

ROSEWOOD ESTATES

Gracious Retirement Living

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

SEPTEMBER 2019

ROSEWOOD ESTATES STAFF

Managers..... MYRON THOMPSON &
HELEN COLLINS
Assistant ManagerTO BE DETERMINED
Executive Chef DARREN LOGAN
Activity CoordinatorMELISSA DAVEY
MaintenanceLUCAS COLLEY
Bus DriverRICHARD 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

Another Special Birthday!

Just wanted to give one more shout-out to our very amazing resident, Joe Bleitchofer! In the month of July, Joe celebrated his 100th Birthday among many family, friends and neighbours here at Rosewood Estates. Our very own Town Crier joined us to help make this celebration a special



Happy Birthday, Joe!

one. We were honoured to be a part of this celebration, and a celebration it was! Happy 100th Birthday, Joe!



Joe celebrating his 100th!



A Call To The Wild! What A Roaring Experience!

Jungle Cat World, originally named “Orono Exotic Cat World,” is a wildlife park that was established in 1983. It is located in Orono, Ontario, Canada, approximately 45 minutes east of Toronto off of Highway 35/115. Jungle Cat World is open year-round and has many other mammals and birds aside from its cats.

Since 1983, Jungle Cat World Wildlife Park has been offering visitors the unique opportunity to see and experience wild species, many threatened with extinction, in an up-close and personal environment. Professional staff are readily available and always eager to share their knowledge and enthusiasm.

Our experience was just that: unique! We had our own personal feeding tour and a very fun and informative presentation which was made for us by the junior camp kids. The day campers were so excited to share their knowledge of all the reptiles and animals, and they knew their stuff!



Eva is getting a snuggle from the lion cub!



You are so brave, Catherine!



Jannie holding a Tegu! Instead of watchdogs, they use these in Argentina!

Our day started out with the children bringing some of the most interesting animals and reptiles out one by one, sharing the knowledge that they have learned while giving us the opportunity to hold and pet them. The tarantula was very cool but not one any of us were willing or wanted to hold.

We ended our day with an enjoyable meal in a much-needed air-conditioned establishment. A great day was had by all and some even got to mark another check off their bucket list. How often do you get to pet a lion cub? When you live at Rosewood Estates, anything is possible!

Back To School With Culinary Education!

September marks the beginning of the school year for many kids and what better way to celebrate this time than checking out different memory enhancement programs? From brain games, physical exercise to nutritious foods for brain power, we are gonna look at all ways we can keep our minds sharper than a new pencil.

Have you ever heard the term “use it or lose it?” This popular term 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 muscle in our body, and the more we use it, the stronger it becomes. Any memory enhancement exercises work to build your cognitive reserve (memory) which in turn could protect your brain from dementia and Alzheimer’s.

September’s Culinary Education Series will refresh us on ways to keep our brains active and strong. Just like going back to school ... mark your calendar so you can be a part of the important and fun brain activities.





Take A Tour Of Cobourg With John Jolie!

Settlers started arriving in Cobourg in the 1790s which, at the time, was known for its 40 houses, two inns, four stores, several distilleries, a grist mill and a whopping population of 350! From the Sifton-Cook Heritage Centre to the historic and iconic Victoria Hall (circa 1850), Cobourg has seen quite a few changes. It was once known as a “turn of the century” American summer resort which brought Cobourg a certain social cachet and style. When visiting, you’ll also want to stop in to see the Old Bailey Courtroom which was the location for the sensational trial that has been called “The Last Battle of the Great War.”

In December of last year, Parks Canada and the Historic Sites and Monuments Board of Canada recognized the national historic importance of James Cockburn as a person of national historic significance. If you visit the West Wing of Victoria Hall you can see his Office — the office that helped to shape our nation. If you’re lucky, on occasion, you might see his chair. Your friends will be green with envy.

If you ever wanted a tour of Cobourg and all its historical facts, you can get that here at Rosewood Estates. One of our many amazing residents, John Jolie is a true history buff. He has been studying the history of Cobourg and its historic icons for years. If you want to know what made Cobourg what it is today just ask John.

If you have ever had the opportunity to sit and speak or ride the bus with John, you know that he is a wealth of knowledge! He knows his history ... whether it is overall history you are interested in or historic facts about our beautiful little Town of Cobourg, he is the man to ask.



John is getting ready to take us into Victoria Hall.



John is telling us about the old courtroom in Victoria Hall!

On a recent bus outing, John shared some of his vast knowledge about Cobourg’s history. This outing included a visit to the historical Victoria Hall which is also known as Cobourg’s town hall. John shared many interesting architectural facts, as well as some compelling tidbits about the many people that helped bring Cobourg to where it is today.

It was a fantastic morning with John and we can’t wait for John’s next tour!

SEPTEMBER 2019

Birthdays

Weldon Cole, 3rd
Helen Saunders, 4th
Cameron Cochrane, 5th
Ruth McNeely, 8th
Dolores Gallagher, 17th
Patricia Dunford, 18th
Hazel Lyons, 20th
Marion Gellatly, 23rd
Iain Henderson, 25th
Myria Wesingi, 25th

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!

“To acquire
knowledge, one
must study;
but to acquire
wisdom, one
must observe.”
—Marilyn
vos Savant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:00 Helping Hands: Milk Bag Mats, AR</div> <div>6:45 Card Games, AR</div> <div>7:00 Netflix, TV</div>	<div>LABOUR DAY</div> <div>2</div> <div>No Bus Service!</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>11:00 Jumbo Crossword, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>1:45 Bingo, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:15 Helping Hands Milk Bag Mats, AR</div> <div>6:30 Bridge & Euchre, AR</div>	<div>3</div> <div>Nightly Puzzles</div> <div>9:00 Exercises, AR</div> <div>10:00 “Family Feud” Fun!, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>2:00 Line Dancing, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>4:00 Knitters Circle, AR</div> <div>6:30 St. John Therapy Dog, AT</div> <div>7:00 Card Games, AR</div>	<div>4</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>10:00 Church Service, CH</div> <div>11:00 Women’s Pool Game, PR</div> <div>11:00 Residents Meeting, AR</div> <div>11:55 Let’s Make a Deal: What Can You Show Me?, DR</div> <div>2:15 Fall Prevention, TV</div> <div>3:00 Men’s Pool Game, PR</div> <div>4:00 Card Bingo, AR</div> <div>6:30 Bid Euchre, AR</div> <div>7:00 Netflix Series Night!, TV</div>	<div>5</div> <div>Nightly Puzzles</div> <div>9:00 Exercises, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>11:00 Golfing at Rosewood, DR</div> <div>12:00 50/50 Draw, DR</div> <div>2:00 Align Clinic Is Back: Bring Your Walkers and More!, AR</div> <div>3:00 Horse Racing, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>6:30 Bridge & Euchre, AR</div>	<div>6</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>10:00 Let’s Walk!</div> <div>11:00 Women’s Pool Game, PR</div> <div>2:15 Fall Prevention, TV</div> <div>2:30 Anyone for a Smoothie?, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:00 Hand Wax Therapy, AR</div> <div>6:30 St. John Therapy Dog, AT</div> <div>7:00 Penny Poker, PR</div>	<div>7</div> <div>11:15 Cribbage Group, AR</div> <div>2:00 Card Bingo, AR</div> <div>2:00 Women’s Pool, PR</div> <div>6:30 Bid Euchre, AR</div> <div>7:00 Netflix Movie, TV</div>
<div>8</div> <div>2:00 Call the Family and Let’s Celebrate Grandparents!</div> <div>6:45 Card Games, AR</div> <div>7:00 Netflix, TV</div>	<div>9</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>11:00 Jumbo Crossword, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>1:45 Bingo, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:15 Helping Hands Milk Bag Mats, AR</div> <div>6:30 Bridge & Euchre, AR</div>	<div>10</div> <div>Nightly Puzzles</div> <div>9:00 Exercises, AR</div> <div>10:00 “Family Feud” Fun!, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>2:00 Line Dancing, AR</div> <div>3:00 Come and Make Your Own Energizing Trail Mix!, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>4:00 Knitters Circle, AR</div> <div>6:30 St. John Therapy Dog, AT</div> <div>7:00 Card Games, AR</div>	<div>11</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>10:30 Wii Bowling, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>2:00 Learn the Basics of Your Technology!, AR</div> <div>2:15 Fall Prevention, TV</div> <div>3:00 Men’s Pool Game, PR</div> <div>4:00 Card Bingo, AR</div> <div>6:30 Bid Euchre, AR</div> <div>7:00 Netflix Series Night!, TV</div>	<div>12</div> <div>Nightly Puzzles</div> <div>9:00 Exercises, AR</div> <div>9:00 A Trip to the City!</div> <div>11:00 Women’s Pool Game, PR</div> <div>12:00 50/50 Draw, DR</div> <div>2:00 Chef Meeting, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>6:30 Bridge & Euchre, AR</div>	<div>13</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>10:00 Let’s Walk!</div> <div>11:00 Women’s Pool Game, PR</div> <div>2:15 Fall Prevention, TV</div> <div>2:30 Anyone for a Smoothie?, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:00 Hand Wax Therapy, AR</div> <div>6:30 St. John Therapy Dog, AT</div> <div>7:00 Penny Poker, PR</div>	<div>14</div> <div>11:15 Cribbage Group, AR</div> <div>2:00 Card Bingo, AR</div> <div>2:00 Women’s Pool, PR</div> <div>3:30 Happy Hour with Art Lajambe!, AR</div> <div>6:30 Bid Euchre, AR</div> <div>7:00 Netflix Movie, TV</div>
<div>15</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:00 Helping Hands: Milk Bag Mats, AR</div> <div>6:45 Card Games, AR</div> <div>7:00 Netflix, TV</div>	<div>16</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>11:00 Jumbo Crossword, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>1:45 Bingo, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:15 Helping Hands Milk Bag Mats, AR</div> <div>6:30 Bridge & Euchre, AR</div>	<div>17</div> <div>Nightly Puzzles</div> <div>9:00 Exercises, AR</div> <div>10:00 “Family Feud” Fun!, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>11:00 Let Your Silliness Out with Some Fun Shenanigans!, AR</div> <div>2:00 Line Dancing, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>4:00 Knitters Circle, AR</div> <div>6:30 St. John Therapy Dog, AT</div> <div>7:00 Card Games, AR</div>	<div>18</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>10:30 Wii Bowling, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>11:00 Vendor: Gemini Jewelry, AT</div> <div>2:00 Rosewood Fashion Show with Alia N Tan Jay!, AT</div> <div>2:15 Fall Prevention, TV</div> <div>3:00 Men’s Pool Game, PR</div> <div>6:30 Bid Euchre, AR</div> <div>7:00 Netflix Series Night!, TV</div>	<div>19</div> <div>Nightly Puzzles</div> <div>9:00 Exercises, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>11:00 Golfing at Rosewood, DR</div> <div>12:00 50/50 Draw, DR</div> <div>2:00 Brain Power Fun!, AR</div> <div>3:00 Horse Racing, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>6:30 Bridge & Euchre, AR</div>	<div>20</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>10:00 Let’s Walk!</div> <div>11:00 Women’s Pool Game, PR</div> <div>11:45 Lunch on the Town!</div> <div>2:15 Fall Prevention, TV</div> <div>2:30 Anyone for a Smoothie?., AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:00 Hand Wax Therapy, AR</div> <div>6:30 St. John Therapy Dog, AT</div> <div>7:00 Penny Poker, PR</div>	<div>21</div> <div>11:15 Cribbage Group, AR</div> <div>2:00 Card Bingo, AR</div> <div>2:00 Women’s Pool, PR</div> <div>6:30 Bid Euchre, AR</div> <div>7:00 Netflix Movie, TV</div>
<div>22</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:00 Helping Hands: Milk Bag Mats, AR</div> <div>6:45 Card Games, AR</div> <div>7:00 Netflix, TV</div>	<div>AUTUMN BEGINS</div> <div>23</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>11:00 Jumbo Crossword, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>1:45 Bingo, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:15 Helping Hands Milk Bag Mats, AR</div> <div>6:30 Bridge & Euchre, AR</div>	<div>24</div> <div>Nightly Puzzles</div> <div>9:00 Exercises, AR</div> <div>10:00 “Family Feud” Fun!, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>2:00 Line Dancing, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>4:00 Knitters Circle, AR</div> <div>6:30 St. John Therapy Dog, AT</div> <div>7:00 Card Games, AR</div>	<div>25</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>10:30 Wii Bowling, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>2:00 Let’s Burn Off That Lunch with Chicken Fat Fun!, AR</div> <div>2:15 Fall Prevention, TV</div> <div>3:00 Men’s Pool Game, PR</div> <div>4:00 Card Bingo, AR</div> <div>6:30 Bid Euchre, AR</div> <div>7:00 Netflix Series Night!, TV</div>	<div>26</div> <div>Nightly Puzzles</div> <div>9:00 Exercises, AR</div> <div>9:30 Hit the Casino with Richard!</div> <div>11:00 Women’s Pool Game, PR</div> <div>11:00 Golfing at Rosewood, DR</div> <div>12:00 50/50 Draw, DR</div> <div>3:00 Horse Racing, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>6:30 Bridge & Euchre, AR</div>	<div>27</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>10:00 Let’s Walk!</div> <div>11:00 Women’s Pool Game, PR</div> <div>2:15 Fall Prevention, TV</div> <div>2:30 Anyone for a Smoothie?, AR</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:00 Hand Wax Therapy, AR</div> <div>6:30 St. John Therapy Dog, AT</div> <div>7:00 Penny Poker, PR</div> <div>7:00 Pub Night with R&R!, AR</div>	<div>28</div> <div>11:15 Cribbage Group, AR</div> <div>2:00 Card Bingo, AR</div> <div>2:00 Women’s Pool, PR</div> <div>6:30 Bid Euchre, AR</div> <div>7:00 Netflix Movie, TV</div>
<div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>29</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:00 Helping Hands: Milk Bag Mats, AR</div> <div>6:45 Card Games, AR</div> <div>7:00 Netflix, TV</div>	<div>30</div> <div>9:00 Exercises, AR</div> <div>9:30 Carpet Bowl</div> <div>11:00 Jumbo Crossword, AR</div> <div>11:00 Women’s Pool Game, PR</div> <div>1:45 Bingo, AR</div> <div>2:00 Scripture Talk with Lynn!, TV</div> <div>3:00 Men’s Pool Game, PR</div> <div>3:15 Helping Hands Milk Bag Mats, AR</div> <div>6:30 Bridge & Euchre, AR</div>					



Up and Coming!

Labour Day in Canada is celebrated on the first Monday of September and it is a federal statutory holiday. It is also observed in the United States on the same day.

This holiday officially celebrates workers and the labour union movement, however, most of us only think of it as the last long weekend of the summer, a perfect occasion for one last barbecue or a trip.

Although some of our residents will take advantage of this weekend to spend time with family or friends outside of our community, others will enjoy visiting with their family, friends and neighbours right here at home, Rosewood Estates! On Sunday, September 1st, beginning early afternoon, we will be having one of our well-known and bragged-about barbecues. After the barbecue, sit back, relax and enjoy a very special performance from an extremely talented pianist, Micheal Sinnott, who was a well-known conductor of the Toronto Symphony and Orchestra. A rare treat for Rosewood Estates residents!



Just Having Some Fun!

From bowling or bingo ... water games or dancing, Rosewood residents know how to have a great time! Whether it's beating the heat with refreshing water game competitions or jiving with a local dance studio to our favorite oldies at our Sock Hop night, the fun and games never stop! Want to see what comes next? Check your calendar to find out!



Looking good, Madeline!



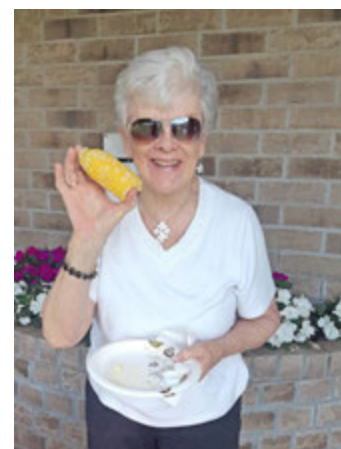
Two of the fantastic dancers showing us their moves



Catch, Theresa!



Joye trying to win the race



Bonnie is enjoying her corn on the cob!



Sunshine, Sand and Serenity!

Cobourg is known for its beach — although there are really two beaches. There is the popular, groomed beach adjacent to Victoria Park that's called "Victoria Beach" and the West Beach that's been left natural. Victoria Beach is where all the visitors go and where everything happens. On some weekends there's volleyball matches; on one weekend there's a sandcastle competition; and on every hot weekend you can be sure of a crowd.

The beach is quite wide and the water is shallow; there are washrooms and a canteen for food; there is a water park for kids as well as a playground for them. One of the best benefits at the beach is a mat that is laid out across the sand to provide wheelchair access to the water for everyone.

Although we are residents of Cobourg and get to take advantage of this wonderful spot all year round, beautiful in every season, always fun things no matter when, summer is really the most enjoyable time to take it all in.

Our amazing kitchen staff put together a picnic meal for us to enjoy, consisting of things like delicious wraps, homemade salad, fruit and more. After we devoured our lunch we then had many options such as a relaxing walk, an ice cream at the canteen, sticking our feet in the water, fun beach games and more. Sometimes it is great to just sit under a tree with good company ... relax, enjoy the breeze and the amazing view. A day at Victoria Beach is always time well spent!



Smile!



Maura is enjoying an ice cream at the beach!

Calling All You Dancing Queens! Westben Is The Place To Be!

If you have never been to Westben, it is a magical blend of world class music, wonderful people and a magnificent setting located in rural Campbellford.

Over its 18-year history, Westben has always found great joy in bringing people together through music. They are passionate about connection and creativity, they enjoy finding different ways of encountering music whether it is live music performances at The Barn, in the forest or under the stars. Westben has become increasingly known as a place where communities come together to create, have fun and learn from one another.

In July, some of Rosewood's residents got the opportunity to experience this magical place. We took a trip back in time to the ABBA era! What an electrifying performance! This will definitely be a venue that we experience again. Gimme! Gimme! Gimme! More Westben ...



Getting ready to go in for the show!

ROSEWOOD ESTATES
Gracious Retirement Living

255 Densmore Road
Cobourg, Ontario K9A 0E5



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.

905-373-5000

ROSEWOOD ESTATES
Gracious Retirement Living