

Heritage Meadows

Gracious Retirement Living

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

JULY 2019

HERITAGE MEADOWS STAFF

Managers..... HARM & MARIAN VELLEKOOP
Assistant Managers ..GARY & LINDA YEARSLEY
Activity CoordinatorMAGGIE CLEMENS
MaintenanceNICK SWAIN
Bus DriverYOMARI AYALA
Head HousekeeperSHIRLEY 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



This Canada Day, enjoy a patriotic dinner and some fun games and perhaps a little trivia. With an afternoon filled with entertainment and some delicious treats. We want to see you all out and enjoying yourselves!

Auction

Do you know how much Moolah Money you have?

Well, if it helps, you may want to trade those smaller bills in for larger bills.

So, make sure you have all your money with you on July 4th, when we are running the auction in the atrium. There will be various items that you can bid on and the highest bidder will win the item. However, we have a few tricks up our sleeves, or at least Maggie does. So, do not be discouraged and come out on July 4th for the next big auction!



Hand Waxing

Have you ever looked at the calendar and wondered ... “What is hand waxing on Tuesday and Thursday mornings?”

No, it is not hair removal.

It's actually a tub with melted paraffin wax. Your hands are submerged in the warm liquid wax, your hands are gently wrapped with plastic wrap and placed in a mitt. The wax hardens slightly on your skin and the wax is gradually removed after 15 minutes. The heat from the wax spa tub helps temporarily soothe aching joints, especially for those individuals suffering from arthritis. The paraffin wax also helps deep-moisturize and condition the skin.

Come spoil your hands Tuesday and Thursday mornings at 10 a.m. in the exercise room. But before you ask ... no, we do not do feet. :)



It's a Small World

Arlene Nymeyer and Jessie Vanengen were both born on a farm in Hoogeveen, Holland.



They went to the same school, but did not know each other then.

Both ended up in Canada in the 1950s. Now they both live here at Heritage Meadows and are next-door neighbours. They learned to speak English but still speak

perfect Dutch, and also a dialect of their own language which is very different.

Arlene and Jessie are both very happy here in their home, making friends, and doing different activities.

We hope to be able to stay here for a long time, enjoying retirement. Thank you to the managers and the staff for taking care of us, so we may feel like we have a new family.

Sincerely,
Arlene and Jessie



Heritage Meadows International Food Fair will showcase France, Jamaica, Portugal and Canada.

Each country will have its own table with a flag to easily distinguish them and will proudly be decorated with lots of specialty foods.

The International Food Fair is more than just a single afternoon of good food. It celebrates the cultural and ethnic diversity we have in our country, as well as fostering a sense of cultural appreciation.

Come experience and taste this unique cultural event taking place, Thursday, July 18th at 2:30 p.m. in the activity room.

DOUBLE TROUBLE

It was great to see all the residents coordinate themselves to be dressed as twins. Who knew we had so many double troubles in the community?



Look at this great group!



Who's Jane and who's Margaret? You look so much alike, I can't tell.



Loving the dazzling shirts, ladies!



That shade of pink looks great on both of yas!



Joyce and Gwen even got the matching shoes.



Evelyn and Marian are stylin' together in their bright yellow jackets.

Corn

How do you like to eat your corn?

Corn on the cob, corn kernels, popcorn, maybe on your pizza, in a dip or in soup, or maybe in a chowder.

Well, July is a perfect month for corn as Orville Redenbacher was born July 16, 1907, in Indiana. He "burst" into the popcorn business at an early age to earn extra money.

There are many ways people are eating corn nowadays other than just popcorn, and there are many health benefits to eating corn. Corn is a fibre-rich food which is great for the digestive health. Corn is gluten free, and gluten can cause bloating, cramping, and other metabolic problems. Eating corn may help lower bad cholesterol (the bad cholesterol) and maintains the level of good cholesterol (HDL). Antioxidants found in corn help prevent macular damage, therefore improving eye health. Corn is also a rich source of essential minerals such as potassium, magnesium which helps to control hypertension.

In the month of July, we are going to enjoy corn in a few different ways. Every Thursday morning, find your way down to the activity room to enjoy some unique corn snacks or perhaps even a beverage ...



JULY 2019

Birthdays

Alice Jarian, 2nd
Shirley Little, 3rd
Jenny Van Runt, 8th
Edith Mercer, 11th
Albert Cormier, 11th
Jill Shanks, 12th
Jean King, 16th
Stella Medley, 18th
Lore Suckert, 18th
Penny Smith, 22nd
Mildred Parsons, 28th

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

Please keep in mind there are no Active Living Exercises, bus or housekeeping services on July 1st in honour of Canada Day.

Mystery Name Tag week is from July 9th-July 12th; be sure to wear your name tag every day so you're not caught off guard!

“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 Happy Canada Day! 9:30 Walking Group, O 11:30 Rosary, CH 12:30 Canada Day Dinner, DR 2:00 Entertainment, AR 7:00 Bingo, AR	Name Tag Tuesday 2 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 11:30 Rosary, CH 11:30 Manager and Residents' Meeting, AR 2:00 Line Dancing, AR 3:00 Haiti Milk Bag Project, AR 7:00 Movie: "Fried Green Tomatoes," MT 	9:00 Best Feet Forward Nursing Foot Care, ER 9:30 Active Living Exercises, ER 10:30 Carpet Bowling, AR 11:30 Rosary, CH 2:00 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 Singalong, AR 	9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 10:30 Corny Treats Culinary Series, AR 11:30 Rosary, CH 11:30 Chef and Residents' Meeting, AR 2:00 Colouring for Pleasure, AR 2:30 Auction, AT 4:00 Pool, PR 7:00 Bingo, AR	8:00 R.O.M.E.O.s and C.L.E.O.s to Broken Egg, AR 5 9:30 Active Living Exercises, ER 11:30 Rosary, CH 2:15 Scenic Drive, AR 3:00 Shiskaball Drop, G 7:00 Movie: "Sleepless in Seattle," MT	9:00 Indoor Walking Group 6 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Singo, AR 7:00 Euchre, AR
9:00 Indoor Walking 7 10:30 Manager's Mix Up, AR 11:30 Rosary, CH 2:00 Euchre, AR 3:30 Darts, AR 7:00 Movie: James Bond 007, "Dr. No," MT	9:30 Active Living Exercises, ER 8 10:00 Movie Committee Meeting, AR 10:30 Learn Ukulele with Rena, AR 11:30 Rosary, CH 2:15 Chair Yoga, ER 3:30 Carpet Bowling, AR 7:00 Bingo, AR 	9:30 Active Living Exercises, ER 9 10:00 Hand Waxing, ER 11:30 Rosary, CH 2:00 Line Dancing, AR 2:00 Open House 3:00 Haiti Milk Bag Project, AR 7:00 Movie: "King's Speech," MT	9:30 Active Living Exercises, ER 10 10:30 Carpet Bowling, AR 11:30 Rosary, CH 2:00 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 Singalong, AR	9:30 Active Living Exercises, ER 11 10:00 Hand Waxing, ER 10:30 Corny Treats Culinary Series, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Compassionate Angels Meeting, AR 7:00 Bingo, AR 	9:00 Departing to Flamboro Downs, AR 12 9:30 Active Living Exercises, ER 10:30 Chair Yoga and Meditation, AR 11:30 Rosary, CH 3:00 Shiskaball Drop, G 7:00 Movie: "Mrs. Doubtfire," MT 	9:00 Indoor Walking Group 13 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Singo, AR 7:00 Euchre, AR
9:00 Indoor Walking 14 10:30 Manager's Mix Up, AR 11:30 Rosary, CH 2:00 Euchre, AR 3:00 Music with John David Kirby, AR 3:30 Darts, AR 7:00 Movie: James Bond 007, "You Only Live Twice," MT	9:30 Active Living Exercises, ER 15 10:00 The Dressing Room, AT 10:30 Learn Ukulele with Rena, AR 11:30 Rosary, CH 3:30 Carpet Bowling, AR 7:00 Bingo, AR	Name Tag Tuesday 16 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 11:30 Rosary, CH 2:00 Line Dancing, AR 3:00 Haiti Milk Bag Project, AR 7:00 Movie: "March of the Penguins," MT 	9:00 Best Feet Forward Nursing Foot Care, ER 17 9:30 Active Living Exercises, ER 10:30 Carpet Bowling, AR 11:30 Rosary, CH 2:00 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 Singalong, AR	9:30 Active Living Exercises, ER 18 10:00 Hand Waxing, ER 10:30 Visiting Library Service, AT 10:30 Corny Treats Culinary Series, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 2:30 International Food Fair, AT 7:00 Bingo, AR 	9:30 Active Living Exercises, ER 19 11:30 Rosary, CH 3:00 Shiskaball Drop, G 7:00 Movie: "Good Will Hunting," MT 9:30 Departing to the Roger's Centre for a Tour, AR	9:00 Indoor Walking Group 20 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Singo, AR 7:00 Euchre, AR
9:00 Indoor Walking 21 10:30 Manager's Mix Up, AR 11:30 Rosary, CH 2:00 Euchre, AR 3:30 Darts, AR 7:00 Movie: James Bond 007, "Moonraker," MT	9:30 Active Living Exercises, ER 22 9:30 Mobility in Motion, AR 10:30 Learn Ukulele with Rena, AR 11:30 Rosary, CH 2:15 Chair Yoga, ER 3:30 Carpet Bowling, AR 7:00 Bingo, AR 	Name Tag Tuesday 23 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 11:30 Rosary, CH 2:00 Line Dancing, AR 3:00 Haiti Milk Bag Project, AR 7:00 Movie: "Bridges of Madison County," MT	9:30 Active Living Exercises, ER 24 10:30 Carpet Bowling, AR 11:30 Rosary, CH 2:00 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 Singalong, AR	9:00 Cambridge Hearing Centre Clinic, TV 25 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 10:30 Corny Treats Culinary Series, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Compassionate Angels Meeting, AR 7:00 Bingo, AR	9:30 Active Living Exercises, ER 26 10:00 Grand River Dinner Cruises, AR 10:30 Chair Yoga and Meditation, AR 11:30 Rosary, CH 3:00 Shiskaball Drop, G 7:00 Pub Night with Donall Sweeney, AR	9:00 Indoor Walking Group 27 10:00 Trivia, AR 11:30 Rosary, CH 2:00 Colouring for Pleasure, AR 2:30 Pool, PR 3:00 Singo, AR 7:00 Euchre, AR
9:00 Indoor Walking 28 10:30 Manager's Mix Up, AR 11:30 Rosary, CH 2:00 Euchre, AR 3:30 Darts, AR 7:00 Movie: James Bond 007, "Octopussy," MT 	9:15 Departing to the Lavender Farm, AR 29 9:30 Active Living Exercises, ER 10:00 Mobility in Motion, AR 10:30 Learn Ukulele with Rena, AR 11:30 Rosary, CH 3:30 Carpet Bowling, AR 7:00 Bingo, AR	Name Tag Tuesday 30 9:30 Active Living Exercises, ER 10:00 Hand Waxing, ER 11:30 Rosary, CH 2:00 Line Dancing, AR 3:00 Haiti Milk Bag Project, AR 7:00 Movie: "Philomena," MT	9:30 Active Living Exercises, ER 31 10:00 Departing to Blown Away Glass in Elora, AR 10:30 Carpet Bowling, AR 11:30 Rosary, CH 11:45 Group From Blown Away Go to Gorge Country Kitchen, AR 2:00 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 Singalong, AR			

St. Jacob's Mennonite Farm Tour



Here we go!



Absolutely a great photo!



Katharine and David check out one of the few buggies parked in the barn.



Sam was close enough to the horses for his liking.



The gang had an excellent time, and our tour guide Nelson was amazing!

COMING SOON

Roger's Centre/Blue Jays Stadium Tours

Come explore the behind-the-scenes that many people didn't think was possible. There is a bit of walking with this tour so please make sure you wear comfy shoes and bring your walker if you require one.

Grand River Dinner Cruises

Enjoy a relaxing dinner cruise along Southern Ontario's largest river. Before the cruise sails off, enjoy an hour of entertainment by the "Blazin' Fiddles."

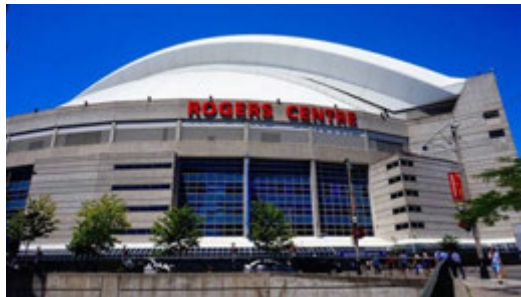
The Lavender Farm

Experience for yourself the most peaceful and beautiful outing. Witness and appreciate as lavender oil is made right in front of you.

Blown Away Glass and Gorge Country Kitchen

Come witness glass blowing right in front of you with a small tour of the facility out in Elora, followed by a lunch outing at a local restaurant.

Don't forget to sign up for these outings in the activity room.



The Clean Laundry on the New Managers: Marian and Harm

Some people would say: "Give me the dirty laundry on these two, Harm and Marian." Well ... we're

not going to do that. We can, however, give you some clean laundry on us:

Marian, born and raised in Thunder Bay, Ontario, and I, Harm, born and raised in the Netherlands, fell in love online around the turn of the century. Maybe we'll give you the full story another time. The short version is that it took only one visit to Canada to seal the deal and three years later we got married.

We both love swans, we both love orchids, Marian did projects on Holland when she was a child, and I always told my family I would marry abroad (as in: not in the Netherlands). We both love the God from the Bible as He is the One who formed us to have a serving nature. And yes, all these are probably good for the full version another time as well.

The list of how and where we have served other people is long, so you know what comes next: a story for another time.

Good to know is that we both love helping out people and that is exactly why we believe that we are finally in the right spot at Heritage Meadows, serving you to the best of our abilities.

Give a bit more information about ourselves, you ask? Okay, we have four children between the ages of 15 and 33. The oldest and youngest are born on the same day which we honestly didn't plan for! Two of our children live in Thunder Bay and the other two live in Cambridge. One of them, David, lives with us here at Heritage Meadows.

When Marian and I got married I told her we'd get rid of her cats as I never had any pets in my life. Good thing she straightened me out on that one, so now we have three young cats: Bandito, a black tuxedo; Sammy, a ginger; and his sister Princess — not sure how to describe her other than sweet.

Some of the things we love, you ask? Well, we love to cook Asian food and I'm proud to say that my sateh sauce rocks! We also love to play board games (Settlers of Catan is our favourite) so if any of you love them, too, let's have a board game day! Marian loves finding good deals (you should see the awesome dining room table set she found cheap!). I love writing and am working on writing several fiction novels.



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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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