

# CEDARVIEW

GRACIOUS RETIREMENT LIVING

511 Finkle Street • Woodstock, ON N4V 0C4 • Phone (519) 602-0282 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## AUGUST 2019

### CEDARVIEW STAFF

Managers.....WILF & SUE BONDY  
Activity Coordinator .....JENNY PATTIRAM  
Maintenance .....JOHN BLOTT  
Bus Driver ..... RUTH DAVIS

### TRANSPORTATION

**Monday, 9 a.m.-4 p.m.:** 2 p.m. Walmart  
**Tuesday, 9 a.m.-4 p.m.:** Appointments  
**Wednesday, 9 a.m.-4 p.m.:** Outing  
**Thursday, 9 a.m.-4 p.m.:** Appointments  
**Friday, 9 a.m.-4 p.m.:** 2 p.m. Walmart

HAWTHORN  
SENIOR LIVING

## Upcoming Events and Outings for August

**August 1st:** Men's Lunch to Jesse's Restaurant

**August 2nd:** Ladies' Night (2 Hands Clay), Sign-Up Required

**August 7th:** Outing to Burlington Mall, Sign-Up Required

**August 9th:** Beer Garden Party (Patio)

**August 12th:** Summer Markets

**August 13th:** FootPrints Dance School Performance (For Everyone)

**August 14th:** Outing to Grand River Lunch Cruise (BUS IS FULL)

**August 16th:** Book Fest (Free Book)

**August 21st:** Outing to Port Dover with Lunch, Sign-Up Required

**August 22nd:** Vendor In-House

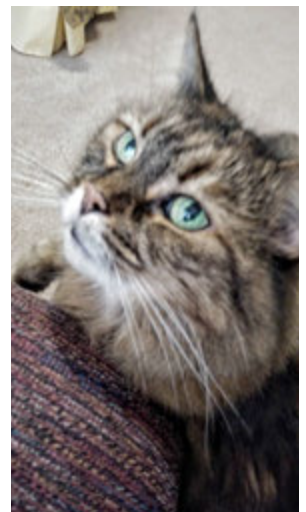
**August 23rd:** "Alice in Wonderland" Play at the Woodstock Little Theater

**August 28th:** Birthday Party (For Everyone)

**August 30th:** Pub Night (For Everyone)

## Cedarview Furry Friend

Meet Sasha! Sasha is Shirley Manion's best buddy. Shirley got Sasha from a lady in Woodstock who had three cats that were always fighting, so Shirley decided to adopt her. Sasha is 12 years old and very shy so when you go to visit Shirley you never see Sasha, she is always hiding. But when it's just Shirley and her, she likes to be petted.



Meet Sasha



## Residents Spotlight: Ken Miller

Ken has been a resident at Cedarview for about 2+ years. Ken has an amazing hobby: stamp collection.

At a young age, Ken was part of the Boy Scouts and that's where he picked up the hobby of stamp collection. Ken has about 7500 stamps from all over the world as far as African, Europe, all of South America and North America, going back all the way to the 1800s. It's all organized by year and country. It's amazing to see how well-organized he is and he continues to add to his collection to this day.



*Meet Ken*



*Some of his Canadian Collection, starting from the 1800s*



## Message From Our Library Friends

### August Library News

It's those lazy, hazy days of summer. Get outdoors with a good novel and relax. This month, we shall feature some popular authors. Perhaps you will find a new author you have never read before. Check the feature corners at the back of the library for a good read. Some



good romance authors are Kristin Hannah, Jodi Picoult, Robyn Carr and Beverly Lewis. Good mystery authors are Lee Child, Janet Evanovich and Lisa Scottoline. Enjoy reading.

Look in your August calendar for our book fest. We shall have books in the atrium that we are removing from our shelves. These will be books that are duplicates or ones that are not taken out of the library often, and we need the shelf space for new books. Join the "Friends of the Library," alternating Mondays.

Come help yourself to a good read!

*Friends of the Library*

## Reminders

- **Bus Services:** Ruth will be on holiday from August 26th to September 3rd. Please make arrangements for your appointments.
- **Deb Way Salon at Cedarview**  
**Hours:**  
Monday, Closed.  
Tuesday-Friday, 9 a.m.-4 p.m. If you would like later appointments, please see Deb.  
**Number:** 519-320-0172
- **V.O.N Smart Exercise** will be on holiday, August 5th-9th.
- **Mary Alterations:** Second Saturday of the month at 11 a.m. in the Activity Room.





## On The Road Again: Beautiful Summer Weather

It's all about summer and where to visit! With the weather being so beautiful, residents at Cedarview take full advantage of it, from lawn bowling to St. Jacobs Market, Norwich Street Festival and lunch at Norwich Museum.



*Student volunteers enjoying milking the cow.*



*Enjoying the weather and the view*



*Norwich Street Festival*



*Lawn Bowling*



*Lawn Bowling*



*Finding great deals*



*St. Jacobs Market*



*Tour of the Norwich Museum*





AUGUST  
2019










Birthdays

Frances Harte, 2nd  
Wes Heslop, 5th  
Thelma Steele, 9th  
Deb Way, 10th (Employee)  
Erma Brown, 17th  
Don Graydon, 21st  
Marjory Smith, 21st  
Ruth Wist, 24th  
Patricia Gasparatto, 28th

Locations

\$ Cost Involved, \$  
\* Sign Up, \*  
Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Bistro, BST  
Bus, B  
Chapel, CH  
Computer Room, CR  
Dining Room, DR  
Exercise Room, EX  
Hair Salon, HS  
Library, LB  
Movie Theatre, MT  
Outdoor Patio, OP  
Outdoors, O  
TV Room, TV

Attitudes are  
contagious,  
is yours worth  
catching?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:45 Morning Stretches, AR <sup>1</sup> 10:00 Knitting Club, AR 11:00 Carpet Bowling, AR <b>11:45 Men’s Lunch Outing, *</b> 2:00 Afternoon Comedy (“I Love Lucy”), MT 7:00 Bid Euchre, TV	9:45 Walking Club (Walking on You Own) <sup>2</sup> 10:15 Summer Smoothies, BST 11:45 50/50 Friday!, AT <b>2:30 Ladies’ Night (2 Clay Hands), AR</b> 3:00 V.O.N. Smart Exercise, EX 3:00 Summertime Citrus Iced Tea, OP 7:00 Card Bingo! \$, AR 	<sup>3</sup> 10:00 Knitting Club, AR 2:00 Cribbage Club, TV 2:00 Movie Matinee (Name), MT 7:00 Pool Game, BR
Card Walk & Sunday Puzzles <sup>4</sup> 10:00 Maranatha Live! Church Service, MT 2:00 Movie Matinee, MT 7:00 Big Bucks Bingo \$, AR	10:15 Summer Smoothies, BST <sup>5</sup> 11:00 Carpet Bowling, AR 4:00 <i>Friends of the Library Meeting, *All Welcome, LB</i> 7:00 Euchre, AR 7:00 “The Crown” Series & Popcorn Night, MT 	9:45 Morning Stretches, AR <sup>6</sup> 10:15 Lemon Water, AR 11:00 Wii Bowling, AR 1:30 Hand Waxing, BST 2:30 Catholic Communion, CH 7:00 Bridge Club, TV	<b>9:30 Outing to Burlington Mall/Lunch, *</b> <sup>7</sup> 10:15 Summer Smoothies, BST 2:00 Card Bingo, AR 7:00 Pool Game, BR 7:00 Euchre, AR 7:00 Documentary Wed. (Mother Teresa’s Untold Story), MT	9:30 Hearing Life/Listen Up! Hearing Test Clinic *, LB <sup>8</sup> 9:45 Morning Stretches, AR 10:00 Knitting Club, AR 10:15 Lemon Water, AR 11:00 Carpet Bowling, AR <b>2:00 Managers &amp; Residents’ Meeting, AR</b> <b>2:30 Chef &amp; Residents’ Meeting, AR</b> 3:00 Hymn Sing with Richard, AR 7:00 Bid Euchre, TV	9:45 Morning Stretches, AR <sup>9</sup> 10:15 Summer Smoothies, BST <b>10:30 Ladder Ball Toss, AR</b> 11:00 LCR (Left Center Right) Game \$, AR 11:45 50/50 Friday!, AT 2:30 Beer Garden (Back Patio), OP 7:00 Card Bingo! \$, AR 	<sup>10</sup> 10:00 Knitting Club, AR <i>11:00 Mary Alterations Pickup *\$, AR</i> 2:00 Cribbage Club, TV 2:00 Movie Matinee (Name), MT 7:00 Pool Game, BR 
Card Walk & Sunday Puzzles <sup>11</sup> 10:00 Maranatha Live! Church Service, MT 2:00 Movie Matinee, MT 7:00 Big Bucks Bingo \$, AR	9:45 Morning Stretches, AR <sup>12</sup> 10:45 News View, AR 11:00 Carpet Bowling, AR <b>2:00 Summer Market, *</b> 3:00 V.O.N. Smart Exercise, EX 7:00 Euchre, AR 7:00 “The Crown” Series & Popcorn Night, MT	9:45 Morning Stretches, AR <sup>13</sup> 10:15 Lemon Water, AR 11:00 Wii Bowling, AR 1:30 Hand Waxing, BST 2:30 Catholic Communion, CH 7:00 Bridge Club, TV	<b>9:30 Grand River Tour and Lunch, *</b> <sup>14</sup> 2:00 Card Bingo, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Pool Game, BR 7:00 Euchre, AR 7:00 Documentary Wed. (“The Secret of Life on Earth”), MT	9:45 Morning Stretches, AR <sup>15</sup> 10:00 Knitting Club, AR 10:15 Lemon Water, AR 11:00 Carpet Bowling, AR 2:00 Afternoon Comedy (“I Love Lucy”), MT 7:00 Bid Euchre, TV	9:45 Morning Stretches, AR <sup>16</sup> <b>10:00 Book Fair (Free Book), AT</b> 10:15 Summer Smoothies, BST <b>10:30 Ladder Ball Toss, AR</b> 11:45 50/50 Friday!, AT 2:00 Teacup Candles (Crafts), AR 3:00 V.O.N. Smart Exercise, EX 7:00 Card Bingo! \$, AR	<sup>17</sup> 10:00 Knitting Club, AR 2:00 Cribbage Club, TV 2:00 Movie Matinee (Name), MT 7:00 Pool Game, BR 7:00 Euchre, TV 
Card Walk & Sunday Puzzles <sup>18</sup> 10:00 Maranatha Live! Church Service, MT 2:00 Movie Matinee, MT 7:00 Big Bucks Bingo \$, AR	9:45 Morning Stretches, AR <sup>19</sup> 10:45 News View, AR 11:00 Carpet Bowling, AR 2:30 Welcome Tea, AR 3:00 V.O.N. Smart Exercise, EX 4:00 <i>Friends of the Library Meeting, *All Welcome, LB</i> 7:00 Euchre, AR 7:00 “The Crown” Series & Popcorn Night, MT	9:45 Morning Stretches, AR <sup>20</sup> 10:15 Lemon Water, AR 11:00 Wii Bowling, AR 1:30 Hand Waxing, BST 2:30 Catholic Communion, CH 7:00 Bridge Club, TV	<b>10:00 Outing to Port Dover with Lunch at Beach House, *</b> <sup>21</sup> 2:00 Card Bingo, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Pool Game, BR 7:00 Euchre, AR 7:00 Documentary Wednesday (“Jane’s Journey”), MT 	9:45 Morning Stretches, AR <sup>22</sup> 10:00 Knitting Club, AR 10:00 Leann Vendor, AT 10:15 Lemon Water, AR 11:00 Carpet Bowling, AR 2:00 Afternoon Comedy (“I Love Lucy”), MT 7:00 Bid Euchre, TV	9:45 Morning Stretches, AR <sup>23</sup> 10:15 Summer Smoothies, BST <b>10:30 Alice in Wonderland Play (Woodstock Theatre), \$</b> 11:45 50/50 Friday!, AT 3:00 V.O.N. Smart Exercise, EX 7:00 Card Bingo! \$, AR	<sup>24</sup> 10:00 Knitting Club, AR 2:00 Cribbage Club, TV 2:00 Movie Matinee (Name), MT 7:00 Pool Game, BR 
Card Walk & Sunday Puzzles <sup>25</sup> 10:00 Maranatha Live! Church Service, MT 2:00 Movie Matinee, MT 2:00 Music with Sandy, O 7:00 Big Bucks Bingo \$, AR	10:15 Summer Smoothies, BST <sup>26</sup> 11:00 Carpet Bowling, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Euchre, AR 7:00 “The Crown” Series & Popcorn Night, MT	9:45 Morning Stretches, AR <sup>27</sup> 10:00 Public Library Exchange, B 10:15 Lemon Water, AR 11:00 Wii Bowling, AR 1:30 Hand Waxing, BST 2:00 Card Bingo, AR 2:30 Catholic Communion, CH 7:00 Bridge Club, TV	9:45 Morning Stretches, AR <sup>28</sup> 2:00 Birthday Party with Kim, AR 3:00 V.O.N. Smart Exercise, EX 7:00 Pool Game, BR 7:00 Euchre, AR 	9:45 Morning Stretches, AR <sup>29</sup> 10:00 Knitting Club, AR 10:15 Lemon Water, AR 11:00 Carpet Bowling, AR 2:00 Afternoon Comedy (“I Love Lucy”), MT 7:00 Bid Euchre, TV	9:45 Morning Stretches, AR <sup>30</sup> 10:15 Summer Smoothies, BST <b>10:30 Ladder Ball Toss, AR</b> 11:45 50/50 Friday!, AT 3:00 V.O.N. Smart Exercise, EX 7:00 Card Bingo! \$, AR 7:00 Pub Night, AR	<sup>31</sup> 10:00 Knitting Club, AR 2:00 Cribbage Club, TV 2:00 Movie Matinee (Name), MT 2:30 Summer Afternoon S’mores, OP 7:00 Pool Game, BR 7:00 Card Bingo, AR





## Canada Day Events

Cedarview celebrated Canada Day with great food, family and friends.

Proud to be Canadians!



*Friends*



*Families*



*All smiles!*



*Proud to be Canadians*



*Look at that smile!*



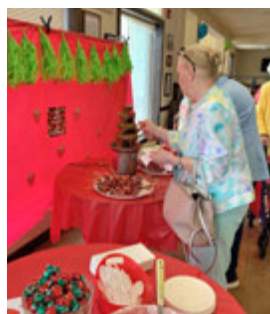
*Canada Day Red Shoes*

## Enjoying Great Events at Cedarview

We started off with a great strawberries and chocolate social. Our residents got to mingle with others from the Community. Later in the week, we shucked some corn in the morning – the ladies enjoyed it! And we ended it off with a great popcorn social outside.



*Popcorn, popcorn!*



*It's all about the chocolate fountain!*



*Strawberries and chocolate*



*Popcorn stand*



*Enjoying the popcorn*



*Corn*





## Staying Physically Active

At Cedarview, we pride ourselves in keeping active, so we start our days off with morning stretches and Walking Club. By doing the morning stretches each day, it helps you stay flexible and make it easier to reach, bend, get up and sit down. Stretching can make you feel less stiff and help prevent aches. It also helps your level of social interaction and your health stays strong and it makes you feel better.

After the workout, residents have a cold glass of lemon water. Lemons are rich in vitamins that boost your immune system and help your digestion flush out toxins in addition to cleansing the liver. It also helps reduce pain in your knees and joints.

Please come join us Monday-Friday, 9:45-10:15 a.m. in the Activity Room.



*Morning exercise outside*

## Father's Day Lunch

Our Father's Day Lunch with families and friends was a great event!



*Father's Day Lunch with friends*



*Father's Day Lunch with family*



*Some of our dads just relaxing on a sunny day*



*Father's Day Lunch with family*



511 Finkle Street  
Woodstock, ON N4V 0C4



## 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.



**519-602-0282**

