

# Heritage Meadows

## Gracious Retirement Living



208 Hespeler Road • Cambridge, ON N1R 0A5 • Phone (519) 620-9999 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### APRIL 2019

#### HERITAGE MEADOWS STAFF

Assistant Managers ..... GARY & LINDA YEARSLEY  
Executive Chef ..... JON MEHLHORN  
Sous Chef ..... MELINDA ABBEY  
Activity Coordinator ..... MAGGIE CLEMENS  
Maintenance ..... NICK SWAIN  
Bus Driver ..... YOMARI AYALA  
Head Housekeeper ..... SHIRLEY LEMELIN

#### TRANSPORTATION

**Monday, 9 a.m.:** Errands  
**Tuesday, 9 a.m.:** Appointments  
**Wednesday, 9 a.m.:** Errands  
**Thursday, 9 a.m.:** Appointments

### Stratford's Annual Swan Parade

If there's one image that says Stratford to everyone who visits, it is our swans. Regal, graceful, majestic — these are all words that describe these noble birds. Stratford's honorary ambassadors set the pace for the city. But beware, they can be cranky, and one should keep one's distance. These birds are, after all, royalty!

The presence of this Royal Family is one of our oldest and proudest traditions. The swans have been lovingly guarded and raised here in Stratford since 1918. You can download and read about our pride and joy in a brochure "The Swans of Stratford."

We don't consider spring officially launched until their annual release, the first Sunday in April. Join the feathery herd as it waddles along to the Avon River, as people watch and cheer them on. The Stratford Police Services Pipes and Drums Band provides the musical lead. But beware, you'll be observed, too; the swans have been penned up all winter, so you can be sure they'll stretch their curious heads to take a gander at you!

Come meet the true stars of Stratford, the swans, with us as we head to Stratford on Sunday, April 7th. First, we will have a bite to eat at Demetre's Family Eatery, then head to watch the Swan Parade.

**HAWTHORN**  
SENIOR LIVING

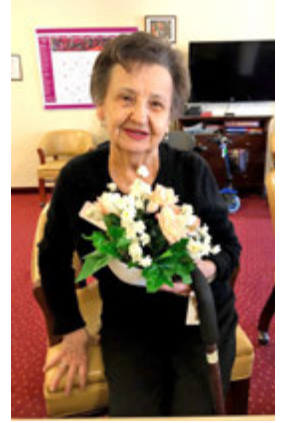




This was the first time we have attempted making floral arrangements. With Cindy's knowledge and assistance, the ladies created some beautiful floral arrangements.

The colourful and fun activity was the perfect sign that spring was coming. Everyone who made an arrangement was able to take it with them.

We had some people who were unable to attend and would like to make an arrangement. With much demand, we are holding another date. If you would like to make an attractive arrangement, join us Monday, April 29th, at 10:15 a.m., in the Activity Room.



## Easter Dinner Buffet

The culinary team will be showcasing a feast for Easter Dinner, as we will be holding our traditional Easter Dinner buffet. On Sunday, April 21st, from 11 a.m. to 2 p.m., enjoy a large selection of in-house prepared gourmet food.



Happy Easter!





## Resident Spotlight

My name is Joseph Johann Vliehs, and I was born on December 17, 1933, in Almelo-Rularu. Joseph Johann Vliesz was my father's name and Johanna Gezina Oudesel was my mother's name before marriage.

I was married to Margot Martha on February 23rd, 1957, in Galt, Ontario. We have two children, Michael Vliehs and Charlena Colleen Vliehs.

I emigrated to Canada in August 1956; Margot, my wife, followed four months later.

We received our citizenship papers in the year 1962 from the Honourable Mr. Diefenbaker.

I worked a short time as a Die Maker for Graham Metal, but there was not much work for people like me in those days.

Therefore, my wife being a Hairdresser, we decided to open

up our own small business in April 1958.

That meant I had to go to school and learn the trade too. Believe me, it wasn't easy. It was a complete turn around from working as a Tool and Die Maker.

To supplement our income, I drove a school bus on the side.

We attended G.C.I. Collegiate for two years to learn English. My wife and I speak German and English fluently, and I understand some Dutch.

We belong to St. Mary's Church in Hespeler, where my wife and I sing in the church choir. I am also a reader and Auxiliary Minister at the present time.

I served in the local Militia (137 COY, RCASC) for a number of years in Kitchener and was able to join the Legion as an Ordinary member. I served one year as an Executive.



I was a secretary for Masonic Organizations for 42 years, and I am still an active Mason and Shriner.

I was an active member of many organizations, and to do so, I had a understanding wife who made it possible to participate in so many things.

I moved into Heritage Meadows three months ago with my friend, Lucie (pet bird).



*Keep your eyes open for this sign this Easter!!*

## You've Been Egged

Starting April 1st in the afternoon, the "You've been Egged" sign with the goodie bag will make it's appearance.

If you are egged, you have to follow the instructions:

First, enjoy your goodies in the bag. They are yours to keep.

Second, leave the "You've Been Egged" sign on your door for everyone to see. Also, it's so you don't get egged again.

Third, bring down your empty bag to Maggie or to the office. Someone will refill your bag and give you a new sign with instructions.

Then, go egg someone else! Put the sign on their door and leave the bag of goodies on their door knob.

Lastly, make sure you don't get caught!

Have fun!

# APRIL 2019

## Birthdays

Rosa Fidalgo, 3rd  
 Carolyn Wulf, 8th  
 Agnes Bonnar, 11th  
 Lorna Edwards, 13th  
 Ernie Anderson, 18th  
 Ken Pennycook, 22nd  
 Shirley Cameron, 23rd  
 Bernice Beckley, 25th  
 Jane Smith, 29th  
 Albert Edwards, 30th










## Locations

Activity Room, AR  
 Atrium, AT  
 Bus, B  
 Chapel, CH  
 Computer Room, CR  
 Dining Room, DR  
 Exercise Room, ER  
 Gazebo, G  
 Library, LIB  
 Movie Theatre, MT  
 Outdoors, O  
 Pool Room, PR  
 Private Dining Room, PDR  
 TV Room, TV

There will be no Active Living Exercises or Bus Services on Good Friday, April 19th.

“A sense of humor is a major defense against minor troubles.”

—Mignon McLaughlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Active Living Exercises, ER <b>1</b> 10:00 Movie Committee Meeting, AR 10:30 Painting with Cindy, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:30 <b>Music with Krishanthi, AT</b> 7:00 Bingo, AR	<b>Name Tag Tuesday 2</b> 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 10:30 Honduras Project, AR 11:30 Rosary, CH <b>11:30 Manager and Residents' Meeting, AR</b> <b>2:00 Mobility in Motion Clinic, AR</b> 3:00 Haiti Milk Bag Project, AR 7:00 Movie Night, MT	9:00 Best Feet Forward Nursing Foot Care, ER <b>3</b> 9:30 Active Living Exercises, ER 10:30 Carpet Bowling, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:00 Card Bingo, AR 7:00 Singalong, AR 	9:30 Active Living Exercises, ER <b>4</b> 10:00 Hand Waxing, ER 10:15 Chapel Service, CH <b>11:00 Barb's Cards, AR</b> 11:30 Rosary, CH <b>11:30 Chef and Residents' Meeting, AR</b> 2:15 Egg-cellent Activity, AR 2:30 Pool, PR 7:00 Bingo, AR	<b>8:00 R.O.M.E.O's &amp; C.L.E.O's to the Broken Egg, B 5</b> 9:30 Active Living Exercises, ER <b>10:30 Traditions Alive, AT</b> 11:30 Rosary, CH 3:00 Shiskaball Drop, G 7:00 Movie Night, MT	9:00 Indoor Walking Group <b>6</b> 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Singo, AR 7:00 Euchre, AR
9:00 Indoor Walking <b>7</b> 10:00 Trivia, AR <b>10:30 Departing to Demetre's Family Eatery, B</b> 11:30 Rosary, CH <b>1:00 Departing From Demetre's to the Swan Parade, B</b> 2:00 Movie Matinee, MT 3:30 Darts, AR 7:00 Euchre, AR	9:30 Active Living Exercises, ER <b>8</b> 10:30 Painting with Cindy, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:30 Carpet Bowling, AR  7:00 Bingo, AR	<b>Name Tag Tuesday 9</b> 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 10:30 Honduras Project, AR 11:30 Rosary, CH 3:00 Haiti Milk Bag Project, AR 7:00 Movie Night, MT	9:30 Active Living Exercises, ER <b>10</b> 10:30 Carpet Bowling, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:00 Card Bingo, AR 7:00 Singalong, AR	9:30 Active Living Exercises, ER <b>11</b> 10:00 Hand Waxing, ER 10:15 Chapel Service, CH 11:30 Rosary, CH 2:15 Egg-cellent Activity, AR 2:30 Pool, PR  7:00 Bingo, AR	<b>9:00 Departing to Brantford Casino, B 12</b> 9:30 Active Living Exercises, ER <b>10:30 Chair Yoga, AR</b> 11:30 Rosary, CH 3:00 Shiskaball Drop, G 7:00 Movie Night, MT	9:00 Indoor Walking Group <b>13</b> 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Singo, AR  7:00 Euchre, AR
<b>PALM SUNDAY 14</b> 9:00 Indoor Walking 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Movie Matinee, MT 3:30 Darts, AR 7:00 Euchre, AR	9:30 Active Living Exercises, ER <b>15</b> 10:30 Painting with Cindy, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:30 Carpet Bowling, AR 7:00 Bingo, AR	<b>Name Tag Tuesday 16</b> 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 10:30 Honduras Project, AR 11:30 Rosary, CH 3:00 Haiti Milk Bag Project, AR 7:00 Movie Night, MT	9:00 Best Feet Forward Nursing Foot Care, ER <b>17</b> 9:30 Active Living Exercises, ER 10:30 Carpet Bowling, AR <b>10:30 Fresh Start Foods Presentation, AR</b> 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:00 Card Bingo, AR 7:00 Singalong, AR	9:30 Active Living Exercises, ER <b>18</b> 10:00 Hand Waxing, ER 10:15 Chapel Service, CH <b>10:30 Visiting Library Service, AT</b> 11:30 Rosary, CH 2:15 Egg-cellent Activity, AR 2:30 Pool, PR  7:00 Bingo, AR	<b>GOOD FRIDAY PASSOVER BEGINS AT SUNSET 19</b> 9:30 Indoor Walking 10:30 Word Puzzlers, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:00 Haiti Milk Bag Project, AR 7:00 Movie Night, MT	9:00 Indoor Walking Group <b>20</b> 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Singo, AR 7:00 Euchre, AR
<b>EASTER 21</b> 9:00 Indoor Walking 10:00 Trivia, AR <b>11:00 Easter Dinner Buffet, DR</b> 11:30 Rosary, CH 2:00 Movie Matinee, MT 3:30 Darts, AR 7:00 Euchre, AR	<b>EARTH DAY 22</b> 9:30 Active Living Exercises, ER 10:30 Painting with Cindy, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:30 Carpet Bowling, AR  7:00 Bingo, AR	<b>Name Tag Tuesday 23</b> 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 10:30 Honduras Project, AR 11:30 Rosary, CH <b>3:00 Spring Thaw Show, AR</b>  7:00 Movie Night, MT	9:30 Active Living Exercises, ER <b>24</b> 10:30 Carpet Bowling, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:00 Card Bingo, AR 7:00 Singalong, AR	<b>9:00 Cambridge Hearing Centre Clinic, TV 25</b> 9:30 Active Living Exercises, ER <b>9:45 Depart to Fresh Start Foods, B</b> 10:00 Hand Waxing, ER 10:15 Chapel Service, CH 11:30 Rosary, CH 2:15 Egg-cellent Activity, AR  2:30 Pool, PR 7:00 Bingo, AR	9:30 Active Living Exercises, ER <b>26</b> <b>10:30 Chair Yoga, AR</b> 11:30 Rosary, CH 3:00 Shiskaball Drop, G 7:00 Pub Night with Shakey D, AR	9:00 Indoor Walking Group <b>27</b> <b>9:00 Departing for Cambridge Community Cleanup, B</b> 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Singo, AR 7:00 Euchre, AR
9:00 Indoor Walking <b>28</b> 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Movie Matinee, MT 3:30 Darts, AR 7:00 Euchre, AR	9:30 Active Living Exercises, ER <b>29</b> 10:15 Make Your Own Floral Arrangement, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 3:30 Carpet Bowling, AR  7:00 Bingo, AR	<b>Name Tag Tuesday 30</b> 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 10:30 Honduras Project, AR 11:30 Rosary, CH 3:00 Haiti Milk Bag Project, AR  7:00 Movie Night, MT				



# APRIL FOOLS' DAY APRIL 1

## April Fools'

Would you consider yourself a prankster or a joker? Is April Fools' your favourite day of the year?

April Fools' Day is celebrated each year as a day to play tricks and practical jokes on others. This type of custom has existed since Roman times when practical jokes were played on others during a festival called Hilaria. April Fools' Day has been celebrated for many centuries, but its origins are not known for certain. Some believe it began in France after New Year's Day was changed from April 1st to January 1st in the year 1582, but others date it back centuries earlier. Regardless, today April Fools' Day is popular in the United States, Canada, Brazil, Europe and Australia.

Italy, Belgium, France and Quebec, Canada, often refer to April Fools' Day as April Fish. Part of this custom is to attach a paper fish to someone's back as a joke, without being noticed. This is referred to as "Poisson d'Avril."

In Canada and in England, April Fools' jokes are only supposed to be played until noon, which can make it hard to get your prank in before noon.

What tricks/pranks/jokes do you have up your sleeve?

Just remember, April Fools' Day pranks and hoaxes are meant to be harmless and funny.



*Come enjoy a delicious brownie. Are they really brownies? Or perhaps sponges covered with frosting?*

## Getting Ready for St. Patrick's Day

This year's centrepieces for the dining room took a little more work, but with lots of helping hands, the centrepieces were completed in time!



*Carolyn cutting out the yellow felt.*



*Gluing the shamrocks is turning out to be a little harder than expected.*



*Arlene and Gillian work side by side.*



## National Love Your Pet Day



*Helen working hard at cutting out each treat.*



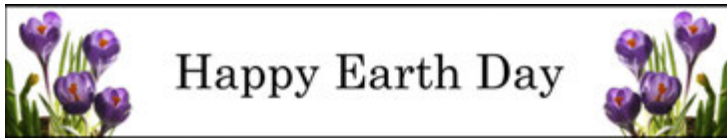
*They look so cute!*



*Barb thought they could be good. The ultimate verdict was they were a little bland.*



*End product!*



The idea behind Earth Day is to bring focus on environmental issues globally. This national day inspires public awareness regarding pollution. Dating back to April 22, 1970, people took to the streets and parks to demonstrate for a healthy sustainable environment in massive coast-to-coast rallies.

Today, Earth Day has reached its current status as the largest secular observance in the world, celebrated by more than a billion people every year.

The fight for a clean environment continues with increasing urgency, as the ravages of climate change become more manifest every day.

This year, we are asking you to do your part for Earth Day. Saturday, April 27th, we will be participating in the Cambridge Community Clean Up. We will be driving to Tim Horton's on Holiday Inn Drive in Cambridge, as they are one of the designated locations participating in the community clean up. There, the staff/volunteers will provide us with the proper materials to clean up our community. Your friends and family are more than welcome to join us. We will be leaving at 9 a.m. on Saturday, April 27th. Please sign up in the Activity Room.

## Movie Committee

Do you enjoy watching movies?

Are you a regular moviegoer?

Well, we need your recommendations and feedback.

Our new movie committee will be meeting the first Monday of every month at 10 a.m. in the activity room.

The committee will help determine the movies for the upcoming month.



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## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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