

The Bradley

Gracious Retirement Living

130 Goulbourn Forced Rd • Kanata, ON K2K 0K6 • Phone (613) 801-3804 • www.seniorlivinginstyle.com

JANUARY 2020

THE BRADLEY STAFF

Managers..... COLIN & TINA MURRAY
Assistant ManagersCHRISTINE & ADRIAN SMITS
Executive Chef..... MARCO MARANDOLA
Sous Chef MICHAEL BLYTH
Activity Coordinator GAYLE DOCHERTY
MaintenanceSTEPH DURLING
Bus DriverSUE CROSBIE

Kanata Christmas Parade

On November 16th, The Bradley Bus was full of excited residents ready for the Kanata Christmas Parade! We lucked out with a beautiful blue sky for the morning. Thanks to our residents Ciril Retar, Bill and Pat McQuitty, June Craig and Kathy Guy for representing our community! Our bus driver, Sue, did a great job decorating inside and outside the bus! Thank you to everyone who donated food for the Kanata Food Cupboard! We played Christmas music and had hot chocolate while we waited for the parade to start. We had a great time waving to everyone along the parade route, and we were proud to show our community how much fun we have at the Bradley! We can't wait for next year!



HAWTHORN
SENIOR LIVING



Gingerbread House

The Bradley was excited to participate in the Hawthorn Gingerbread Contest for the first time! Residents and staff took time planning and creating a reconstruction of the Bradley. After trial and error, we ended up making a fantastic house together! We had a lot of fun with this classic winter activity! We can't wait to go even bigger next year!



The Bradley in gingerbread form!

Happy New Year!



The Bradley family would like to wish everyone a very happy 2020 filled with love and happiness!

Zumba

We are very excited to announce our Zumba class will now be held every Thursday at 4 p.m.! Zumba is a fantastic way to get some great exercise while having a ton of fun and laughs at the same time. Diane is a fantastic instructor and puts everyone at ease. Our Zumba class is great because it works for people of all skill levels with standing and sitting options along with modified dance moves to ensure we all get the most out of the class! Please come and try it with us!

Remember to check the calendar for our other Fitness classes and activities as well!



Thursdays at 4 p.m.!

Capital Crescendos Band

On December 2nd, the Bradley hosted the Ottawa New Horizons Capital Crescendos Band for an afternoon of great music! They are a 40-piece band made up of new musicians and musicians who haven't played in a long time. It was quite a show! They played a great mix of music including classical, jazz and Christmas songs for our residents.





An Evening with Elvis

On November 19th, we hosted Elvis! Award winning performer Bruce Andrew Stewart and his wife, Blaze, gave us an amazing night of entertainment! They celebrated the King with a great rockabilly performance. We had a great mix of classic and Christmas songs! Our residents had a great evening, as well as our welcomed guests! Keep checking your calendars for more entertainment!



The King!



A lovely serenade for Suzanne Eastwood!



Blaze also kept the crowd entertained!

The Bradley Is Going to Africa!

Start your engines, Bradley residents! From the week of January 20th through February 7th, The Bradley will be hitting the road for an expedition across Africa! We will be exploring these three amazing destinations:

- **Morocco**
- **Egypt**
- **Tanzania**

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries. Be sure to attend the Expedition Kickoff on January 15th at 2 p.m. to get all of your travel information during our Safari Social. We will be serving sweet safari spritzers!

We will arrive in Morocco on January 20th. Make sure you check out our events throughout the week including our Blue Social, Night in Casablanca and Rose Festival!

On January 27th, we will arrive in Egypt, where we will have fun with activities including building pyramids, walking like an Egyptian and having a Mummy Wrap competition!

On February 3rd, we will head on over to Tanzania and enjoy things such as hopping on Safari, exploring the spice of Zanzibar and preparing to climb Mount Kilimanjaro!

Forget about the cold and the snow as you explore the sites, culture and cuisine of these three amazing countries!

If you have any additional questions like what to pack or weather conditions, be sure to check in with your Expedition Guide, Gayle, for all the details!



JANUARY 2020

Birthdays

Ruth Battram, 9th
 Marcel Lalonde, 14th
 Colin Murray, 20th (Employee)
 Michael Blyth, 28th (Employee)

Locations

Activity Room, AR
 Back Gardens, BG
 Billiards Room, BR
 Chapel, CH
 Computer Room, CR
 Dining Room, DR
 Fitness Room, FR
 Front Entrance, EN
 Library, LI
 Theater Room, TH
 TV Room, TV

“If you love life, don’t waste time, for time is what life is made up of.”

—Bruce Lee

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			NEW YEAR'S DAY 1			
			9:30 Walking Club Self Directed 11:00 Jigsaw Puzzles, TV 3:30 Movie Matinee, TH 6:45 Card Games, BR	9:30 Fitness Class, AR 11:00 Resident & Manager Meeting, AR 11:30 Jigsaw Puzzles, TV 2:00 Mystery Drive 3:30 Movie Matinee, TH 6:45 Card Games, BR	9:30 Walking Club, EN 9:30 Museum of History \$ 11:00 Visit with Deacon Des Adam From St. Isodore Church, CH 2:00 Giant Crossword, AR 2:30 Alice's Cafe Coffee Outing \$ 4:00 Fireplace Social, DR 6:45 Movie, TH	Trivia Day 9:00 News, TH 10:30 Walking Club, Self-Directed, EN 11:00 Word Searches, AR 2:00 Switch Boxing, AR 6:45 Series Club: "This Is Us," TH
Golden Globe Awards Night 5 9:30 Bean Bag Toss, AR 11:00 Jigsaw Puzzles, TV 2:00 Switch Bowling, AR 3:00 Movie, TH 6:45 Card Games, BR 7:00 Golden Globe Awards Wear Your Glamorous Outfits!, TH	9:30 Walking Club, EN 11:00 Quarter Bingo \$, AR 2:00 Shopping in Kanata Centrum \$ 3:00 Hot Chocolate, AR 3:30 Movie Matinee, TH 6:45 Card Games, BR 6:45 Movie, TH	9:30 Fitness Class, AR 11:00 Switch Boxing, AR 2:00 Bistro Baking, AR 3:30 Documentary Series, TH 6:45 Switch Bowling, AR 6:45 Movie, TH	9:30 Fitness Class, FR 11:00 Resident & Manager Meeting, AR 11:30 Jigsaw Puzzles, TV 2:00 Mystery Drive 3:30 Movie Matinee, TH 6:45 Card Games, BR	9:30 Fitness Class, AR 10:00 Dental Information Session, AR 10:30 Arts and Crafts, AR 2:00 Prize Bingo, AR 4:00 Zumba with Diane!, AR 6:45 Movie, TH 7:00 Billiards Games, BR 	9:30 Walking Club, EN 9:30 Honey Coffee Bar Outing \$ 11:00 Visit with Deacon Des Adam From St. Isodore Church, CH 2:00 Giant Crossword, AR 3:30 Brain Games, AR 6:45 Movie, TH 6:45 Entertainment From "Grateful We're Not Dead," AR	9:00 News, TH 10:30 Walking Club, Self-Directed, EN 11:00 Word Searches, AR 2:00 Switch Boxing, AR 6:45 Series Club: "This Is Us," TH
9:30 Bean Bag Toss, AR 11:00 Jigsaw Puzzles, TV 2:00 Switch Bowling, AR 3:00 Movie, TH 6:45 Card Games, BR	9:30 Walking Club, EN 11:00 Quarter Bingo \$, AR 2:00 Shopping in Kanata Centrum \$ 3:00 Hot Chocolate, AR 3:30 Movie Matinee, TH 6:45 Card Games, BR 6:45 Movie, TH	9:30 Fitness Class, AR 11:00 Switch Boxing, AR 2:00 Ice Cream Social, AR 3:00 Library Club, LI 3:30 Documentary Series, TH 6:45 Switch Bowling, AR 6:45 Movie, TH 	Photobombing Day! 9:30 Fitness Class, FR 10:30 Mystery Drive 11:30 Brain Games, AR 2:00 Hawthorn Adventure Kick Off Party! Safari Social, AR 3:30 Movie Matinee, TH 6:45 Card Games, BR	9:30 Fitness Class, AR 10:30 Arts and Crafts, AR 2:00 Prize Bingo, AR 4:00 Zumba with Diane!, AR 6:45 Movie, TH 7:00 Billiards Games, BR	9:30 Walking Club, EN 10:00 Tim Hortons Coffee Outing \$ 11:00 Visit with Deacon Des Adam From St. Isodore Church, CH 2:00 Giant Crossword, AR 4:00 Fireplace Social, DR 6:45 Movie, TH	9:00 News, TH 10:30 Walking Club, Self-Directed, EN 11:00 Word Searches, AR 2:00 Switch Boxing, AR 6:45 Series Club: "This Is Us," TH
9:30 Bean Bag Toss, AR 11:00 Jigsaw Puzzles, TV 2:00 Switch Bowling, AR 3:00 Movie, TH 6:45 Card Games, BR	Morocco! First Stop: Tangier 20 9:30 Walking Club, EN 10:00 Moroccan Mosaics Craft, AR 11:00 Quarter Bingo \$, AR 2:00 Shopping in Kanata Centrum \$ 2:00 Brain Games Tea Word Puzzle, AR 3:00 Magical Morocco Documentary, TH 6:45 Card Games, BR 6:45 Movie: Hidalgo, TH 	Morocco! Second Stop: Chefchaouen 21 Blue Day Dress in All Blue! 9:00 Chefchaouen Virtual Tour, AR 9:30 Fitness Class, AR 10:00 Henna Artwork Craft, AR 11:00 Switch Boxing, AR 2:00 Blue Social!, AR 3:00 Tea Tray Memory Game, AR 6:45 Switch Bowling, AR 6:45 Movie, TH	Morocco! Third Stop: Casablanca 22 9:00 Casablanca Tourist Video, AR 9:30 Fitness Class, FR 11:30 Brain Games, AR 2:00 Thankful Hour, CH 2:30 Scenic Drive 4:00 A Night in Casablanca, AR 6:45 Movie: Casablanca, TH 6:45 Card Games, BR	Morocco! Fourth Stop: Marrakech 23 9:30 Fitness Class, AR 10:00 Drum Making Class, AR 2:00 Prize Bingo, AR 2:00 Marrakech Marketplace, AR 4:00 Zumba with Diane!, AR 6:45 Movie, TH 7:00 Billiards Games, BR	Morocco! Fifth Stop: El Kelaa M'Gouna 24 "The Valley of the Roses" Rose Festival 9:30 Walking Club, EN 11:00 Visit with Deacon Des Adam From St. Isodore Church, CH 11:00 Rose Word Searches, AR 2:00 Rose Wreaths and Flowers Crafts, AR 4:00 Fireplace Social, DR 4:00 Entertainment From Jimmy Leroux, DR 6:45 Movie, TH	9:00 News, TH 10:30 Walking Club, Self-Directed, EN 11:00 Word Searches, AR 2:00 Switch Boxing, AR 6:45 Series Club: "This Is Us," TH
9:30 Bean Bag Toss, AR 11:00 Jigsaw Puzzles, TV 2:00 Switch Bowling, AR 3:00 Movie, TH 6:45 Card Games, BR	Egypt! First Stop: Egyptian Museum Pharaoh of the Day Hydrate Like a Camel 27 9:30 Walking Club, EN 10:00 Egyptian Museum Virtual Walkthrough, TH 11:00 Quarter Bingo \$, AR 2:00 Shopping in Kanata Centrum \$ 2:00 Phind the Pharaoh, AR 3:30 Movie Matinee, TH 6:45 Brightening Lives Humane Society Visit, AR	Pharaoh of the Day Egypt! First Stop: Egyptian Museum Hydrate Like a Camel 28 9:30 Fitness Class, AR 10:00 In the Bistro Mummy Wrapped Hot Dogs, AR 11:00 Switch Boxing, AR 2:00 Mummy Wrap Competition!, AR 3:00 Library Club, LI 6:45 Switch Bowling, AR 6:45 Movie, TH 	Pharaoh of the Day Egypt! Second Stop: The Pyramids Hydrate Like a Camel 29 9:30 Fitness Class, FR 10:00 Pyramids Documentary, TH 11:30 Brain Games, AR 2:00 Sugar Cube Pyramids Craft, AR 2:30 Scenic Drive 3:30 Movie Matinee, TH 6:45 Card Games, BR	Egypt! Second Stop: The Pyramids Pharaoh of the Day Hydrate Like a Camel 30 9:30 Fitness Class, AR 10:00 Egyptian Hieroglyphics Crafts, AR 2:00 Egyptian Hieroglyphics Documentary, TH 2:00 Prize Bingo, AR 4:00 Zumba with Diane!, AR 6:45 Movie, TH 7:00 Billiards Games, BR	Egypt! Third Stop: The Nile River Pharaoh of the Day Hydrate Like a Camel 31 9:30 Walking Club, EN 11:00 Nile Cruise Exercise, AR 11:00 Visit with Deacon Des Adam From St. Isodore Church, CH 12:30 Nile River Cruise Lunch, DR 2:00 Napkin Folding Class, AR 4:00 Fireplace Social, DR 6:45 Movie, TH	



Fireplace Socials

One of our residents' favourite spots to spend some time is the fireplace in the dining room during these cold winter days! You can find them gathered around with drinks and snacks and hear them chatting and laughing. It is a great spot to get to know each other!

Our Fireplace Social is happening Friday afternoons at 4 p.m.! Bring your own drinks and snacks!



Residents gathered on December 6th to celebrate Ciril's birthday!

Scenic Drives

We love scenic drives! Some days are great to just get out and go for a country drive or see something new. Enjoy the view from our comfortable seats while our bus driver, Sue, takes you on a nice relaxing drive!



Our bus driver, Sue, with our residents!

Puzzle Pals!

The puzzle table is becoming a new hot spot! This puzzle has been worked on since we opened! It was very challenging, and our residents finally completed it! They were very proud! Since then, we have completed two more puzzles! If you like to do jigsaw puzzles, we would love to have you join us!



Muriel O'Meara and Ruth Battram with the completed quilt puzzle!

Christmas Decorating

We are so excited to be celebrating our first Christmas season at the Bradley! We had so much fun spreading joy while we decorated our home for the season! Thank you to all staff and residents who participated in the decorating and other

Christmas activities to make this the best first Christmas we could have asked for!



Suzanne Eastwood and Crystal McLeod doing a beautiful job decorating our tree.



The finished tree!



Museum of Nature

Last month, residents hopped on the bus to the Museum of Nature. The museum was founded in 1856 and has a goal to save the world for future generations with evidence, knowledge and inspiration. While there, they looked through the “Nature Live” exhibition. They were able to experience live creatures such as stick insects, honey bees and other insects. They also got to check out this polar bear and other animals in the Arctic and Mammal Exhibitions! This museum combines fun and education!

This month, we are headed to the Museum of History! Features of this museum include the Canadian Hall of History and the Special Exhibit, “Neanderthal.”

Did Neanderthals really live in caves carrying clubs? Come and we will find out the truth!

Learn more on our outing on Friday, January 3rd, at 9:30 a.m.!



Brightening Lives

Our Brightening Lives program from the Ottawa Humane Society will return on Monday, January 27th, at 6:45 p.m.! If you haven't come to visit our volunteer dogs yet, don't hesitate to give it a try! There is a lot of love to go around!



Coffee Club

Check out some of our Coffee Club visits this past month!

The Coffee Club has a goal of trying all the different coffee shops in Ottawa! With such a big city, we get a great variety. Let us know where your favourite place to get coffee is, and we will make sure to check it out!

We recently tried The Feline Cafe, Morning Owl, Second Cup, The Grounds and Quitters Cafe!

Not only do we get to try different coffee, tea and treats, but we also get to socialize with each other a little bit more.

When we went to the Feline Cafe, Joan St Louis started a great conversation reminiscing about past pets! It's great to get to know our neighbours even better!

This month come and try: Alice's Cafe, Honey Coffee Bar and the classic Canadian coffeeshop, Tim Hortons!



Joan St Louis enjoyed watching some new feline friends run around at the Feline Cafe!

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Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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