

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

NOVEMBER 2019

GUELPH LAKE COMMONS STAFF

Managers..... BRIAN TABB & KATE HUTT

Executive ChefDON RALPH

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

Remembrance Day Service

Many people wear artificial poppies on their clothes in the weeks before Remembrance Day. Red poppies symbolize the memory of those who died.



Our Remembrance Day Ceremony will be held Monday, November 11th at 10 a.m. and will feature poems, readings and music from a few of our own residents as well as prayers by Mike Gordon. Please come and show respect to our veterans by wearing a poppy. It is guaranteed to be a lovely ceremony to honour not only the veterans but also the wives and husbands of the veterans who have fought to protect our country and who have provided us with the freedom we are blessed to have today.

Saturday, November 30th

The Annual Christmas Bazaar will be taking place Saturday, November 30th, 9 a.m.-3 p.m. We will have many different styles of vendors on-site throughout the day including clothing, decor, gifts, jewelry and preserves. There will also be some residents showcasing their work. We will have snacks, hot chocolate and classical music that starts at 11 a.m., so be sure to come out and check out all this excitement!





Movember: The Wisdom of the Whiskers

It is that time again! Men's faces will take on a new look. The month of November is a time for the men to grow out their "stache!" During Movember, it's for a good cause! We are focusing on men's health, so we embrace everything from the handlebar to the horseshoe if it means spreading the word about the diseases men face. It's time to give a little more respect to beat prostate and testicular cancers and promote mental health.

Here are the stats you need to know for Movember:

- One in seven Canadian men will be diagnosed with prostate cancer in their lifetime.
- Testicular cancer is the most commonly diagnosed cancer in young Canadian men.
- Each year, more than 2,900 men die by suicide in Canada.
- In Canada, three out of four deaths by suicide are men.
- Suicide is the second leading cause of death among Canadian males aged 15-44 years.

Lynn Roy is the hair dresser upstairs on 3rd floor. Touch of Class is the name of her salon and she has worked there for about 10 years. She has 40 years' experience and opening up her own business doing hair is her passion. She ensures her clients are happy and satisfied with the service she provides. For an appointment you can contact her at 519-546-4353 or come up to the 3rd floor outside the elevator doors. Hours of operation: Tuesdays-Fridays, 10 a.m.-5 p.m. and Saturdays, 10 a.m.-3 p.m.

So men, start your whiskers November 1st by joining us in the Activity Room with Lynn from our very own salon who will volunteer to shave off your whiskers. Sarah your Activity Coordinator will also be collecting donations for prostate cancer awareness. Let's all be encouragers and spread the word!



Thank You From Waverly Drive Public School

This year's Backpack Drive proved to be a huge success! The kindergarten class from Waverly Drive Public School was very excited to meet everyone. They showed their appreciation for supporting their music and art programs by singing and dancing for us and made us a beautiful thank-you banner. They received over 20 backpacks and school supplies that was donated by the residents, staff and families for this school year.



Mitten Tree

We will be accepting all sorts of mittens, scarves, hats, slippers, etc., for our Mitten Tree that will be set up in the TV Room on second floor near the end of November. The Salvation Army will be picking the items up before Christmas so we wanted to give you a bit of a head start if you were interested in knitting them yourself or purchasing. If you are interested in knitting, we have a program called the "Knit and Stitch" group held in the Activity Room every Monday at 11 a.m.





Gingerbread House Contest

It's that time of year again to start on our gingerbread creations! Our theme is all about Egypt! This will tie us into the new year to kick-start the Hawthorn Adventure that takes you through Morocco, Egypt and Tanzania. Last year we won "Honourable Mention." We will get the staff, management, residents and chef involved in building these pyramids!

These are the categories all entries will be judged on:

1. Most Creative
2. Best Resident Involvement
3. Vintage/Classic

There is also a "People's Choice" prize. All entries are eligible to win!

All entries must include photos of gingerbread display presented in a nice book that tells the story of your creation from beginning to end with comments from residents and guests that your Activity Coordinator will put together and submit by: Friday, December 27, 2019.



Celebrating Friends

Davy hosted a wine and pie party for his table friends to commemorate four years of his residency at the Guelph Lake Commons. He called it a celebration of life and friendship. Eleven residents came to enjoy Davy's appreciation of their past friendship and good company, especially at meal times. The menu consisted of scotch pies, sweet garden peas topped off with genuine Scottish chocolate eclairs and a selection of choice wines.

Davy quotes, "It is important to have good friends. The wealth of having good friends is of more value than the wealth of a crooked politician's bank book."



Adopt-A-Family

Once again, Guelph Lake Commons will be adopting a family. There is a great need for donations of food and clothing items to help those less fortunate to enjoy the holiday season. Any donation you are willing to provide is more than appreciated. We will post the size of family and list all the items that are requested by the family by the end of November. Let's really show our Christmas spirit to feel the true meaning of the holiday season!

NOVEMBER
2019

Birthdays

Chuck Armitage, 6th
John Skinner, 15th
Anita Chapitis, 21st
Joan Grisch, 21st
Betty MacGregor, 22nd
Connie Mutter, 28th
Muriel Boyd, 28th


Anniversary

Carlo & Beverly Dalzilio,
11/26/1960

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, LB
Patio, P
Pool Room, Second
Floor, PR
TV Room, Second
Floor, TV

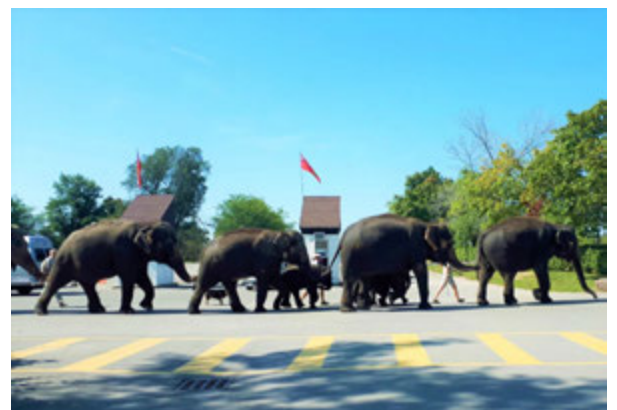
“The light is
what guides
you home;
the warmth is
what keeps
you there.”
—Ellie Rodriguez

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>11:00 Planet Earth Documentary, AR</div> <div>11:00 Gemini Jewelers (Vendor), AT</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>2:00 November Kick-Off!, AR</div> <div>3:00 Singalong with Suzie Q!, AR</div> <div>7:00 Bridge!, TV</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>7:00 Pool & Dart Games, PR</div>
<div>DAYLIGHT SAVING TIME ENDS</div> <div>10:15 Communion, CH</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 Movie Night, AR</div>	<div>9:00 Blood Pressure Clinic, TV</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Tuck Shop, AR</div> <div>11:00 Knit & Stitch Group, AR</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div>	<div>9:30 Exercises, AR</div> <div>9:30 Bookmobile On-Site, FD</div> <div>10:00 Holiday Smoothies, AR</div> <div>11:00 Davy & Sarah Rehearsal, AR</div> <div>11:30 Manager/Resident Meeting, AR</div> <div>2:00 Hand Waxing, AR</div> <div>3:30 Card Bingo, AR</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>11:30 Reading Buddies, AR</div> <div>2:00 Craft: Paint Pouring, AR</div> <div>3:00 Gingerbread House Project, AR</div> <div>4:00 Book Club, L</div> <div>7:00 Bingo!, AR</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 Mary Lynn (Pianist), AT</div> <div>2:00 Open House Pie Fundraiser, AT</div>	<div>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>11:00 Planet Earth Documentary, AR</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>2:00 Barefoot Boogie Band, AR</div> <div>7:00 Bridge!, TV</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>7:00 Pool & Dart Games, PR</div>
<div>10:15 Communion, CH</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 Movie Night, AR</div>	<div>REMEMBRANCE DAY</div> <div>9:00 Blood Pressure Clinic, TV</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Remembrance Day Service, D</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div>	<div>9:30 Exercises, AR</div> <div>10:00 Noel’s Children’s Centre Visits, 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>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends!, AR</div> <div>10:30 Mobile Senior Shop (Vendor), AT</div> <div>11:00 Mini Golf, AR</div> <div>11:30 Reading Buddies, AR</div> <div>2:00 Woodlawn Dentist Dr. Diodati Visits, AR</div> <div>3:00 Gingerbread House Project, AR</div> <div>7:00 Bingo!, AR</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>1:30 November Bday Celebration, AR</div> <div>2:00 Chair Yoga, AR</div> <div>3:00 Jumbo Crosswords, AR</div>	<div>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>11:00 Planet Earth Documentary, AR</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>2:00 November Fundraiser with Backstage Boys, AR</div> <div>7:00 Bridge!, TV</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>7:00 Pool & Dart Games, PR</div>
<div>10:15 Communion, CH</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 Movie Night, AR</div>	<div>9:00 Blood Pressure Clinic, TV</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Tuck Shop, AR</div> <div>11:00 Knit & Stitch Group, AR</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div>	<div>9:30 Exercises, AR</div> <div>9:30 Bookmobile On-Site, FD</div> <div>10:00 Holiday Smoothies, 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>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends!, AR</div> <div>10:00 The Boutique (Vendor), AT</div> <div>11:00 Mini Golf, AR</div> <div>11:30 Reading Buddies, AR</div> <div>2:00 Karaoke with Sarah, AR</div> <div>3:00 Gingerbread House Project, AR</div> <div>7:00 Bingo!, AR</div>	<div>9:30 Exercises, AR</div> <div>10:00 Specialty Coffee Social, AR</div> <div>10:00 Kitchen Tour with Chef Don (Sign Up), D</div> <div>11:00 Milk Bag Mats, AR</div> <div>12:00 Outing: Variety Show (EWSA), FD</div> <div>12:30 50/50 Tickets for Sale!, D</div>	<div>9:30 VON Exercises, AR</div> <div>10:00 Stars of Modern Jewelry(Vendor), AT</div> <div>10:00 Coffee Break with Friends, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>11:00 Planet Earth Documentary, AR</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>2:00 Craft: Scented Christmas Candles, AR</div> <div>7:00 Bridge!, TV</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>7:00 Pool & Dart Games, PR</div>
<div>10:15 Communion, CH</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 Movie Night, AR</div>	<div>9:00 Blood Pressure Clinic, TV</div> <div>9:30 VON Exercises, AR</div> <div>10:00 Tuck Shop, AR</div> <div>11:00 Knit & Stitch Group, AR</div> <div>2:00 Bingo!, AR</div> <div>3:00 Euchre, AR</div> <div>7:00 Kings in the Corner!, AR</div>	<div>9:00 Sew on the Go, AT</div> <div>9:30 Exercises, AR</div> <div>10:00 Noel’s Children’s Centre Visits, 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>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends!, AR</div> <div>11:00 Mini Golf, AR</div> <div>11:30 Reading Buddies, AR</div> <div>2:00 Outing: Toyota Tour, FD</div> <div>3:00 Gingerbread House Project, AR</div> <div>7:00 Bingo!, AR</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 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 Chair Yoga, AR</div> <div>3:00 Scrabble, AR</div>	<div>9:30 VON Exercises, AR</div> <div>10:00 Coffee Break with Friends, AR</div> <div>10:30 The Legion Coffee Outing, FD</div> <div>11:00 Planet Earth Documentary, AR</div> <div>12:30 Draw for 50/50 Tickets, D</div> <div>2:00 Jumbo Crosswords, AR</div> <div>3:00 Singalong with Suzie Q!, AR</div> <div>7:00 Bridge!, TV</div> <div>7:00 Pub Night with the Best of Friends Band, AR</div>	<div>9:00 Christmas Bazaar, 9 a.m.-3 p.m.!, AT</div> <div>11:00 Classical Music by Frank, D</div> <div>3:30 Euchre, AR</div> <div>7:00 Pool & Dart Games, PR</div>



African Lion Safari

We went to the local zoo!
We rented the bus to drive through the park and were amazed by all the beautiful animals. Today the park houses in excess of 1,000 animals comprised of over 100 species. They have been successful with breeding 30 species that are considered endangered and 20 species that are considered threatened. We then hopped on a boat tour where we rode around a small island that had monkeys swinging from ropes and ended the day with eating ice cream and souvenir shopping.





November Highlights

November 1st: Movember Kick-Off, 2 p.m. (AR)

November 5th: Manager/Resident Meeting, 11:30 a.m. (AR)

November 6th: Craft: Holiday Paint Pouring, 2 p.m. (AR)

November 7th: Open House: Pie Fundraising, Mary Lynn Woods on Piano, 2 p.m. (AR)

November 8th: Entertainment: Barefoot Boogie Band, 2 p.m. (AR)

November 11th: Remembrance Day Service, 10 a.m. (D)

November 13th: Dr. Diodati (Dental Presentation), 2 p.m. (AR)

November 14th: Art Class with Kate (Sign Up), 10:15 a.m.-Noon (AR)

November 15th: Movember Fundraiser, Entertainment by the Backstage Boys, 2 p.m. (AR)

November 20th: Karaoke with Sarah, 2 p.m. (AR)

November 21st: Outing: Variety Show at Evergreen Centre: Down Home Nova Scotia Kitchen Tour with Chef Don, 10 a.m. (D)

November 22nd: Craft: Christmas Scented Candles, 2 p.m. (AR)

November 27th: Outing: Toyota Manufacturing Tour, Bus leaves by 1 p.m. (FD)

November 28th: Chef/Resident Meeting, 10:30 a.m. (AR)

November 29th: Pub Night with the Best of Friends Band, 7 p.m. (AR)

November 30th: Annual Christmas Bazaar, 9 a.m.-3 p.m. (Main Floor Area) Music by Frank, 11 a.m.-noon

Firemen's Brunch and a Visit from the Mayor of Guelph

Another successful year for us! With the help of the local fire department visiting us for a brunch, we raised \$1,400 for the Guelph hospital. We had a surprise visit from Cam Guthrie the Mayor of Guelph and he brought his family to enjoy a full feast buffet.



Our wonderful servers and chief/fire department



Brian and Kate (Managers), Gert and Eric (Asst. Managers), Cam (Mayor of Guelph), Fire Department



Resident Pat put on the full firemen's suit and climbed into the truck for a cool experience.

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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

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