

CEDARVIEW

GRACIOUS RETIREMENT LIVING

511 Finkle Street • Woodstock, ON N4V 0C4 • Phone (519) 602-0282 • www.seniorlivinginstyle.com

MAY 2019

CEDARVIEW STAFF

Managers.....TONY & MARIA PARRIS
Assistant Managers COLIN & TINA MURRAY
Executive Chef..... LANA PLANK
Activity CoordinatorJENNY PATTIRAM
MaintenanceJOHN BLOTT
Bus Driver RUTH DAVIS

TRANSPORTATION

Monday-Friday, 9 a.m.-4 p.m.

Monday & Friday, 2 p.m.: Walmart

HAWTHORN
SENIOR LIVING

Poem Corner by John Gruszka

“Happy Mother’s Day”

Mother’s Day is most important time of the year
When we celebrate our Mom, our dear.
Mother’s love and dedication is beyond her call,
By showing her loving direction for us all.

Mothers are made of love and dedication.
Coping of stressful time without reservation.
She tucks you into bed and reads you a story or two,
She kisses you Good Night until morning comes due.

Remembering your Mom on Mother’s Day,
For her love and affection in Lord we pray.
Mother’s Day comes only once every year,
Cherishing your Mom, our Dear

I remember my Mom of Love and affection,
Sending me into the World with loving direction.
I always will love my Mom although she passed away,
Memory of my Mom will forever stay.

Happy Mother’s Day to all Mothers.





Let's Stay Hydrated!

Everyone knows that it's important to stay hydrated, especially as the weather begins heating up, and it is especially important for all of us to get enough fluids. Seniors are far more likely to experience health problems when they are not getting enough fluids. Unfortunately, they are also much more susceptible to dehydration.

As we age, it becomes harder for our bodies to retain water. Seniors have on average 10% less fluid in their bodies compared to younger adults. The most important way to prevent dehydration is to make sure that you are drinking enough liquid. Seniors and all adults should drink at least 64 ounces of fluids such as water or non-caffeinated beverages daily. Water can also be found in many fruits and vegetables, so including them as part of a nutritionally sound daily diet will help with staying hydrated as well. Include fruits like melons, berries, apples, oranges, and peaches. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good.

There are plenty of ways to spice up your liquid intake. Here are just a couple ideas to help make staying hydrated a little more fun:

1. **Popsicles!** Popsicles are a delicious way to stay hydrated. Whether you purchase popsicles from the grocery store, or you make your own using different juices or fruit purees, you can't go wrong with this frozen treat!
2. **Water infusion!** Many people dislike the taste of water, or rather the lack of taste. To make water more appealing, you can infuse it with different fruits and vegetables. Try adding in some berries, lemon, or cucumber to your next glass of water!



Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means "avocado sauce." After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners' tables across the U.S.

Traditional recipes have not changed much since the Aztecs' invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it's also used as a condiment on tacos, burritos, burgers, sandwiches and salads.





Did You Know

Here are some fun facts about the month of May that you may not know about! Enjoy!

1. Did you know that no other month this year begins on the same day of the week as May?
2. May's birthstone is the emerald which is emblematic of love and success.
3. May was once considered a bad luck month for marriage. The saying went: "Marry in May and you'll rue the day!"
4. On May 1, 1931, the Empire State Building was officially opened.
5. May is National Smile Month! Time to practice your best jokes or even participate in some laughter yoga!
6. The zodiac signs for May are Gemini and Taurus.
7. Lily of the valley is the traditional flower of May, a symbol of sweetness.
8. Mother's Day takes place on May 12th. Did you know that women purchase 80% of all Mother's Day cards?
9. May is also Creative Beginnings Month! This is the perfect time to start a new hobby or revisit an old artistic passion.
10. May 4th is Audrey Hepburn's birthday. Celebrate by watching one of her many films, such as "Roman Holiday," or by learning more about her work as a UNICEF Goodwill Ambassador.

Extraordinary Orchids

Prized for their exotic beauty and elegant blooms, orchids are one of the best-selling potted flowers in the U.S.

Fossils show that orchids have grown wild for millions of years. Throughout much of human history, the flowers were an

expensive luxury enjoyed by the wealthy. During the Victorian era, many orchid collectors hired professional hunters to track down rare varieties only found in the jungles of South America and Asia. Over the decades, advances in transportation and greenhouse technology made the plants easier to cultivate and more affordable.

With more than 25,000 species worldwide, orchids grow in nearly every color of the rainbow, including rare blue hues and two-toned combinations. They range in height from a few inches to over 40 feet tall. A single orchid seedpod contains up to 3 million microscopic seeds, but the plants are slow-growing, with some varieties taking several years to produce their first flowers.



Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun — If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated — Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.



MAY 2019

Birthdays

Ruth Loosmore, 8th
Gloria Curtis, 8th
Joesph Zegers, 12th
Marj Parker, 14th
Thomas Way, 17th
Barbara Alkins, 18th
Suresh Dixit, 20th
Bruce Smith, 23rd
Margaret Wood, 25th
Sherry Dellow, 29th (Employee)
Elizabeth Sikma, 31st

Locations

\$ Cost Involved, \$
* Sign Up, *
Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro, BST
Bus, B
Chapel, CH
Computer Room, CR
Dining Room, DR
Exercise Room, EX
Hair Salon, HS
Library, LB
Movie Theatre, MT
Outdoor Patio, OP
Outdoors, O
TV Room, TV

Attitudes are contagious,
is yours worth catching?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY DAY 1	2	3	4
			9:45 Walking Club, AR 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:30 Card Bingo! \$, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Documentary Wednesday, MT 7:00 Pool Game, BR 7:00 Euchre, AR	9:45 Yoga & Tai Chi, EX 10:00 Knitting Club, AR 2:00 Brain Games, AR 3:00 Dominoes, TV 7:00 Bid Euchre, TV	9:45 Morning Stretches, AR 10:15 Smoothies, BST 10:30 Ladder Ball Toss, AR 11:45 50/50 Friday!, AT 3:00 Creativity Klatch: Butterfly Feeders, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Card Bingo! \$, AR	Weekend Brain Games Pickup, BST 10:00 Knitting Club, AR 2:00 Cribbage Club, TV 2:00 Movie Matinee, MT 7:00 Pool Game, BR
5	6	7	8	9	10	11
Card Walk & Sunday Puzzles 10:00 Maranatha Live! Church Service, MT 2:00 Movie Matinee, MT 7:00 Big Bucks Bingo \$, AR	9:45 Morning Stretches, AR 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:00 Active Games, AR 3:00 V.O.N. Smart Exercise, EX 7:00 “Heartland” Series & Popcorn Night, MT 7:00 Euchre, AR	9:45 Exercises, AR 11:00 Wii Bowling, AR 1:30 Hand Waxing, BST 2:30 Catholic Communion, CH 7:00 Bridge Club, TV	9:45 Walking Club, AR 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:30 Card Bingo! \$, AR 3:00 Hymn Sing with Rick, AT 3:00 V.O.N. Smart Exercise, EX 7:00 Documentary Wednesday, MT 7:00 Pool Game, BR 7:00 Euchre, AR 	9:30 Hearing Life/ Listen Up! Hearing Test Clinic *, LB 9:45 Yoga & Tai Chi, EX 10:00 Knitting Club, AR 2:00 Managers & Residents’ Meeting, AR 2:00 Brain Games, AR 2:30 Chef & Residents’ Meeting, AR 3:00 Dominoes, TV 7:00 Bid Euchre, TV	9:45 Morning Stretches, AR 10:15 Smoothies, BST 10:30 Ladder Ball Toss, AR 11:00 LCR (Left Center Right) Game \$, AR 11:45 50/50 Friday!, AT 2:00 Creativity Klatch, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Card Bingo! \$, AR	Weekend Brain Games Pickup, BST 10:00 Knitting Club, AR <i>11:00 Mary Alterations Pickup *\$, AR</i> 2:00 Cribbage Club, TV 2:00 Movie Matinee, MT 7:00 Pool Game, BR 7:00 Musical Memories with Dick, AR
MOTHER’S DAY 12	13	14	15	16	17	18
Card Walk & Sunday Puzzles 10:00 Maranatha Live! Church Service, MT 2:00 Movie Matinee, MT 7:00 Big Bucks Bingo \$, AR 	9:45 Morning Stretches, AR 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:00 Active Games, AR 3:00 V.O.N. Smart Exercise, EX 4:00 <i>Friends of the Library Meeting, *All Welcome, LB</i> 7:00 “Heartland” Series & Popcorn Night, MT 7:00 Euchre, AR	9:45 Exercises, AR 1:30 Hand Waxing, BST 2:30 Catholic Communion, CH 7:00 Bridge Club, TV 	9:45 Walking Club, AR 10:00 V.O.N. Blood Pressure Clinic, TV 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:30 Card Bingo! \$, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Documentary Wednesday, MT 7:00 Pool Game, BR 7:00 Euchre, AR	9:45 Yoga & Tai Chi, EX 10:00 Knitting Club, AR 2:00 Brain Games, AR 3:00 Dominoes, TV 7:00 Bid Euchre, TV	9:45 Morning Stretches, AR 10:15 Smoothies, BST 10:30 Ladder Ball Toss, AR 11:45 50/50 Friday!, AT 2:00 Creativity Klatch, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Card Bingo! \$, AR 	Weekend Brain Games Pickup, BST 10:00 Knitting Club, AR 2:00 Cribbage Club, TV 2:00 Movie Matinee, MT 7:00 Pool Game, BR 7:00 Euchre, TV 
19	20	21	22	23	24	25
Card Walk & Sunday Puzzles 10:00 Maranatha Live! Church Service, MT 2:00 Movie Matinee, MT 7:00 Big Bucks Bingo \$, AR	VICTORIA DAY 9:45 Morning Stretches, AR 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:00 Active Games, AR 3:00 V.O.N. Smart Exercise, EX 7:00 “Heartland” Series & Popcorn Night, MT 7:00 Euchre, AR 	9:45 Exercises, AR 11:30 Board Games, AR 1:30 Hand Waxing, BST 2:30 Catholic Communion, CH 7:00 Bridge Club, TV	9:45 Walking Club, AR 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:30 Card Bingo! \$, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Documentary Wednesday, MT 7:00 Pool Game, BR 7:00 Euchre, AR	9:45 Yoga & Tai Chi, EX 10:00 Knitting Club, AR 2:00 Brain Games, AR 3:00 Dominoes, TV 7:00 Bid Euchre, TV 	9:45 Morning Stretches, AR 10:15 Smoothies, BST 10:30 Ladder Ball Toss, AR 11:00 LCR (Left Center Right) Game \$, AR 11:45 50/50 Friday!, AT 3:00 Creativity Klatch, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Card Bingo! \$, AR	Weekend Brain Games Pickup, BST 10:00 Knitting Club, AR 2:00 Cribbage Club, TV 2:00 Movie Matinee, MT 7:00 Pool Game, BR 
26	27	28	29	30	31	
Card Walk & Sunday Puzzles 10:00 Maranatha Live! Church Service, MT 2:00 Movie Matinee, MT 7:00 Big Bucks Bingo \$, AR	9:45 Morning Stretches, AR 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:00 Game Play: Chinese Checkers & Crokinole, AR 2:00 Active Games, AR 3:00 V.O.N. Smart Exercise, EX 4:00 <i>Friends of the Library Meeting, *All Welcome, LB</i> 7:00 “Heartland” Series & Popcorn Night, MT 7:00 Euchre, AR	9:45 Exercises, AR 10:00 Public Library Exchange, B 10:30 Sport Play: Beanbag Golf, AR 1:30 Hand Waxing, BST 2:30 Catholic Communion, CH 7:00 Bridge Club, TV	9:45 Walking Club, AR 10:15 Smoothies, BST 11:00 Carpet Bowling, AR 2:30 Card Bingo! \$, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Documentary Wednesday, MT 7:00 Pool Game, BR 7:00 Euchre, AR 	9:45 Yoga & Tai Chi, EX 10:00 Knitting Club, AR 2:00 Brain Games, AR 3:00 Dominoes, TV 7:00 Bid Euchre, TV	9:45 Morning Stretches, AR 10:15 Smoothies, BST 10:30 Ladder Ball Toss, AR 11:45 50/50 Friday!, AT 3:00 V.O.N. Smart Exercise, EX 7:00 Card Bingo! \$, AR 	



A Bit About Meditation

In this fast-paced world, it is important to remember to take time out of our busy schedules to relax and refocus our minds. Meditation is a great way to do just that!

Meditation can be defined as a set of techniques that are intended to encourage a heightened state of awareness and focused attention. In addition to being a wonderful way to relax, practicing meditation is also fantastic for keeping our minds sharp. It has also been linked to a number of physical health benefits including a way to help lower blood pressure.

Some key things to note about meditation:

- Meditation has been practiced in cultures all over the world for thousands of years.
- Nearly every religion, including Buddhism, Hinduism, Christianity, Judaism, and Islam, has a tradition of using meditative practices.
- While meditation is often used for religious purposes, many people practice it independently of any religious or spiritual practices.
- Meditation can also be used as a psychotherapeutic technique.
- There are many different types of meditation.

Types of Meditation:

Meditation can take on many different forms, but there are two main types: concentrative meditation and mindfulness meditation.

How do these two forms of meditation differ?

- In concentrative meditation, you focus all of your attention on a specific object while tuning out everything else around you. The goal is to really experience whatever you are focusing on, whether it's your breath, a specific word or a mantra, in order to reach a higher state of being.
- Mindfulness meditation includes, among others, both mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT). Mindfulness can target different issues, such as depression, which means that its focus may be different from practice to practice. Overall, it involves the state of being aware of and involved in the present moment and making yourself open, aware and accepting.

The next time you are feeling overwhelmed or just want to take a moment to slow down, try practicing some meditation!

Taking a Meditative Moment

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax. Take time out of your day for a meditative moment with this deep breathing exercise!

Deep Breathing Exercise:

1. Sit upright in a comfortable chair with your feet placed side by side on the floor. Close your eyes.
2. Place one hand on your belly with your pinkie finger just above your belly button.
3. Start to pay attention to the rise and fall of your belly. What you are feeling is your diaphragm, working to draw air in and out of your lungs.



Watermelon Popsicles

Popsicles are a fantastic way to keep hydrated! Not only are they delicious, but they are a lot of fun to make from scratch, and a perfect snack on a hot summer day. Here is a great recipe for watermelon popsicles!

Supplies and ingredients needed:

- Popsicle molds
- Yogurt (vanilla would be delicious!)
- Popsicle sticks
- Kiwi
- Watermelon

Instructions:

1. Puree the watermelon and pour $\frac{3}{4}$ way up the popsicle mold.
2. Place in freezer. Let the watermelon freeze enough so that it is not liquid, but that it is still soft enough to add the popsicle stick.
3. Remove from freezer, add a thin layer of yogurt and then add in the popsicle stick.
4. Place back in the freezer for at least 30 minutes.
5. Puree the kiwi.
6. Take out your popsicle from the freezer and add the kiwi on top of the yogurt.
7. Place back in the freezer until frozen solid and ready to serve.



4. Notice that as you breathe in, it feels like a balloon filling with air. As you breathe out, it should feel like the balloon is deflating.
5. Place your other hand on your chest. You will want to keep this hand as still as possible and to just let the diaphragm do all of the work of breathing. While you are at it, make sure you are keeping those shoulders relaxed! You don't need them to do any of the breathing!
6. Place your other hand on your chest. You will want to keep this hand as still as possible and to just let the diaphragm do all of the work of breathing. While you are at it, make sure you are keeping those shoulders relaxed! You don't need them to do any of the breathing!
7. Inhale slowly to the count of three.
8. Then, exhale slowly to the count of three thinking the word "relax" as you do so.
9. Stay focused on the action of your diaphragm. Your bottom hand should move outward as you fill your lungs with air and inward as you exhale.



511 Finkle Street
Woodstock, ON N4V 0C4



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.



519-602-0282