

# Heritage Meadows

## Gracious Retirement Living



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

## SEPTEMBER 2020

### HERITAGE MEADOWS STAFF

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, 9 a.m.:** Errands

**Tuesday, 9 a.m.:** Appointments

**Wednesday, 9 a.m.:** Errands

**Thursday, 9 a.m.:** Appointments

**HAWTHORN**  
SENIOR LIVING



Fall in love with giving back!

We have been challenged to create a wreath which we will donate to our local first responders as a thank you for all they have done for our community. Remember, above all else, this competition is all about having fun and giving back to the folks in our city who truly deserve our utmost gratitude!

The gloves are coming off! Our building will be competing against the others in our region to create a wreath which will be donated to our local first responders. You will work together to come up with a theme for our wreath and to decorate it.

**Here is the region we are up against.**

- The Bradley
- Guelph Lake Commons
- Cedarview
- Rosewood Estates

We have been meeting in the activity room (Tuesdays at 3:15 p.m.) and would love for more residents to join! The goal of this competition is to engage as many residents as we can. To help accomplish this, in addition to assisting with the creation of our building's wreath, residents are also invited to spruce up a wreath of their own!

Together, we are better!



# Live and Learn

## Fall Term 2022



### **What is 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!

### **What are the benefits of Lifelong Learning?**

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.

### **Live and Learn — Fall Term 2020:**

The goal of this program is to promote lifelong learning with a focus on five areas of overall health and wellness for our residents. Each week will focus on social wellness, brain health, physical fitness and self-care.

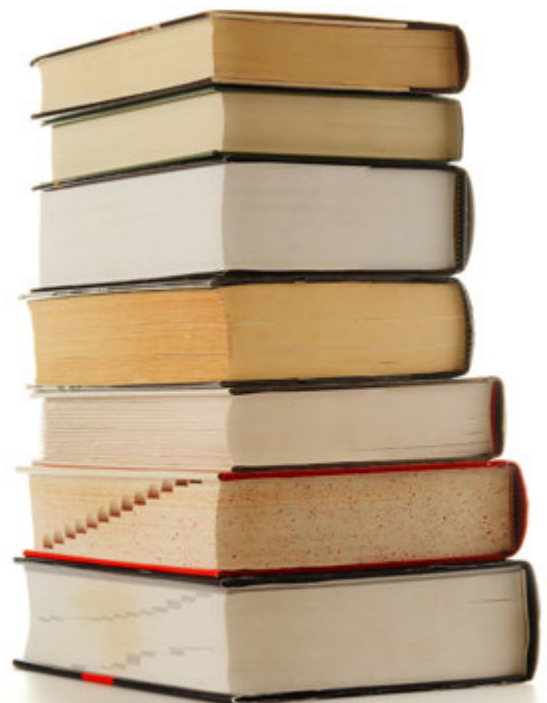
Here is a brief summary what we will be focusing on each week.

#### **Social Wellness**

As humans, social interaction is essential to every aspect of our health, no matter our age. Research shows that having a strong network of support or strong community bonds fosters both emotional and physical health and is an important component of life. Over the years, there have been a number of studies showcasing the relationship between social support and the quality of physical and mental health.

#### **Brain Health**

The brain is a muscle like any other one in our body, and the more we use it, the stronger it becomes. Brain games, cranium crunches, mental aerobics, whatever you would like to call it, these memory enhancement exercises work to build your cognitive reserve (memory) and strengthen your mind! There is also great information on how good nutrition plays a role in keeping our minds strong!





### **Physical Fitness**

What's the most transformative thing that you can do for your brain today? Exercise! As it turns out, exercise not only boosts your mood and keeps your body in shape, but it also boosts your memory and helps to energize your mind!

### **Self-Care**

The broad notion of self-care generally includes all those activities which relate to maintaining good health, such as establishing and continuing with a balanced diet, getting lots of exercise, having regular good sleep and rest periods, engaging in mental activities and socializing with others to whatever extent that may be practical. All these activities taken together help to improve physical, mental, and emotional well-being, and contribute heavily to the quality of life that a senior should enjoy.

Have fun, and  
happy learning!



*Happy Anniversary*



In 2012, members of the community and cities everywhere began to explore Heritage Meadows as a place to call home. Quickly, a building, with bare floors, painting to be finished, pictures to be hung, a kitchen to be set up, cleaning to be done (just to name a few things), was complete. Residents started to move in at the end of August; as one moving truck left, another was ready to come in. In no time at all, our building would be filled. Heritage Meadows was no longer just a building but now a home for so many new people.

September 30th marks the remarkable event of our Grand Opening. This year is our eighth anniversary, making it a special day for all of us!

Please help us make this day memorable! Stay tuned for the special festivities.



### **A big warm welcome to:**

Fred Mashister, Nic Lummers and Loretta Read.

We are delighted to have Fred, Nic and Loretta join our family at Heritage Meadows. We encourage everyone to start wearing their name tags so all our new residents can become familiar with everyone. Also, notice that starting in September, we will be resuming with name tag Tuesdays again. Make sure you are wearing your name tag at dinner on Tuesdays.

Please help our new residents around the building and help them get familiar with everything.

Welcome, Fred, Nic and Loretta!

SEPT 2020







Birthdays

Janet Davis, 3rd  
Sandy Campbell, 4th  
Ivy Whittier, 18th  
Edna Southwick, 21st  
Paul Ramsbottom, 24th  
Patricia Trevena, 29th

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

“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	
		<b>Name Tag Tuesday, DR</b> 1 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Wreath Making, AR 7:15 Movie, MT	2 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Card Bingo, AR 7:15 SINGO, AR	3 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Live and Learn Social Wellness, AR 7:15 Bingo, AR 	4 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:30 Rosary, CH 2:15 Scenic Drive, AR 2:30 Move to the Groove, AR 3:15 Technology 1-On-1, AR 7:15 Movie, MT 	5 9:00 Indoor Walking 10:00 Trivia, AR 11:20 Rosary, CH 2:00 Lemonade 6ft Social, G 3:00 Singo, AR 7:15 Movie, MT	
	6 9:00 Indoor Walking 10:30 Puzzlers, AR 11:20 Rosary, CH 2:15 Pool, PR 3:00 Milk Bag Project, AR 7:15 Movie, MT	LABOUR DAY 7 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:15 Bingo, AR	8 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Mystery Box, AR 3:15 Wreath Making, AR 7:15 Movie, MT	9 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Card Bingo, AR 7:15 SINGO, AR	10 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Live and Learn Brain Health, AR 7:15 Bingo, AR	11 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:30 Rosary, CH 2:15 Scenic Drive, AR 2:30 Move to the Groove, AR 3:15 Technology 1-On-1, AR 7:15 Movie, MT	12 9:00 Indoor Walking 10:00 Trivia, AR 11:20 Rosary, CH 2:15 Ice Cream 6ft Social, G 3:00 Singo, AR 7:15 Movie, MT
	13 9:00 Indoor Walking 10:30 Puzzlers, AR 11:20 Rosary, CH 2:15 Pool, PR 3:00 Milk Bag Project, AR 7:15 Movie, MT	14 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:00 Chocolate Milkshakes, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:15 Bingo, AR	15 <b>Name Tag Tuesday, DR</b> 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Wreath Making, AR 7:15 Movie, MT	16 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:00 Make Play Doh, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Card Bingo, AR 7:15 SINGO, AR	17 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Live and Learn Physical Fitness, AR 7:15 Bingo, AR	18 <b>ROSH HASHANAH BEGINS AT SUNSET</b> 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:30 Rosary, CH 2:15 Scenic Drive, AR 2:30 Move to the Groove, AR 3:15 Technology 1-On-1, AR 7:15 Movie, MT 	19 9:00 Indoor Walking 10:00 Trivia, AR 11:20 Rosary, CH 2:00 Lemonade 6ft Social, G 3:00 Singo, AR 7:15 Movie, MT
	20 9:00 Indoor Walking 10:30 Puzzlers, AR 11:20 Rosary, CH 2:15 Pool, PR 3:00 Milk Bag Project, AR 7:15 Movie, MT	21 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:15 Bingo, AR 	22 <b>AUTUMN BEGINS</b> <b>Name Tag Tuesday, DR</b> 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Wreath Making, AR 7:15 Movie, MT	23 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Card Bingo, AR 7:15 SINGO, AR	24 <b>9:00 Cambridge Hearing Centre Clinic, TV</b> 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Live and Learn Self Care, AR 7:15 Bingo, AR 	25 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:00 Sunflower Seed and Nut Bar Making, AR 11:30 Rosary, CH 2:15 Scenic Drive, AR 2:30 Move to the Groove, AR 3:15 Technology 1-On-1, AR 7:15 Movie, MT	26 9:00 Indoor Walking 10:00 Trivia, AR 11:20 Rosary, CH 2:15 Ice Cream 6ft Social, G 3:00 Singo, AR 7:15 Movie, MT
	27 <b>YOM KIPPUR BEGINS AT SUNSET</b> 9:00 Indoor Walking 10:30 Puzzlers, AR 11:20 Rosary, CH 2:15 Pool, PR 3:00 Milk Bag Project, AR 7:15 Movie, MT	28 9:00 Indoor Walking <b>9:30 Mobility in Motion, AR</b> 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:15 Bingo, AR	29 <b>Name Tag Tuesday, DR</b> 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:00 Coffee Sample, AR 11:20 Rosary, CH <b>11:30 Bayshore Blood Pressure Clinic, AR</b> 2:30 Move to the Groove, AR 3:15 Wreath Making, AR 7:15 Movie, MT 	30 <b>8th Anniversary</b> 9:00 Indoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Card Bingo, AR 7:15 SINGO, AR			



### **September 4th**

**Google Day** — It is the anniversary of the founding of the Google Internet search engine in 1998. (FYI: Some sites list September 7th, but Google itself lists September 4th.) The name “Google” is actually derived from the mathematical term “googol,” which is basically 1 with a 100 zeros following it. The first ever Google Doodle was a Burning Man stick figure that came out on August 30, 1998.

It came about when Larry and Sergey visited the Burning Man Festival in Nevada. It was added to the homepage to let users know they were out of office and couldn’t fix technical issues like a server crash.

### **September 7th**

**Happy Birthday, Buddy Holly** — Charles Hardin Holley (known as Buddy Holly) was born on this day in 1936. He recorded many hit songs, including “That’ll Be the Day,” “Peggy Sue,” “Oh Boy” and “Maybe Baby.”

Did you know that Buddy’s last name was actually Holley but due to a clerical error on his first recording contract, he started going by Holly?

### **September 10th**

**Film Festival Weekend Begins** — Today is the first day of the Toronto International Film Festival. This celebration of Canadian and international film takes place between today and September 20th. Learn more today, and hear how the TIFF staff planned digital innovations to allow the event to continue this year. Maybe it is time for a Canadian film festival. Decorate with Canadian flags, serve some Canadian foods, and immerse yourselves in some quality films, such as “Anne of Green Gables” and “The Red Violin.”

### **September 12th**

**Chocolate Milkshake Day** — Milkshakes were popular in the 1950s. Come enjoy a milkshake on Friday, September 14th, at 11 a.m.

### **September 16th**

**World Play-Doh Day** — Celebrated every year on September 16th, the easy-to-mold clay has been enjoyed by all ages for decades. Make your own homemade Play-Doh in five minutes in the activity room at 11 a.m. FYI: The patent for Play-Doh was issued on January 26, 1965.

### **September 29th**

**International Coffee Day** — Come enjoy a fresh coffee hour, tea and snacks. Come take the coffee personality quiz. Discover the personality types that correspond to your preferred coffee drink. Do you think it’s accurate? Follow the aroma of the java into the activity room at 11 a.m.



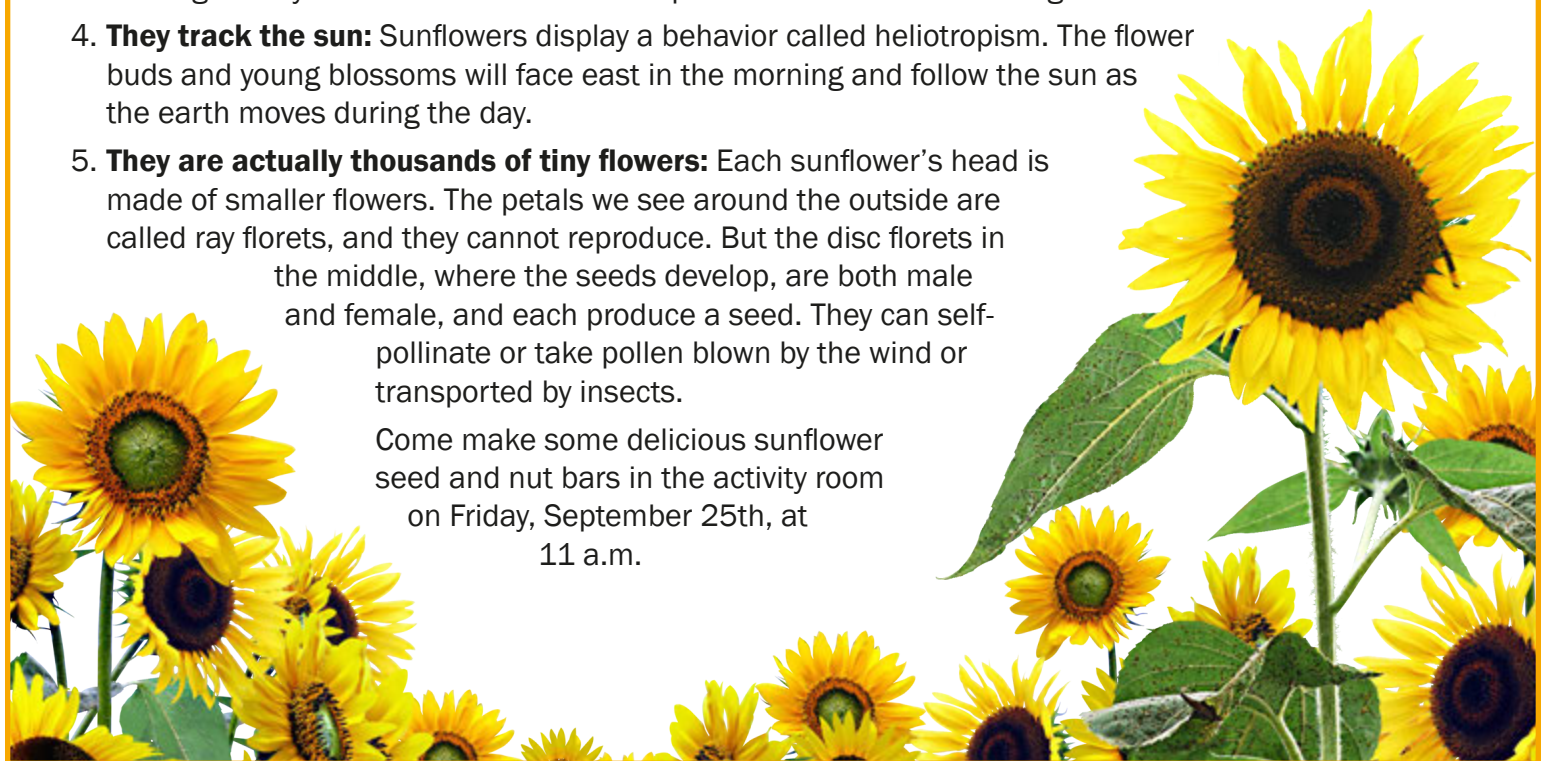
September is all about sunflowers.

### 5 Fun Sunflower Facts

Sunflowers, in all their colorful glory, are a happy sight to behold — but there's more to their nature than just beauty. The multipurpose plants deliver healthy snacks, useful oil and birdseeds. Let your garden knowledge flourish with these facts about sunflowers

1. **They are native to the Americas:** Like potatoes, tomatoes and corn, the cheerful plants didn't originate in Europe. They were cultivated in North America as far back as 3,000 BCE, when they were developed for food, medicine, dye and oil.
2. **They were brought to Russia by royalty:** Tsar Peter the Great was so fascinated by the sunny flowers he saw in the Netherlands that he took some back to Russia. They became popular when people discovered that sunflower seed oil was not banned during Lent.
3. **They need a lot of rays and room:** The flowers not only look like the sun; they need a lot of it. They grow best with about six to eight hours a day but more is even better. They can grow as tall as 16 feet, although many varieties have been developed to thrive at different heights.
4. **They track the sun:** Sunflowers display a behavior called heliotropism. The flower buds and young blossoms will face east in the morning and follow the sun as the earth moves during the day.
5. **They are actually thousands of tiny flowers:** Each sunflower's head is made of smaller flowers. The petals we see around the outside are called ray florets, and they cannot reproduce. But the disc florets in the middle, where the seeds develop, are both male and female, and each produce a seed. They can self-pollinate or take pollen blown by the wind or transported by insects.

Come make some delicious sunflower seed and nut bars in the activity room on Friday, September 25th, at 11 a.m.



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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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**519-620-9999**