

# Heritage Meadows

## Gracious Retirement Living

208 Hespeler Road • Cambridge, ON N1R 0A5 • Phone (519) 620-9999 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JUNE 2020

### HERITAGE MEADOWS STAFF

Managers.....PAUL & DONNA COATES  
Assistant Managers ..... GARY & LINDA YEARSLEY  
Executive Chef..... KURT TONNER  
Sous Chef ..... DOUG MOFFAT  
Activity Coordinator ..... MAGGIE CLEMENS  
Maintenance ..... NICK SWAIN  
Bus Driver ..... YOMARI AYALA

**HAWTHORN**  
SENIOR LIVING



Father's Day is time to honour all the men who support, nurture and mentor the whipper snappers in their lives.

#### **Father's Day**

Today's your day  
to celebrate  
As it's your day  
to be the star  
So let the ones you love  
all clap and cheer  
And show you  
How special you are



# Resident Spotlight

## Residents Richard and Gillian (Jill) Shanks

They came to Heritage Meadows about two years ago from Brampton, Ontario, where they had lived since 1975 and raised their family. Why did they come to Cambridge, you ask? Their sons had both moved here and were settled very happily with their families, so when it came time to talk about “downsizing,” it made sense to talk about moving here to be close to them. Jill’s health issues made a retirement home the logical choice, to relieve Richard of some of the health care burden he had been dealing with. After checking out all that Cambridge has to offer, they chose Heritage Meadows, and here they are! As well as their wonderful sons, Jamie and Mike, they have two lovely daughters-in-law and four grandchildren. They are all within 10 minutes of here, so they are blessed.

You’ll notice that Richard is the social, outgoing one in the family, always quick with a helping hand or a joke, and his great passion is Model Railroading! He belongs to two different clubs, his old one in Brampton and also a local one which he joined when we moved here. Check out his little model in the atrium! He also has one in their apartment, which is always under construction! He joined a local Probus Club, for which he serves on the Board of Directors and helps arrange activities. He helps Maggie here sometimes when she is working on a project. He’s a busy guy, but that’s the way he likes it!

Jill is quieter, with quieter pursuits, reading, crosswords, trivia, euchre and keeping up with current events, and spends all manner of computer and telephone time connecting with friends and family. Because of her oxygen needs, her activity is limited, but she has a quick wit and a ready smile. You won’t find a better friend, as her many friends in Brampton and the Bruce Peninsula (did I mention the trailer they own near Sauble Beach?) can attest to!

They met in 1964, a student nurse spending a summer weekend at a Lake Simcoe cottage with one of her fellow students, and a cousin invited to join them. The sun, the water and the music worked their magic, and the rest, as they say, is history! Richard went back to school after they married, studied Engineering Technology and settled into a long career as a building inspector for the City of Mississauga. His backup was his dad’s farm in the Niagara Peninsula, where they raised purebred Aberdeen Angus cattle and grew grapes for the wineries. He had attended Agricultural School after high school and loved the animals, the hard work and fresh air. Jill enjoyed a long and varied career in nursing, from hospital to VON to Region of Peel Health Department. Always interested in dealing personally with patients, a floor nurse rather than a supervisor for instance, she chose positions that appealed to her strengths — empathetic, sunny disposition, sense of humour, a hard worker — so she not only made a living but always enjoyed what she was doing!

After travelling a fair amount over the years in parts of Europe, the Caribbean Islands, Hawaii, Canada and the USA, they were always glad to get back to their greatest accomplishment, their family. That’s what they’ve done here, come back to their children, their grandchildren and their new Heritage family! They are happy you have welcomed them into your community here. They feel safe and loved, what more could they ask for?







## JOIN THE GARDEN CLUB

SIGN UP NOW >

Whether you're a new gardener wanting to get involved or a more experienced gardener wanting to spring back into the hobby, we are looking for residents who may or may not have a green thumb. We will have new raised flower beds and a variety of items to plant, including some herbs for the kitchen. We ask you to sign up in the activity room, as spots are limited. After the initial planting, we need help with maintaining the gardens by weeding and watering the gardens.

Dig out those gardening gloves and let's get at it!

Six Feet Apart, but  
Close to the Heart

### All About Social Distancing at Heritage Meadows

Social distancing, also called "physical distancing," has become a worldwide practice. As we continue to practice social distancing, which is staying at least 6 feet from other people, avoid common greetings, such as handshakes, avoid large crowds by reducing group sizes and maybe even continue to self isolate.

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a social distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of the virus. With patience and cooperation, we can all do our part.

All in this together!



*Anja, our housekeeper and server*



*Doug, our Sous Chef*

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

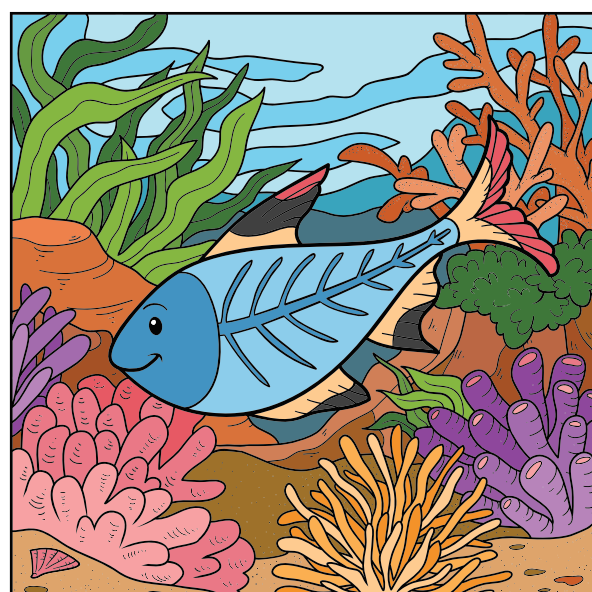
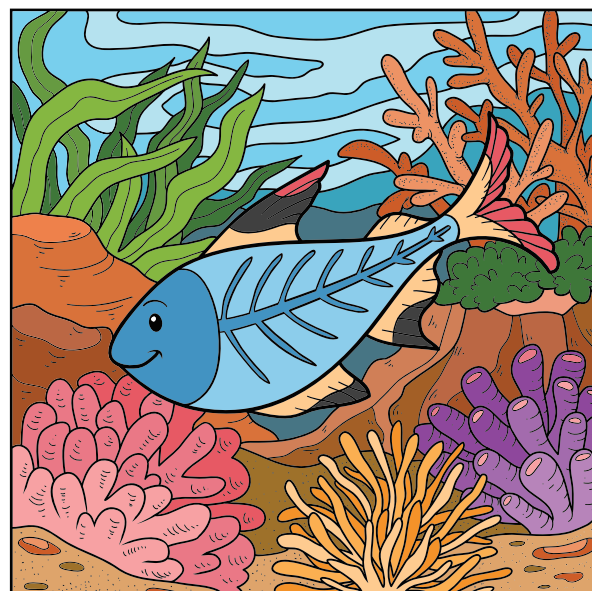
# Summertime Snicker

**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

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







It was a great Mother's Day 2020 at Heritage Meadows.

The morning started off with a delicious breakfast, later followed by a wonderfully filling dinner prepared by the culinary team.

Despite the weather being a little uncooperative, Steve Copeland (Mary Rossiter's son-in-law), didn't let that stand in his way. He not only did an amazing performance at the back of the building but persevered through the cold and light rain to the entertain the front half of the building. The residents enjoyed his engaging talent from a safe social distance. A big thank you to Steve for making the day extra special for our ladies.

We had five raffle baskets, drawing winners throughout the day.

The five winners were:

- Velma Kitchen
- Betty Brown
- Diane Ferguson
- Vivian Tyler
- Marion Schell

Congratulations to all the winners!



*Steve just starting his performance.*



*A nice surprise for Lidia early Mother's Day morning*



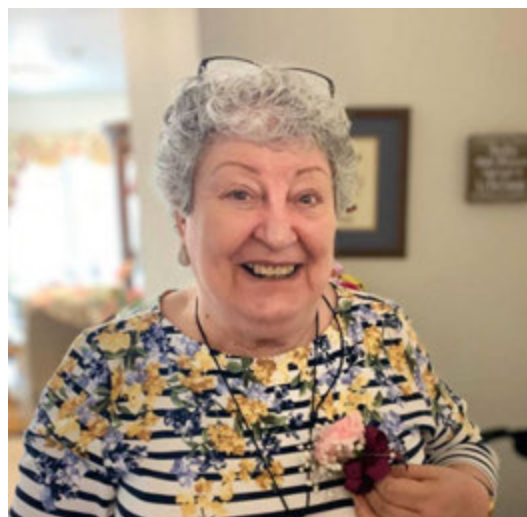
*Bees busy at work.*



*Velma Kitchen was our first raffle winner.*



*Bob and June busy using the telephone booth.*



*I think Beatrice loves her corsage.*



*Jane is just in awe.*





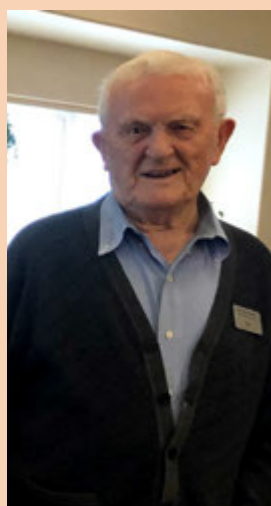
Bob Rennie,  
June 1st



Ellie Paxton, June 2nd



Jane Moritz, June 3rd



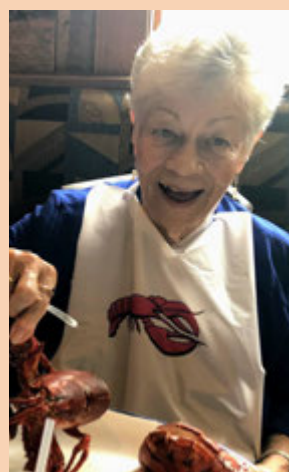
Ken Lewis, June 3rd



Katharine VanBeek,  
June 15th



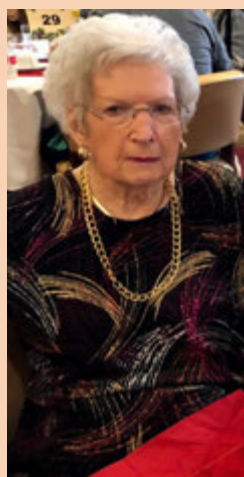
Jane Hammer,  
June 16th



Gwen Canteenwalla,  
June 20th



Richard Shanks,  
June 22nd



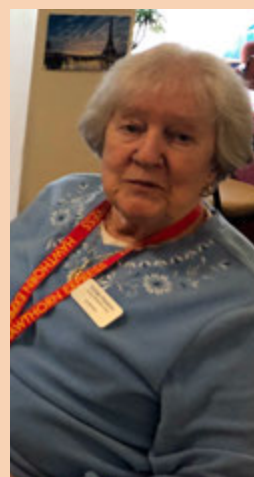
Kathleen Murphy,  
June 25th



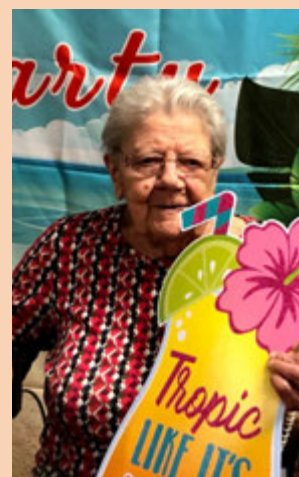
Betty Jensen, June 28th



Lois Stewart,  
June 29th



Donna Wall,  
June 30th



Margaret Lobur,  
June 30th

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is staying apart,  
we are coming  
together.

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