



ROSEWOOD ESTATES

Gracious Retirement Living

255 Densmore Road • Cobourg, Ontario K9A 0E5 • Phone (905) 373-5000 • www.seniorlivinginstyle.com

OCTOBER 2020

ROSEWOOD ESTATES STAFF

Managers..... MYRON THOMPSON
& HELEN COLLINS

Assistant Managers KEN & CARRIE BUCKLER

Executive Chef ROB HOGG

Community Sales ANTHONY PARIS

Activity Coordinator MELISSA DAVEY

Maintenance MIKE THORNE

Bus Driver RICHARD ANDERSON

TRANSPORTATION

**Monday, Wednesday & Friday, 9 a.m.-noon
and 2-4 p.m.:** Errands and Shopping

**Tuesday & Thursday, 9 a.m.-noon and
2-4 p.m.:** Medical Appointments

**Saturday & Sunday, No Bus
Service:** No Bus Service



HAWTHORN
SENIOR LIVING

Hello, October!

Along with our everyday excitement we have not one but two exciting big events in October, so hold on! First we get to enjoy Thanksgiving and all that comes with it and then we get to have a Spooktacular good time at Halloween!

Thanksgiving Day is a national holiday celebrated on various dates all over the world. It began as a day of giving thanks and sacrifice for the blessing of the harvest and of the preceding year.

Did you know these fun facts about Thanksgiving?

Before becoming a Christmas anthem, “Jingle Bells” was an 1857 song titled “One Horse Open Sleigh,” and its composer, James Pierpont, intended it to be a Thanksgiving Day song. But it became so popular around December 25th that in 1859, the title was changed to “Jingle Bells” and the rest is history!

Famously known for writing “Mary Had a Little Lamb,” Sarah Josepha Hale was a 19th-century writer and editor who was nicknamed the Mother (or Godmother) of Thanksgiving. The name seemed fitting after she wrote a letter to President Abraham Lincoln and Secretary of State William Seward in 1863 calling for the declaration of Thanksgiving as a national holiday.

(Continued inside.)





Hello, October! (Continued)

The first Thanksgiving Day feast happened in 1621 with three whole days dedicated to the celebration. Although turkey was plentiful in the region and a common food source, it's likely that other "fowling" was served for the occasion, and the well-known bird wasn't actually the star of the festivities. Instead, "ducks, geese, and swans" are believed to have been served to the English settlers and Native Americans.

Next will be Halloween and here are some fun facts about Halloween:

Because the movie "Halloween" (1978) was on such a tight budget, they had to use the cheapest mask they could find for the character Michael Myers, which turned out to be a William Shatner "Star Trek" mask. Shatner initially didn't know the mask was in his likeness, but when he found out years later, he said he was honored.

The first Jack O'Lanterns were actually made from turnips.

Samhainophobia is the fear of Halloween.

Halloween is the second highest grossing commercial holiday after Christmas.

The first known mention of trick-or-treating in print in North America occurred in 1927 in Blackie, Alberta, Canada.

Now that we have heard a few fun facts about our two occasions, let's see what we will be doing.

For Thanksgiving, we will get to enjoy another delicious meal of turkey and all the fixings from our kitchen and a wonderful afternoon celebration. You will not want to miss that.

Next will be Halloween, which will be a little different this year but we will still dig deep in our closets for a costume and celebrate. Unfortunately, we will not get to enjoy the chatter of young ones while they travel our building to trick or treat, but putting everyone's safety first is our number one priority. We will however, still enjoy this day safely social distancing while having a ghoully good time.

Are you ready for October? Circle your calendar and come join in!

Pumpkins, Pumpkins and More Pumpkins! A.C.T Fun!

What exactly is a pumpkin you ask? Is it a vegetable? But it has seeds, so is a pumpkin a fruit? And is a pumpkin different than a gourd or a squash? Pumpkins, squash, and gourds are all part of the Cucurbitaceous family. This large plant family includes more than 900 species including everything from orange pumpkins, to watermelons, to cucumbers. The genus Cucurbita (aka "squash") falls under this family so yes, your traditional orange pumpkin is also a winter squash. Ready for the surprise? Any round, orange squash may be called a pumpkin, but the term "pumpkin" actually has no botanical meaning. Similarly, "gourd" is the conventional term used for plants in the genera Cucurbita ("squash") and Lagenaria, so a pumpkin is also technically a gourd. So pumpkins are considered a gourd but still are they a fruit or a vegetable? Well, according to the Farmer's Almanac, they are a fruit. A fruit is, "the usually edible reproductive body of a seed plant." We know that pumpkins are edible (delicious pumpkin pie) and if you have ever cut one open then you know it's full of



Our Very Rambunctious Visitors

We had some very cute and entertaining visitors come to see us here at Rosewood. One of our Housekeepers, Lorraine, owns a hobby farm and decided to bring her baby goats for a visit. If you have ever had the opportunity to hang out with baby goats, then you know what we mean. If not, well then you need to do this. You get to bottle feed them and watch them enjoy themselves by running around, making sure to bang into each other, eat anything they can get their hands on (like Willy's crossword puzzle) and jump off the side of the walls and anything higher than them. Maybe some might not think that this sounds fun, but they have never had the opportunity to enjoy this. How do you not laugh from the belly when you have entertainment like this? We also had a big fluff ball angora bunny visit as well. He seemed a little more timid but that may have been because of his farm mates getting rambunctious and running wild. He may not have been very active but was still super cute to look at. A one point we had to chase our lively little friends out of the building which only brought on more laughter. They must of known how great it is to live at Rosewood and decided they were going to check it out. Once our friends settled down and prepared for their trip home, we washed up and got ready for our next surprise — local, fresh, sweet corn on the cob! This again, coming from our amazing kitchen. A tasty way to end an eventful afternoon! Thank you again Lorraine for the fun excitement!



Isobel is doing a great job at feeding our visitors!



A tasty treat after our visitors left. Looks good Pat!

seeds. So a fruit it is! There are also many health benefits that come from the pumpkin along with some great crafts, one of which includes pumpkin carving. This month we will take a look at some of these benefits and include them into our daily activity schedule. Make sure to check your calendar so you can join in on learning a little more about pumpkins and have a gooey good time.



OCT 2020

Birthdays

Joye Waycott, 7th
Leonard Voskamp, 9th
Pat Knight, 15th
Joan Chalovich, 16th
Mark Phillips, 17th
May Servant, 18th
Roger Pearce, 25th

Locations

Activity Room, AR
Atrium, AT
Beauty Salon:
Third Floor, S

Bus (Sign Up For Bus In
The Activity Room), B
Chapel: Third Floor, CH
Dining Room, DR
Exercise Room:
Second Floor, ER
Library: Second
Floor, LB
Outside, O
Patio, P
Pool Room: Second
Floor, PR
TV Room: Second
Floor, TV

Trivia Tuesdays — every
Tuesday before dinner!

“Autumn’s the
mellow time.”
—William
Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>1</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Jeopardy!</div> <div>9:30 Exercise, AR</div> <div>11:00 Golfing at Rosewood, DR</div> <div>3:00 Horse Racing, AR</div> <div>4:15 Chair Cha Cha, AR</div> <div>7:00 Netflix, TV</div>	<div>2</div> <div>Lunch Time Fun! What Happened on This Day?</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 White Board Fun!, AR</div> <div>2:00 Balloon Volleyball, AT</div> <div>7:00 Netflix, TV</div>	<div>3</div> <div>11:00 Cribbage with Ken & Carrie, AR</div> <div>2:00 Card Bingo, AR</div> <div>2:00 Women’s Pool, PR</div> <div>7:00 Netflix, TV</div>
<div>4</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:30 Helping Hands: Milk Bag Mats, AR</div> <div>7:00 Netflix, TV</div>	<div>5</div> <div>Lunch Time Fun! Let’s Make a Deal!</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 White Board Pictionary: no artist required, AR</div> <div>2:00 Bingo, AR</div> <div>7:00 Netflix, TV</div>	<div>6</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Tuesday Trivia!</div> <div>9:30 Exercise, AR</div> <div>11:00 “Family Feud” Fun!, AR</div> <div>2:00 Bean Bag Toss, AR</div> <div>3:15 Tricky Trivia, AR</div> <div>7:00 Netflix, TV</div>	<div>7</div> <div>Lunch Time Fun! Joke of the Day!</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:30 Residents’ Meeting, DR</div> <div>2:00 Card Bingo, AR</div> <div>4:00 Let’s Burn Off That Lunch with Chicken Fat Fun!, AR</div> <div>7:00 Netflix, TV</div> <div></div>	<div>8</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Jeopardy!</div> <div>9:30 Exercise, AR</div> <div>11:00 Golfing at Rosewood, DR</div> <div>2:00 Get Out for a Drive with Richard!</div> <div>3:00 Horse Racing, AR</div> <div>7:00 Netflix, TV</div>	<div>9</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>2:00 Balloon Volleyball, AT</div> <div>7:00 Netflix, TV</div> <div></div>	<div>10</div> <div>11:00 Cribbage with Ken & Carrie, AR</div> <div>2:00 Card Bingo, AR</div> <div>2:00 Women’s Pool, PR</div> <div>7:00 Netflix, TV</div>
<div>11</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:30 Helping Hands: Milk Bag Mats, AR</div> <div>7:00 Netflix, TV</div>	<div>12</div> <div>THANKSGIVING DAY</div> <div>No Bus Service</div> <div>Happy Thanksgiving!</div> <div>10:00 Carpet Bowl</div> <div>12:30 Thanksgiving Dinner, DR</div> <div>2:00 Thanksgiving Celebration!</div> <div>7:00 Netflix, TV</div>	<div>13</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Tuesday Trivia!</div> <div>9:30 Exercise, AR</div> <div>11:00 “Family Feud” Fun!, AR</div> <div>2:00 Bean Bag Toss, AR</div> <div>3:15 Tricky Trivia, AR</div> <div>7:00 Netflix, TV</div>	<div>14</div> <div>Lunch Time Fun! Joke of the Day!</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 Wellness Wednesdays, AR</div> <div>2:00 Card Bingo, AR</div> <div>4:00 Let’s Burn Off That Lunch with Chicken Fat Fun!, AR</div> <div>7:00 Netflix, TV</div>	<div>15</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Jeopardy!</div> <div>9:30 Exercise, AR</div> <div>11:00 Golfing at Rosewood, DR</div> <div>3:00 Horse Racing, AR</div> <div>4:15 Chair Cha Cha, AR</div> <div>7:00 Anniversary of I Love Lucy! Let’s Watch, TV</div> <div></div>	<div>16</div> <div>Lunch Time Fun! What Happened on This Day?</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 White Board Fun!, AR</div> <div>2:00 Friday Outing!</div> <div>7:00 Netflix, TV</div> <div></div>	<div>17</div> <div>11:00 Cribbage with Ken & Carrie, AR</div> <div>2:00 Card Bingo, AR</div> <div>2:00 Women’s Pool, PR</div> <div>7:00 Netflix, TV</div> <div></div>
<div>18</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:30 Helping Hands: Milk Bag Mats, AR</div> <div>7:00 Netflix, TV</div> <div></div>	<div>19</div> <div>Lunch Time Fun! Let’s Make a Deal!</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>10:00 Let’s Get Creative with Pumpkins, AR</div> <div>2:00 Bingo, AR</div> <div>4:00 Birthday Tea, AR</div> <div>7:00 Netflix, TV</div>	<div>20</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Tuesday Trivia!</div> <div>9:00 Flu Shot Clinic</div> <div>7:00 Netflix, TV</div>	<div>21</div> <div>Lunch Time Fun! Joke of the Day!</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 Wii Bowling, AR</div> <div>2:00 Card Bingo, AR</div> <div>4:00 Let’s Burn Off That Lunch with Chicken Fat Fun!, AR</div> <div>7:00 Netflix, TV</div>	<div>22</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Jeopardy!</div> <div>9:30 Exercise, AR</div> <div>11:00 Golfing at Rosewood, DR</div> <div>2:00 Get Out for a Drive with Richard!</div> <div>3:00 Horse Racing, AR</div> <div>7:00 Netflix, TV</div>	<div>23</div> <div>Lunch Time Fun! What Happened on This Day?</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 Reminisce, AR</div> <div>2:00 Balloon Volleyball, AT</div> <div>7:00 Pub Night!</div> <div>7:00 Netflix, TV</div>	<div>24</div> <div>11:00 Cribbage with Ken & Carrie, AR</div> <div>2:00 Card Bingo, AR</div> <div>2:00 Women’s Pool, PR</div> <div>7:00 Netflix, TV</div>
<div>25</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:30 Helping Hands: Milk Bag Mats, AR</div> <div>7:00 Netflix, TV</div> <div></div>	<div>26</div> <div>Lunch Time Fun! Let’s Make a Deal!</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 White Board Pictionary: no artist required, AR</div> <div>2:00 Bingo, AR</div> <div>4:00 National Pumpkin Day! What Will We Do?, AR</div> <div>7:00 Netflix, TV</div>	<div>27</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Tuesday Trivia!</div> <div>9:30 Exercise, AR</div> <div>11:00 “Family Feud” Fun!, AR</div> <div>2:00 Bean Bag Toss, AR</div> <div>3:15 Tricky Trivia, AR</div> <div>7:00 Netflix, TV</div>	<div>28</div> <div>Lunch Time Fun! Joke of the Day!</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 Wellness Wednesdays, AR</div> <div>2:00 Card Bingo, AR</div> <div>4:00 Let’s Burn Off That Lunch with Chicken Fat Fun!, AR</div> <div>7:00 Netflix, TV</div>	<div>29</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Jeopardy!</div> <div>9:30 Exercise, AR</div> <div>11:00 Golfing at Rosewood, DR</div> <div>12:00 Lunch Outing</div> <div>3:00 Horse Racing, AR</div> <div>4:15 Chair Cha Cha, AR</div> <div>7:00 Netflix, TV</div>	<div>30</div> <div>Lunch Time Fun! What Happened on This Day?</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>2:00 Balloon Volleyball, AT</div> <div>7:00 Netflix, TV</div>	<div>31</div> <div>HALLOWEEN</div> <div>11:00 Cribbage with Ken & Carrie, AR</div> <div>2:00 Women’s Pool, PR</div> <div>2:00 Come Have a Halloween Hoot!, AR</div> <div>7:00 Netflix, TV</div>



Having a Blast at Our Rosewood Fair!

A fall tradition. The fair. When you think about the fair what do you think of? There are all kinds of fairs that can be held, for instance:

A fun fair: A gathering of people for a variety of entertainment or commercial activities. It is normally of the essence of a fair that it is temporary, with scheduled times lasting from an afternoon to several weeks.

County fair or agricultural show: A public event exhibiting the equipment, animals, sports and recreation associated with agriculture and animal husbandry.

Street fair: A fair that celebrates the character of a neighborhood and merchant oriented, (as the word 'fair' is historically defined; that being a marketplace). As its name suggests, it is usually held on the main street of a neighborhood.

Traveling fun fair: A small to medium-sized traveling show primarily composed of stalls and other amusements.

There are so many more but you get the idea. This year we did not have the opportunity to enjoy such an event, due to the safety of ourselves and others, so we decided to hold our very own fair right at Rosewood.

While living at Rosewood you get to enjoy the many benefits, one of which is activities. You may be entertained by live performers, you get to enjoy major events, there are everyday activities to have fun with and then sometimes you get to experience things like your very own fair, right in your own backyard.

When you have access to an amazing kitchen that will do their very best to accommodate your every need, you can ask for things like deep fried mars bars, corn dogs, cotton candy and more. Then you can add more fun like balloon smash, ring toss, hole in one, and put the ball in the bucket.

You ask what about the prizes? Oh, there are prizes, always prizes. You can win things like chocolate bars, chips, pepperoni sticks, mints, Werther's Originals and of course, Rosewood Rubels and these can be used down the road at our very own auctions which will be coming very soon!

Delicious treats and exciting games made it easy to smile and just clown around — a super afternoon!



Just clowning around!



Bev is trying her luck at popping the balloons for the prize inside!



Hole in one, Cy!



What's Happening so Far With Our Live and Learn Program!

As I mentioned in our August calendar, we started our September off with a kick! We dove right in to our fun and exciting Live and Learn program. We are taking a little look back at our school years and a step ahead with an open mind on continued learning. We have so far looked at many ways to have fun while keeping our brain engaged and active. We have touched on self-care including mental, physical and emotional positivity. In physical fitness, we are looking at ways to stay active but have a little fun. Ways we can expand our social circle and reach out to one another to share our positivity? To strengthen our minds, we have been working as a team to solve different white board challenges including cranium crunches, words in hiding and more. To award ourselves at the end of class, we have a little fun with hangman. With phrases like "shiver me timbers," we have a hoot playing this activity. We decided to start off our Self-Care class with gratitude journals. We decorated them in our own unique way to make them our own. To keep it simple, we started off with just three questions to journal about. It could be one sentence, a paragraph or even a page. When we focus on different ways to be positive and spread our positivity on to others, we will see the impact this will have on our own happiness, productivity and overall better brain function. So far, our physical fitness class has been a blast! We have found a great way to exercise with a side of fun. Our smiles, laughter and physical state are joining in with our positivity train. We have a little surprise in the making for the rest of our community, so that's all we can say about that! Our social class is easy for us — we love to socialize and adding a game or a theme makes it all the more enjoyable. It could be an ice cream social, a corn roast, Name That tune and much more. Really it doesn't matter what theme we have — we always bring a smile to one another. Onward with Live and Learn!



Great job on making your journal your own, Willy!



It looks great, Helen!



Great start on your journal, Helen!



It's looking good, Helen!

ROSEWOOD ESTATES
Gracious Retirement Living

255 Densmore Road
Cobourg, Ontario K9A 0E5

A detailed still life photograph of autumn harvest items, including several pumpkins in orange and white, ears of corn, and gourds, arranged on a dark, textured surface.

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.

ROSEWOOD ESTATES
Gracious Retirement Living

905-373-5000