

ROSEWOOD ESTATES

Gracious Retirement Living

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

MAY 2020

ROSEWOOD ESTATES STAFF

Managers.....MYRON THOMPSON &
HELEN COLLINS
Assistant Manager KEN & CARRIE BUCKLER
Executive Chef BRUCE HEMBRUFF
Community SalesANTHONY PARIS
Activity Coordinator MELISSA DAVEY
Maintenance MIKE THORN
Bus Driver RICHARD 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

Mother's Day is Up and Coming!

How do you distill the intense, loving, maddening, crazy connection you have with your mom into a few sentences? While that's a tall order, a Mother's Day poem is a succinct way to let your mom know how you feel about her, paired with one of the best Mother's Day gifts, of course.



Here is to all the ladies of Rosewood. You may not be a Mother, but these hands fit us all.

To the strongest woman I will ever know.

At first glance Mom's hands may seem crippled and meek.
She flinches when you bump them and her grip is quite weak.
But these hands are a reflection of the woman inside,
Although burdened with limits, still strong with pride.
When opening a jar seems too great a task,
It's only after great hesitation that she finally asks.
Don't let that mislead you, for you must understand.
It's not what they can't do, but rather what they can.
These hands have the strength to raise a family right,
To wipe away every tear and hold you real tight.
They come together each day in prayer,
And whenever you need them, they're always right there.
So if these hands don't appear all that tough,
Remember they're full of tenderness and love
And for me that's enough.

On Mother's Day, we will celebrate our ladies of Rosewood Estates, whether it be a visit door-to-door, or if policy allows it, a celebration. We will still make sure to give them the love they deserve on this day and every other!



Silly Shenanigans, A St. Patrick's Day Celebration!

From the London Eye to the Great Pyramids, see iconic landmarks turn green in honor of St. Patrick's Day. Every year on March 17th, people around the globe celebrate Irish culture and heritage with food, drink and lively parades to honor this day.

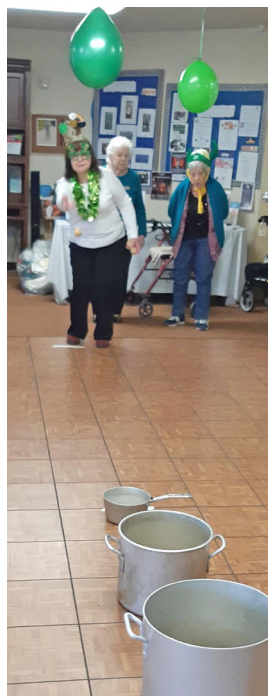
Although this year was a little different, Rosewood Estates still managed to engage in some Irish fun!

Just before we got the word it was time to work together and social distance, we had the chance to have a St. Patrick's Day celebration. For everyone's safety, our new policies and procedures

came into effect, which included temporarily shutting our doors to entertainers and performers. Our Irish Trio Band was unable to attend and wow us with one of their amazing performances (but promise to come and see us as soon as it is possible), so we improvised with some fun St. Paddy's Day games and, of course, green beverages. After a delicious Irish dish prepared by Chef Bruce and his team, our bellies were so full we worked it off with a little potato bowling, potato toss and pin the clover on the donkey. Bowling with a potato can be a little tricky, so it became quite comical to watch and try. We did see a few strikes and spares and a lot of potatoes roll under the couch, hit the lane next to us or even do a 90-degree turn. Potato toss was a little easier, and we were awarded Rosewood Rubles for each pot we tossed into. The \$100 pot was a little harder to hit, but some of us managed to pull it off. Pin the clover on the donkey was a big laugh. With assistance, some of us managed to at least get our clover on the board. We may not have had professional entertainment come, but we sure managed to entertain one another.



*Love the green, Gord
and Yvonne!*



*Come on Iris,
you can do it!*



Love the enthusiasm, Willy!

May Birthdays

Kathryn Cole, 12th
Eva Pinkowsky, 12th

Bette Smith, 15th
Joseph Rombaut, 23rd

Bonnie Moyer, 23rd
Helen Wright, 23rd

Bernadette Allen, 27th
Kay Boulter, 27th

Trivia Tuesdays

Every Tuesday before dinner!



Pick Your Day!

Our Spirit Week was such a blast, we decided to add many more days to our calendar. So far, we have had Beach Day and Souvenir Day, with many more to come. Beach Day was so much fun. With it still a little chilly outside, we had the chance to wear our summer attire early. We may have had to wear pants or tights under them, but we still got to get them out and strut them around. Next was Souvenir Day. I would just like to explain a little bit about Souvenir Day and how it came about. My son, Mason, has had the chance to get to know our amazing residents and interact with them. Although he may only see them once in awhile, he asks about them all the time and wants to help me plan out our activities. One night while I was bragging at home about Spirit Week, Mason asked me if he could come up with some days we could do. As a proud momma, I said, "Of course you can!" He came up with so many good ideas, but the one we both decided to start with, that we thought would be a good heartfelt day, was Souvenir Day. Mason thought our residents would enjoy telling stories about items they hold close to their hearts and that have a story to tell. Great idea, Mason! So we held Souvenir Day and gave our residents the chance to bring a special item down and tell us all about it. One of our residents, Catherine McGill, brought an item that she has kept close to her for about 87 years. It was a miniature doll made from celluloid, which was used before plastic in the making of dolls. Catherine's doll also cost three pennies when her mother bought it for her. She gave Catherine material once she had the doll to make an outfit for it, which Catherine did. What a touching story, Catherine, thanks for sharing. Everyone's stories were so interesting, and gave us all a little more insight into our friends and neighbours. We will be doing this activity again, for sure. Thank you, everyone!



Catherine is showing us her sentimental souvenir!



Love the beach wear, Betty!

Banana Splits and Social Distancing!

Although we are practicing social distancing to do our part in keeping our Rosewood family safe, we still are exploring different ways to keep us engaged and busy, and banana splits was one of the fun activities we chose. Staying our distance, we still managed to socialize, all while enjoying a tasty treat. We may have had three rooms on the go to keep our numbers in check, but it kept us laughing and talking most of the afternoon. How can you go wrong when there is ice cream involved?



June is enjoying her banana split!



Looks good, George!

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	KIWI
CONDOR	MACAW
CROW	MAGPIE
DOVEKIE	MOTMOT
DRONGO	PETREL
DUNLIN	QUAIL
FINCH	RHEA
IBIS	SPARROW
KAKAPO	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.

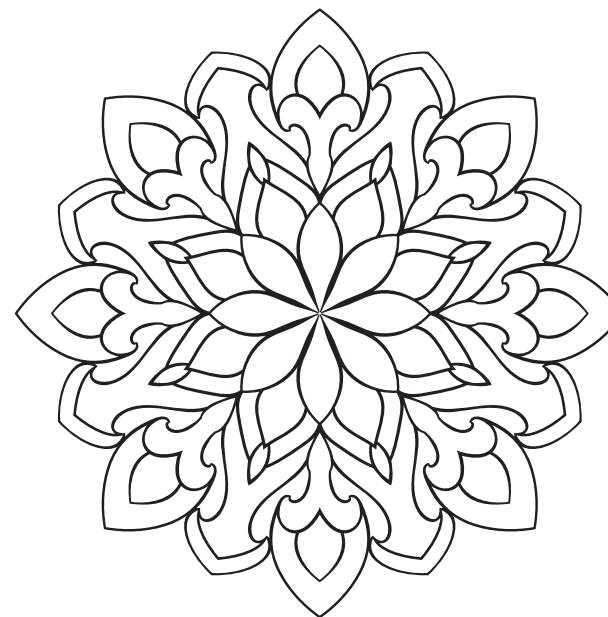


Simple Ways To Practice Mindfulness

- 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.

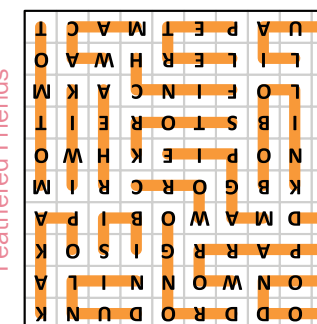
Take a Closer Look

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

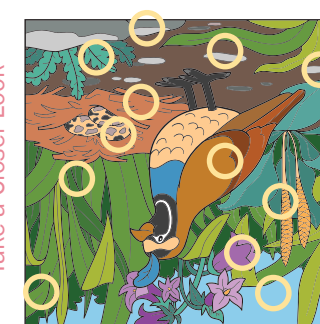
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





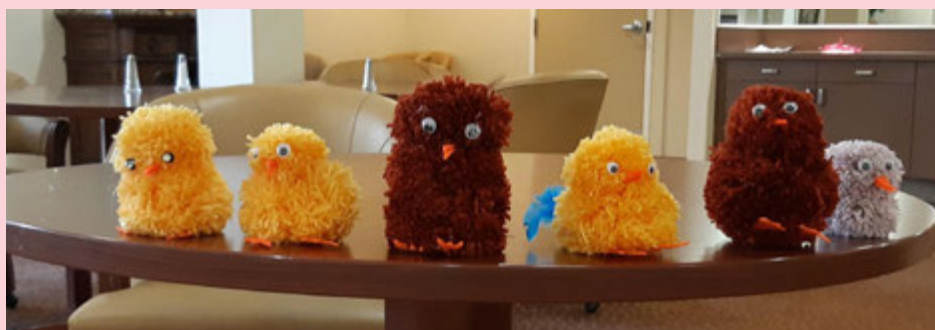
Getting Ready for Easter!

To get ready for Easter, we decided to have some fun making baby chicks out of yarn and creating our own masterpieces with egg art. Yes, we filled eggs with paint and threw them at canvases, which created a display of colourful splatters of art. As much as it looked very cool, when we were done, I think the fun was getting to throw eggs at something. What a laugh.

We also decided to get creative and make baby chicks. We wrapped yarn until it was time to cut them into cute little pom-poms. We then glued our pom-poms together to make a chick body, added eyes, a beak, added feet and voila! A cute baby chick! Well, we had owls, chicks, chicks dyed purple — either way, they were cute!



Ilisa is busy making her baby chick!



The end result, so cute!



Maura is working on her masterpiece, or just having fun throwing eggs!



Egg-throwing art!



Door to Door Birthday Fun!

Lunch at Rosewood is running a little different right now for our own safety, but we are still able to celebrate our birthdays. We just deliver it right to your door. Cake delivery sounds good to me. Birthdays are a big deal and should always be celebrated to make that special person know just how much they are loved. So, we gather our team and away we go (in groups of four) to spread birthday cheer. In the month of May, we have lots of birthday cheer to spread, and we will be celebrating all of these fantastic people:

- Kathryn Cole
- Eva Pinkowsky
- Bette Smith
- Helen Wright
- Bonnie Moyer
- Joseph Rombaut
- Bernadette Allen
- Kay Boulter

Happy Birthday to all of our May celebrators!



Happy Birthday, Gord!



Happy Birthday, Verna!

Easter at Rosewood!

Easter is a special holiday that is usually spent with family, but because we need to be so carefully keeping our distance, for our own safety, this was not an option for us. However, we still did what we could and improvised.

Yes, another delicious meal came from our fantastic team in the Kitchen, of turkey with all the fixings. We then had a visit from the Easter Bunny, who delivered a treat bag to every room with some Easter cheer. The Easter Bunny may have had to get a little creative with a face mask, but it just added character, or laughter (I think probably laughter). Either way, it was a cheerful morning.



The Easter Bunny visiting Joe and Franny with a treat!



Iain caught a picture of the Easter Bunny!

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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.

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