

# The Bradley

## Gracious Retirement Living

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

MAY 2020

### THE BRADLEY STAFF

Managers..... COLIN & TINA MURRAY  
Assistant Managers ..... CHRISTINE  
& ADRIAN SMITS  
Executive Chef..... MARCO MARANDOLA  
Sous Chef ..... MICHAEL BLYTH  
Activity Coordinator ..... GAYLE DOCHERTY  
Maintenance ..... STEPH DURLING  
Bus Driver ..... SUE CROSBIE

### TRANSPORTATION

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

Shopping Trips to Kanata Centrum at 2 p.m.

**Tuesday & Thursday, 9 a.m.-4 p.m.:**

Appointment Day

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

Scheduled Scenic Drives

**Friday, 9 a.m.-4 p.m.:** Scheduled Outing Days

**HAWTHORN**  
SENIOR LIVING

### Balcony Dancing

We had a really fun time last month doing some balcony dancing. The sun was shining and it was a perfect April day for some fresh air.

The music was upbeat and we saw some fantastic dances from residents all the way around the building.

Pictured here is Ciril Retar clapping along to the music!



### Daisy Time

See, the grass is full of stars,  
Fallen in their brightness;  
Hearts they have of shining gold,  
Rays of shining whiteness.  
Buttercups have honeyed hearts,  
Bees they love the clover,  
But I love the daisies' dance  
All the meadow over.  
Blow, O blow, you happy winds,  
Singing summer's praises,  
Up the field and down the field  
A-dancing with the daisies.

*By Marjorie Pickthall*





## A Mother's Day Poem

### **"Never Enough"**

Sometimes I know the words to say to give thanks for all you've done,  
but then they fly up and away as quickly as they come.

How could I possibly thank you enough, the one who makes me whole,  
the one to whom I owe my life, the forming of my soul.

The one who tucked me in at night, the one who stopped my crying,  
the one who was the expert at picking up when I was lying.

The one who saw me off to school and spent sad days alone,  
yet magically produced a smile as soon as I came home.

The one who makes such sacrifices to always put me first,  
who lets me test my broken wings, in spite of how it hurts.

Who paints the world a rainbow when it's filled with broken dreams,  
who explains it all so clearly when nothing is what it seems.

Are there really any words for this? I find this question tough.  
Anything I want to say just doesn't seem enough.

What way is there to thank you for your heart, your sweat, your tears,  
for ten thousand things you've done for oh so many years.

For changing with me as I changed, accepting all my flaws,  
not loving 'cause you had to, but loving just because.

For never giving up on me when your wits had reached its end,  
for always being proud of me, for being my best friend.

And so I come to realize, the only way to say,  
the only thank you that's enough is clear in just one way.

Look at me before you see what I've become.

Do you see yourself in me, the job that you have done?

All your hopes and all your dreams, the strength that no one sees,  
a transfer over many years, your best was pass to me.

Thank you for the gifts you give, for everything you do,  
but thank you, Mommy, most of all for making dreams come true.

*by Reanna Almeida*

Happy Mother's Day  
to all the mothers,  
grandmothers, and all  
the women in our lives  
who helped guide us on  
the right path and took  
care of us. A mother is  
a woman who can take  
the place of all others,  
but can never be  
replaced in our hearts.



## Loving Hearts

Thank you to all of our residents who  
helped to cut out beautiful rainbow  
hearts to decorate our building. It is  
a beautiful display of positivity and  
care for all!

It is a thank you to  
essential workers.  
It represents community spirit.  
It represents inspiration and hope.  
It represents love.  
It is a sign that better days  
are coming!



## May Birthdays

Gayle Docherty, 18th (Employee)

Diny Vandernakkar, 22nd





## Bird Houses

Spring is here and we have made some beautiful bird houses to liven up our gardens!



## Line Dancing

Line dancing has been our favourite exercise lately!

The only difference we have made is that we are not in a "line," we are spread out with a great social distance between us.

We started with the electric slide to Elvira and now we know many dances. If this is something you would like to try, please come and reach out to Gayle for any questions.

The steps don't have to be perfect, just keep moving!

We would like to give a special thank you to Gaile and John Williamson for all of their hard work helping teach our residents these new dances. We would not be where we are without you!



## May Birthdays

Happy Birthday,  
Diny Vandennaker!

May 22nd

Thank you for always being such a positive person to be around. We love your sense of humor. Having you at bingo is always a treat and we love to hear your stories about your big wins at the Casino. We can't wait to go back and have your luck rub off on us, too!





## 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.

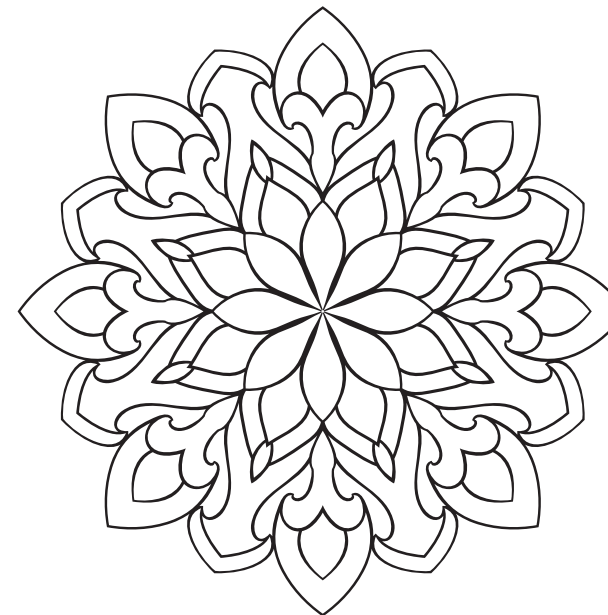


## Simple Ways To Practice Mindfulness

- 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.

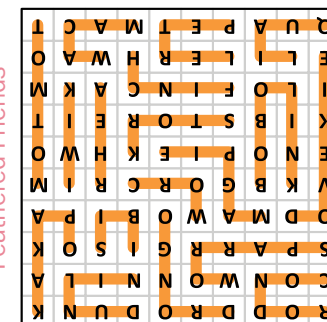
## Take a Closer Look

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

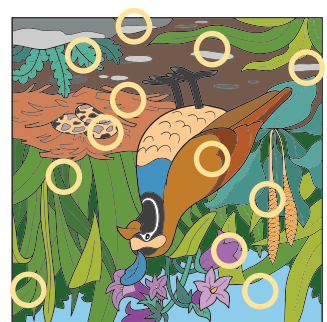
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## Bringing More Joy to The Bradley

Meet our new Housekeeper, Joy!

Joy likes to cycle and keep active. She has a 10-year-old son named MJ. She moved to Canada from the Phillipines 5 years ago. She is very excited to join us! Her smile is a great addition to our home!



## Hat Day

Even when we don't have a scheduled Spirit Day, we always have great spirit at the Bradley!

We had a lot of Spirit Day themes including: Jersey Day, Pajama Day, Fancy Dress Day but Hat Day was definitely a favourite!

Check out some of the great looks!



*Joan St. Louis*



*Kathy Guy*



*Dave Dunstan*



*Adrian Smits and Suzanne Eastwood*



*Gaile Williamson*



*Bob and Ruth Battram*



## Stretching Exercises

**There are many benefits to stretching including:**

- increased mobility
- increased stability
- increased blood flow
- reducing the risk of a fall
- increased flexibility

Incorporating stretching into your daily routine is a great idea to think about. It's always a great day to start exercising! Here are a few stretches you can do daily in your apartment without any equipment, just a chair!

### **Neck Side Stretch**

Start by sitting in a chair. Gently lean your head to one side, then the next, to warm up your neck. Now lift your right arm up and over your head, resting your palm gently on the left side. Gently pull your head to the right and hold for 20 to 30 seconds, then repeat to the left side.

### **Shoulder and Upper Back Stretch**

Begin standing tall and rest your arms at your sides. Reach both hands behind your and clasp your fingers together.

If you feel a stretch already, hold it here. If you feel that you can stretch further, push your clasped hands away from your lower back and gently arc backward. Hold for 10 seconds.

Return to standing tall and repeat.

### **Lower Back and Shoulder Stretch**

Stand up tall and place your hands on your hips. Gently arc backwards and turn your head up to the ceiling. Hold for about three seconds, then return to standing straight.

Repeat 10 times.

### **Ankle Circles**

Begin sitting up tall in a chair. Extend your right leg out forward and keep the other on the floor. Begin to rotate your right ankle clockwise for 20 rotations and then counterclockwise for 20 rotations. Place your foot back on the floor and repeat with the left ankle.

### **Seated Hip Stretch**

Begin sitting tall in a chair. Cross your right leg over your left and let your right ankle sit across your left knee. Relax your right hip. You may already feel a stretch deep in your hip. Gently press down on your right leg and the knee for a deeper stretch.

Hold for 20 to 30 seconds, then repeat with the left leg.

### **Arm and Spine Stretch**

Begin sitting tall in a chair. Place your hands on your knees. Reach up to the ceiling, keeping your arms straight. Lift as high as you can and hold for 20 seconds. Slowly lower and repeat.



*Ciril Retar and Dave Dunstan stretching their spines*



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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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