Heritage Meadows
Gracious Retirement Living

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

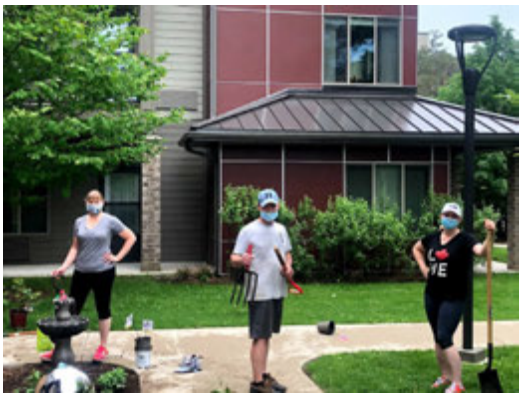
JULY 2020

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

TRANSPORTATION

Monday & Wednesday, 9 a.m.: Errands
Tuesdays & Thursday, 9 a.m.: Appointments



Paul, Anja, and Jeannette really dug into their new gardening adventures. The gardens over the years have been a bit of a challenge. But with a trio that's hard working, their knowledge and determination, the gardens have really come around! The beautiful colours, bird baths, decorations, furniture and even the fragrances are just outstanding! So if you haven't seen the gorgeous gardens, then make sure you take the time to step out into your very own breathtaking oasis.

We're proud to be Canada and that's a fact.

From east to west and across the north, Canada is full of sights, stories and surprises that are part of who we are.

Ontario

- Over 250,000 of Ontario's lakes or 1/5 of the world's freshwater resources can be found in Canada's most populous province.

Manitoba

- In 1916, Manitoba was the first province to give women the right to vote.

Saskatchewan

- 250,000 km of road surface (the most of any province) keeps Saskatchewan moving.

Alberta

- Over 100 dinosaur species have been discovered in Alberta, one of the richest fossil sites in the world.

British Columbia

- It has been approximately 150 years since Canada's last volcanic eruption.

Yukon

- — 62.8 °C is the coldest temperature ever recorded in Canada. It was measured at Snag, Yukon, on Feb. 3, 1947.

Northwest Territories

- There are 11 official languages in N.W.T. (Chipewyan, Cree, English, French, Gwich'in, Inuinnaqtun, Inuktitut, Inuvialuktun, North Slavey, South Slavey and Tlicho)

Nunavut

- There are five dog breeds that are uniquely Canadian, including Nunavut's official animal, the Canadian Inuit dog.
- Newfoundland and Labrador
- In 1000, Norse explorers landed at L'Anse aux Meadows, the only authenticated Viking settlement in North America.

Prince Edward Island

- No matter where you are in P.E.I., you're never more than 16 km from the ocean.

Nova Scotia

- Approximately one million immigrants entered Canada through Halifax's Pier 21 between 1928 and 1971.

New Brunswick

- 1/3 of the world's frozen French fries are produced in the town of Florenceville-Bristol, N.B.

Québec

- 75 percent of the world's maple syrup comes from Canada and most of it is produced in Quebec.

Resident *Spotlight*

Hi friends of Heritage Meadows,

You probably know me by now since I've been living among you for a year and an half. Today I'm going to let you know a little about the surprises that fulfill the years of my life. As you already know, my name is Hortensia and I was born in the north of Portugal (mainland).

I was born in 1938; during my childhood children never had the privileges like the children of modern years. However, I never felt the necessity of those privileges because my love for nature, my freedom, and a good imagination completed my days.

At the age of seven I entered elementary school. Once finished, I was registered on a private high school attending classes during the day and returning home in the evening. At the beginning of the second year, I was surprised with an attack of Rheumatic disease that led to Rheumatic fever, making me staying in bed for a few years. It was at the age of 15 when I recovered and returned to high school with the intention of getting into teacher's college. It didn't happen because at the end of my last year, I met the man of my dreams and got married. In 1960, I arrived to Canada where my husband resided and worked since 1954. We built our life together on the west side of Galt. According with my husband's wishes, I stayed home. We had three children, two boys and one girl. I met wonderful neighbours who helped me learn the language.

In 1980, another surprise came into my life. My husband suffered an accident that took his life and I ended up with the job of raising my children on my own. I had no choice but to join the work force. I worked at Tiger Brand for 13 years, working with knitting machines and at home I made garments that I sold.

When my children completed their courses, I quit my job and went back to school, to complete my grade 11 and 12. After that, I volunteered with the Alzheimer's Society visiting patients with Dementia. When I was no longer needed, I did some travelling to Cancun, Acapulco, Florida, Canada's East Coast, Brazil, Azores, and visited my home land in Portugal several times. I love crafting, gardening and writing. I wrote short stories for kids. I published a book called "Raised Stones," in Portuguese and English. I also wrote articles for a newspaper in Toronto.

I have good relationships with my children and seven grandchildren.

Now, I have decided it's time to rest and moved here to enjoy your friendship.

Moolah Money Silent Auction

The Silent Auction will take place on Friday, July 3rd, from 10 a.m. to 3 p.m.

What is a Silent Auction?

Just like a regular auction, a silent auction has a certain amount of items that guests can bid on. The items can cover a range of things including jewelry, art, gift baskets, gift certificates, and more. During silent auction, the items will be placed around the Activity Room. Beside each item are written descriptions of what the item is and a bid sheet where guests can write down their bid.

How Does a Silent Auction Work?

At a silent auction, each item has its own specific bid sheet where guests can write down their names and bids. The idea is that you are outbidding the other bids in order to win. At the end, the highest bid wins the auction item.

JULY 2020

Birthdays

Alice Jarian, 2nd
Jenny Van Runt, 8th
Albert Cormier, 11th
Edith Mercer, 11th
Jill Shanks, 12th
June Rennie, 16th
Stella Medley, 18th
Hortensia De Matos, 21st
Penny Smith, 22nd
Mildred Parsons, 28th

Locations

Activity Room, AR
Atrium, AT
Bus, B
Chapel, CH
Computer Room, CR
Dining Room, DR
Exercise Room, ER
Gazebo, G
Library, LIB
Movie Theatre, MT
Outdoors, O
Pool Room, PR
Private Dining Room, PDR
TV Room, TV

"Be bold, be brave enough to be your true self."
—Queen Latifah

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			CANADA DAY 1 **Happy Canada Day** 9:00 Indoor Walking 11:20 Rosary, CH **11:30 Canada Day Entertainment and Games, O** **12:30 Canada Day Barbecue, O** 2:15 Move to the Groove, AR 7:00 SINGO, AR	2 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Logo Trivia, AR 7:00 Bingo, AR	3 9:00 Indoor Walking 10:00 Move to the Groove, AR 10:00 Moolah Money Silent Auction Begins, AR 11:30 Rosary, CH 2:15 Move to the Groove, AR 3:00 Technology 1-On-1, AR 3:00 Silent Auction Closes, AR 7:00 Movie, MT	4 9:00 Indoor Walking 10:00 Trivia, AR 11:20 Rosary, CH 2:00 Ice Cream 6ft Social, G 3:00 Singo, AR 7:00 Movie, MT
5 9:00 Indoor Walking 10:30 Puzzlers, AR 11:20 Rosary, CH 2:00 Pool, PR 3:00 Milk Bag Project, AR 7:00 Movie, MT	6 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:00 Bingo, AR	7 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Pictionary, AR 7:00 Movie, MT	8 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 SINGO, AR	9 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 "Family Feud," AR 7:00 Bingo, AR	10 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:30 Rosary, CH 2:15 Move to the Groove, AR 3:00 Technology 1-On-1, AR 3:00 Making Popsicles, AR 7:00 Movie, MT	11 9:00 Indoor Walking 10:00 Trivia, AR 11:20 Rosary, CH 2:00 Popsicle 6ft Social, G 3:00 Singo, AR 7:00 Movie, MT
12 9:00 Indoor Walking 10:30 Puzzlers, AR 11:20 Rosary, CH 2:00 Pool, PR 3:00 Milk Bag Project, AR 7:00 Movie, MT	13 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:00 Bingo, AR	14 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Mystery Box, AR 7:00 Movie, MT	15 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 SINGO, AR	16 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Logo Trivia, AR 7:00 Bingo, AR	17 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:30 Rosary, CH 2:15 Move to the Groove, AR **3:00 Pie in the Face, AT** 7:00 Movie, MT	18 9:00 Indoor Walking 10:00 Trivia, AR 11:20 Rosary, CH 2:00 Ice Cream 6ft Social, G 3:00 Singo, AR 7:00 Movie, MT
19 9:00 Indoor Walking 10:30 Puzzlers, AR 11:20 Rosary, CH 2:00 Pool, PR 3:00 Milk Bag Project, AR 7:00 Movie, MT	20 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:00 Bingo, AR	21 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Pictionary, AR 7:00 Movie, MT	22 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 SINGO, AR	23 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 "Family Feud," AR 7:00 Bingo, AR	24 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:30 Rosary, CH 2:15 Move to the Groove, AR 3:00 Technology 1-On-1, AR 7:00 Movie, MT	25 9:00 Indoor Walking 10:00 Trivia, AR 11:20 Rosary, CH 2:00 Hot Fudge Sundae 6ft Social, G 3:00 Singo, AR 7:00 Movie, MT
26 9:00 Indoor Walking 10:30 Puzzlers, AR 11:20 Rosary, CH 2:00 Pool, PR 3:00 Milk Bag Project, AR 7:00 Movie, MT	27 9:00 Indoor Walking **9:30 Mobility in Motion, AR** 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:00 Bingo, AR	28 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 Mystery Box, AR 7:00 Movie, MT	29 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:00 Card Bingo, AR 7:00 SINGO, AR	30 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Move to the Groove, AR 3:15 "Family Feud," AR 7:00 Bingo, AR	31 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:30 Rosary, CH 2:15 Move to the Groove, AR 3:00 Technology 1-On-1, AR 7:00 Movie, MT	

Popsicles have a pretty interesting history! Believe it or not, they were invented by a kid! Below are 10 cool facts about this summertime favorite.

1. Originally invented by an 11-year-old boy named Frank Epperson in 1905. Epperson accidentally left a cup of homemade soda on the porch overnight. When he woke up the next morning, the soda was frozen around the stirring stick. He realized it was a neat treat and called it the Epsicle.

2. In 1923, Epperson renamed his treat the Popsicle and patented his product. Some stories claim he chose the new name because his kids were always asking him to make them “Pop’s Sicles.” Other stories claim it was to let consumers know that the treat was made from soda pop.

3. Popsicles were originally marketed as frozen drinks on a stick.

Just Having Some Fun

We had a great time rock painting; some had no problem getting right into it others struggled with creativity. In the end, all the rocks looked wonderful.

The fun didn’t end there, as we decided to take on a blindfold taste test. Three residents were blindfolded. Chef Kurt prepared a few things (maybe 10) for each resident to taste and try to guess the food. The two with the most correct went onto the next round and faced each other to see who could get the most correct. Marion ended up being the winner! Some of the taste testing foods were: Fried capers, shredded Brussels sprouts, and strained cottage cheese, just to name a few. It was a fun time and we will definitely have to do it again.

4. The dual Popsicle featuring two sticks and one Popsicle that could be split in half was introduced during the Great Depression as a way to split the treat across two children for the same cost.
5. More than two billion Popsicles are sold each year.
6. Since "Popsicle" is a registered brand name, generic brands and international versions are forced to brand their product by another name. You'll find ice pops in the aisles of most American grocery stores, but in the British Isles you might hear ice lollies, and in Australia and New Zealand they're known as icy poles.
7. Popsicles are famous for their awful jokes! The often pun-filled cheesy jokes on Popsicle sticks have become an Internet sensation with websites dedicated to sharing these groaners.
8. The number one Popsicle flavor is cherry.
9. Popsicles were chosen as a symbol of American Life by the Eighth Air Force Unit in World War II.
10. Originally there were seven flavors of Popsicles available. Today, you will find a wide variety of flavors — everything from avocado to chili chocolate!

"Family Feud" Day is July 12th — "Family Feud" premiered on this day in 1976. On the show, two families compete against each other to predict the most common answers to survey questions. What better month to introduce "Family Feud" to our residents?

Pie in the Face Day is July 17th — You've probably seen the gag countless times in various films, television shows, or even at sporting events. Mabel Normand hit Fatty Arbuckle in the face with a pie in the silent film "A Noise From the Deep" in 1913. Do you find this comedy routine funny? Well, our residents will have the opportunity to throw a pie in the face of volunteered staff.

Hot Fudge Sundae Day on July 25th — What could be better than gooey fudge and ice cream? The tasty dessert has been around since hot fudge was introduced in 1906. Plan a Hot Fudge Sundae Social and while enjoying the treat, see how many five-letter words you can make out of the words "Hot Fudge Sundae."

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EQUAL HOUSING OPPORTUNITY

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