

Heritage Meadows

Gracious Retirement Living

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

MAY 2019

HERITAGE MEADOWS STAFF

Assistant Managers GARY & LINDA
YEARSLEY
Executive Chef JON MEHLHORN
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

HAWTHORN
SENIOR LIVING



Whether you
say ...

Fête des
Mères
(French)

Día de las
Madres
(Spanish)

Dzień Matki
(Polish)

Dia das Mães
(Portuguese)

And many more ways of saying Happy Mother's Day.

May 12th is the day to honour our moms! This modern holiday was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St. Andrew's Methodist Church in Grafton, West Virginia.

Although, Mother's Day is not a stat holiday in Canada, it should be!

Did you ever get breakfast in bed? A bouquet of flowers, perhaps Carnations? A box of chocolates? Or the sweetest and perhaps the gift with the most thought and genuine love, a handmade gift from your child or child you have mentored?

Just before Mother's Day, we invite all our ladies to a pleasurable afternoon of tea on Wednesday, May 8th, at 3 p.m., in the Activity Room.

Enjoy a specially prepared meal from our Culinary Team on Sunday, May 12th, at 12:30 p.m. Please RSVP, with the Management Team.



Butterfly Conservatory

From a chrysalis to a butterfly, to Chinese painted quails wandering by, village weavers flying by, gold fish swimming peacefully, Cheeco, the Green-cheeked Conure making his presence known, and red-eared slider turtles laying low amongst the leaves, our afternoon at the Cambridge Butterfly Conservatory was perfect for this time of year! It was a warm, colourful, and an inviting atmosphere.



Sandy learns that the Butterfly Conservatory cannot have caterpillars because they eat too many leaves.



Jean watches some zebra finches on the bird feeder.



The ladies take a rest.



John and Jenny almost look like they are in the waterfalls.



Evelyn takes a moment to smile for the camera.



Be Part of It!

NEW FOR MAY! Join in on the fun!

May 2nd, Wear Sunglasses Day — May is Ultraviolet Awareness Month. Sunglasses protect your eyes from harmful UV rays, so tell everyone to wear them today. Set an example by wearing your sunglasses down to the dining room for dinner. This week instead of Name Tag Tuesday, We will have Wear Sunglasses Day Thursday May 2nd. So wear your sunglasses to earn Moolah money!

May 6th, International Blowing Bubbles Day — This day has been celebrated throughout the world on May 6th for several years. Bubbles are always a lot of fun! So let's have some fun in the dining room on May 6th, by blowing some bubbles!

May 14th, Dance Like a Chicken Day — The chicken dance was created by a Swiss musician Werner Thomas in the mid-1950s. So let's celebrate "Dance Like a Chicken Day," by doing the Chicken Dance on May 14th in the dining room, right before dinner!

May 21st, Double Trouble Day — This is the first day of the astrological sign of Gemini (The Twins). So on this day, pick someone that you both will dress alike and finish each other's sentences. You will earn Moolah money if you dress as twins for dinner service on May 21st.

May 28th, Spelling Day — The Scripps National Spelling Bee begins today. We will ask residents to volunteer to participate in the Heritage Meadows Spelling Bee on May 28th, in the dining room right before dinner service. Make sure to register for this Spelling Bee as spaces are limited. Sign up form is in the activity room.

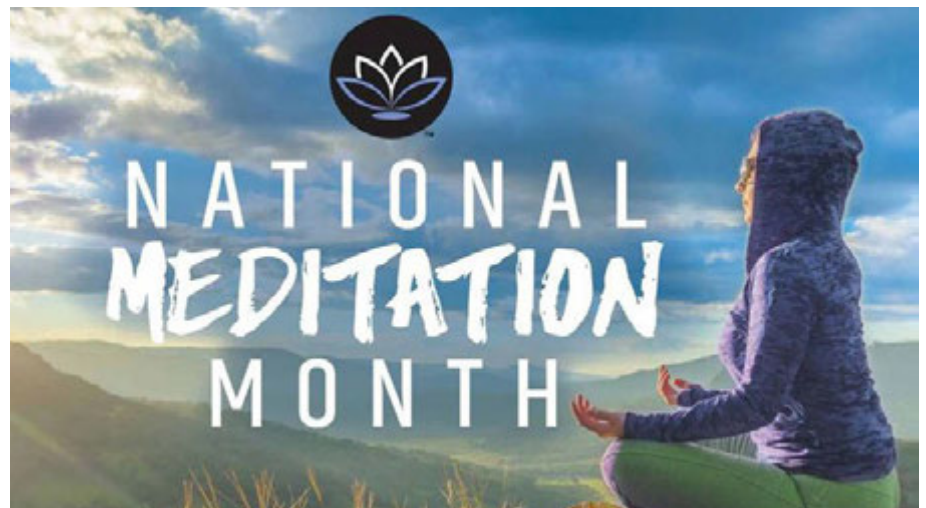
Be
part!
of it!



Velma is enjoying the scenery.



The butterflies were breathtaking to watch.



Enjoy the last five minutes of Chair Yoga with a relaxing meditation moment at the end.

MAY 2019

Birthdays




Norma Podger, 4th
Rhona Bennett, 7th
Sam Swyers, 9th
Mary Anne Schwarz, 9th
Leonilda Duarte, 15th
Peggy Cressman, 15th
Janice Dahmer, 17th
Robert Gaidies, 18th
Gillian Knisley, 22nd
Ursula Greulich, 22nd
John Hannah, 26th
Dorothy Nicolson, 27th
Barb Scarr, 29th

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 Monday, May 20th, in honour of Victoria Day.

Fun Fact: Did you know that no other month this year begins on the same day of the week as May?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY DAY 1	Wear Sunglasses Day, DR 2	8:00 R.O.M.E.O.s and C.L.E.O.s to Breezy Corners, AR 3	9:00 Indoor Walking Group 4
			9:00 Best Feet Forward Nursing Foot Care, ER	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	10:00 Trivia, AR
			9:30 Active Living Exercises, ER	10:00 Hand Waxing, ER	11:30 Rosary, CH	11:30 Rosary, CH
			10:30 Carpet Bowling, AR	10:15 Chapel Service, CH	2:00 Scenic Drive, AR	2:00 Colouring for Pleasure, AR
			11:30 Rosary, CH	11:30 Rosary, CH	3:00 Shiskaball Drop, G	2:30 Pool, PR
			2:00 Colouring for Pleasure, AR	11:30 Chef and Residents' Meeting, AR	7:00 Movie: "Dirty Dancing," MT	3:00 Singo, AR
			3:00 Card Bingo, AR	2:30 Pool, PR		7:00 Euchre, AR
			7:00 Singalong, AR	7:00 Bingo, AR		
5	International Blowing Bubbles Day, DR 6	Name Tag Tuesday 7	8	9	9:00 Health & Wellness Fair, AT 10	9:00 Indoor Walking Group 11
9:00 Indoor Walking	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	10:00 Trivia, AR
10:00 Trivia, AR	10:30 Craft Corner, AR	10:30 Hand Waxing, ER	10:30 Carpet Bowling, AR	10:00 Hand Waxing, ER	10:30 Chair Yoga and Meditation, AR	11:30 Rosary, CH
11:30 Rosary, CH	11:30 Rosary, CH	11:30 Rosary, CH	11:30 Rosary, CH	10:15 Chapel Service, CH	11:30 Rosary, CH	2:00 Colouring for Pleasure, AR
2:00 Documentary: "Planet Earth," MT	2:00 Colouring for Pleasure, AR	11:30 Manager and Residents' Meeting, AR	3:00 Ladies Tea Party, AR	11:30 Rosary, CH	3:00 Shiskaball Drop, G	2:30 Pool, PR
3:30 Darts, AR	3:30 Carpet Bowling, AR	3:00 Haiti Milk Bag Project, AR	7:00 Singalong, AR	2:30 Pool, PR	7:00 Movie: "The Blades of Glory," MT	3:00 Singo, AR
7:00 Euchre, AR	7:00 Bingo, AR	7:00 Grand Chorus Harmony Choir, AT 		7:00 Bingo, AR		7:00 Euchre, AR
MOTHER'S DAY 12	13	Name Tag Tuesday Dance Like a Chicken Day, DR 14	15	16	17	18
9:00 Indoor Walking	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:00 Best Feet Forward Nursing Foot Care, ER	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:00 Indoor Walking Group
10:00 Trivia, AR	10:30 Craft Corner, AR	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	10:00 Hand Waxing, ER	11:30 Rosary, CH	10:00 Trivia, AR
11:30 Rosary, CH	11:30 Rosary, CH	10:00 Hand Waxing, ER	10:30 Carpet Bowling, AR	10:15 Chapel Service, CH	2:00 Departing for V.I.P. Shopping at Alia and Tan Jay, AR	11:30 Rosary, CH
2:00 Documentary: "Planet Earth," MT	2:00 Colouring for Pleasure, AR	10:30 Honduras Project, AR	11:30 Rosary, CH	10:30 Visiting Library Service, AT	3:00 Shiskaball Drop, G	2:00 Colouring for Pleasure, AR
3:00 Music with Jack Coulson, AR	3:30 Carpet Bowling, AR	11:30 Rosary, CH	2:00 Colouring for Pleasure, AR	10:30 Cooking Demo with Chef Jon, AR	7:00 Movie: "Ocean's Eleven," MT" 	2:30 Pool, PR
3:30 Darts, AR	7:00 Bingo, AR	3:00 Haiti Milk Bag Project, AR	2:30 Alia & Tan Jay Fashion Show, AT	11:30 Rosary, CH		3:00 Singo, AR
7:00 Euchre, AR		7:00 Movie: "Saving Grace," MT	7:00 Singalong with Lyndon, AR 	2:30 Pool, PR		7:00 Euchre, AR
				7:00 Bingo, AR		
19	VICTORIA DAY 20	Name Tag Tuesday Double Trouble Day, DR 21	22	23	24	25
9:00 Indoor Walking	9:30 Walking Group	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:00 Departing to Mohawk Casino, AR	9:00 Indoor Walking Group
10:00 Trivia, AR	11:30 Rosary, CH	10:00 Hand Waxing, ER	10:30 Carpet Bowling, AR	10:00 Hand Waxing, ER	9:30 Active Living Exercises, ER	10:00 Trivia, AR
11:30 Rosary, CH	2:00 Colouring for Pleasure, AR	10:30 Honduras Project, AR	11:30 Rosary, CH	10:15 Chapel Service, CH	10:30 Chair Yoga and Meditation, AR	11:30 Rosary, CH
2:00 Documentary: "Planet Earth," MT	3:30 Carpet Bowling, AR	10:30 Suzanne M Jewelry, AT	2:00 Colouring for Pleasure, AR	11:30 Rosary, CH	11:30 Rosary, CH	2:00 Colouring for Pleasure, AR
3:30 Darts, AR	7:00 Bingo, AR	11:30 Rosary, CH	3:00 Card Bingo, AR	2:30 Pool, PR	3:00 Shiskaball Drop, G	2:30 Pool, PR
7:00 Euchre, AR		3:00 Haiti Milk Bag Project, AR	7:00 Singalong, AR" 	7:00 Bingo, AR	7:00 Movie: "Life of Pi," MT	3:00 Singo, AR
		7:00 Movie: "The Full Monty," MT				7:00 Euchre, AR
26	27	Name Tag Tuesday 28	29	30	31	
9:00 Indoor Walking	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:30 Active Living Exercises, ER	9:00 Cambridge Hearing Centre Clinic, TV	9:30 Active Living Exercises, ER	
10:00 Trivia, AR	9:30 Mobility in Motion, AR	10:00 Hand Waxing, ER	10:30 Carpet Bowling, AR	9:30 Active Living Exercises, ER	11:30 Rosary, CH	
11:30 Rosary, CH	10:30 Craft Corner, AR	10:30 Honduras Project, AR	11:30 Rosary, CH	10:00 Hand Waxing, ER	11:30 Departing to the Crossroads Family Restaurant, AR	
2:00 Documentary: "Planet Earth," MT	11:30 Rosary, CH	10:30 Golden Age Apparel, AT	2:00 Colouring for Pleasure, AR	10:15 Chapel Service, CH	3:00 Shiskaball Drop, G	
3:30 Darts, AR	2:00 Colouring for Pleasure, AR	11:30 Rosary, CH	3:00 Card Bingo, AR	10:30 Kitchen Tour, AR	7:00 Pub Night Patrick and Ken, AR	
7:00 Euchre, AR" 	3:30 Carpet Bowling, AR	2:30 Spelling Bee, AR	7:00 Singalong, AR" 	11:30 Rosary, CH		
	7:00 Bingo, AR" 	3:00 Haiti Milk Bag Project, AR		2:30 Pool, PR		
		7:00 Movie: "Shirley Valentine," MT		7:00 Bingo, AR		

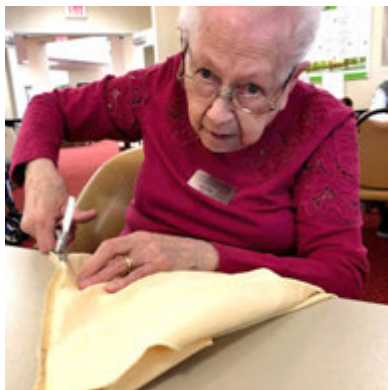


Honduras Project

Our Honduras Project is off to a GREAT start! We have had a wonderful group of dedicated residents coming out Tuesday mornings, and transforming pillowcases into drawstring bags. We have also had residents successfully remove labels off pill bottles. We will continue to take pillowcase donations and empty pill bottles until the beginning of June. At that point, we'll wrap up what we are working on so that we can give the drawstring bags and pill bottles to Medical Ministry International, to take with them over to Honduras. The pill bottles will be reused for carrying medications in place of plastic bags. The drawstring bags will be used for carrying belongings home, and then children who are able to attend school will use the bags to carry their belongings to school.

Thank you to everyone who has donated pillowcases and pill bottles! This project would not have been possible without your donations! And a huge thank you to ALL of our residents who participated in the transformation of the pillowcases. Because of you, not only does a pillowcase get a second life, but we have made someone else's life a little easier.

So, thank you!



Arlene is busy cutting away!



Carolyn tackles a piece of fabric that was donated.



Helen and Gillian work together.



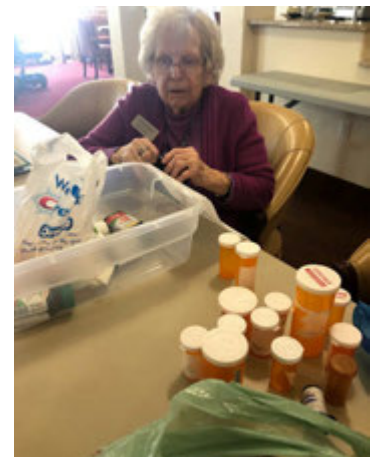
Jean feeds through a string to complete the drawstring bag.



Lil is so good at feeding through the string she doesn't even need to look.



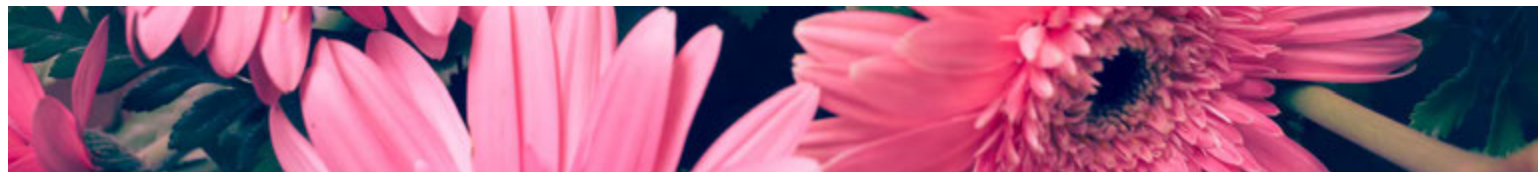
Barb is determined to remove labels off the pill bottles.



Jean battles some stubborn labels.

**MODELS
WANTED**

We're on the lookout for several women residents who are interested in being models for the Alia and TanJay Fashion Show. This does not require a lot of commitment, just an afternoon of your time. If you are interested in being a model, please see Maggie!



Fashion Show and VIP Shopping

Just when you think all the excitement is over, there's more! We had such a great crowd out last year and a gorgeous lineup of models. Alia and TanJay are coming back, Wednesday, May 15th, in the Atrium. The Fashion Show begins at 2:30 p.m. — remember to arrive early as the best seats in the house fill up quickly, and this is not a ticket-sale event. Our models will walk down the catwalk wearing a specific outfit pre-selected by Fran and her staff. You'll be able to visually deconstruct each outfit and appreciate the colours and detail of every single piece. You may even want to take pictures or notes of your favourite pieces to pick up in the store later that week. There will be a V.I.P. shopping opportunity on Friday, May 17th. Our bus will drive you over at 2 p.m., just make sure you sign up in the Activity Room to attend the outing. Then you can enjoy an afternoon of shopping at Alia and TanJay, with some extra attention and perks during their V.I.P. afternoon. And if you are quick, you may nip out to a few more stores.

ALIA n TANJAY

FASHION
Show

Yard Sale Donations Needed

As summer is just around the corner, it's time to start planning and compiling donations for our annual yard sale. Let's hope our unpredictable Canadian weather gives us a little sunshine this year! Regardless of the weather, the sale must go on, rain or shine!

So if you or your family/friends are purging items, we are accepting donations of all sizes. Some example items include the following, but are not limited to: appliances, tools, household decorations, furniture, clothes and much more. If you have any questions please see Maggie.



The Health and Wellness Fair unites accredited health and wellness professionals with enthusiasts who desire complete well-being. This allows the opportunity to develop personal relationships while improving your physical, mental, and spiritual well-being. There will be a wide variety of health and wellness professionals, so this is your optimal time to bring all your questions and/or concerns. This is also a great opportunity for our new residents who are seeking services in the Cambridge area.

Come experience this informative, social and interactive Health and Wellness Fair on Friday, May 10th, from 9 a.m. to 12 p.m., throughout the Atrium and Activity Room.

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A photograph of an older couple hiking in a field at sunset. The man is in the foreground, wearing a dark jacket and glasses, looking towards the right. The woman is behind him, wearing a striped shirt and a yellow backpack, also looking towards the right. They are both wearing backpacks. The background shows a field with trees and a sunset sky with orange and yellow clouds.

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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