

Heritage Meadows

Gracious Retirement Living

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

NOVEMBER 2019

HERITAGE MEADOWS STAFF

Managers..... PAUL & DONNA COATES
Assistant Managers . GARY & LINDA YEARSLEY
Executive ChefMARCUS BENNISON
Sous Chef DOUG MOFFAT
Activity Coordinator MAGGIE CLEMENS
Maintenance NICK SWAIN
Bus Driver YOMARI AYALA
Lead Housekeeper..... SHIRLEY 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

Great Day in Port Dover!

Residents enjoyed lunch at The Beach House, watching surfers/kite surfers, lots of sun, massive ice creams, shopping and shaking sand out of their shoes. We had absolutely beautiful weather for the day and everyone was tired going home.



Check out that huge ice cream!



Great looking group



Resident Spotlight

Rosa Fidalgo was born in Portugal and moved to Canada in 1967 with her five-month-old baby girl (Roberta) and almost five-year-old son (Joe Jr.).

When a company from Stratford, Ontario went to Portugal to recruit new factory workers, Rosa's husband Joe was the only one offered a job because he could speak English. He had learned English while working on the ships that travelled between Portugal and Canada.

Over the next five years, Rosa had another daughter (Eneida) and son (Tony).

Rosa lived in Stratford until 1980 and then moved to Mississauga where Joe could start a new job as a plant manager. (He had been going to night school for years to be able to progress in his career.)

Following many successful work years, and in anticipation of a long and healthy retirement, they built their dream home in Cambridge where they lived for many years until Joe's passing. Rosa and Joe were married almost 50 years and enjoyed travelling together to places such as Florida, Dominican Republic and Cuba.

In their earlier years, Rosa and Joe would take their four children on road trips to the beach in the summertime, including Grand Bend, Godrich, Pinery and St. Mary's. She loved to cook a big pot of rice, wrap it up in blankets and put it in a box. The children would always enjoy a



hot picnic lunch while other kids ate hot dogs.

Rosa was a stay-at-home mom for many years raising her four children. She did everything. There was always a home-cooked meal for the family, the house was clean, and lunches were packed. She grew and maintained a vegetable garden that took up most of their backyard. The veggies fed the family all summer and winter. She was quite the gardener too. She had the most beautiful flowers framing her verandas and always put fresh-cut flowers into vases to decorate the dining room table.

Rosa had a few jobs over the years, working in factories while trying to perfect her English. She counted on her children to help around the house with chores including cooking, washing dishes, ironing and cleaning bathrooms. It was a wonderful time when the family bought a new car — a red Malibu Classic (two-door). It was quite lush inside and only had three seat belts for four kids in the backseat.

She always loved to entertain company with her homemade meals and desserts. She has always made the best bean soup (from the garden). Rosa loves all types of food with fish being her favourite. Rosa has always made her family the center of her life, celebrating holidays and birthdays together. She makes the best Easter bread ever! For years, she would crochet with a fine point needle and her family

is lucky enough to have some of these beautiful pieces she made. She took care of her mother after her father passed away by bringing her to Canada to live with family.

Since becoming a widow, she has tried so many new things for the first time including riding on a train, riding a gondola-style boat, painting, having a facial and pedicure.

She is always excited about having her grandchildren around and will put sugar on their strawberries just to make sure they like her strawberries better than their mom's.

She lives each day for her family. She enjoys visiting her daughter in British Columbia, speaking Portuguese with her grandson and spending time with their dog, Rosie. She has been to many wineries, boating, camping and has had dinner at award-winning restaurants.

She loves hanging out with her daughter's family in Moffat, watching the children grow, hanging out on the deck or by the pool, and having barbecue.



She is also a regular visitor to her son's cottage in Wasaga Beach. While in Wasaga, she loves sitting in the sun, visiting with the neighbours (and their dog, too!) and watching the river traffic. She does, on occasion, venture out on the boat for a tour, or down to the beach for a stroll. Everyone enjoys spending time with Rosa. Her openness, sense of humour, sharing stories and memories of Portugal, and telling jokes makes for a very fun evening. There may even be an impromptu dance party when she's around. Rosa's company is much appreciated by her entire family, their friends and extended family.

She has always had a great love for music and dancing; her mind continues to be quite sharp, but her body doesn't let her boogie the way she used to and wants to.

Rosa will always tell it like it is — she really doesn't have a filter and that's what people love about her.

She's authentic and real! One of her favourite sayings is, "piece of cake."

Rosa is a wonderful human being and mother. She is smart, witty, patient, loving, kind and caring.

Rosa has such a passion for life and really enjoys living at the Heritage. She has made some great friends who have helped her find the energy and zest she lost after becoming a widow.



Let us pause in a moment of silence on November 11th to honour and remember the more than 2 million Canadians who have served and continue to serve Canada during times of war conflict and peace. May we remember their sacrifice has given us the country we freely live in today.

We welcome everyone to come

down to the dining room on Monday, November 11th at 10:45 a.m. to start our service and have a moment of silence at 11 a.m., to be followed by our special dinner.

By remembering the service and sacrifice of Canadians who served in the World Wars, we recognize the freedom that they fought to preserve.

We must remember.



Just in time for Christmas!

This will be our last auction for 2019. Get your "moolah" money all counted because you need every last moolah dollar to buy so many different things!

The last auction we did was a loud auction. This time we will be holding a silent auction, or a better name for it is a raffle auction.

How will this work?

Where: The Atrium

Day: Monday, November 25, 2019

Time: Raffle tickets will starting selling at 9:30 a.m. and will close at 11:20 a.m.

Cost: One raffle ticket will cost 100 moolah dollars

How: On each raffle ticket you MUST fill out your name and room number. Then place your raffle tickets to the items you would like to win. Starting at 11:30 a.m. in the dining room, tickets will be pulled for each, determining the winner.

NOVEMBER 2019










Birthdays

Allan Baxter, 3rd
Audrey Rivers, 6th
Vicki Lewis, 10th
Vivian Tyler, 11th
Irene Batchelar, 16th
John Fritz, 19th
Helen Tooze, 23rd
Joan Sweeney, 26th
John Van Runt, 26th

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>DAYLIGHT SAVING TIME ENDS 3</div> <div>9:00 Indoor Walking</div> <div>10:30 Puzzlers, AR</div> <div>11:20 Rosary, CH</div> <div>2:00 Movie: “Mrs. Palfrey at the Claremont,” MT</div> <div>3:30 Darts, AR</div> <div>7:00 Euchre, AR</div> <div></div>	<div>9:30 Active Living Exercises, ER 4</div> <div>10:30 Learn Ukulele with Rena, AR</div> <div>11:20 Rosary, CH</div> <div>2:15 Move to the Groove, AR</div> <div>3:30 Music with Krishanti, AR</div> <div>7:00 Bingo, AR</div>	<div>Name Tag Tuesday 5</div> <div>9:30 Active Living Exercises, ER</div> <div>10:00 Hand Waxing, ER</div> <div>10:15 Painting with Cindy, AR</div> <div>10:30 Golden Age Apparel, AT</div> <div>11:20 Rosary, CH</div> <div>11:30 Manager and Residents’ Meeting, AT</div> <div>2:15 Gingerbread Creation, AR</div> <div>3:00 Milk Bag Project, AR</div> <div>7:00 Movie: “Multiplicity,” MT</div>	<div>9:00 Best Feet Forward Nursing Foot Care, ER 6</div> <div>9:30 Active Living Exercises, ER</div> <div>10:00 Cassie Maple Products, AT</div> <div>10:30 Carpet Bowling, AR</div> <div>11:20 Rosary, CH</div> <div>2:15 Move to the Groove, AR</div> <div>3:00 Card Bingo, AR</div> <div>7:00 Singalong, AR</div> <div></div>	<div>9:30 Active Living Exercises, ER 7</div> <div>10:00 Hand Waxing, ER</div> <div>10:15 Chapel Service with Rev. Mark Gaskin, CH</div> <div>11:20 Rosary, CH</div> <div>11:30 Chef and Residents’ Meeting, AR</div> <div>2:00 Colouring for Pleasure, AR</div> <div>2:15 Gingerbread Creation, AR</div> <div>2:30 Pool, PR</div> <div>7:00 Bingo, AR</div>	<div>8:00 R.O.M.E.O.s and C.L.E.O.s to Scott’s in Paris, AR 1</div> <div>9:30 Active Living Exercises, ER</div> <div>10:30 Come Make Cookies with Cookie Monster, AR</div> <div>11:30 Rosary, CH</div> <div>3:00 Shiskaball Drop, G</div> <div>7:00 Movie: “Mr. Wonderful,” MT</div>	<div>Cookie Monster’s Birthday 2</div> <div>9:00 Indoor Walking Group</div> <div>9:30 Line Dancing, ER</div> <div>10:00 Trivia, AR</div> <div>11:20 Rosary, CH</div> <div>2:00 Colouring for Pleasure, AR</div> <div>2:30 Pool, PR</div> <div>3:00 Singo, AR</div> <div>7:00 Euchre, AR</div>
<div>9:00 Indoor Walking 10</div> <div>10:30 Puzzlers, AR</div> <div>11:20 Rosary, CH</div> <div>2:00 Movie: “Passchendaele,” MT</div> <div>3:30 Darts, AR</div> <div>7:00 Euchre, AR</div> <div></div>	<div>REMEMBRANCE DAY 11</div> <div>9:30 Active Living Exercises, ER</div> <div>10:45 Remembrance Day Service, DR</div> <div>11:20 Rosary, CH</div> <div>2:15 Move to the Groove, AR</div> <div>3:30 Carpet Bowling, AR</div> <div>7:00 Bingo, AR</div> <div></div>	<div>Name Tag Tuesday 12</div> <div>9:30 Active Living Exercises, ER</div> <div>10:00 Hand Waxing, ER</div> <div>10:15 Painting with Cindy, AR</div> <div>11:20 Rosary, CH</div> <div>2:15 Gingerbread Creation, AR</div> <div>3:00 Milk Bag Project, AR</div> <div>7:00 Addison Women’s Choir, AT</div>	<div>9:30 Active Living Exercises, ER 13</div> <div>10:30 Carpet Bowling, AR</div> <div>11:20 Rosary, CH</div> <div>2:15 Move to the Groove, AR</div> <div>3:00 Card Bingo, AR</div> <div>7:00 Singalong, AR</div>	<div>9:30 Active Living Exercises, ER 14</div> <div>9:30 Connect Hearing, TV</div> <div>10:00 Hand Waxing, ER</div> <div>10:15 Chapel Service with Rev. Ike Amorin, CH</div> <div>11:20 Rosary, CH</div> <div>2:00 Colouring for Pleasure, AR</div> <div>2:30 Pool, PR</div> <div>2:30 Aviation History, AR</div> <div>7:00 Bingo, AR</div>	<div>9:30 Active Living Exercises, ER 15</div> <div>11:30 Rosary, CH</div> <div>2:15 Mystery Scenic Drive, AR</div> <div>2:15 Make Christmas Cookies with Shay, AR</div> <div>7:00 Movie: “Nothing in Common,” MT</div>	<div>9:00 Indoor Walking Group 16</div> <div>9:30 Line Dancing, ER</div> <div>10:00 Christmas Craft Bazaar, AR</div> <div>11:20 Rosary, CH</div> <div>2:30 Pool, PR</div> <div>4:45 Departing to the Cambridge Santa Claus Parade, AR</div> <div>7:00 Euchre, AR</div> <div></div>
<div>9:00 Indoor Walking 17</div> <div>10:30 Puzzlers, AR</div> <div>11:20 Rosary, CH</div> <div>2:00 Movie: “The Odd Life of Timothy Green,” MT</div> <div>3:30 Darts, AR</div> <div>7:00 Euchre, AR</div>	<div>9:30 Active Living Exercises, ER 18</div> <div>10:30 Learn Ukulele with Rena, AR</div> <div>10:45 Smoothies, AR</div> <div>11:20 Rosary, CH</div> <div>2:15 Move to the Groove, AR</div> <div>3:30 Carpet Bowling, AR</div> <div>7:00 Bingo, AR</div>	<div>Name Tag Tuesday 19</div> <div>9:30 Active Living Exercises, ER</div> <div>10:00 Hand Waxing, ER</div> <div>10:15 Painting with Cindy, AR</div> <div>11:20 Rosary, CH</div> <div>2:15 Gingerbread Creation, AR</div> <div>3:00 Milk Bag Project, AR</div> <div>7:00 Movie: “The Odd Couple li,” MT</div> <div></div>	<div>9:00 Best Feet Forward Nursing Foot Care, ER 20</div> <div>9:30 Active Living Exercises, ER</div> <div>10:30 Carpet Bowling, AR</div> <div>11:20 Rosary, CH</div> <div>2:15 Move to the Groove, AR</div> <div>3:00 Card Bingo, AR</div> <div>7:00 Singalong, Lyndon, AR</div>	<div>9:30 Active Living Exercises, ER 21</div> <div>10:00 Hand Waxing, ER</div> <div>10:15 Chapel Service with Rev. Chris Wyatt, CH</div> <div>10:30 Visiting Library Service, AT</div> <div>11:00 Barb’s Cards, AT</div> <div>11:20 Rosary, CH</div> <div>2:00 Colouring for Pleasure, AR</div> <div>2:15 Gingerbread Creation, AR</div> <div>2:30 Pool, PR</div> <div>7:00 Bingo, AR</div>	<div>9:30 Active Living Exercises, ER 22</div> <div>11:30 Rosary, CH</div> <div>3:00 Shiskaball Drop, G</div> <div>3:45 Departing to Golf’s Steakhouse and Seafood, AR</div> <div>6:30 Departing Golf’s Steakhouse to Bingemans Lights, AR</div> <div>7:00 Movie: “Nights in Rodanthe,” MT</div>	<div>9:00 Indoor Walking Group 23</div> <div>9:30 Line Dancing, ER</div> <div>10:00 Trivia, AR</div> <div>11:20 Rosary, CH</div> <div>2:00 Colouring for Pleasure, AR</div> <div>2:30 Pool, PR</div> <div>2:30 The Christmas Show with Shakey D, AR</div> <div>3:00 Singo, AR</div> <div>7:00 Euchre, AR</div> <div></div>
<div>9:00 Indoor Walking 24</div> <div>10:30 Puzzlers, AR</div> <div>11:20 Rosary, CH</div> <div>2:00 Movie, Part 1:“My Fair Lady,” MT</div> <div>3:30 Darts, AR</div> <div>7:00 Euchre, AR</div> <div>7:00 Movie, Part 2:“My Fair Lady,” MT</div>	<div>9:30 Active Living Exercises, ER 25</div> <div>9:30 Mobility in Motion, AR</div> <div>9:30 Raffle/Silent Auction, AT</div> <div>10:30 Learn Ukulele with Rena, AR</div> <div>11:20 Rosary, CH</div> <div>11:30 Announcing Raffle Auction Winners, DR</div> <div>2:15 Move to the Groove, AR</div> <div>3:30 Carpet Bowling, AR</div> <div>7:00 Bingo, AR</div>	<div>Name Tag Tuesday National Cake Day 26</div> <div>9:30 Active Living Exercises, ER</div> <div>10:00 Hand Waxing, ER</div> <div>10:15 Painting with Cindy, AR</div> <div>11:20 Rosary, CH</div> <div>11:30 Bayshore Blood Pressure Clinic, AR</div> <div>2:30 Cake Decorating, AR</div> <div>3:00 Milk Bag Project, AR</div> <div>7:00 Movie: “Open Range,” MT</div> <div></div>	<div>9:30 Active Living Exercises, ER 27</div> <div>10:30 Carpet Bowling, AR</div> <div>11:20 Rosary, CH</div> <div>2:15 Move to the Groove, AR</div> <div>3:00 Card Bingo, AR</div> <div>7:00 Singalong, AR</div>	<div>9:00 Cambridge Hearing Centre Clinic, TV 28</div> <div>9:30 Active Living Exercises, ER</div> <div>10:00 Hand Waxing, ER</div> <div>10:00 The Dressing Room, AT</div> <div>10:15 Chapel Service with Rev. Gerald Dykema, CH</div> <div>11:20 Rosary, CH</div> <div>2:00 Colouring for Pleasure, AR</div> <div>2:15 Gingerbread Creation, AR</div> <div>2:30 Pool, PR</div> <div>3:00 Compassionate Angels Meeting, AR</div> <div>7:00 Bingo, AR</div>	<div>9:30 Active Living Exercises, ER 29</div> <div>10:15 Set Up Tree for Evening Lighting, AT</div> <div>11:30 Rosary, CH</div> <div>3:00 Shiskaball Drop, G</div> <div>7:00 Tree Lighting, AT</div>	<div>9:00 Indoor Walking Group 30</div> <div>9:30 Line Dancing, ER</div> <div>10:00 Trivia, AR</div> <div>11:20 Rosary, CH</div> <div>2:00 Colouring for Pleasure, AR</div> <div>2:30 Pool, PR</div> <div>3:00 Singo, AR</div> <div>7:00 Euchre, AR</div>



In each picture you are guessing the baby or youngest in the photo. See rules in Activity Room.



Photo 1



Photo 2

Co-Op Spotlight

Hi, my name is Shayliyah but everyone calls me Shay. Most of you have seen me around helping out with Maggie in the activity room. Well, I'm the new co-op student! I go to St. Benedict Catholic School where I am in grade 11. I took co-op here at Heritage Meadows because in the future I hope to be working in a place like this.

Here's a little bit about me: I was born in Nova Scotia and I visit every summer because that's where my grandparents live. Really, my whole family lives in Nova Scotia other than my mom. I live with her and my dad and my little brother Giovanni.

Some things I really enjoy are being around my friends, watching movies and eating pickles (by far the best food on Earth!). I sing and act and play many instruments. If you see me around, say hi — I enjoy making new friends. I hope you get to know and see me while I am here.

Hope to see you all around. :)



This year's Christmas Craft Bazaar will have many new vendors including our popular by demand from previous years. So get your shop on because there will be so much to choose from that you will be lost for words. Saturday,

November 16th, 10 a.m.-2 p.m., with festive entertainment provided by Jack Coulson.

Then if that wasn't enough Christmas excitement, don't miss out on the Cambridge Santa Claus Parade. Sign up in the Activity Room to have a seat on the bus as we drive through the large crowd. If your family or friends would like to join us, we are looking for people to help hand out candy canes to the crowd and hold a banner walking in front of the bus. Parade starts at 6 p.m. and we have to leave early as we are one of the first floats.

See you on November 16th!



November 3rd Daylight Saving Time Ends — turn your clock back before heading to bed on the 2nd!



November 8th: Milton Bradley Game Day

Milton Bradley, game pioneer, was born on this day in 1836. He is credited with launching the game industry in North America, designing and producing

checkerboards, jigsaw puzzles, and numerous other games.

Come play various Milton Bradley games in the Activity Room on Friday, November 8th, starting at 10:30 a.m.

November 14th: Aviation History (Aviation Day is on November 16th)

In honour of November being Aviation History Month, to celebrate we will be holding an Avro Arrow historical aviation programme on Thursday, November 14th at 2:30 p.m. in the Activity Room.

November 16th: Christmas Craft Bazaar and Cambridge Santa Claus Parade

Great day to start and finish your Christmas shopping! With 20-plus tables of different vendors, you will have lots of variety to choose from! But please do not shop until you drop, as in the evening we are in the Cambridge Santa Claus Parade. So come full of your Christmas cheer, the parade starts at 6 p.m., and if you want to come please sign up in the Activity Room.

November 26th: National Cake Day

On this day, we celebrate one of the world's favourite desserts — the cake. The cake we know and love today evolved from early leavened breads, which were sweetened with honey, fruit, and nuts. Did you know that the word cake comes from the Old Norse word kaka, meaning "a baked flour confection?"

Whether you enjoy vanilla or chocolate or red velvet, come decorate a mini cake Tuesday, November 26th at 2:30 p.m. in the Activity Room.

November 29th: Tree Lighting Ceremony

The Tree Lighting Ceremony will set into motion at 7 p.m. in the Atrium. We will have festive entertainment by Patrick Murray along with egg nog, apple cider, and some traditional Christmas treats.



Over the last few months we have been working on another project called Compassionate Angels. Knitting and crocheting hats for cancer patients, which are both comforting, empowering and warm in the cold weather coming up.

So we are looking for people who can knit or crochet to make the hats, or yarn donations that can be used to make the hats.

Any help would be greatly appreciated — all finished hats go to local hospitals with a large amount going to Grand River Hospital.

In addition to our new project of giving back our traditional one will be taking place. Mid-November, come down to the Activity Room and pick a tag or two or three from the Angel Tree. The tag contains different ages and genders of children within our local community. Please purchase a gift for the appropriate age and gender.

Return the gift unwrapped with the tag attached. This giving opportunity doesn't require a significant amount of money or contribution; any donation is greatly appreciated!

The gifts are then delivered to less fortunate children to bring them Christmas cheer!



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Gracious Retirement Living

208 Hespeler Road
Cambridge, ON N1R 0A5



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.

519-620-9999

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