

The Bradley

Gracious Retirement Living

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

JULY 2020

THE BRADLEY STAFF

Managers..... COLIN & TINA MURRAY
Assistant Managers CHRISTINE
& ADRIAN SMITS
Executive Chef..... MARCO MARANDOLA
Activity Coordinator GAYLE DOCHERTY
MaintenanceSTEPH DURLING
Bus DriverSUE CROSBIE

TRANSPORTATION

Monday, 9 a.m.-4 p.m.: Shopping
Trips To Kanata Centrum At 2 P.M.

Tuesday, 9 a.m.-4 p.m.: Appointment Day

Wednesday, 9 a.m.-4 p.m.:
Scheduled Scenic Drives

Thursday, 9 a.m.-4 p.m.: Appointment Day

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

HAWTHORN
SENIOR LIVING

Happy Canada Day!

Happy Canada Day to all our residents and fellow community members! We are so lucky to live in such an amazing country.

O Canada! Our home and native land!
True patriot love in all of us command.
Car ton bras sait porter l'épée,
Il sait porter la croix!
Ton histoire est une épopée
Des plus brillants exploits.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

Quotes About Canada

"My upbringing in Canada made me the person that I am. I will always be proud to be a Canadian." — *Jim Carrey*

"There are no limits to the majestic future which lies before the mighty expanse of Canada with its virile, aspiring, cultured, and generous-hearted people." — *Sir Winston Churchill*

"I believe the world needs more Canada." — *Bono*

"There is no such thing as a model or ideal Canadian ... A society which emphasizes uniformity is one which creates intolerance and hate ... What the world should be seeking, and what in Canada we must continue to cherish, are not concepts of uniformity but human values: compassion, love and understanding." — *Pierre Trudeau*

"Canadians are nice and polite. It's not just a stereotype." — *Justin Trudeau*





Staying Social

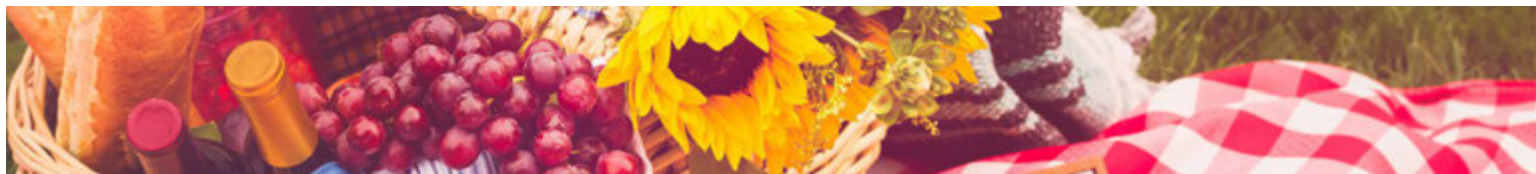
Here are some photos reminding us how we are able to stay social, even while social distancing! Thank you to everyone for remembering that we are 6 feet apart, but close to the heart!

Whether it's sitting in the red chairs before bingo, or sitting out back with some strawberry daiquiris, we are able to keep connected!

Even though we couldn't have birthday parties we still had fun celebrating them! Featured are Dini, June, Stanley and Joy on their birthdays!

The Family Window has also been popular! It is so important to stay connected with our families, and this has been the perfect way to safely do so! We have also been able to accommodate bus drive-bys for special events!





Focus on Fitness

A little note about some of the ways you can stay active at the Bradley!

Fun and Fitness

- Music to motivate us and get us energized! Seated and standing exercises to get our blood flowing and give us a great workout!

Line Dancing

- Gayle will run a line dancing class for any and all levels on Tuesdays and Wednesdays!
First timers encouraged!
- Gaile and John will continue with their advanced line dancing class on Mondays and Fridays!

Walking Club

- The Walking Club is back Monday, Wednesday and Friday mornings after breakfast! Come and have a walk while the weather isn't too hot and get a great exercise and some fresh air!

Balloon Badminton/Balloon Volleyball

- Come and have some fun with balloon sports! It is a lot of fun!

Putting Practice

- Improve your golf game or just have some fun!

If anyone has any questions on getting started with the machines in the gym please let Gayle know!



Popsicle Stick Jokes!

Check the calendar and join us for some fun jokes at our popular program, Time for Laughter Program!

Here is a collection of jokes found on Popsicle sticks:

1. What do you do when your fish sings flat?
A: Tune-a-fish
2. What did the tailor say about her job?
A: It's sew-sew.
3. What did the zookeeper use to unlock the cage?
A: A monkey wrench
4. What can you catch, but not throw?
A: Your breath
5. What does a tree do when it's ready to go home?
A: It leaves.
6. Why couldn't the elephant use the computer?



A: He was afraid of the mouse.

7. Where do snowmen dance?
A: At the snowball
8. What did the beach say as the tide came in?
A: Long time no sea
9. Why did the cookie go to the doctor?
A: It felt crumbly.

Heroes Work Here

Thank you to all of our staff who have worked through the pandemic and helped keep our residents safe and cared for!

Thank you for coming to work every day with a smile on your face!

Thank you for helping wherever needed!

Thank you for being you!



JULY 2020

Birthdays

Lena Goveas, 2nd
Tina Murray, 19th
(Employee)
June Porter-
Williams, 22nd
Adrian Smits, 25th
(Employee)
Henk Vandernakkar,
30th

Anniversaries

Bob and Ruth Battram,
7/18/2020
June and Stan
Williams, 7/22/2020
Henk and Diny
Vandenakker,
7/26/2020

Locations

Activity Room, AR
Back Gardens, BG
Billiards Room, BR
Chapel, CH
Computer Room, CR
Dining Room, DR
Fitness Room, FR
Front Entrance, EN
Library, LI
Theater Room, TH
TV Room, TV

**“Be bold, be
brave enough
to be your
true self.”**
—Queen Latifah

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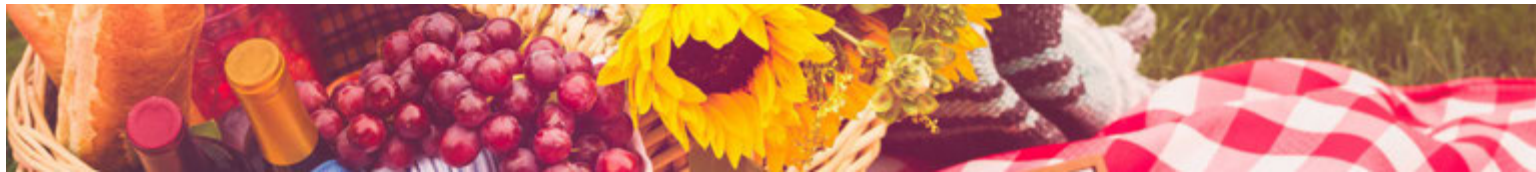
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- Back Gardens, BG
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			CANADA DAY 1	A “Wunnerful, Wunnerful” Day 2	8:45 Walking Club, EN 3	4
				9:30 Balloon Badminton, AR	9:30 Advanced Line Dancing with John and Gaile, AR	10:00 Putting Practice, AR
				10:15 Bingo, AR		2:00 Balloon Volleyball, AR
				2:00 Fun and Fitness, AR	11:00 Bingo, AR	2:30 Movie Matinee, TH
				2:30 Smoothies, AR	11:30 Giant Crossword, AR	6:45 Movie, TH
			2:30 Lawrence Welk, TH	2:30 Movie Matinee, TH	7:00 Evening Bingo, AR	
			3:00 Time for Laughter, AR	3:00 Pokeno, AR		
			6:45 Lawrence Welk, TH	6:45 Movie, TH		
						
5	8:45 Walking Club, EN 6	9:30 Advanced Line Dancing with John and Gaile, AR	10:30 Creative Crafting, AR	Happy Birthday, Tom Hanks! 9	8:45 Walking Club, EN 10	11
10:30 Hymn Singing, TH	10:30 Guess the Word Game, AR	9:30 Line Dancing, AR	9:30 Line Dancing, AR	9:30 Balloon Badminton, AR	9:30 Advanced Line Dancing with John and Gaile, AR	10:00 Putting Practice, AR
1:30 Mass From St. Isidore’s Parish, TH	11:00 Bingo, AR	10:00 Putting Practice, AR	10:30 Creative Crafting, AR	10:15 Bingo, AR	11:00 Bingo, AR	2:00 Balloon Volleyball, AR
2:30 Movie Matinee, TH	2:00 Popsicle Social!, AR	11:00 Bingo, AR	2:00 Trivia Challenge, AR	2:00 Fun and Fitness, AR	11:30 Giant Crossword, AR	2:30 Movie Matinee, TH
6:45 Movie, TH	2:30 Movie Matinee, TH	2:00 Tiki Bar!, AR	2:30 Movie Matinee, TH	2:30 Movie Matinee, TH	2:30 Movie Matinee, TH	6:45 Movie, TH
	3:00 Pokeno, AR	2:30 Movie Matinee, TH	3:00 Pokeno, AR	2:30 Smoothies, AR	3:00 Pokeno, AR	7:00 Evening Bingo, AR
	6:45 Movie, TH	3:30 Mixed Up Words, AR	6:45 Movie, TH	3:00 Time for Laughter, AR	6:45 Movie, TH	
		6:45 Movie, TH		6:45 Movie, TH		
12	8:45 Walking Club, EN 13	9:30 Advanced Line Dancing with John and Gaile, AR	8:45 Walking Club, EN 15	9:30 Balloon Badminton, AR 16	8:45 Walking Club, EN 17	18
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19	Anniversary of the Moon Landing 20	9:30 Line Dancing, AR 21	8:45 Walking Club, EN 22	9:30 Balloon Badminton, AR 23	Take Care of Yourself Day 24	25
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26	8:45 Walking Club, EN 27	9:30 Advanced Line Dancing with John and Gaile, AR	8:45 Walking Club, EN 29	International Day of Friendship 30	8:45 Walking Club, EN 31	
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July Special Days

July 1st

Canada Day! — Canada marks the anniversary of the Canadian Confederation this year. New Brunswick, Nova Scotia, Ontario and Quebec made up the whole of Canada as it began the process of creating its own government. Do you know in what order they joined?

July 2nd

A “Wunnerful, Wunnerful” Day — The Lawrence Welk Show premiered on July 2, 1955. Come and reminisce while watching today!

July 7th

Hawaiian Day — The Hawaiian Islands Kingdom was annexed by the United States on this day in 1898.

July 9th

Happy Birthday, Tom Hanks! We will celebrate by playing his movies today!

July 14th

Bastille Day — Americans have their Independence Day, Canadians have their Canada Day, and the French have their Bastille Day. Today is the anniversary of the beginning of the French Revolution in 1789. On this date, a mob stormed the Bastille prison in Paris. It is a national holiday in France.

July 20th

Anniversary of the Moon Landing — On July 20, 1969, the lunar module Eagle carrying astronauts Neil A. Armstrong and Edwin E. Aldrin touched down in the Sea of Tranquility. Armstrong became the first human to set foot on the moon. Aldrin was the second.

July 24th

Take Care of Yourself Day — Today is International Self-Care Day, celebrated annually on July 24 to symbolize the importance of well-being 24 hours a day, seven days a week.

July 30th

International Day of Friendship — The U.N. proclaimed International Day of Friendship in 2011 with the idea that friendship between countries, cultures and individuals can inspire peace and build bridges of understanding. Take the time to write to a friend today!

Craft Corner

Some beautiful artwork done by our residents! No expertise needed — come out and create with us!



Beautiful cherry blossom mugs painted with Q-tips!



Plain bird outlines were transformed into beautiful works of art!



A Sweet Way to Keep Hydrated!

During these summer months it is especially important to keep hydrated. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste and lubricate your joints. For seniors, it is especially important to keep from becoming dehydrated. As we age, it becomes harder for our bodies to retain water. Seniors have on average 10 per cent less fluid in their bodies compared to younger adults. The most important way to prevent dehydration is to make sure everyone is drinking enough liquids. While it is hard to beat a chilled glass of H₂O to chase away a fierce thirst, it's also fun to shake things up and think outside the faucet!

Check the calendar for Popsicle Socials!

What's your favourite flavour?!



In the Garden

A big thank-you to Rosemary and David Spendlove for getting our beautiful gardens started this year! The beds look fabulous!

Fun Facts About Flowers

1. Broccoli, cauliflower and artichokes are actually flowers!
2. The Bird of Paradise is a beautiful, oddly shaped plant that resembles a colorful tropical bird!
3. In the 1600s, tulip bulbs were more valuable than gold in Holland.
4. Hundreds of years ago, when Vikings invaded Scotland, they were slowed by patches of wild thistle, allowing the Scots time to escape. Because of this, the wild thistle was named Scotland's national flower.
5. Sunflowers move throughout the day, following the sun. Each sunflower is actually made of thousands of teeny, tiny flowers called florets. The yellow petals and fuzzy brown centers are actually individual flowers themselves. As many as 2,000 can make up the classic sunflower bloom!
6. Many flowers make beautiful dyes. Add mint and lemon juice to roses and lavender to make a bright pink. Try foxgloves, lilacs or snapdragons for green!
7. Certain flowers only release pollen when a bee buzzes on them.
8. Bamboo flowers are rarely seen, and can develop after 65 to 120 years. This flowering cycle is genetically pre-programmed into each species. Once the bamboo has reached its life expectancy, it flowers and produces seeds.



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