

# 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](http://www.seniorlivinginstyle.com)

### SEPTEMBER 2020

#### GUELPH LAKE COMMONS STAFF

Managers..... BRIAN TABB & KATE HUTT  
Assistant Managers .....PHILLIP BOTELHO  
& NATASHA MAGEE  
Executive Chef .....DON RALPH  
Community Sales .....KARL BRAUN  
Activity Coordinator .....MELISSA COWBROUGH  
Maintenance .....RICK WALLACE  
Bus Driver .....VICTORIA DERHAK

#### TRANSPORTATION

**Monday, Wednesday & Friday, 8:30 a.m.-  
noon and 2-4 p.m.:** Errands and Shopping  
**Tuesday & Thursday, 8:30 a.m.-noon and  
2-4 p.m.:** Medical Appointments Only

**HAWTHORN**  
SENIOR LIVING

### It's Harvest Time

The crops that have been planted earlier in the year are just about ready to be harvested. Harvesting is the process of gathering a ripe crop from the fields. The cutting of grain or pulse for harvest is known as reaping, which typically uses a scythe, sickle or reaper. On smaller farms with minimal machinery, harvesting is the most labor-intensive activity of the growing season because they have to do the bulk of the work by hand. Harvest for us here in Canada will last about five to seven weeks, but that time frame is always dependent on Mother Nature. For instance, if there was too much rain during the growing season, the crops could get washed out. Extreme heat can actually speed up the ripening of the crops, which can lead to an early harvest. Also, the heat can actually help the crops that have been slow to ripen, meaning they could be harvested later than expected. After harvesting, the most critical operation in order to ensure longevity for any grain product is known as drying. Drying is the process that reduces grain moisture content to a safe level for storage and transportation to vendors for retail sale.



## Fall

The origin of “fall” as a name for a season isn’t perfectly clear as to how it came about. It is believed, though, that the term “fall” probably came from the idea of leaves falling from trees. “Autumn,” meanwhile, came to English via the Old French *autompne*, from the Latin *autumnus*. Autumn and fall are used interchangeably as words for the season between summer and winter. Both are used in American and British English, but the term “fall” occurs more often in North America. Autumn is seen as the more formal name of the season. Originally, the season was known as Harvest until the 16th century. Autumn or fall marks the transition from summer to winter in September or March, depending on where you live in the world, when the duration of daylight becomes noticeably shorter and the temperature cools considerably.



## A Farmer's Friend: The Scarecrow

A scarecrow is a decoy or mannequin, often dressed to resemble a human. Humanoid scarecrows are usually dressed in old clothes and placed in open fields to discourage birds from disturbing and feeding on recently cast seeds and growing crops. Scarecrows are used across the world by farmers to protect their fields from animals. Machinery such as windmills have been employed as a substitute for scarecrows, but their effectiveness doesn’t last long, as animals become familiar with the structures. More modern adaptations of scarecrows include using highly reflective aluminized PET film ribbons that are tied to the plants to create a shimmering effect from the sun in California. Another approach is using automatic noise guns powered by propane gas to sound off an alarm to scare off animals. One winery in New York uses inflatable tube men or airdancers to scare away birds. The scarecrow has also had a cultural impact around in the world in both literature and entertainment. In *Kojiki*, the oldest surviving book in Japan (compiled in the year 712), a scarecrow known as Kuebiko appears as a deity who cannot walk, yet knows everything about the world. Nathaniel Hawthorne’s short story “Feathertop” is about a scarecrow created and brought to life in 17th century Salem, Massachusetts, by a witch in league with the devil. “Feathertop” also provided the basic framework for American dramatist Percy MacKaye to write his play “The Scarecrow” in 1908. L. Frank Baum’s widely successful tale “Wizard of Oz” has a scarecrow as a main protagonist who is searching for a brain. Joe’s Scarecrow Village in Cape Breton, Canada, is a roadside attraction displaying dozens of scarecrows for tourists. The Japanese village of Nagoro, on the island of Shikoku (the Southern part of Japan), has 35 inhabitants but more than 350 scarecrows. In England, the Urchfont Scarecrow Festival was established in the 1990s and has grown into a major local event, attracting up to 10,000 people annually for the May Day Bank Holiday.







## Topic Of the Month

Live and Learn, Fall 2020! Schooling this year will be a little different, so we are going to roll with the times as well and get creative in our pursuit of lifelong learning. Lifelong learning is the practice of continuing to learn throughout one's entire life, especially outside of or after the completion of formal schooling. We tend to think of learning as

ending when school ends, but there is always more to learn! When it comes to supporting healthy aging, an active mind is just as important as an active body. Numerous studies have found that learning is valuable at all stages of life, helping improve one's cognitive skills, social connections and overall quality of life. So many memories are made at school! From back to school nights, to football games, to what your mom packed in your school lunch, those memories last forever. Did you have a favourite subject in school? Did you have a teacher who made a huge impact on you as a student? Let's not forget picture day! If you want to have your photo taken for our lifelong learning month, come out to the activity room on September 15th so Melissa can take your photo for Guelph Lake Commons' photo day.

Below is an analogy activity for you to try out.

Complete the Analogy: An analogy is a comparison of two things. Below are 5 incomplete analogies. Choose the option a, b or c which best completes the analogy. Once you have completed the puzzle, bring your answers to the Activity Room to earn \$500 Busy Bucks!

1. Boot: Foot as \_\_\_\_\_: Wheel

- a. car      b. tire      c. axle

2. Orange: Citrus as \_\_\_\_\_: Grain

- a. crop      b. cereal      c. wheat

3. Lamp: Room as \_\_\_\_\_: Field

- a. sun      b. flashlight      c. star

4. Web: Spider as \_\_\_\_\_: Weaver

- a. wool      b. house      c. carpet

5. Cowboy: Ranch as \_\_\_\_\_: Courtroom

- a. judge      b. cop      c. jury



## Book Club Starts Up Again!

Calling all readers, we are excited to announce that the book club has started up again! Due to Covid-19, we had to halt the meetings of book club because of the limit of people we were allowed to have during activities. Now that some of the restrictions have been lifted, we can hold our monthly book club meetings again. On the first Wednesday of every month at 4 p.m., come out to the library on the second floor to discuss the books you have read the month before. Come on out and maybe even learn about some new books you can read for the next meeting!





SEPT 2020

Birthdays

Joan Hogan, 1st  
Nadia Martin, 2nd  
Pat Slade, 3rd  
James Redmond, 6th  
Theresa Gallen, 9th  
Bruce Moody, 11th  
Norman Stewart, 14th  
Jane Mulcahey, 25th  
Margaret Burt, 26th  
Pierette Labrie, 29th














Anniversaries

Chuck & Marilyn  
Armitage, 9/27/1952

Locations

Activity Room, AR  
Atrium, AT  
Chapel, CH  
Dining Room, D  
Exercise Room,  
Second Floor, ER  
Front Driveway, FD  
Hallway Beside  
Activity Room, HW  
Library, Second Floor, L  
Lobby, LBY  
Patio, P  
Pool Room, Second  
Floor, PR  
TV Room, Second  
Floor, TV

“We need to  
remember  
across  
generations  
that there is as  
much to learn  
as there is to  
teach.”  
—Gloria Steinem

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Exercises, AR 1 10:00 Smoothies and Chats, AR 10:15 Beanbag Baseball, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Afternoon Games, AR 3:30 Milk Bag Mats, AR 	9:30 Exercises, AR 2 10:00 Coffee Break with Friends!, AR 2:00 Afternoon Crafts, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Soft Serve with Melissa, AR 3:30 Documentary Hour, AR  4:00 Book Club, L	9:30 Exercises, AR 3 10:00 Specialty Coffee Social, AR 10:00 The Boutique (Vendor), AT 2:00 Chair Yoga, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 3:00 Ice Cream Sundae Social, AT  7:00 Netflix, AR	9:30 Exercises, AR 4 10:00 Coffee Break with Friends, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Activities Meeting with Melissa, AR 2:00 Soft Serve with Melissa, AR 4:00 Pool Tournament, PR 7:00 Friday Night at the Movies, AR	9:30 Exercises, AR 5 2:00 Grey's Anatomy Marathon, AR 3:00 Pool with Phil, PR 7:00 Netflix, AR
6 9:30 Morning Walks, FD 11:00 Chapel Service with Mike Gordon, AR 3:00 Sweet Treats with Brian & Kate!, AR 7:00 Movies, AR 	LABOUR DAY 7 9:30 Exercises, AR 10:00 Tuck Shop, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Singalong with Suzie Q, AR	8 9:30 Exercises, AR 10:00 Smoothies and Chats, AR 10:15 Beanbag Baseball, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Afternoon Games, AR 3:30 Milk Bag Mats, AR	9 9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 10:30 Mobile Senior Shop (Vendor), AT 2:00 Afternoon Crafts, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Soft Serve with Melissa, AR  3:30 Documentary Hour, AR	10 9:30 Exercises, AR 10:00 Specialty Coffee Social, AR 2:00 Chair Yoga, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 3:00 Ice Cream Sundae Social, AT 7:00 Netflix, AR	11 9:30 Exercises, AR 10:00 Coffee Break with Friends, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Bulletin Board Display, AR 2:00 Soft Serve with Melissa, AR 4:00 Pool Tournament, PR 7:00 Friday Night at the Movies, AR 	12 9:30 Exercises, AR 2:00 Grey's Anatomy Marathon, AR 3:00 Pool with Phil, PR 7:00 Netflix, AR
13 9:30 Morning Walks, FD 11:00 Chapel Service with Mike Gordon, AR 12:00 Seafood Extravaganza Dinner, D 2:00 Folk Music Concert, P 3:00 Sweet Treats with Brian & Kate!, AR 7:00 Movies, AR	14 Picture Day, AR 9:30 Exercises, AR 10:00 Tuck Shop, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Singalong with Suzie Q, AR 2:00 Soft Serve with Melissa, AR  3:00 Tea Social, AR	15 9:30 Exercises, AR 10:00 Smoothies and Chats, AR 10:15 Beanbag Baseball, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Afternoon Games, AR 3:00 Flower Arrangements with Molly, AR	16 9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 2:00 Afternoon Crafts, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Soft Serve with Melissa, AR 3:30 Documentary Hour, AR	17 9:30 Exercises, AR 10:00 Specialty Coffee Social, AR 2:00 Chair Yoga, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 3:00 Ice Cream Sundae Social, AT 7:00 Netflix, AR	18 ROSH HASHANAH BEGINS AT SUNSET 9:30 Exercises, AR 10:00 Coffee Break with Friends, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Wall Mural, AR 2:00 Soft Serve with Melissa, AR 4:00 Pool Tournament, PR 7:00 Friday Night at the Movies, AR	19 9:30 Exercises, AR 2:00 Grey's Anatomy Marathon, AR 3:00 Pool with Phil, PR 7:00 Netflix, AR
20 9:30 Morning Walks, FD 11:00 Chapel Service with Mike Gordon, AR 3:00 Sweet Treats with Brian & Kate!, AR 7:00 Movies, AR	21 9:30 Exercises, AR 10:00 Tuck Shop, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Singalong with Suzie Q, AR 2:00 Photo Collage, AR 2:00 Soft Serve with Melissa, AR	22 AUTUMN BEGINS 9:30 Exercises, AR 10:00 Smoothies and Chats, AR 10:15 Beanbag Baseball, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Afternoon Games, AR 3:30 Milk Bag Mats, AR	23 9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 10:00 Stars of Modern Jewelry (Vendor), AT 2:00 Afternoon Crafts, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Soft Serve with Melissa, AR 3:30 Documentary Hour, AR	24 9:30 Exercises, AR 10:00 Specialty Coffee Social, AR 2:00 Chair Yoga, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 3:00 Ice Cream Sundae Social, AT 7:00 Netflix, AR	25 9:30 Exercises, AR 10:00 Coffee Break with Friends, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Baking Apple Crisp, AR 2:00 Soft Serve with Melissa, AR 4:00 Pool Tournament, PR 7:00 Elvis's 3 Brothers Band, AR 	26 9:30 Exercises, AR 2:00 Grey's Anatomy Marathon, AR 3:00 Pool with Phil, PR 7:00 Netflix, AR 
27 YOM KIPPUR BEGINS AT SUNSET 9:30 Morning Walks, FD 11:00 Chapel Service with Mike Gordon, AR 3:00 Sweet Treats with Brian & Kate!, AR 7:00 Movies, AR 	28 9:30 Exercises, AR 10:00 Tuck Shop, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Singalong with Suzie Q, AR 2:00 Soft Serve with Melissa, AR 3:00 Wheel of Fortune, AR	29 9:30 Exercises, AR 10:00 Smoothies and Chats, AR 10:15 Beanbag Baseball, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Afternoon Games, AR 3:30 Milk Bag Mats, AR 	30 9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 2:00 Afternoon Crafts, AR 2:00 (Distance) Bingo (Check #'s Daily), AR 2:00 Soft Serve with Melissa, AR 3:30 Documentary Hour, AR			



## A Prayer

Today, dear Lord, I'm 80 and  
there's much I haven't done  
I hope, dear Lord, you'll let  
me live until I'm 81,  
But then, if I haven't finished  
all I want to do,  
Would you let me stay awhile  
until I'm 82?

So many places I want to go,  
so very much to see,  
Do you think that you could  
manage to make it to 83?  
The world is changing very  
fast; there is so much  
in store.

I'd like it very much to live  
until I'm 84.  
And if by then, I'm still alive,  
I'd like to stay until I'm 85.  
More planes will be up in the  
air, so I'd really like to stick  
And see what happens to  
the world when I'm 86.

I know, dear Lord, it's much  
to ask (and it must be nice  
in heaven),

But I'd really like to stay until  
I'm 87.

I know by then I won't be  
fast and sometimes will  
be late,

But it would be so pleasant  
to be around at 88.

I will have seen so many  
things and had a  
wonderful time,  
So I am sure that I'd be  
willing to leave at the age of  
89, maybe.

Just one thing I'd like to say,  
dear Lord, I thank you kindly,  
But if it's okay with you, I'd  
love to live past 90.

## Berry Picking and Jam Making

On Friday, July 24th, some of our residents got to go to Marcy's Berries to pick their own berries. Marcy's Berries is a farm in Hamilton, Ontario, where the owners allow visitors to pick their own strawberries, raspberries, currants and gooseberries. The harvest season dictates the kind of berries available for picking. We were lucky to come during the harvest time for raspberries. We had great weather, and thankfully, we were able to get back to the bus before the temperature got too hot. The scenery was beautiful, and hopefully, we will be able to go back again. With all the berries we picked, we were able to make Jam on Monday, July 27th. We made two different kinds of jam; raspberry and raspberry rhubarb. We picked the rhubarb fresh from our garden here at Guelph Lake Commons. The jams turned out very well, and we were able to use the jam at further events for a sweet treat for our residents.



*Cooking the raspberries for the jam*



*Bill uses his cane to push the bushes aside to find the berries hiding underneath.*



*Muriel is so excited about the berries she picked.*



*Mary is working hard to fill her basket.*





*All the jam we made*



*Canning the jam*

## The Generation Gap's Grand Finale

Friday, July 24th, was an emotional day here for many of us. As most of you all know, Sarah and her husband, Dan, are welcoming to the world a beautiful baby girl, which is an amazing moment for the two of them but brings some sadness here for Guelph Lake Commons residents and staff. Not only will Sarah be leaving her position as Activity Coordinator, but she will also be taking her beautiful music with her as well. Sarah and one of our residents David (Davy) Wilson make up the beloved singing duo The Generation Gap, and July 24th was their final show for the time being. A lot of residents came out to celebrate this dynamic duo. The songs ranged from gospel songs to emotional ballads. Residents were clapping and singing along to the songs they knew and loved. Near the end of the show, Davy took a few minutes to express his love and gratitude for his singing partner. Then Sarah took the floor to thank all the residents for their love and support she has felt during her tenure here at Guelph Lake Commons and how she cannot wait to come back visit. The Generation Gap will be greatly missed, but with the addition of Sarah's baby, the group will be renamed as the Generation Gap Plus One. We cannot wait to have this group perform for the community once again! Sarah, we wish you luck on your maternity leave and can't wait to have you back here with us next year as Activity Coordinator.



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Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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