

ROSEWOOD ESTATES

Gracious Retirement Living

255 Densmore Road • Cobourg, Ontario K9A 0E5 • Phone (905) 373-5000 • www.seniorlivinginstyle.com

MAY 2019

ROSEWOOD ESTATES STAFF

Managers.....MYRON THOMPSON &
HELEN COLLINS
Assistant ManagersBRIAN TABB & KATE HUTT
Executive ChefPETER GOSLING
Activity Coordinator MELISSA DAVEY
Maintenance LUCAS 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

HAWTHORN
SENIOR LIVING

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.



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



Healthy ways to stay calm

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!



Enjoying our afternoon out



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 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!



Coming May 3rd at 10 a.m.



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!



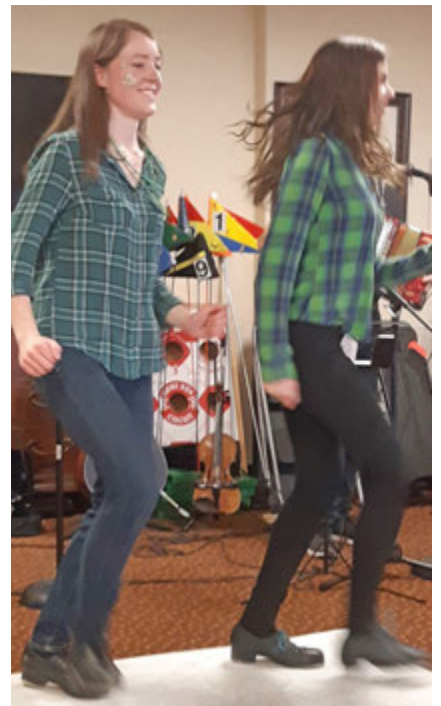
Happy St. Patrick's Day!



Happy Birthday, Madeline!



Smile ladies!



Alana and friends putting on a great show.

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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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