

ROSEWOOD ESTATES

Gracious Retirement Living

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

NOVEMBER 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

A Special Day — Remembrance Day

Remembrance Day is a memorial day observed in Commonwealth member states since the end of the First World War to remember the members of their armed

forces who have died in the line of duty. Following a tradition inaugurated by King George V in 1919, the day is also marked by war remembrances in many non-Commonwealth countries. Remembrance Day is observed on 11 November in most countries to recall the end of hostilities of First World War on that date in 1918. Hostilities formally ended “at the 11th hour of the 11th day of the 11th month,” in accordance with the armistice signed by representatives of Germany and the Entente between 5:12 and 5:20 that morning. The First World War officially ended.

Remembrance Day will look a little different this year with all of our new protocol in effect, but we will still make sure to honor our veterans and all troops still protecting us. This is a day that our pandemic will not change. We will still make sure our heroes see the highest respect for their worth, merit and rank. We have the privileges of being associated with our veterans every day, but on this day we will be sure to show them the utmost respect that they deserve. We will start by holding a commemorative service and will finish with a well-deserved meal to show our respect for all of those honored. While all safety protocols will be in effect, if you would like to participate in this special day our service will commence at 11 a.m. on November 11. We will always remember!





A Great Themed Month!

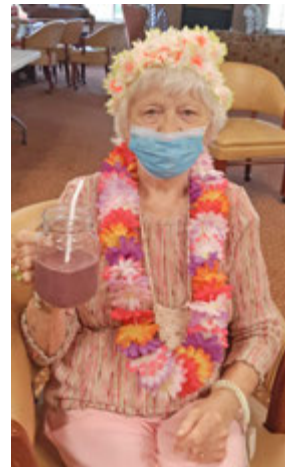
If you had opportunity of reading our last newsletter you would know we enjoyed a themed month of living and learning. We experienced such activities as meditation, brain games, healthy smoothies, gratitude journals, different ways to take care of your skin, fun physical fitness and, of course, social well-being. This was a very important month, tied in with today's world; it showed us what we can do to help take care of ourselves. We touched on many ways to do this, while still having a great time. Overall this month taught us how to open up, introduce change and step outside our normal routine. Although this is something we try to do continuously at Rosewood, this month helped us realize the importance of trying something new and/or continuing something that works!



Willy is showing off his certificate for stepping outside his box and completing our Live and Learn program!
Way to go, Willy!
Great participation!



Spirit Week: Sports Day!
Looking good, Reg!



Bev was all for trying something new — kale smoothies along with adding nature to our attire for spirit week! Great creativity, Bev.



Chef Rob and Margaret are showing off the tasty trail mix chef just prepared for us. Brain food!



Our isolated outing to a local stone schoolhouse built in the 1800s



Our Way to Give Back!

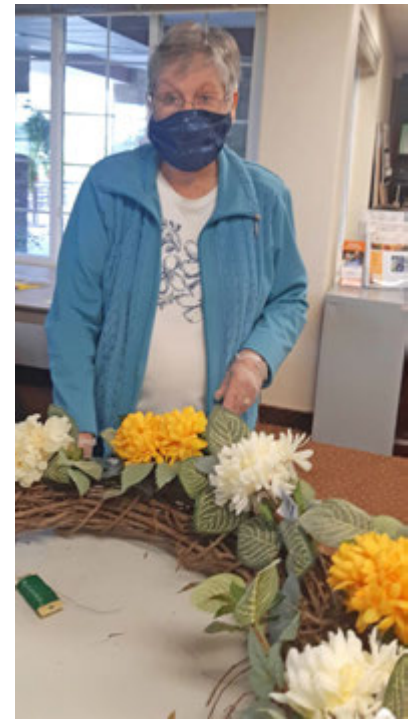
During this pandemic it is important to recognize all that are working hard to keep us safe. This is why Rosewood Estates along with all of our Hawthorn buildings, including those in the USA decided to make this gesture something we all could enjoy. What could we do to make all of these hard workers know just what they mean to us? We could build them a beautiful wreath. So as we always do, Rosewood Estates came together as the family that we are and created a wreath for



An emotional presentation of our wreath to our local heroes, the Northumberland paramedics



Isobel and Helen are hard at work on their part of our beautiful wreath! Great job, ladies!



Helen is helping with our wreath and really bringing it together. Such great ideas, Helen! Great job!

our Northumberland paramedics. We wanted to do a wreath for all of our frontline workers in Northumberland, but we had to choose just one. We had such a great time building our wreath and I think it helped remind us just how lucky we are to have each other always, and especially in this pandemic. Although we realize all of our first responders are heroes, our paramedics are close to our hearts already, so we chose them. The colors for the Northumberland paramedics are blue, yellow and white so these were the colors we went with. We added two hands joining together to represent that we are all in this together, and a thank-you heart to show them just how much it means to us each day that they are out on the frontline, not even just in this pandemic. When we had the opportunity to present it to them all of us may have gotten a little emotional, but for the best reasons. This was a fantastic activity and way to exchange kindness to our local heroes.

Getting Crazy for Cranberries!

Cranberries are small, hard, round, red fruits with a flavor that many describe as both bitter and sour. They grow on vines in freshwater bogs, mostly in the northern United States and southern Canada. They're related to blueberries and wintergreen.

The North American variety (*Vaccinium macrocarpon*) is one of the only commercial fruits native to North America. Native Americans first used them for food, fabric dye and medicine. Sailors used to eat them to prevent scurvy while at sea. In fact, a sea captain was the first person to successfully grow them. Today, they grow on about 40,000 acres in the U.S. each year.

(Continued on page 6)

NOV 2020

Birthdays

Jannie Deleeuw, 1st

Bill Burgher, 4th

Joyce Walsh, 4th

Don Lett, 5th

Ivy Dyer, 6th

Sally King, 6th

Kathleen Grigg, 10th

Nancy Crawford, 15th

Tom Wakeman, 22nd

Helen Massey, 25th

Margaret Young, 26th

Dorothy Salter, 26th

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR</div> <div>3:00 Church Service, AR</div> <div>3:30 Helping Hands: Milk Bag Mats, AR</div> <div>7:00 Netflix Movie Night, TV</div> <div></div>	<div>2</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 Movie Night, TV</div>	<div>3</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun!</div> <div>Tuesday Trivia!</div> <div>9:30 Exercise, AR</div> <div>11:00 Gingerbread Tradition Begins, AR</div> <div>2:00 Bean Bag Toss, AR</div> <div>3:15 Tricky Trivia, AR</div> <div>7:00 Classic Movie Night, TV</div>	<div>4</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 TV Series Night, TV</div> <div></div>	<div>5</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 Movie Night, TV</div> <div></div>	<div>6</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 Cooking with Cranberries, AR</div> <div>2:00 Balloon Volleyball, AT</div> <div>7:00 Netflix Movie Night, TV</div> <div></div>	<div>7</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 Movie Night, TV</div>
<div>8</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 Movie Night, TV</div>	<div>9</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 Movie Night, TV</div>	<div>10</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun!</div> <div>Tuesday Trivia!</div> <div>9:30 Exercise, AR</div> <div>11:00 "Family Feud" Fun!, AR</div> <div>2:00 What's Cooking at Chef's Corner?, AR</div> <div>3:15 Tricky Trivia, AR</div> <div>7:00 Classic Movie Night, TV</div> <div></div>	<div>11</div> <div>REMEMBRANCE DAY</div> <div>Lunch Time Fun! Joke of the Day!</div> <div>9:30 Exercise, AR</div> <div>10:45 Remembrance Day Service, AT</div> <div>12:00 Remembrance Day Dinner, 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 TV Series Night, TV</div>	<div>12</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Jeopardy!</div> <div>9:30 Exercise, AR</div> <div>11:00 Gingerbread Fun, AR</div> <div>2:00 Get Out for a Drive with Richard!</div> <div>3:00 Horse Racing, AR</div> <div>4:15 Chair Cha Cha, AR</div> <div>7:00 Netflix Movie Night, TV</div>	<div>13</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 Netflix Movie Night, TV</div>	<div>14</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 Movie Night, TV</div>
<div>15</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 Movie Night, TV</div> <div></div>	<div>16</div> <div>Lunch Time Fun! Let's Make a Deal!</div> <div>Spirit Week Mismatched Shoe Day</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 Movie Night, TV</div>	<div>17</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun!</div> <div>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 Classic Movie Night, TV</div>	<div>18</div> <div>Lunch Time Fun! Joke of the Day!</div> <div>Wear Many Patterns Day</div> <div>9:30 Exercise, AR</div> <div>10:00 Carpet Bowl</div> <div>11:00 Gingerbread Fun, 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 TV Series Night, TV</div>	<div>19</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun! Jeopardy!</div> <div>Wear Your Christmas Attire in November Day</div> <div>9:30 Exercise, AR</div> <div>11:30 Chef Meeting, DR</div> <div>3:00 Horse Racing, AR</div> <div>4:15 Chair Cha Cha, AR</div> <div>7:00 Netflix Movie Night, TV</div>	<div>20</div> <div>Lunch Time Fun! What Happened on This Day?</div> <div>Black and White 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>2:00 Friday Outing, AR</div> <div>7:00 Netflix Movie Night, TV</div>	<div>21</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 Movie Night, TV</div>
<div>22</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 Movie Night, TV</div> <div></div>	<div>23</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 Movie Night, TV</div>	<div>24</div> <div>Nightly Puzzles</div> <div>Lunch Time Fun!</div> <div>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 Classic Movie Night, TV</div>	<div>25</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 TV Series Night, TV</div> <div></div>	<div>26</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>4:15 Chair Cha Cha, AR</div> <div>7:00 Netflix Movie Night, TV</div> <div></div>	<div>27</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 Fun with Cranberries, AR</div> <div>2:00 Gingerbread Fun, AR</div> <div>7:00 Pub Night, AT</div> <div>7:00 Netflix Movie Night, TV</div>	<div>28</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 Movie Night, TV</div>
<div>29</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 Movie Night, TV</div>	<div>30</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 Birthday Tea, AR</div> <div>7:00 Netflix Movie Night, TV</div>					



Getting Crazy for Cranberries! (Continued)

Nutritional Profile

A serving is 1 cup of raw berries or a quarter cup of dried. Nutritionally, those servings are different because the dried berries have more sugar.

A cup of raw cranberries contains:

- 46 calories
- 0 grams of fat
- 12 grams of carbohydrates
- 4 grams of fiber
- 4 grams of sugar
- 1 gram of protein
- 2 milligrams of sodium

A quarter cup of dried fruit contains:

- 92 calories
- 0 grams of fat
- 25 grams of carbohydrates
- 2 grams of fiber
- 22 grams of sugar
- 0 grams of protein
- 2 milligrams of sodium

For vitamins and nutrients, one cup of raw fruit has:

- 25% of your daily requirement of vitamin C
- About 9% of your daily requirement of vitamin A
- About 6% of your daily requirement of vitamin K
- 2% of your daily requirement of potassium
- 1% of your daily requirement of iron and calcium

When cranberries are dried, they lose most of their vitamins, but they hold onto other nutrients such as potassium and calcium.

This may be a lot of information to take in, but if this opens your eyes on how this fruit could aid in helping with our health and well-being then bring yourself to the Activity Room to explore this further. We will touch on the many benefits of cranberries and have some fun with different ways to turn this beneficial fruit into a craft or game.

Mark your calendar so you can get in on opening your mind to something new.



What Makes Us Smile?

What makes you smile? Think about this as you're reading. What makes us smile? It could be many things, family, friends, nature, sunshine, flowers and so much more. The main thing is that we are smiling. This activity was a way for us to remember all of the great things we have had or still have in our lives. In the times of today it is important to remember why we need to smile and what makes us smile. Our well-being depends on it. Kindness and heart are what we need to remember through these tough times and this is what we ensure here at Rosewood. To make this a fun activity some of us decided to get creative and add art and pictures. If you don't already know Rosewood

A Christmas Tradition at Rosewood — Our Gingerbread Competition Is Back!

Every year Rosewood Estates participates in a gingerbread competition with all of our fellow family members, which includes all our Hawthorn

Gracious Retirement Living family. Now, because of our new protocols, we have to change our rules a little so that we are continuously practicing our new protocols, but we will not take this tradition away. This year instead of building a themed masterpiece together we will just have to work a little harder and come together as a team even more. We will now have our own structures to build and when done come together, just as Rosewood always does, and build a community. Check your calendar so you know when to join us in the Activity Room to be involved in this Christmas tradition.





Estates has a Facebook page (Rosewood Estates Gracious Retirement Living) and we had some fun and posted all of our creative ways to tell you on Facebook. Iris is telling us what makes her smile and to see the rest check out our Facebook page. We guarantee it will make you smile. :) What makes you smile? We would love to hear from you. :)



Thanks for sharing with us, Iris!

A Friendly Reminder — Clocks Fall Back!

When local daylight time is about to reach Sunday, November 1, 2020, 2:00:00 a.m. clocks are turned backward one hour to Sunday, November 1, 2020, 1:00:00 a.m. local standard time instead. Sunrise and sunset will be about one hour earlier on November 1, 2020, than on the day before.

Daylight time was first enacted in Germany in 1915, then quickly adopted by Britain and much of Europe and Canada.

Because the sun shone for a time while most people were still asleep in the morning, it was reasoned that light could be better used during the day. The solution was to push the clocks ahead one hour in springtime, forcing people to wake an hour earlier. They would therefore expend less energy trying to light their homes, for instance, if time were adjusted to suit their daily patterns.

When the days started getting shorter in the fall and people awoke to increasing darkness, the clocks were turned back an hour to get more light in the morning.

Although some provinces have decided against doing this Ontario is a place where this still happens.

So, remember on November 1 at 2 a.m., or before you go to bed, we need to turn those clocks back.



New to Rosewood — Chair Cha-Cha!

If you haven't come to the Activity Room to check out chair cha-cha then you need to come and see us! We promise you will have a blast! Chair cha-cha could be any song and any dance. We can let loose or hold back but we suggest you let loose and have fun. We have decided (our amazing chair dancers) to spend one month on a certain song and actions and practice (more like have a great time for 30 minutes) and when we feel we have it, take our show on the road, straight to the Dining Room. This is where we show

off to the rest of our Rosewood family. This has proven to be contagious in the Dining Room because all of our Rosewood family couldn't help but participate. Toe tapping and hand clapping was definitely a part of it. Sometimes we need to step outside our box and try something new. And this is something new. Our first routine started with the Cha-Cha Slide, which had a great beat that kept us going and what a great job we all did. If you had a fun time watching us then come to the Activity Room and open up to something new!



*Go, Bernie, go!
Fantastic moves!*



*Way to go, George!
A fantastic job
performing our
Cha-Cha Slide
chair dance!*

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A detailed still life photograph of autumn harvest items. It includes several pumpkins in orange and white, ears of corn, gourds, and acorns 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.

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