned!