

GUELPH LAKE COMMONS

Gracious Retirement Living

520 Victoria Road North • Guelph, Ontario N1E 0E6
Phone (519) 780-5253 • Fax (519) 780-5065 • www.seniorlivinginstyle.com

SEPTEMBER 2019

GUELPH LAKE COMMONS STAFF

Managers..... BRIAN TABB & KATE HUTT
Assistant ManagersERIC & GERT SIMMS
Executive Chef.....DON RALPH
Sous ChefKIM BURKE
Activity Coordinator SARAH MCLEOD
MaintenanceRICK WALLACE
Bus DriverVICTORIA DERHAK

TRANSPORTATION

**Monday, Wednesday & Friday,
8:30 a.m.-noon and 2-4 p.m.:**

Errands and Shopping

Tuesday & Thursday,

8:30 a.m.-noon and 2-4 p.m.:

Medical Appointments Only

HAWTHORN
SENIOR LIVING

Wine Tasting

We went to a local winery to take a tour and awaken our palates by sampling a variety of wines.

Here's a little history about the local winery: "About 200 years ago our direct ancestors started a wine-making legacy that would span generations. The honorable European tradition is extended to you, bolstered by modern methods and North American style. Cox Creek Cellars

was conceived by Mrs. Jerry Trochta as part of her dream to continue her wine-making heritage. The estate winery is the culmination of her family's hard work and the bounty of the surrounding area. The winery construction started late July 1998 and was completed in time for the November 20, 1998 grand opening. Cox Creek Cellars Inc. uses natural farming techniques to produce wines of merit and appeal. Our goal is to redefine the nature of fruit wines in Ontario."



Pauline purchased some local wine.



Mary sampling some wine



Cheers!



Japanese Cultural Fair

We enjoyed having the 13 students ages 15-17 years old come and teach us cultural activities such as calligraphy, Japanese photography, and origami.

These students also wore a robe that both men and women can wear casually: the yukata. They say that originally yukata were only meant to be worn when going to the bath and when coming out. They are generally made from cotton, but there are also yukata made from a blend of hemp and polyester.

The yukata is just one type of traditional kimono in Japan.

The basic difference that can be seen between yukata and kimono is in their fabric. Yukata comes in cotton fabric. On the contrary, a kimono dress comes in silk fabric. Another difference that can be seen is that yukata is worn during the summer season.



Fallis standing beside the students showing their yukatas



Marion enjoyed learning origami.



The students were showing all the residents how to spell their names in Japanese.

African Lion Safari



Sign up in the Activity Room to join us on our outing to the African Lion Safari on September 18th. See Sarah for more information.

Congratulations Lois and Ted!





Your Local Pharmacy!

Influenza vaccines are a safe and effective way to help people stay healthy, prevent illness and even save lives. As



people age, they may be at higher risk of complications from influenza. For this reason, seniors age 65 years and older are advised to get an inactivated influenza vaccine, or flu shot, each year. It is important for seniors to get the influenza vaccine before the influenza season starts.

We will be planning a full day of transportation and organization with the your health provider at Woodlawn Pharmacy to make sure everyone gets an opportunity to get immunized.

You may also come to Woodlawn Pharmacy for your prescriptions and stay confident knowing they care about your health. A community pharmacy that dispenses prescribed medicine as well as medicine that can be purchased without prescription. Give Kathleen Galias, Pharmacist/Owner, a call if you have more questions at 519-763-7373. They are located about a block from Guelph Lake Commons at 472 Woodlawn Rd. E., Guelph, or check out their website: www.woodlawnpharmacy.com.

Firemen's Brunch

Please join us for a special fundraiser on Saturday, September 14th, 11:30 a.m.-1:30 p.m. Enjoy a delicious chef-prepared brunch buffet and assortment of waffles, sausages, bacon and eggs and much more served by our local firefighters. Donations are appreciated and all proceeds will benefit the Firefighters Association and their local charities. Last year, we raised a record-breaking \$2,401! Let's continue making a difference and while you're here, take a photo with our heroes!



Book Club

Our first meeting is Wednesday, September 4th at 3:30 p.m. in the Library. Everyone is welcome to join us. The goal of the book club is to talk about the books you have been reading and also learn about other books you may be interested in reading.

Monthly Kitchen Tours

Take a tour behind the scenes with Chef Don and get an up-close look at food preparation and operations. He will also answer any questions to give you the best enjoyable experience. You may also bring and share any of your favourite recipes you would like him to try out as it could possibly get added to the menu. Sign up in the Activity Room to get on this list. The next kitchen tour is scheduled on September 19th at 10:45 a.m.



Special treat at the end of tour



Carlo, Anne, Marion, Della, Diane, Marilyn, Chuck and Beverly

SEPTEMBER 2019

Birthdays

Joan Hogan, 1st
Nadia Martin, 2nd
Pat Slade, 3rd
Robert Lasby, 4th
James Redmond, 6th
Jean Bruce, 9th
Theresa Gallen, 9th
John Ware, 9th
Bruce Moody, 11th
Norman Stewart, 14th
Carmine Martone, 15th
Roy Hogan, 21st
Jack MacPherson, 23rd
Meryl Slinger, 23rd
Jane Mulcahey, 25th
Margaret Burt, 26th
Pierette Labrie, 29th

Anniversary

Chuck & Marilyn
Armitage, 9/27/1952

Locations

Activity Room, AR
Atrium, AT
Chapel, CH
Dining Room, D
Exercise Room,
Second Floor, ER
Front Driveway, FD
Hallway Beside
Activity Room, HW
Library, Second Floor, L
Lobby, LBY
Patio, P
Pool Room, Second
Floor, PR
TV Room, Second
Floor, TV

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>LABOUR DAY</div> <div>10:45 Chapel Service: Mike Gordon, AR</div> <div>3:00 Ice Cream Social with Brian & Kate!, AR</div> <div>3:30 Card Bingo, AR</div> <div>7:00 Pool & Dart Games, PR</div> <div></div>	<div>2</div> <div>9:30 Exercises, AR</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div> <div></div>	<div>3</div> <div>9:30 Exercises, AR</div> <div>10:00 Smoothies and Chats!, AR</div> <div>11:00 Davy & Sarah Rehearsal, AR</div> <div>2:00 Hand Waxing, AR</div> <div>3:30 Card Bingo, AR</div> <div>7:00 Campfire and Singalongs with Sarah, P</div> <div></div>	<div>4</div> <div>9:15 Blood Pressure Clinic, TV</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends!, AR</div> <div>11:00 Mini-Golf, AR</div> <div>2:00 Skip-Bo (Cards), AR</div> <div>3:30 Book Club Meeting, L</div> <div>7:00 Bingo!, AR</div> <div></div>	<div>5</div> <div>9:30 Exercises, AR</div> <div>10:00 Specialty Coffee Social, AR</div> <div>10:15 Art Class with Kate (Sign Up), AR</div> <div>11:00 Milk Bag Mats, AR</div> <div>12:30 50/50 Tickets for Sale!, D</div> <div>2:00 Dance by Design!, AR</div> <div>3:00 Ice Cream & Grilled Fruit Social, P</div> <div></div>	<div>6</div> <div>9:30 VON Exercises, AR</div> <div>10:00 The Boutique (Vendor), AT</div> <div>10:00 Coffee & News!, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>11:00 Baking: Sugar-Free Apple Cinnamon Muffins, AR</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>2:00 Lynn Irish (Doris Day Tribute), AR</div> <div>7:00 Bridge!, TV</div> <div></div>	<div>7</div> <div>9:30 Exercises, AR</div> <div>10:00 Puzzles & Skip- Bo, AR</div> <div>11:00 Milk Bag Mats Project, AR</div> <div>3:30 Euchre, AR</div> <div></div>
<div>8</div> <div>10:45 Chapel Service: Mike Gordon, AR</div> <div>3:00 Ice Cream Social with Brian & Kate!, AR</div> <div>3:30 Card Bingo, AR</div> <div>7:00 Pool & Dart Games, PR</div> <div></div>	<div>9</div> <div>9:30 VON Exercises, AR</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div> <div></div>	<div>10</div> <div>9:30 Exercises, AR</div> <div>9:30 Bookmobile On-Site, FD</div> <div>11:00 Davy & Sarah Rehearsal, AR</div> <div>2:00 Hand Waxing, AR</div> <div>3:30 Card Bingo, AR</div> <div>7:00 Music Thyme Karaoke, AR</div> <div></div>	<div>11</div> <div>9:15 Blood Pressure Clinic, TV</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends!, AR</div> <div>10:00 Suzanne M Jewelry (Vendor), AT</div> <div>11:00 Mini Golf, AR</div> <div>2:00 Skip-Bo (Cards), AR</div> <div>7:00 Bingo!, AR</div> <div></div>	<div>12</div> <div>9:30 Exercises, AR</div> <div>10:00 Specialty Coffee Social, AR</div> <div>11:00 Milk Bag Mats, AR</div> <div>12:30 50/50 Tickets for Sale!, D</div> <div>2:00 Dance by Design!, AR</div> <div>3:00 Ice Cream & Grilled Fruit Social, P</div> <div></div>	<div>13</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Coffee & News!, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>11:00 Pop Quiz!, AR</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>2:00 New Resident Meet and Greet, AR</div> <div>3:00 Singalong with Suzie Q!, AR</div> <div>7:00 Bridge!, TV</div> <div></div>	<div>14</div> <div>9:30 Exercises, AR</div> <div>10:00 Puzzles & Skip- Bo, AR</div> <div>11:00 Milk Bag Mats Project, AR</div> <div>11:30 Firemen's Brunch Buffet, D</div> <div>2:00 Wellness Fair, AT</div> <div></div>
<div>15</div> <div>Ice Cream Social with Brian & Kate!, AR</div> <div>10:45 Chapel Service: Mike Gordon, AR</div> <div>3:00 Ice Cream Social with Brian & Kate!, AR</div> <div>3:30 Card Bingo, AR</div> <div>7:00 Pool & Dart Games, PR</div> <div></div>	<div>16</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Tuck Shop, AR</div> <div>11:00 Jewelry Making!, AR</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div> <div></div>	<div>17</div> <div>9:30 Exercises, AR</div> <div>10:00 Smoothies and Chats!, AR</div> <div>11:00 Davy & Sarah Rehearsal, AR</div> <div>2:00 Voices of Praise (Knox Church Sings), AR</div> <div>3:30 Card Bingo, AR</div> <div></div>	<div>18</div> <div>Outing: African Lion Safari & Lunch, FD</div> <div>9:15 Blood Pressure Clinic, TV</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends!, AR</div> <div>2:00 Skip-Bo (Cards), AR</div> <div>7:00 Bingo!, AR</div> <div></div>	<div>19</div> <div>9:30 Exercises, AR</div> <div>10:00 Specialty Coffee Social, AR</div> <div>10:15 Kitchen Tour with Chef Don (Sign Up), D</div> <div>11:00 Milk Bag Mats, AR</div> <div>12:30 50/50 Tickets for Sale!, D</div> <div>1:30 September Birthday Celebrations, AR</div> <div>2:30 Dance by Design!, AR</div> <div>3:00 Ice Cream & Grilled Fruit Social, P</div> <div></div>	<div>20</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Coffee & News!, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>11:00 Knit & Stitch Group, AR</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>2:00 Jackie Wellsman (Guitar), AR</div> <div>3:00 Singalong with Suzie Q!, AR</div> <div>7:00 Bridge!, TV</div> <div></div>	<div>21</div> <div>9:30 Exercises, AR</div> <div>10:00 Puzzles & Skip- Bo, AR</div> <div>11:00 Milk Bag Mats Project, AR</div> <div>3:30 Euchre, AR</div> <div></div>
<div>22</div> <div>10:45 Chapel Service: Mike Gordon, AR</div> <div>3:00 Ice Cream Social with Brian & Kate!, AR</div> <div>3:30 Card Bingo, AR</div> <div>7:00 Pool & Dart Games, PR</div> <div></div>	<div>23</div> <div>AUTUMN BEGINS</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Tuck Shop, AR</div> <div>10:00 Carpet Bowling & Lunch Outing at Cedarview!, FD</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div> <div></div>	<div>24</div> <div>9:00 Sew on the Go, AT</div> <div>9:30 Exercises, AR</div> <div>9:30 Bookmobile On-Site, FD</div> <div>10:00 Smoothies and Chats!, AR</div> <div>11:00 Davy & Sarah Rehearsal, AR</div> <div>2:00 Hand Waxing, AR</div> <div>3:30 Card Bingo, AR</div> <div></div>	<div>25</div> <div>9:15 Blood Pressure Clinic, TV</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends!, AR</div> <div>10:00 Stars of Modern Jewelry (Vendor), AT</div> <div>11:00 Mini Golf, AR</div> <div>2:00 Skip-Bo (Cards), AR</div> <div>7:00 Bingo!, AR</div> <div></div>	<div>26</div> <div>9:30 Exercises, AR</div> <div>10:00 Specialty Coffee Social, AR</div> <div>10:00 Hearing Clinic with Lynn McCurdy, TV</div> <div>10:30 Manager/Chef Resident Meeting, AR</div> <div>11:00 Milk Bag Mats, AR</div> <div>12:30 50/50 Tickets for Sale!, D</div> <div>2:00 Oktoberfest Party!, AR</div> <div></div>	<div>27</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Coffee & News!, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>7:00 Bridge!, TV</div> <div>7:00 Pub Night with Elvis's 3 Brothers, AR</div> <div></div>	<div>28</div> <div>9:30 Exercises, AR</div> <div>10:00 Puzzles & Skip- Bo, AR</div> <div>11:00 Milk Bag Mats Project, AR</div> <div>3:30 Euchre, AR</div> <div></div>
<div>29</div> <div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>10:45 Chapel Service: Mike Gordon, AR</div> <div>3:00 Ice Cream Social with Brian & Kate!, AR</div> <div>3:30 Card Bingo, AR</div> <div>7:00 Pool & Dart Games, PR</div> <div></div>	<div>30</div> <div>9:30 VON Exercises, AR</div> <div>10:30 Golden Age Apparel (Vendor), AT</div> <div>11:00 Jewelry Making!, AR</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div> <div></div>					



September Highlights

September 3rd: Campfire & Singalongs with Sarah, 7 p.m. (Last one of the year)

September 4th: Book Club Meeting, 3:30 p.m.

September 5th: Art Class with Kate Is Back! (Sign Up), 10:15 a.m.-12 p.m.

September 6th:

- The Boutique Vendor, 10 a.m.-3 p.m.
- Doris Day Tribute by Lynn Irish, 2 p.m.

September 10th: Karaoke with Music Thyme, 7 p.m.

September 11th: Suzanne M Jewelry, 10 a.m.-2 p.m.

September 13th: New Resident Meet N Greet with Treats! 2 p.m.

September 14th:

- Firesmen's Brunch, 11:30 a.m.
- Wellness Fair, 2-4 p.m.

September 17th: Voices of Praise Choir, 2 p.m.

September 18th: Outing, African Lions Safari & Lunch

September 19th:

- Monthly Kitchen Tours with Chef Don, 10:45 a.m.
- Celebrating September Birthdays, 1:30 p.m.

September 20th:

- Calling All Knitters, Activity Room, 11 a.m.
- Music by Jackie Wellsman, 2 p.m.

September 23rd: Outing to Cedarview (Sister Community), Carpet Bowling & Lunch

September 24th: Sew on the Go, Clothes That Need Mended, Free Service, 9 a.m.-12 p.m.

September 25th: Stars of Modern Jewelry (Vendor, 10 a.m.-2:30 p.m.)

September 26th: Oktoberfest Party, Music by Silvia Dee & Boyfriend, 2 p.m.

September 27th: Pub Night with Elvis's 3 Brothers, 7 p.m.

September 30th: Golden Age Apparel (Vendor), 10:30 a.m.-2:30 p.m.

Art Class With Kate Is Back!

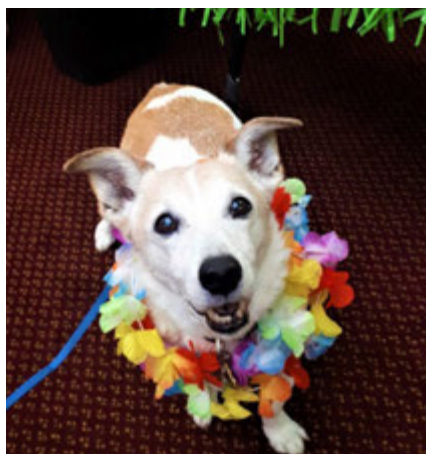
Kate is very excited to come back to Guelph Lake Commons for another Art Session. She has prepared a very exciting project for the first Thursday of September and hoping to meet all interested artists in the Activity Room starting at 10:15 a.m.



The sketch may look quite simple, but if you look closely you will see that we are going to sketch objects made of glass. There is going to be lots of different shading and light values and three-dimensional reflections.

If you are up for the challenge we will mostly work with pencils, but will also bring water colour paints if you would like to add some colour to your artwork. Sign up with your Activity Coordinator!

Hawaiian Party



Diane's dog Max



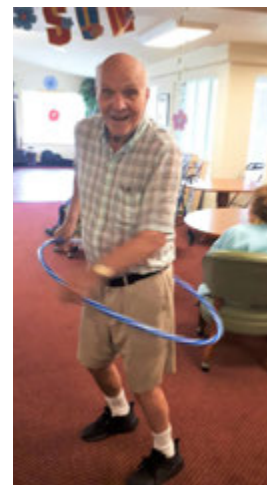
Our awesome kitchen staff!



Anne and Diane



Gert (Assistant Manager) and our new resident David



David challenges you all in a hula-hoop contest!



Culinary Education Series Taking Us Back to School!

September marks the beginning of the school year for many kids, and what better way to celebrate this time of year by helping those children and families in need! We will be helping schools by collecting supplies such as: backpacks, pencils, crayons, pens, erasers, highlighters, rulers, etc.

Why are brain games so important?

Ever hear the term “use it or lose it?” The popular saying may seem harsh, but it isn’t far off when it comes to how our memory works. The brain is a muscle like any other one in our body and the more we use it the stronger it becomes. Brain games, cranium crunches, mental aerobics, whatever you would like to call it, these memory enhancement exercises work to build your cognitive reserve (memory) which in turn could protect your brain from dementia and Alzheimer’s.

Physical Exercise and Brain Health:

Exercise affects the brain on multiple fronts. It increases heart rate which pumps more oxygen to the brain. It also aids the release of a plethora of hormones, all of which participate in aiding and providing a nourishing environment for the growth of brain cells.

Brain Food: One important ingredient to keeping our minds sharp is food! What we eat has a major impact on how our brains function. Having good nutrition habits is something to think about at any age and benefits not only include better cardiovascular health, lower risk of diabetes and a lower chance of developing clinical depression, but good nutrition can also improve our memory ability.

Summer Visits from the Noel’s Children’s Centre



Some like to get muddy!



They really liked Ross’s Scooter.

The Boathouse Lunch Outing

We enjoyed lunch in the Tea Room at the Boathouse. We had scones, sandwiches, desserts and a wide variety of teas to choose from. After the stunning views from the river where we hung out entertained by the friendly geese, we then took a stroll to the covered bridge to snap a group photo. Built in 1992 as a pedestrian crossing over the Speed River, Guelph’s lattice-covered bridge was built by 400 volunteers of the Timber Framers Guild using traditional construction methods.



Margaret and David



Mary drinking tea and scones the proper way.



This is us!

GUELPH LAKE COMMONS
Gracious Retirement Living

520 Victoria Road North
Guelph, Ontario N1E 0E6



Fall in love... with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

519-780-5253

GUELPH LAKE COMMONS
Gracious Retirement Living