

GUELPH LAKE COMMONS

Gracious Retirement Living



520 Victoria Road North • Guelph, Ontario N1E 0E6
Phone (519) 780-5253 • Fax (519) 780-5065 • www.seniorlivinginstyle.com

JUNE 2020

GUELPH LAKE COMMONS STAFF

Managers..... BRIAN TABB & KATE HUTT
Assistant Managers DAN & STEPHANIE OLSEN
Executive ChefDON RALPH
Community SalesKARL BRAUN
Activity CoordinatorSARAH SHARINA
MaintenanceRICK WALLACE
Bus DriverVICTORIA DERHAK

TRANSPORTATION

Monday, Wednesday & Friday,
8:30 a.m.-12 p.m. and 2-4 p.m.:
Errands and Shopping

Tuesday & Thursday, 8:30 a.m.-12 p.m.
and 2-4 p.m.: Medical Appointments Only

HAWTHORN
SENIOR LIVING

Father's Day

Father's Day is a day of honoring fatherhood, paternal bonds, as well as the influence of fathers in society and celebrated around the world – although the date for celebration varies. It's an emerging holiday as it's celebrated in more and more countries nowadays, as fathers are more and more involved in raising children and are recognized for their efforts.

Encourage your families to come visit by making an appointment at the front office as we will be setting up window visits just like we did for Mother's Day. We will also be showing the movie "Father of the Bride" in the Activity Room, at 2 p.m.



June Birthdays

David Wilson, 7th
Pearl Thompson, 18th
Muriel Campbell, 19th

George Ford, 22nd
Alfred Wylde, 28th



Our Mask-erade

Thanks to everyone who has kindly donated hundreds of masks to our community. We can't thank you enough for the generosity!



Pauline



Molly



Mavis



Frank



Carmen



Betty



Joan



Nadia



Sarah (Activities) & Mary





“Birthing a New Life Is Hard” Poem by Darlene Atkinson Lamb

It takes everyone, men, women and children
 Moving two steps forward, one step back,
 Pushing, pulling, breathing together
 Determined to bring forth the light
 Fully absorbed, with eyes looking forward
 Never faltering with our prayers
 To birth new life into the world
 To roll away the stone
 And let the light shine, breaking through the cracks
 Keeping perspectives in sight
 Easing hardships, sailing with perfect winds
 Riding the waves of unsureness,
 To climb mountains and sit among the stars
 Focusing in on the perfect us
 Seeing all things possible for the good
 Holding love for all humanity in our hearts
 For the two-legged, the four-legged, the creepy
 crawlers
 And the birds that fly
 For the forests, the oceans, the rivers and the lakes
 For the clear air we breath, the healthy the food
 we eat,
 And the dear people we love
 Together, birthing ourselves into a new loving world
 And know the blessings that we are.

-Written April 19, 2020



Margaret & Mavis painted motivational rocks for the front entrance.



Val & Jim



Marion

Making Memories



We had a beautiful day to have the Eddison singers come serenade all around the building.



Carmen painting with watercolours



Margaret S. made cinnamon rolls!

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan's last name isn't Hall.
2. Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
3. The man who caught the 8-pound fish didn't catch the walleye.
4. Mr. White didn't catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

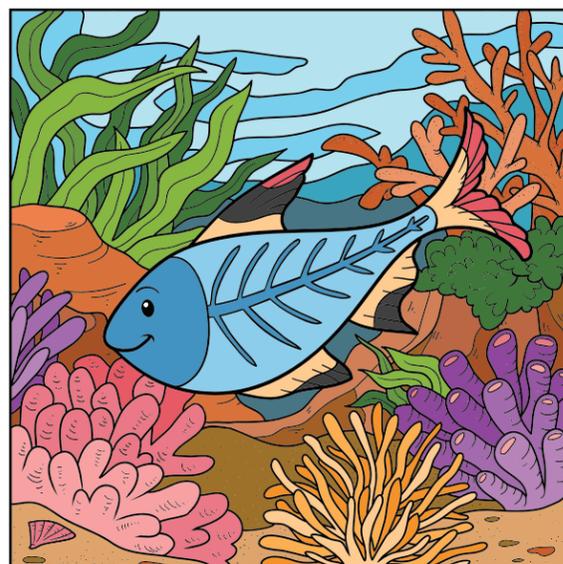
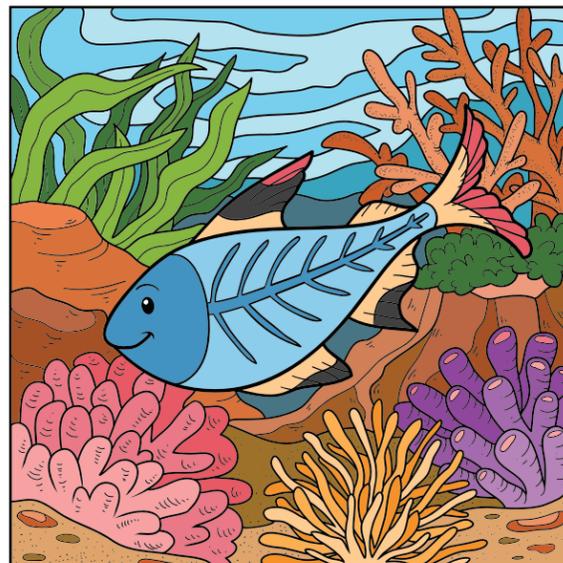
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2					1
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. "Father Knows Best"
- B. "Home Improvement"
- C. "Good Times"
- D. "Family Matters"
- E. "My Three Sons"
- F. "Happy Days"
- G. "The Courtship of Eddie's Father"

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

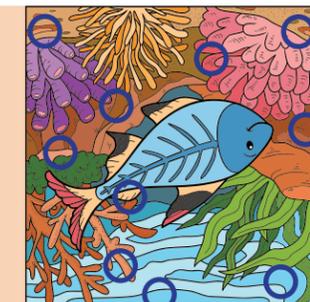
TV Dads

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

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

6	3	4	7	1	5	8	2	9
6	8	1	2	6	3	4	5	7
2	5	7	8	9	4	6	3	1
1	2	3	4	5	6	7	8	9
4	7	4	5	6	2	9	3	1
8	6	9	1	3	7	2	5	4
7	4	2	4	9	5	6	3	8
3	1	6	4	8	7	2	9	5
5	6	8	3	1	7	4	2	9





Mother's Day



Margaret made her own hat — stylish gal right there!



Jane spends time with family.



Bette's Mother's Day hat she made

Journaling

A form of self-expression that can lift and empower people to understand they're complex feelings. The benefits of journaling can help create focus in your life, build self-awareness, release blocked or repressed emotions, create a stronger link between your inner world and the outer world, promote mindfulness and letting go of the past, cement learned lessons and boost memory, improve your communication skills, be a lot of fun and a nice thing to look back on!



Tips: Write in a private and personalized space that is free from distractions. Write at least three or four times, and aim for writing consecutively i.e at least once each day. Give yourself some time to reflect and balance yourself after writing. If you're writing to overcome trauma, don't feel obligated to write about a specific traumatic event. Journal about what feels right in the moment; structure the writing however it feels right to you. Keep your journal private; it's for your eyes only — not your spouse, not your family, not your friends, not even your therapist (although you can discuss your experience with your therapist, of course).

Another good set of guidelines when you journal, remember the simple acronym: WRITE!

W — What do you want to write about? Think about what is going on in your life, your current thoughts and feelings, what you're striving towards or trying to avoid right now. Give it a name and put it all on paper.

R — Review or reflect on it. Take a few moments to be still, calm your breath, and focus. A little mindfulness or meditation could help in this step. Try to start sentences with "I" statements like "I feel ...," "I want ...," and "I think ..." Also, try to keep them in the present tense, with sentence stems like "Today ...," "Right now ...," or "In this moment ..."

I — Investigate your thoughts and feelings through your writing. Just keep going! If you feel you have run out of things to write or your mind starts to wander, take a moment to re-focus (another opportunity for mindfulness meditation), read over what you have just written, and continue on.

T — Time yourself to ensure that you write for at least 5 minutes (or whatever your current goal is). Write down your start time and the projected end time based on your goal at the top of your page. Set a timer or alarm to go off when the time period you have set is up.

E — Exit strategically and with introspection. Read what you have written and take a moment to reflect on it. Sum up your takeaway in one or two sentences, starting with statements like "I'm aware of ...," or "I feel ..." If you have any action items or steps you would like to take next, write them down now.



Embroidering Since She Was 4 Years Old

In February, Sarah guided 12 or so ladies through a “Monet” art experience (paint pouring). We were given a covered canvas and a choice of three or four paint colours that were scattered across the canvas. The frame was turned every which way, streaming the colours together that left a very varied bumpy surface. I added my embroidery of flowers on the surface of many different stitches, and I was overwhelmed to see the light come through the needle hole like a thousand stars.

I started to embroider when I was only 4 years old. (My mother did all kinds of needlework.) The dry goods store at the top of the street in Scarborough sold muslin squares for a penny with animal prints on them for stitching. Embroidery can be added for effect on anything for linens, blouses and always the tea towels with the days of the week. Remember them? We always got them at bridal showers. I was an Occupational Therapist and spent my first internship at Whitby Psychiatric Hospital and we had a very poor budget. We tore up old sheets and placed a figure on a piece of fabric and taught embroidery to patients there. I also belonged to the Guelph Embroidery Guild for 45 years and learned so many skills.



Margaret P.

Caption This



“Look Ma, no hands!”

Bette T.

“Woopee! Here I come!”

Mavis

“I’m the leader of the band” Bill I.



“My smile says it all.”

Marg B.

“I didn’t do it.” Marilyn A.

“Welcome home, now feed me!” Nadia



“Let’s do the twist.” Bill Irving

“Hippie Hippie Shake” Mavis

“I’m practicing to win a hula contest” Marg B.



“Oh my gosh!” Marg S.

“I never said that; he lied.”

Mary E.

“A million dollars? Me!”

Chuck A.



“Looks better from this angle.” Bev D.

“I will bet you can’t do this.”

Chuck A.

“Peek-a-Boo, I see you.”
Nadia

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is staying apart,
we are coming
together.

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