

ROSEWOOD ESTATES

Gracious Retirement Living

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

JULY 2019

ROSEWOOD ESTATES STAFF

Managers...MYRON THOMPSON & HELEN COLLINS
Assistant Managers BRIAN TABB & KATE HUTT
Executive Chef PETER 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

Our Virtual Reality Experience!

Virtual Reality: A computer-generated simulation of a three-dimensional image or environment that can be interacted with in a seemingly real or physical way by a person using special electronic equipment, such as a helmet with a screen inside or gloves fitted with sensors.

This might sound complicated but wow, what an experience. It did not matter if you were daring and rode the roller coaster or if you were floating through space, it was amazing. Everyone was able to pick the world they wanted and it seemed the roller coaster was the most popular. This wasn't just any roller coaster ride. It had pieces missing out of the track, boulders flying at you and diving into water. The laughter and maybe a few screams could be heard throughout the building.



Jannie trying out the roller coaster!



Ruth trying out virtual reality for the first time

The Sweet Smell of Lilacs!

We are fortunate to have such a special spot close to home to experience the real beauty of lilac bushes. Warkworth, Ontario holds its own annual Lilac Festival.

The festival showcases many rare and beautiful varieties of lilac to surprise and delight. With early, mid and late blooming varieties that show their colours over a 30-40 day period on view, you are certain to catch lilacs in bloom along our Millennium Lilac Trail.

We decided to go all out and get the most out of our experience with two tour guides – this is another great offer from the festival. Joan and Carol (our guides) were fantastic and really knew their stuff. We had the option of driving the trails or walking, each equally amazing. Our lilac enthusiasts really got the full experience.

We then made our way to St. Paul's Church for a homemade meal of soup, sandwiches and pie. The ladies of St. Paul's were super helpful and very welcoming.

On our way home, we took the scenic route, which gave us the chance to take in the scenery, relax and reminisce about the wonderful day we just shared.



Relaxing to the calming sounds of the creek and the beautiful view



Isobel taking in the sweet smell



Getting ready to head to the lilac trails

.....Empty Bowls Fundraiser!.....

On Thursday, May 2, 2019, at Rosewood Estates and the Help and Legal Centre of Northumberland held its 10th annual Empty Bowls Fundraising Dinner, which aims to raise awareness about the impact of poverty within the local community over a bowl of soup and conversations with friends.



Margaret and Cameron are showing off their handmade empty bowls!

We enjoyed a selection of appetizers, a variety of soups and desserts prepared by our award-winning chef Peter Gosling and staff. Everyone also had the opportunity to bid on various auction items in the silent auction. This year, our feature entertainment was by local musicians Don Owens and Bruce Longman.

All guests, including Rosewood residents, took home a handcrafted bowl donated by Dragon Clay Pottery and the Northumberland Potters. The bowl is there to remind us of those who may go without in Northumberland.

With the help of the amazing support from our community, including Rosewood Estates, we hope to be a part of eliminating poverty in Northumberland County.

Hanging With the Kids of St. Joseph's!

Once again, we were joined by the grade 3/4 class from St. Joseph's Elementary. This time our fun included teaching the children and some healthy competition in carpet bowl. In the past visits to Rosewood Estates, the children have really taken to watching the residents play carpet bowl, never wanting to leave and always cheering the residents on. We decided to ask the children to join us for a morning of carpet bowl and they accepted. Many of our residents were happy to help and be a part of the fun. It did not take long to teach the children how to win! We ended our enjoyable morning with some tasty snacks and juice.



The children and residents hoping for a point



The other team's cheering squad!



Our cheering squad!



Some of our junior servers delivering appetizers

Lunch on the Town!

This month's "Lunch on the Town" was at Castle John's in Cobourg. We decided to keep it local and try a new restaurant. The atmosphere was inviting and the food was great. The chef came out to personally thank us and make sure we were enjoying our experience. A great afternoon for all.



Lunch at Castle John's

JULY 2019

Birthdays

Wayne Schlepp, 8th
 Harry Birney, 10th
 John Sled, 15th
 Dorothy Jarvie, 17th
 Eric Moyer, 19th
 Bill Harris, 20th
 Catherine McGill, 21st
 Betty Symons, 22nd
 Ruth Maloney, 22nd
 Doreen Karwaski, 23rd
 Al Lubinsky, 25th
 Eileen Jones, 27th
 Alice Allen, 27th

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!

**“Every day is
 a great day
 to give love,
 spread joy and
 sparkle!”**

—Sheri Fink

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CANADA DAY 1 Dusk Bonfire: Marshmallow Time!, O Holiday: No Bus Service 9:00 Exercises, AR 9:30 Carpet Bowl 11:00 Women's Pool Game, PR 11:00 Jumbo Crossword, AR 12:30 Canada Day Barbecue! 2:30 Entertainment: Time Out Band!, AR 3:00 Men's Pool Game, PR 6:30 Bridge & Euchre, AR	2 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	3 9:00 Exercises, AR 9:30 Carpet Bowl 10:00 Church Service, CH 11:00 Women's Pool Game, PR 11:55 Let's Make a Deal: What Can You Show Me?, DR 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	4 Nightly Puzzles 9:00 Exercises, AR 10:00 Golfing at Rosewood, DR 11:00 Women's Pool Game, PR 12:00 50/50 Draw, DR 3:00 Horse Racing, AR 3:00 Men's Pool Game, PR 6:30 Bridge & Euchre, AR	5 9:00 Exercises, AR 9:30 Carpet Bowl 10:00 Let's Walk! 11:00 Women's Pool Game, PR 11:45 Picnic at the Cobourg Beach! 2:15 Fall Prevention, TV 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	6 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
7 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	8 9:00 Exercises, AR 9:30 Carpet Bowl 11:00 Jumbo Crossword, AR 11:00 Women's Pool Game, PR 1:45 Bingo, AR 3:00 Men's Pool Game, PR 3:15 Helping Hands Milk Bag Mats, AR 6:30 Bridge & Euchre, AR	9 Nightly Puzzles 9:00 Exercises, AR 10:00 “Family Feud” Fun!, AR 11:00 Women's Pool Game, PR 11:00 Vendor: Pauline with Her Magnetic Scarves!, AT 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 9:00 Exercises, AR 9:30 Carpet Bowl 10:00 History on Cobourg: Tour with John 11:00 Women's Pool Game, PR 2:00 Dietitian Info Session with Adam!, AR 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	11 Nightly Puzzles 9:00 Exercises, AR 10:00 Golfing at Rosewood, DR 11:00 Women's Pool Game, PR 12:00 50/50 Draw, DR 2:00 Chef Meeting, AR 3:00 Horse Racing, AR 3:00 Men's Pool Game, PR 6:30 Bridge & Euchre, AR	12 9:00 Exercises, AR 9:30 Carpet Bowl 11:00 Women's Pool Game, PR 2:15 Fall Prevention, TV 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	13 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 3:30 Happy Hour with Mark Septic!, AR 6:30 Bid Euchre, AR 7:00 Netflix Movie, TV
14 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	15 9:00 Exercises, AR 9:30 Carpet Bowl 11:00 Jumbo Crossword, AR 11:00 Women's Pool Game, PR 1:45 Bingo, AR 3:00 Men's Pool Game, PR 3:15 Helping Hands Milk Bag Mats, AR 6:30 Bridge & Euchre, AR	16 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	17 9:00 Exercises, AR 9:30 Carpet Bowl 11:00 Women's Pool Game, PR 11:00 A Performance at the Barn: Abba Mia 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	18 Nightly Puzzles 9:00 Exercises, AR 10:00 Golfing at Rosewood, DR 11:00 Women's Pool Game, PR 12:00 50/50 Draw, DR 2:00 Open House 3:00 Horse Racing, AR 3:00 Men's Pool Game, PR 6:30 Bridge & Euchre, AR	19 9:00 Exercises, AR 9:30 Carpet Bowl 10:00 Private Feeding Tour at Cat World! 11:00 Women's Pool Game, PR 2:15 Fall Prevention, TV 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	20 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
21 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	22 9:00 Exercises, AR 9:30 Carpet Bowl 11:00 Jumbo Crossword, AR 11:00 Women's Pool Game, PR 1:45 Bingo, AR 3:00 Men's Pool Game, PR 3:15 Helping Hands Milk Bag Mats, AR 6:30 Bridge & Euchre, AR	23 Nightly Puzzles 9:00 Exercises, AR 10:00 “Family Feud” Fun!, AR 11:00 Women's Pool Game, PR 2:00 Bible Scripture Talk with Lynn!, TV 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	24 9:00 Exercises, AR 9:30 Carpet Bowl 10:30 Wii Bowling, AR 11:00 Women's Pool Game, PR 2:00 Corny Snacks and Fun Corny Games!, O 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	25 Nightly Puzzles 9:00 Exercises, AR 10:00 Golfing at Rosewood, DR 11:00 Women's Pool Game, PR 12:00 50/50 Draw, DR 3:00 Horse Racing, AR 3:00 Men's Pool Game, PR 6:30 Bridge & Euchre, AR	26 9:00 Exercises, AR 9:30 Carpet Bowl 10:00 Let's Walk! 11:00 Women's Pool Game, PR 11:45 Patio Lunch and Walking the Boardwalk: Presqu'ile 2:15 Fall Prevention, TV 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 7:00 Pub Night with Hal Allison, AR	27 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
28 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	29 9:00 Exercises, AR 9:30 Carpet Bowl 11:00 Jumbo Crossword, AR 11:00 Women's Pool Game, PR 1:45 Bingo, AR 3:00 Men's Pool Game, PR 3:15 Helping Hands Milk Bag Mats, AR 6:30 Bridge & Euchre, AR	30 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	31 9:00 Exercises, AR 9:30 Carpet Bowl 10:30 Wii Bowling, AR 11:00 Women's Pool Game, PR 2:15 Fall Prevention, TV 2:30 Birthday Tea and Cake Celebration!, AR 3:00 Men's Pool Game, PR 4:00 Card Bingo, AR 6:30 Bid Euchre, AR 7:00 Netflix Series Night!, TV			

Let's Walk!

Keeping physically active can slow the aging process. Exercise is the mantra to keep young and feel good. A study published in 1995 that tracked 9,777 men between 20 and 82 years found that physically unfit men who became fit had death rates 44 percent lower than those who remained unfit.

Regular exercise prevents bone loss and incidence of fractures; it increases the muscle strength, hence the balance and coordination.

Rosewood has an extensive exercise program every weekday morning that differs day to day, focusing on all parts of the body. This program is amazing and everyone leaves the activity room always feeling positive and ready to start the day. On top of our morning exercise, we still get out to walk around Rosewood grounds as much as possible.

Now that our weather has started to improve, we are able to take our walking outside into the community. So far we have made our way down to the Cobourg Beach to enjoy the boardwalk and take in the beautiful sights. We will then venture all over Cobourg to see as much of summer as we can.

Exercise is important in everyone's life no matter your hurdles, we just need to figure out the proper program for your lifestyle. If you think you would like to get out and walk with us, come. Everyone goes at their own pace and stops as much as needed. Who knows, maybe your idea will be the next walk!



Out for a walk at the beach

Getting Corny With the Culinary Education Series!

Since ancient times, corn has played an integral role in human history. Evidence of corn in central Mexico, where it was domesticated from a wild grass, suggests it was used there as long as 7,000 years ago. Cultivated corn is known to have existed in the southwestern United States for at least 3,000 years! Today, corn is the largest grain crop grown in the United States and Canada. Take a look at the many health benefits of this amazing vegetable.

1. Corn is a fiber-rich food which is fantastic for digestive health!
2. Corn is gluten free! Gluten generally can cause bloating, cramping, and other metabolic problems.
3. Eating corn may help lower bad cholesterol: Consumption of corn husk oil reduces LDL cholesterol (the bad cholesterol) and maintains the level of good cholesterol (HDL).
4. Antioxidants found in corn help prevent macular damage, therefore improving eye health.
5. Phenolic phytochemicals found in corn kernels are able to regulate absorption and the release of insulin into the body which helps to control diabetes.
6. Corn is a rich source of essential minerals such as potassium (8%) and magnesium (31%) of daily value which helps to control hypertension.



The month of July, we will check out different ways to enjoy corn including cooking it and playing some corny games. Check your calendar, don't miss out on the fun!

Mother's Day at Rosewood!

We started off this special day with a delicious meal from our amazing kitchen and continued our way to the activity room to pamper all the amazing women at Rosewood. Hand waxing, hand and arm massage or nail painting were some of the options our ladies had, all while sipping on tea and enjoying delicious snacks. Chocolate-covered strawberries were just one of the delectable desserts. Family members were welcome to come in and enjoy, which only made our afternoon more special.



Just some of our amazing ladies from Rosewood Estates



Some chose waxing, some massage, some nail painting and some all three!



More amazing ladies! Happy Mother's Day, ladies!



Our delicious meal made by our award-winning kitchen!

Up and Coming!

Canada Day is the national day of Canada. A federal statutory holiday, it celebrates the anniversary of July 1, 1867, the effective date of the Constitution Act, 1867, which united the three separate colonies of the Province of Canada, Nova Scotia, and New Brunswick into a single Dominion within the British Empire called Canada.

A delicious barbecue, local talented musicians and roasting marshmallows over an open fire — sounds like fun! So, come and be a part of our Canada Day Rosewood Celebration!



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Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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