

# CEDARVIEW

GRACIOUS RETIREMENT LIVING

511 Finkle Street • Woodstock, ON N4V 0C4 • Phone (519) 602-0282 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2020

## CEDARVIEW STAFF

Managers.....WILF & SUE BONDY  
Assistant Managers .....ERIC & GERTY SIMMS  
Executive Chef..... JASON GORDON  
Activity Coordinator .....JENNY PATTIRAM  
Maintenance ..... WAYNE SANDICK  
Bus Driver ..... RUTH DAVIS

## TRANSPORTATION

**Monday, 9 a.m.-4 p.m.:** 2 p.m. Walmart

**Tuesday, 9 a.m.-4 p.m.:** Appointments

**Wednesday, 9 a.m.-4 p.m.:** Outing

**Thursday, 9 a.m.-4 p.m.:** Appointments

**Friday, 9 a.m.-4 p.m.:** 2 p.m. Walmart

HAWTHORN  
SENIOR LIVING

## Mother's Day Trivia and Guess Who

Guess Who clue: She enjoys everything from knitting to dancing and board games.

Last month's Guess Who:  
Unfortunately no one guessed who she is so I will leave it up for another month.

### Mother's Day Trivia:

1. Who is actress Kate Hudson's famous mother?  
A. Diane Keaton  
B. Goldie Hawn  
C. Meryl Streep
2. How many Mother's Day cards are sold each year?  
A. 100 thousand  
B. 100 million  
C. 141 million
3. What's the record for most children born to one mother?  
A. 19  
B. 23  
C. 41  
D. 69



Write your answer down and give it to Jenny. I will be on each floor daily.

This is a great way to earn Cedarview money!





## Community Coming Together

With uncertain times, Woodstock flowers community did an amazing thing — they donated beautiful flowers to our Cedarview residents and staff.

Everyone was smiling.

Flowers make everything brighter.



*All are beautiful. Penny is having a hard time deciding which one to take. Lol!*



*Look at that smile!*



*Our wonderful manager, Sue, loves flowers.*



*Just beautiful!*

## Some History in May!

May 10th is Mother's Day!

A woman named Anna Jarvis started a campaign for an official holiday honouring mothers in 1905, the year her own mother died. The first larger-scale celebration of the holiday was in 1908 when Jarvis held a public memorial for her mother in her hometown of Grafton, West Virginia.

May 18th is Queen Victoria's birthday.

Victoria Day was declared a Canadian holiday by the government in 1845. At that time, it was celebrated with picnics, parades, sporting tournaments, fireworks and cannon salutes. When Queen Victoria died in 1901, Canada's parliament officially named the holiday Victoria Day.



## Mother's Day — I Remember!

"God could not be everywhere, and therefore he made mothers." — Rudyard Kipling

Residents reminiscing about their mom with some beautiful memories:

"I remember how beautiful my mom was." by Harold

"I remember what a calming influence my mother was in our family life with five boys." by Andy

"I remember what a perfectionist my mom was — after all, she was English." by Penny

"I remember my mom was beautiful and caring. She always knew when I was awake." by Rosa

"I remember how my mum showed me the basic stitches of knitting and crochet, at the age of 9. Today, 75 years later, I have developed into an avid crafter." by Jan

"I remember my mother, Mary, as a hardworking Christian lady. She was hilarious in her broken English speech." by Pastor Andy

"I remember my mother, Magdalene, was a very kind, loving and caring person to everyone. I miss her dearly to this day." by Helen

Happy Mother's Day to all the wonderful mums, aunties and grandparents!



## Message to Our Residents

"Our thanks to all our staff and residents for your patience and understanding through the changes that had to be made for the COVID-19 virus. We are giving our best to keep everyone safe and healthy."

Love and God Bless!  
Wilf and Sue  
Eric and Gerty

"To all the residents at Cedarview, I miss you very much and can't wait to be back to work doing your hair and visiting with all of you."  
Deb (hairdresser)

"To all my travellers at Cedarview, I miss having you all on the bus and hearing all the jokes and stories."  
Ruth (bus driver)

To all our residents: We miss seeing you in the Dining Room.  
Kitchen staff and servers

Just a reminder to wash your hands as often as you can, stay 6 feet apart whenever you can.  
Keep smiling.



## Attitudes are contagious. Is yours worth catching?

## May Birthdays

Gloria Curtis, 8th  
Marj Parker, 14th  
Thomas Way, 17th  
Barbara Alkins, 18th  
Margaret Wood, 25th  
Sherry Dellow, 29th (Employee)  
Elizabeth Sikma, 31st  
Fritz Posendorf, 31st



## Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- |                     |                               |
|---------------------|-------------------------------|
| 1. Winifred Banks   | A. "Mamma Mia!"               |
| 2. Lena Younger     | B. "The Grapes of Wrath"      |
| 3. Mary Bailey      | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan   | D. "Mary Poppins"             |
| 5. Leigh Anne Tuohy | E. "Imitation of Life"        |
| 6. Ma Joad          | F. "The Blind Side"           |
| 7. Lora Meredith    | G. "A Raisin in the Sun"      |
| 8. Katie Nolan      | H. "It's a Wonderful Life"    |

## Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| R | O | D | D | R | O | D | U | N | K |
| C | O | N | W | O | N | N | I | L | A |
| S | P | A | R | R | G | I | S | O | K |
| O | D | M | A | W | O | B | I | P | A |
| V | K | B | G | O | R | C | R | I | M |
| E | N | O | P | I | E | K | H | W | O |
| K | I | B | S | T | O | R | E | I | T |
| I | L | O | F | I | N | C | A | K | M |
| E | L | I | L | E | R | H | W | A | O |
| Q | U | A | P | E | T | M | A | C | T |

BOBOLINK  
CONDOR  
~~CROW~~  
DOVEKIE  
DRONGO  
DUNLIN  
FINCH  
IBIS  
KAKAPO

KIWI  
MACAW  
MAGPIE  
MOTMOT  
PETREL  
QUAIL  
RHEA  
SPARROW  
STORK

## Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

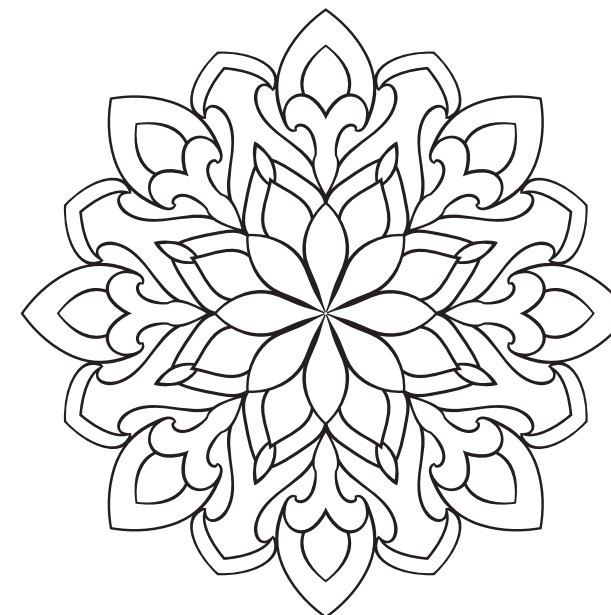


## Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

## Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



## A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

## Puzzle Solutions

### Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

### Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

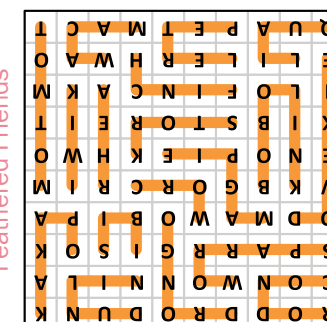
## Take a Closer Look

See if you can identify 12 differences in these two illustrations.

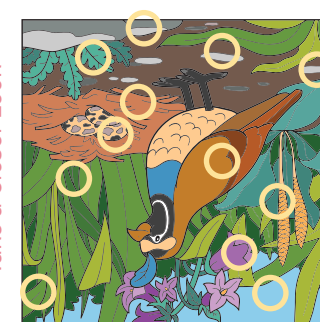
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## Social Distancing

Social distancing is at its best.

Social distancing can't keep us from having a great time, from golfing, one-to-one puzzles, movies and sitting with your favourite actress, bingo, ice cream with a good book and our manager, Wilf, playing the piano.



*Golfing*



*Puzzle time*



*Our very own Betty White*



*Hallway fun — ice cream treat*



*Nothing better than a good book and ice cream*



*Keep going*



*A resident making a teapot holder*



*Group bingo — 6 feet apart, limited to five and it works great.*





*Bingo*



*Six feet apart*



*That's all that matters — everyone smiling.*



*Wilf playing the piano for everyone*

## Beautiful Day for a Walk

It was a beautiful day for a spring walk and to our surprise we saw the beautiful spring flowers coming up. April showers bring May flowers.



*Joe*



*Everyone doing their best social distancing*



*Penny and Andy*



*Don*



*Spring flowers*





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Woodstock, ON N4V 0C4



## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.



**519-602-0282**

