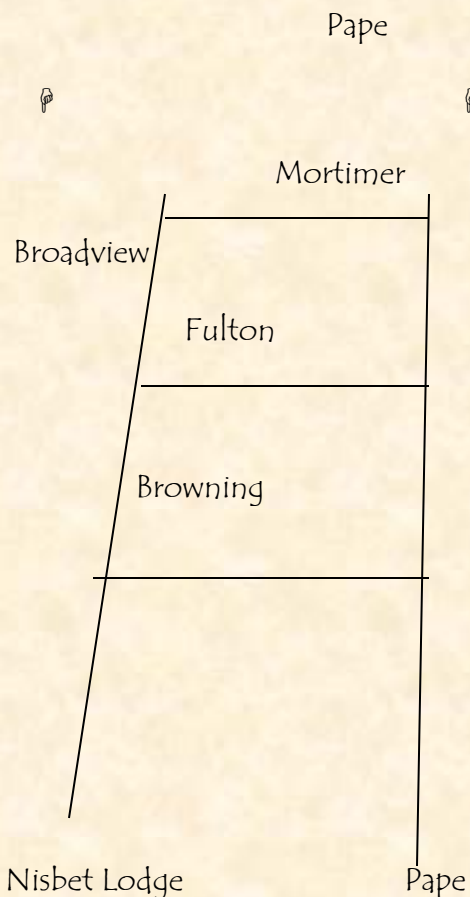


Walkathon route:



Waiver

I understand that in participating in the walk, I assume all risks. As a participant, I hereby release, waive and forever discharge Nisbet Lodge of and from all claims, demands, damages, costs, expenses, in respect of any injury, death, loss or damage to any persons.

Signature\_\_\_\_\_

### GET INVOLVED:

#### WALK

- Ask your family, friends, neighbours and co-workers to sponsor you as you walk.
- Have fun and win a prize.
- Form a team and set a fundraising \$ goal.

#### VOLUNTEER

- Help at checkpoints
- Registration
- Post walk party

#### SUPPORT:

- Donate a prize
- Make a cash donation

**REGISTER TODAY!**

Complete the return card and mail to

Nisbet Lodge  
Attn: Gwen Ramsay  
740 Pape Ave.  
Toronto, ON M4K 3S7

Or drop off at

The Reception Desk, Nisbet Lodge

#### Contact Information

Telephone: 416 469-1105 ex 1187  
Email [foundation@nisbetlodge.com](mailto:foundation@nisbetlodge.com)

CHARITABLE REG# 892982166

### DAY'S ACTIVITIES

- rain or shine -

- 9.00 a.m. Registration
- 10.00 am. Walk begins  
5 km walk  
1 km walk for older residents
- Post walk party with  
Presentation of prizes  
Barbecue

### !! PRIZES !!

Prizes for everyone  
Special prizes for

- Top pledge makers
- Youngest participant
- Oldest participant

Together

**WE CAN MAKE  
A DIFFERENCE**

Walkathons inspire many of us, at all ages and levels of fitness, to get involved. Helping a good cause encourages us to lace up those sneakers and step out when we might not otherwise make the effort"  
.....Going The Distance

by Robin Warshaw



Nisbet Lodge—McClintock  
Manor Foundation

**Annual Mothers' Day**

**Walk-a-txon**



**SATURDAY  
MAY 12, 2018**

**SUPPORT OUR CAMPAIGN  
THE CARING CONTINUES  
YEAR 5**

**Dining Room  
Upgrades**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_ Postal code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

An Annual Tax receipt will be issued for pledges \$20.00 and up



Your gifts add tremendous life, light and warmth to the day-to-day experience of our residents at Nisbet Lodge and tenants at McClintock Manor.

**REGISTRATION CARD**

**WALKER**

NAME \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ PC \_\_\_\_\_

PHONE \_\_\_\_\_

Email: \_\_\_\_\_

Yes I would like to walk

I WILL WALK:  5km  
 1km

I would like to volunteer

I would like to donate a prize

I would like to make a donation

\$ \_\_\_\_\_

**MAKE CHEQUE PAYABLE TO :**

**NISBET LODGE-MCCLINTOCK MANOR  
FOUNDATION  
740 PAPE AVE. TORONTO  
ONTARIO M4K3S7**

**VISA/MASTERCARD**

\_\_\_\_\_

EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

FIRST NAME & LAST NAME PLEASE PRINT	MAILING ADDRESS (STREET, CITY ,PROVINCE, PC	TELEPHONE	AMOUNT PLEGGED	AMOUNT PAID	HOW PAID CASH/CHEQUE
<b>Please have your pledges in by Friday June 1, 2018</b>			<b>TOTAL</b>	<b>\$</b>	