

MAY 2019

ROSEWOOD ESTATES STAFF

Managers......MYRON THOMPSON & HELEN COLLINS
Assistant ManagersBRIAN TABB & KATE HUTT
Executive Chef......PETER GOSLING
Activity CoordinatorMELISSA DAVEY
MaintenanceLUCAS COLLEY

Bus Driver......RICHARD ANDERSON

TRANSPORTATION

Monday, Wednesday & Friday, 9 a.m.-noon and 2-4 p.m.: Errands and Shopping

Tuesday & Thursday, 9 a.m.-noon and 2-4 p.m.: Medical Appointments

Saturday & Sunday: No Bus Service



Up and Coming

Mother's Day is a celebration honoring the mother of the family, motherhood in general, maternal bonds and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March and May. It complements similar celebrations honoring fathers, siblings and grandparents.

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St. Andrew's Methodist Church in Grafton, West Virginia. St. Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died.

We will be celebrating all of the amazing women at Rosewood Estates by giving them a day of delicious food, pampering and care.

It's all about you ladies, come and enjoy this special day!





An Afternoon of the Casino Life

Our afternoon at the Casino included a buffet of delicious foods and desserts, socializing and let's not forget, winning a little money!

Upon arrival at the casino, we could choose to enjoy the buffet right away or try our luck at the tables and slots. We gave ourselves lots of time there so there was no rush, just a very enjoyable afternoon.

Making our way back to the bus, the buzz started with each of us wondering how the other did. The winning outcome was, well, let's just say we will be going back!



Sipping on coffee after an enjoyable buffet!



Trying our luck!

Culinary Education Series: May Meditation and More!

Meditation can be defined as a set of techniques intended to encourage a heightened state of awareness and focused attention. Many people use it as a way to relax or to re-focus their minds. Meditation is also a way to keep minds sharp, and it has been linked to a number of physical health benefits, including lowering blood pressure.



Healthy ways to stay calm



Learn some deep breathing techniques to help your mind, body and spirit.

This month, we will be learning a little about meditation and why it can help. We will practice some relaxing breathing exercises and try out some quick and easy recipes for keeping ourselves hydrated and energized.

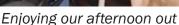
This will happen throughout the month, so don't forget to check your calendars for dates!



Lunch on the Town!

We can never go wrong at Captain George's. It is always a great experience. The food is delicious, and the service, impeccable. Our server, who is ever ready to help, makes our experience special every time. Rosewood Estates is well known there, and it always shows!







Smile

Can You "Hear Right?"

This month, we will be joined by our favorite ladies from Hear Right Canada, Andrea and Riana. Although we see these ladies bi-monthly for hearing aid care, with this visit, they will share a little more information on hearing loss, such as when to be concerned, when to invest in an aid and how to properly care for it. They will also answer questions regarding hearing loss and the availability of different aids. Mark your calendar so you don't miss this informative info session.





Coming May 8 at 2 p.m.

The Do's and Don'ts of Recycling! Info Session

Recycling is the process of converting waste materials into new materials and objects. It is an alternative to "conventional" waste disposal that saves material and helps lower greenhouse gas

emissions. Recycling can prevent the waste of potentially useful materials and reduce the consumption of fresh raw materials, thereby reducing energy usage, air pollution (from incineration) and water pollution (from landfilling).

This month, we will be joined by a representative from our Grafton Recycling Plant, who will share important information regarding



Coming May 3rd at 10 a.m.

Reduce, Reuse, Recycle. Our world is changing every day, and to help keep it safe, this program changes as well. There are so many new items that can now be recycled and ways for us to do our part in making this happen.

Come to the activity room on May 3rd at 10 a.m. to have any questions answered and to gather important information to help us all become more responsible for making our planet a better place to live!

MAY 2019

Birthdays

Kathryn Cole, 12th Eva Pinkowsky, 12th Bette Smith, 15th Bonnie Moyer, 23rd Helen Wright, 23rd Joseph Rombaut, 23rd June Tink, 24th Bernadette Allen, 27th Kay Boulter, 27th Ruth Cooke, 29th

Locations

Activity Room, AR Atrium. AT Beauty Salon: Third Floor, S Bus (Sign Up For Bus In The Activity Room), B Chapel: Third Floor, CH

Dining Room, DR Exercise Room: Second Floor, ER

Library: Second Floor, LB

Outside, O Patio, P

Pool Room: Second Floor, PR

TV Room: Second Floor, TV

Trivia Tuesdays — every Tuesday before dinner!

"Age is not how old you are, but how many years of fun you've had." -Matt Maldre

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY MAY DAY 1 Nightly Puzzles 9:00 Exercises, AR 9:00 Exercises, AR 9:30 Carpet Bowl 10:00 Church Service, CH 11:00 Women's Pool 11:00 Residents' Meeting with Mgmt., AR Game, PR 11:00 Women's Pool Game, PR 12:00 50/50 Draw, DR 11:55 Let's Make a Deal: What Can You Show Me?, DR 3:00 Men's Pool 1:15 Jack Burger Water Aerobics! 2:15 Fall Prevention, TV Game, PR Men's Pool Game, PR 6:00 Emptybowls 4:00 Card Bingo, AR 6:30 Bid Euchre, AR **Fundraiser** 7:00 Netflix Series Night!, TV 8 Nightly Puzzles 6 Nightly Puzzles 9:00 Exercises, AR 9:00 Exercises, AR 9:00 Exercises, AR 9:00 Exercises, AR 9:30 Carpet Bowl 9:30 Carpet Bowl 2:00 Bean Bag Baseball 10:00 "Family Feud" Fun!. AR 10:30 Wii Bowling, AR 10:00 Golfing at 11:00 Jumbo Crossword, AR with Coach 11:00 Women's Pool Rosewood, DR 11:00 Women's Pool Game, PR 11:00 Women's Pool Myron!, AR Game. PR 11:00 Women's Pool 2:00 Hear Right Canada Game. PR Game. PR 3:00 Helping Hands: 11:00 5th Avenue Jeweler, AT Info Session!, AR 1:45 Bingo, AR 12:00 50/50 Draw, DR 2:00 Line Dancing, AR 2:15 Fall Prevention, TV Milk Bag Mats, AR 3:00 Men's Pool Game, PR 3:00 Men's Pool Game, PR 3:00 Men's Pool Game, PR 2:00 Chef Meeting, AR 6:45 Card Games, AR 3:15 Helping Hands Milk 4:00 Card Bingo, AR 3:00 Horse Racing, AR 4:00 Knitters Circle, AR 7:00 Netflix, TV Bag Mats, AR 6:30 Bid Euchre, AR 3:00 Men's Pool Game, PR 6:30 St. John Therapy Dog, AT 7:00 Netflix Series Night!, TV 6:30 Bridge & Euchre, AR 7:00 Card Games, AR 6:30 Bridge & Euchre, AR **MOTHER'S DAY** 12 15 Nightly Puzzles 14 13 9:00 Exercises, AR 9:00 Exercises, AR Nightly Puzzles 9:30 Carpet Bowl 9:00 Exercises, AR 9:30 Carpet Bowl 9:00 Exercises, AR 10:30 Wii Bowling, AR 10:00 Golfing at 11:00 Jumbo Crossword, AR 12:30 Mother's Day 10:00 "Family Feud" Fun!, AR 11:00 Women's Pool Game, PR Rosewood, DR 11:00 Women's Pool 11:00 Women's Pool Dinner. DR 1:15 Jack Burger Water Game, PR Game, PR 11:00 Women's Pool Aerobics! 2:00 Mother's Day 2:00 Ice Cream Social, AR 2:15 Fall Prevention, TV Game, PR 1:45 Bingo, AR Pampering!, AR 3:00 Men's Pool Game, PR 3:00 Men's Pool Game, PR 12:00 50/50 Draw, DR 3:00 Men's Pool Game, PR 6:45 Card Games, AR 4:00 Knitters Circle, AR 4:00 Card Bingo, AR 3:00 Horse Racing, AR 3:15 Helping Hands Milk 6:30 Bid Euchre, AR 7:00 Netflix, TV 6:30 St. John Therapy Dog, AT **Bag Mats, AR** 3:00 Men's Pool Game, PR 7:00 Netflix Series 7:00 Card Games, AR 6:30 Bridge & Euchre, AR Night!, TV 6:30 Bridge & Euchre, AR 19 VICTORIA DAY 20 21 9:00 Exercises, AR Nightly Puzzles

2:00	Bean Bag Baseball with Coach
	Myron!, AR
3:00	Helping Hands:

Milk Bag Mats, AR

6:45 Card Games, AR

7:00 Netflix, TV

2:00 Bean Bag Baseball with Coach Myron!, AR

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3:00 Helping Hands: Milk Bag Mats, AR

6:45 Card Games, AR 7:00 Netflix, TV

9:00 Exercises, AR 9:30 Carpet Bowl 11:00 Jumbo Crossword, AR 11:00 Women's Pool

1:45 Bingo, AR 3:00 Men's Pool Game, PR 3:15 Helping Hands Milk

Game, PR

Bag Mats, AR 6:30 Bridge & Euchre, AR

9:30 Carpet Bowl 11:00 Jumbo Crossword, AR

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Nightly Puzzles

9:00 Exercises, AR

11:00 Women's Pool

Game, PR

2:00 Line Dancing, AR

3:00 Men's Pool Game, PR

6:30 St. John Therapy Dog, AT

4:00 Knitters Circle, AR

7:00 Card Games, AR

11:00 Women's Pool Game, PR 1:45 Bingo, AR

9:00 Exercises, AR

3:00 Men's Pool Game, PR 3:15 Helping Hands Milk Bag Mats, AR

6:30 Bridge & Euchre, AR Nightly Puzzles 9:00 Exercises, AR 10:00 "Family Feud" Fun!, AR 11:00 Women's Pool Game. PR 2:00 Line Dancing, AR

3:00 Men's Pool Game, PR 4:00 Knitters Circle, AR

6:30 St. John Therapy Dog, AT 7:00 Card Games, AR

10:00 "Family Feud" Fun!. AR

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10:30 Wii Bowling, AR 11:00 Women's Pool Game, PR 1:15 Jack Burger Water

9:30 Carpet Bowl

Aerobics! 2:15 Fall Prevention, TV 3:00 Men's Pool Game, PR

4:00 Card Bingo, AR 6:30 Bid Euchre, AR

7:00 Netflix Series Night!, TV

Nightly Puzzles

6:30 Bridge &

9:00 Exercises, AR

12:00 50/50 Draw, DR

3:00 Horse Racing, AR

Euchre, AR

Rosewood, DR

11:00 Women's Pool Game, PR

3:00 Men's Pool Game, PR

10:00 Golfing at

10:30 Wii Bowling, AR 11:00 Women's Pool Game, PR 1:20 Guys and Dolls at the

2:15 Fall Prevention, TV

7:00 Netflix Series

Rosewood, DR 10:30 Mobile Senior Shop, AT

3:00 Horse Racing, AR

9:30 Carpet Bowl 10:00 Recycling Info Session with Dan!. AR

FRIDAY

2

9

16

23

30

2:15 Fall Prevention, TV

9:00 Exercises, AR

9:00 Exercises, AR

9:30 Carpet Bowl

10:00 Let's Walk!

11:00 Women's Pool Game, PR 3:00 Men's Pool Game, PR 3:00 Hand Wax Therapy, AR 6:30 St. John Therapy Dog, AT 7:00 Penny Poker, PR

11:00 Women's Pool Game, PR

11:45 Lunch on the Town!

2:15 Fall Prevention, TV

9:00 Exercises, AR

9:30 Carpet Bowl

11:00 Women's Pool

6:30 St. John Therapy

7:00 Penny Poker, PR

10:30 Art Galleries Scenic

2:15 Fall Prevention, TV

6:30 St. John Therapy

7:00 Penny Poker, PR

Dog, AT

9:00 Exercises, AR

3:00 Men's Pool Game, PR

3:00 Hand Wax Therapy, AR

Tour Lunch Outing!

11:00 Women's Pool Game, PR

Dog, AT

9:00 Exercises, AR

9:30 Carpet Bowl

10:00 Let's Walk!

& Brian, AR 11:15 Cribbage Group, AR 2:00 Women's Pool, PR 3:30 Happy Hour with

10

Dan Farmer, AR 6:30 Bid Euchre, AR 7:00 Netflix Movie, TV

SATURDAY

Right with Kate

10:00 The Price Is

Right with Kate & Brian, AR 11:15 Cribbage Group, AR

11

25

2:00 Card Bingo, AR

10:00 The Price Is

3:00 Men's Pool Game, PR 2:00 Women's Pool, PR 3:00 Hand Wax Therapy, AR 6:30 Bid Euchre, AR

6:30 St. John Therapy Dog, AT 7:00 Netflix Movie, TV 7:00 Penny Poker, PR

> 17 18 10:00 The Price Is **Right with Kate**

& Brian, AR

Game, PR 11:15 Cribbage Group, AR 2:15 Fall Prevention, TV

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2:00 Card Bingo, AR 3:00 Men's Pool Game, PR 2:00 Women's Pool, PR 3:00 Hand Wax Therapy, AR

6:30 Bid Euchre, AR

7:00 Netflix Movie, TV

10:00 The Price Is **Right with Kate** & Brian, AR

11:15 Cribbage Group, AR 2:00 Card Bingo, AR

2:00 Women's Pool, PR 6:30 Bid Euchre, AR

7:00 Netflix Movie. TV



Capitol Theatre!

9:00 Exercises, AR

9:30 Carpet Bowl

3:00 Men's Pool Game, PR 6:30 Bid Euchre, AR

Night!, TV

9:00 Exercises, AR 10:00 Golfing at

11:00 May Birthday Tea. AR

11:00 Women's Pool Game, PR 12:00 50/50 Draw, DR

3:00 Men's Pool Game, PR 6:30 Bridge & Euchre, AR

9:30 Carpet Bowl 10:00 Lilac Tour in Warkworth 11:00 Women's Pool Game, PR

2:15 Fall Prevention, TV 3:00 Hand Wax Therapy, AR

3:00 Men's Pool Game, PR 6:30 St. John Therapy Dog, AT 7:00 Penny Poker, PR

7:00 Pub Night with Susan and Greg Williams, AR

A St. Paddy's Day Celebration!

Here at Rosewood Estates, we wear green well. You could say the celebration started days before, planning and shopping for the most creative green attire we could come up with. With so many creative accessories out there, it's easy to join in this fun-filled tradition.

The dining room blossomed with green as we began our St. Paddy's Day feast in honor of the saint,

thanks to our award winning kitchen. Succulent salmon or mouth-watering beef with sides that enhanced the flavors made it hard to resist ordering meals.

We continued our way into the activity room where we were greeted by Alana Jennish and friends. They wowed us with a hour-long tribute to old Irish favorites. Sipping on green beverages and enjoying a little Irish step dancing, the accordion and much more made for a wonderful celebration of Canada's favorite traditional events.



One of our delicious choices



How do you choose between the two?



Betty celebrating her green!



Teresa sipping on her green beverage.



Bev's ready to go!



Bonnie and Eric celebrating with our up and coming residents and friends.



Cheers, Willy!





Smile, Terry!



Happy St. Patrick's Day!



Happy Birthday, Madeline!



Smile ladies!



Alana and friends putting on a great show.



255 Densmore Road Cobourg, Ontario K9A 0E5



