

Gracious Retirement Living

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

SEPTEMBER 2020

THE BRADLEY STAFF

Manager.....COLIN MURRAY
Assistant Managers CHRISTINE
 & ADRIAN SMITS
Executive Chef..... MARCO MARANDOLA
Activity Coordinator GAYLE DOCHERTY
Administrative Assistant RIYA CHAUDHARI
Maintenance MIKE VEINOT
Bus DriverSUE CROSBIE

TRANSPORTATION

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

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

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

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



HAWTHORN
SENIOR LIVING

Masks Made With Love

Are you looking for a stylish new mask to complete your outfit? Maybe you want something bright and cheery to make people smile?

Our resident, Ruth Battram, is selling beautiful reusable masks in the Activity Room. The masks are made by her daughter-in-law, Theresa Battram. The masks cost \$5 and all of the proceeds raised are donated to the Food Bank or the Wild Bird Care Centre!

You can find her masks on display in the Activity Room.

They come in all different sizes and prints. If you have any special requests, please speak to Ruth.



Giving Back

Our first responders have had to work even harder this year. We would love to give back to the community by donating a wreath to some of our first responders that we create at our community.

Everyone is invited to add a little something to the wreath. Check the Activity Room for a sign-up sheet, and let us know if you would also like to work on your own wreath!

Let's have fun and give back with a gift made with love from
The Bradley!





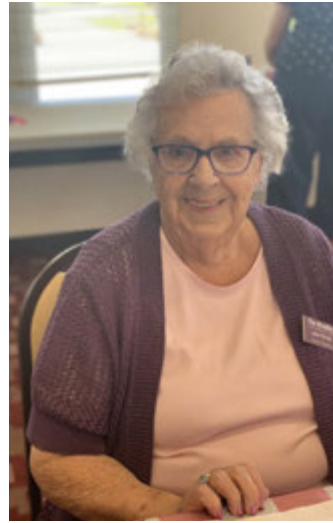
Around the Bradley



Gaile Williamson doesn't only sing and line dance, she also plays the piano! She is very talented!



We were busy setting up for our Fun Fair!



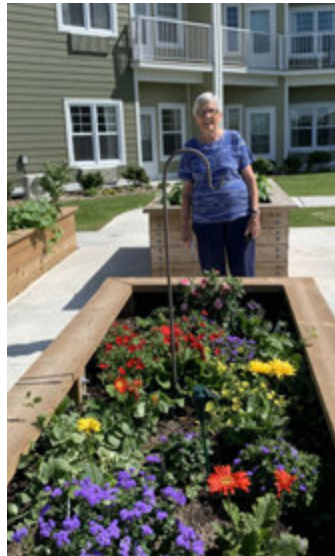
June Porter getting ready to play Bingo



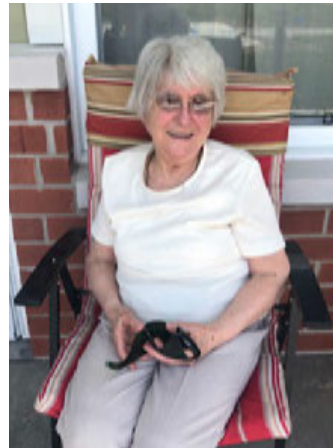
Kathy Guy wearing a different kind of mask; she's ready for a relaxing nap!



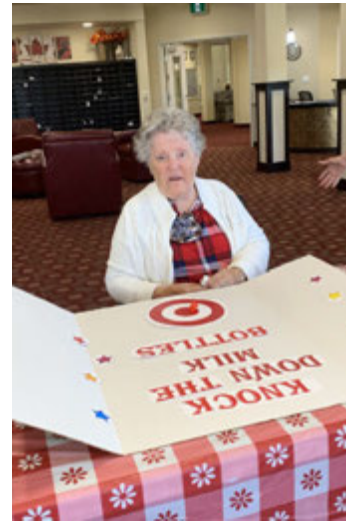
Bob Battram sitting by the fireplace



Muriel O'Meara and her beautiful raised flower garden



Janine Ayotte Volstad enjoying some outdoor entertainment from her patio



Joanie Demers working on fair crafts



Residents are happy to be back in the Dining Room with new health and social distancing protocols!



June Craig watering her beautiful flowers



September Special Days

International Enthusiasm Week Begins September 1st.

Show genuine enthusiasm this week for every person and project you encounter.

September 3rd — Sinatra Goes Solo

On this day in 1942, Frank Sinatra began his solo career.

September 3, 1833 — The New York Sun newspaper first appeared, marking the beginning of the 'penny press,' inexpensive newspapers sold on sidewalks by newspaper boys. The paper focused on human interest stories and sensationalism and by 1836 was the largest seller in America with a circulation of 30,000.

September 5, 1997 — Mother Teresa died in Calcutta at age 87, after a life of good works spent aiding the sick and poor in India through her Missionaries of Charity order.

September 5th — Self-Awareness Saturday

In honor of Self-Improvement and Self-Awareness Month, write down 10 things you love and appreciate about yourself. If you need help thinking of 10, ask other members of the group to help point out your wonderful qualities. When you are finished, re-write them on a nice sheet of paper or type them.

September 11th — "The Carol Burnett Show" Anniversary

The popular comedy/variety show premiered on CBS on this day in 1967.

September 15, 1971 — The Greenpeace Organization was founded.

September 21st — Deaf Awareness Week Begins

Deaf Awareness Week, also called International Week of the Deaf (IWD), is celebrated annually and ends with International Day of the Deaf on the last Sunday of the month. It is a celebration to promote deaf culture, sign language, and deaf heritage.

September 22nd — International Day of Radiant Peace

The International Day of Radiant Peace is a time to experience and promote tranquility. Host a variety of relaxing programs today. For example, ask a local masseuse to come in and give shoulder massages. Play some relaxing spa music. Then, have a guided meditation session and seek inner peace. Read a piece from Ram Dass on how to find balance. If you have trouble meditating, you may find that binaural beats may help you focus. Try a binaural beat meditation. Wear headphones for best results.

September 25th — Happy Birthday, Barbara Walters!

Barbara Walters, broadcast journalist and author, was born on this day in 1929. She started her career as a writer and researcher for NBC's "The Today Show" and since then has interviewed more statesmen and stars than any other journalist. Chat about her career today.

Happy One Year Anniversary to Our Staff!



Raheem, our Part-Time Server



Darren, our Dishwasher



JP, our Kitchen staff who makes all our delicious desserts

SEPT 2020

Birthdays

John Williamson, 7th
David Dunstan, 17th

Amanda Rulens,
30th (Employee)

Locations

Money Required, \$

Activity Room, AR
Atrium (1st Floor), ATR
Back Gardens, BG
Beauty Salon, BS
Billiards Room, BR
Bistro, BI
Chapel, CH
Computer Room, CR
Dining Room, DR
Fitness Room, FR
Front Entrance, EN
Library, LI
Theater Room, TH
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
		<div>Social Wellness Week: September 1st to 6th</div> <div>Wear Blue</div> <div>9:00 Coffee and Catch Up, ATR</div> <div>9:30 Line Dancing, AR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:00 Fun and Fitness, AR</div> <div>2:30 Documentary Series, TH</div> <div>3:30 Mixed Up Words, AR</div> <div>6:45 Movie, TH</div>	<div>Wear Red</div> <div>8:45 Walking Club, EN</div> <div>9:30 Line Dancing, AR</div> <div>10:30 The Heart That Gives, Gathers Program, AR</div> <div>11:30 Hymn Singing, TH</div> <div>2:00 Scenic Drive</div> <div>2:30 Men’s Choice Movie Matinee</div> <div>3:00 Pokeno, AR</div> <div>7:00 Bingo, AR</div>	<div>There Is No Bus Service Today</div> <div>Sinatra Goes Solo Day!</div> <div>Wear Green</div> <div>9:30 Line Dancing, AR</div> <div>10:15 Quarter Bingo \$, AR</div> <div>2:00 Fun and Fitness, AR</div> <div>2:30 Roll Call Challenge, AR</div> <div>3:15 Time for Laughter, AR</div> <div>6:45 Movie, TH</div>	<div>There Is No Bus Service Today</div> <div>Wear Your Favourite Colour!</div> <div>8:45 Walking Club, EN</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>11:00 Family Feud, AR</div> <div>12:30 50/50 Fridays!</div> <div>3:00 Pokeno, AR</div> <div>4:00 Happy Hour, AR</div> <div>6:45 Movie, TH</div>	<div>11:00 Coffee and Catch Up, AR</div> <div>2:00 Quarter Bingo \$, AR</div> <div>2:30 Smoothies, AR</div> <div>3:00 Andre Rieu Concert, TH</div> <div>6:45 Movie, TH</div> <div>7:00 Evening Chair Yoga for a Better Rest, AR</div>
	<div>6</div> <div>9:00 Woodvale Pentecostal Church Service, TV</div> <div>10:30 Hymn Singing, TH</div> <div>1:30 Mass From St. Isidore’s Parish, TH</div> <div>6:45 Movie, TH</div> <div>7:00 Evening Pokeno, AR</div>	<div>LABOUR DAY</div> <div>7</div> <div>There Is No Bus Service Today</div> <div>Brain Health Week: September 7th to 13th</div> <div>10:00 Coffee and Catch Up, AR</div> <div>12:30 Brain Boosters, DR</div> <div>2:00 Entertainment From Bill Wilson</div> <div>6:45 Movie, TH</div> <div></div>	<div>9:30 Line Dancing, AR</div> <div>10:30 Balance Exercises, FR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:30 Documentary Series, TH</div> <div>2:30 Brain Food Snack Bar, AR</div> <div>3:00 Anagram Riddle Challenge, AR</div> <div>6:45 Movie, TH</div>	<div>8:45 Walking Club, EN</div> <div>9:30 Line Dancing, AR</div> <div>10:00 Mystery Drive</div> <div>10:00 The Heart That Gives, Gathers Program, AR</div> <div>11:30 Lunch Outing to Baton Rouge</div> <div>2:00 Split Word Challenge</div> <div>2:30 Men’s Choice Movie Matinee</div> <div>3:00 Pokeno, AR</div> <div>7:00 Bingo, AR</div>	<div>Happy Birthday Colin Firth!</div> <div>9:30 Line Dancing, AR</div> <div>10:15 Quarter Bingo \$, AR</div> <div>2:00 Seed Mosaics, AR</div> <div>2:30 Guess the Word Game, AR</div> <div>3:15 Time for Laughter, AR</div> <div>6:45 Movie, TH</div>	<div>The Anniversary of the Carol Burnett Show!</div> <div>8:45 Walking Club, EN</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>11:00 Bingo, AR</div> <div>11:30 Giant Crossword, AR</div> <div>12:30 50/50 Fridays!</div> <div>2:30 The Carol Burnett Show, TH</div> <div>3:00 Entertainment From Jimmy Leroux, BG</div> <div>4:00 Happy Hour, AR</div> <div>6:45 Movie, TH</div>
<div>Grandparents Day!</div> <div>9:00 Woodvale Pentecostal Church Service, TV</div> <div>10:30 Hymn Singing, TH</div> <div>1:30 Mass From St. Isidore’s Parish, TH</div> <div>6:45 Movie, TH</div> <div>7:00 Evening Pokeno, AR</div>	<div>Physical Fitness Week: September 14th to 20th</div> <div>8:45 Walking Club, EN</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:00 Shopping at Walmart Superstore \$</div> <div>11:00 Tombola!, AR</div> <div>2:00 Shopping in Kanata Centrum + Area \$</div> <div>2:00 Walk with Gayle Track Your Steps!, EN</div> <div>3:00 Pokeno, AR</div> <div>6:45 Movie, TH</div>	<div>9:30 Line Dancing, AR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:00 Fun and Fitness, AR</div> <div>2:00 Walk with Gayle Track Your Steps!, EN</div> <div>2:30 Documentary Series, TH</div> <div>3:00 Guess the Word Game, AR</div> <div>6:45 Movie, TH</div>	<div>Word Game Day</div> <div>8:45 Walking Club, EN</div> <div>9:30 Line Dancing, AR</div> <div>10:30 Resident Activity Meeting, AR</div> <div>11:00 Resident & Manager Meeting, AR</div> <div>2:00 Walk with Gayle Track Your Steps!, EN</div> <div>2:00 Scenic Drive</div> <div>2:30 Men’s Choice Movie Matinee</div> <div>3:00 Pokeno, AR</div> <div>7:00 Bingo, AR</div>	<div>9:30 Line Dancing, AR</div> <div>10:15 Quarter Bingo \$, AR</div> <div>2:00 Walk with Gayle Track Your Steps!, EN</div> <div>3:15 Time for Laughter, AR</div> <div>4:00 Zumba, BG</div> <div>6:45 Movie, TH</div> <div></div>	<div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>8:45 Walking Club, EN</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>11:00 Bingo, AR</div> <div>11:30 Giant Crossword, AR</div> <div>12:30 50/50 Fridays!</div> <div>2:00 Walk with Gayle Track Your Steps!, EN</div> <div>3:00 Entertainment From Kevin Agnew</div> <div>4:00 Happy Hour, AR</div> <div>6:45 Movie, TH</div>	<div>Eat An Apple Day!</div> <div>10:30 Apple Pie Spiced Lattes, BI</div> <div>11:00 Coffee and Catch Up, AR</div> <div>2:00 Quarter Bingo \$, AR</div> <div>2:30 Smoothies, AR</div> <div>3:00 Andre Rieu Concert, TH</div> <div>6:45 Movie, TH</div> <div>7:00 Evening Chair Yoga for a Better Rest, AR</div>
<div>9:00 Woodvale Pentecostal Church Service, TV</div> <div>10:30 Hymn Singing, TH</div> <div>1:30 Mass From St. Isidore’s Parish, TH</div> <div>6:45 Movie, TH</div> <div>7:00 Evening Pokeno, AR</div>	<div>Self-Care Week: September 21st to 27th</div> <div>8:45 Walking Club, EN</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:00 Shopping at Walmart Superstore \$</div> <div>10:00 Cucumber Water, BI</div> <div>11:00 Tombola!, AR</div> <div>2:00 Shopping in Kanata Centrum + Area \$</div> <div>2:00 Gratitude Journals, AR</div> <div>3:00 Pokeno, AR</div> <div>6:45 Movie, TH</div>	<div>AUTUMN BEGINS</div> <div>Autumn Begins</div> <div>9:30 Line Dancing, AR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:00 Fun and Fitness, AR</div> <div>2:30 Documentary Series, TH</div> <div>2:30 Grow with Kindness Craft, AR</div> <div>3:30 Mixed Up Words, AR</div> <div>6:45 Movie, TH</div>	<div>8:45 Walking Club, EN</div> <div>9:30 Line Dancing, AR</div> <div>10:00 Mystery Drive</div> <div>10:30 The Heart That Gives, Gathers Program, AR</div> <div>11:30 Hymn Singing, TH</div> <div>11:30 A Class on Positive Thinking, AR</div> <div>2:30 Men’s Choice Movie Matinee</div> <div>3:00 Pokeno, AR</div> <div>7:00 Bingo, AR</div>	<div>9:30 Line Dancing, AR</div> <div>10:15 Quarter Bingo \$, AR</div> <div>2:00 Fun and Fitness, AR</div> <div>2:30 Smoothies, AR</div> <div>3:00 Sea Salt Scrub, AR</div> <div>3:15 Time for Laughter, AR</div> <div>6:45 Movie, TH</div>	<div>Happy Birthday Will Smith!</div> <div>8:45 Walking Club, EN</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>11:00 Bingo, AR</div> <div>11:00 Lunch Outing to Swiss Chalet</div> <div>11:30 Giant Crossword, AR</div> <div>12:30 50/50 Fridays!</div> <div>1:45 Goulbourn Museum Outing \$</div> <div>3:00 Entertainment from Dai Bassett</div> <div>6:45 Movie, TH</div>	<div>11:00 Coffee and Catch Up, AR</div> <div>2:00 Quarter Bingo \$, AR</div> <div>2:30 Smoothies, AR</div> <div>3:00 Andre Rieu Concert, TH</div> <div>6:45 Movie, TH</div> <div>7:00 Evening Chair Yoga for a Better Rest, AR</div>
<div>YOM KIPPUR BEGINS AT SUNSET</div> <div>9:00 Woodvale Pentecostal Church Service, TV</div> <div>10:30 Hymn Singing, TH</div> <div>1:30 Mass From St. Isidore’s Parish, TH</div> <div>6:45 Movie, TH</div> <div>7:00 Evening Pokeno, AR</div>	<div>8:45 Walking Club, EN</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:00 Shopping at Walmart Superstore \$</div> <div>11:00 Tombola!, AR</div> <div>2:00 Shopping in Kanata Centrum + Area \$</div> <div>3:00 Pokeno, AR</div> <div>6:45 Movie, TH</div>	<div>International Coffee Day</div> <div>9:30 Line Dancing, AR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:00 Fun and Fitness, AR</div> <div>2:30 Documentary Series, TH</div> <div>3:30 Mixed Up Words, AR</div> <div>6:45 Movie, TH</div>	<div>8:45 Walking Club, EN</div> <div>9:30 Line Dancing, AR</div> <div>10:30 Fall Leaves Luminary Craft, AR</div> <div>11:30 Hymn Singing, TH</div> <div>2:00 Scenic Drive</div> <div>2:30 Men’s Choice Movie Matinee</div> <div>3:00 Pokeno, AR</div> <div>7:00 Bingo, AR</div> <div></div>			



Live and Learn Fall Term

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!

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.

This month, each week will be focused on a different aspect of lifelong learning.

Week 1: Social Wellness

Week 2: Brain Health

Week 3: Physical Fitness

Week 4: Self-Care

Check the calendar for different activities this month from our Live and Learn Program!



The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Check the calendar for sunflower snacks and crafts this month!

September Entertainment

We will have outdoor entertainment back in September! This includes Bill Wilson, Jimmy Leroux, and Kevin Agnew! Seating will be set up inside and outside. May be rescheduled due to weather. Check the calendar for upcoming dates!



Jumpin' Jimmy Leroux will be back this month!



Meet Our Staff

Riya

Administrative Assistant

"I am a happy and easy-going person. I like to be positive and spread positivity around me. I had a baby last year, embracing motherhood and learning something new every day."



Riya

Mike

Maintenance

"I'm a third class stationery engineer, which is a qualification to generate electricity in a thermo generating plant. I have 30 years experience operating and managing facilities of different types and structures. I've also worked at Toronto's Skydome, and part of my responsibilities were the air-conditioning systems, moving 9,000 seats with the push of a button! I also opened and closed the retractable roof. In my spare time, I play guitar and I like to run pretty much every day! I was a competitive boxer in my youth, winning the Alberta Golden Gloves, and the Alberta Welterweight Amateur Championship!"



Mike

Kristi

Housekeeping

"I love cats and I have two at home. When I'm not at work, I love to be outside enjoying the weather! I enjoy comedy and love to laugh!"



Kristi

Outings

A favourite outing last month was to Jo-Jo's Creameria in Stittsville! Residents were able to get some yummy ice cream and sit in the community garden to enjoy it! Thank you, Jo-Jo's!



Bob St. Louis with a mint chocolate chip and caramel popcorn ice cream, wow!

Residents also went for lunch outings to The Brookstreet Hotel and the Antrim Truck Stop for lunch, as well as visiting the Ornamental Gardens at the Experimental Farm!

September outings include scenic drives and lunch outings to Baton Rouge and Swiss Chalet! We will also be visiting the Goulbourn Museum this month.

There will be no bus service on September 3rd, 4th, or 7th.



Traudy Zeitler

The Bradley
Gracious Retirement Living

130 Goulbourn Forced Rd
Kanata, ON K2K 0K6



Fall in love...

With Our Gracious Lifestyle

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.

The Bradley
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