



ROSEWOOD ESTATES

Gracious Retirement Living

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

DECEMBER 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

Christmas Is Coming!

Christmas is an annual holiday that celebrates the birth of Jesus Christ. The 25th day of December was chosen to mark His birthday by the Roman Catholic Church years after His death. And this holiday is celebrated all over the world.

Here are some fun facts about Christmas that you may not know:

The use of the term 'Xmas' dates back to the 16th century. The 'X' in the word Xmas comes from the ancient Greek language. In Greek, Christ begins with the letter X. So, Xmas simply means Christmas.

For children, Christmas is all about receiving gifts from Santa Claus. But how did Santa Claus come into existence? The character of Santa Claus is based on St. Nicholas. As per a legend, St. Nicholas was a Christian bishop who provided for the poor and needy. He also loved children and enjoyed giving gifts to them secretly. As his story spread, he was called Sinterklaas in Dutch, which later became Santa Claus.

Santa Claus initially wore clothes that were in green, purple, or blue. For many years, this was the common theme for the jolly old man at the North Pole. However, Coca-Cola decided to dress him up in colours that matched their brand and that stuck. So this is why he is always in red clothes now!

The tradition of nailing Christmas stockings near a fireplace came about in order to help Santa have a place to stuff candies and goodies for bright and cheerful children of the world. It also serves as an endless supply of socks for Santa.

(Continued inside.)



Christmas Is Coming! (Continued)

The traditional Christmas meal in England, before turkey became the obvious choice of food for the holidays, was a pig's head covered with mustard.

At Rosewood, we celebrate some of the traditional traditions as well as some of our own.

Throughout the month of December, we will enjoy such things as roasting chestnuts, making Christmas crafts, a Christmas variety show, as well as our every year traditions of gingerbread creations,

Christmas tree lighting, Christmas light tours, Christmas parties and more — all while applying our new protocols to keep us safe. Ending our month of December will be our delicious Christmas dinner and a New Year's Eve celebration, of course.

Make sure to check your December calendar and highlight these dates so you can engage in all of these exciting activities.



Fore!

Anyone up for some mini putt? You can find a nine-hole mini putt right at Rosewood Estates. Every Thursday, we set up nine holes throughout the building. One week it could be 1st floor and the next week could be 3rd floor, all while trying to use our common areas to our advantage. You never know what kind of course you are walking into. While changing things up keeps us on our toes, our nine-hole also includes things like ramps, sand pits, a pendulum and more. We use our surrounding objects for more obstacles along the way. Once we all have completed our course, we meet back at the Atrium to collect our Rosewood

Rubels and chocolate bars for 1st, 2nd and 3rd places, holes in one, who hit straight through our small pipe elbow and more. This activity is always a laugh and a lot of fun. Our participation is growing every week, but if you have not made your way down to give it a try, come on down to the Atrium on Thursday mornings, at 11 a.m., and give it your best shot or should I say your best putt!



You got this, Willy!



You can do it, Iain. Hole in one!



A Sneak Peak Into Our Month of Cranberries! A.C.T Fun!

As you may have read in our last newsletter we come together with our culinary team each month by exploring different fruits, vegetables and more. We not only whip up tasty treats, but add fun ways to make games and crafts out of these tasty treats. We started our November, cranberry-themed month off energized with peanut butter, cranberry energy rolls. We have decided to bring back some memories by making one resident chef for a day.



Great job, Iris. Thanks for showing us how to make these tasty little treats!



Smile, Jim!

Ensuring all protocol was in effect, Iris was the chosen one this class. This all came natural to Iris as she added and stirred our tasty morsels. The outcome of the class was success, Iris. Great job! What will come next? Head to the Activity Room and check it out. Each month is something new, maybe it is your favourite — come and see.

Lunch on the Town

With everything happening in our world right now, we have to follow all protocol and precautions when we engage in any daily activity, no matter inside or outside of our Community. When we decided to do a lunch on the town at our local restaurant, they worked with us to make this happen. When the reservation was made, they were more than willing to give us our own section, away from everyone so we could step out on the town safely. Our lunch out on the town was a



Here come our delicious meals — cheers, ladies!

monthly tradition that we enjoyed, but had to put on hold until the time was right. Knowing that we were able to do this again, we set out on our way. As soon as we arrived, the staff was extremely helpful. Our positivity and upbeat aura must have been beaming, because it didn't take long for them to feel like they had known us forever. They treated us like kings and queens while keeping us safe in our own little section, making it so that it remained just us. As much as we love our own kitchen, which can really give any restaurant a run for its money, sometimes it's nice to get out. Our meals were delicious and we all left feeling full and satisfied. The chatter while we dined may have been the best part. Making each other laugh and being that positive bunch we are, the waitresses didn't want us to leave. Their words as we collected our things and headed to the bus were: "Our upbeat energy was just what they needed" — we made their day. What these fantastic women who took such great care of us didn't know is that we felt the same way. As we made our way outside, we were greeted by the Executive Chef, who helped assist us while making sure our experience was nothing but great. He personally invited us back to see him again and assured us our next visit to Arthur's Pub would be even more outstanding than the last. What a fantastic afternoon out on the town!

DEC 2020

Birthdays

Doreen King, 1st
Vi McDougall, 7th
Helen Delavinge, 10th
George Shirton, 10th
Arnold Mullen, 23rd
Carol Lynn, 27th
Cyril Peister, 27th
Ilse Price, 28th
Joan Robertson, 30th

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!

“Time together
as a family is
a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>Nightly Puzzles Lunch Time Fun! Tuesday Trivia! 9:30 Exercise, AR 2:00 Tree Lighting Celebration, AT 7:00 Classic Movie Night, TV</div> 	<div>2</div> <div>Lunch Time Fun! Joke of the Day! 9:30 Exercise, AR 10:00 Carpet Bowl 11:30 Residents' Meeting, DR 2:00 Card Bingo, AR 4:00 Let's Burn Off That Lunch with Chicken Fat Fun!, AR 7:00 TV Series Night, TV</div>	<div>3</div> <div>Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 11:00 Auditions for Our Christmas Variety Show, AR 3:00 Horse Racing, AR 4:15 Gingerbread Fun, AR 7:00 Comedy Night!, TV</div>	<div>4</div> <div>Lunch Time Fun! What Happened on This Day? 9:30 Exercise, AR 10:00 Carpet Bowl 10:30 Making Our Own Christmas Ornaments, AR 2:00 Balloon Volleyball, AT 7:00 Netflix Movie Night, TV</div>	<div>5</div> <div>11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV</div>
<div>6</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR 3:00 Church Service, CH 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV</div>	<div>7</div> <div>Lunch Time Fun! Let's Make a Deal! 9:30 Exercise, AR 10:00 Carpet Bowl 11:00 White Board Pictionary: no artist required, AR 2:00 Bingo, AR 4:00 Variety Show Practice, AR 7:00 Documentary Night, TV</div> 	<div>8</div> <div>Nightly Puzzles Lunch Time Fun! Tuesday Trivia! 9:30 Exercise, AR 11:00 "Family Feud" Fun!, AR 2:00 What's Cooking at Chef's Corner?, AR 3:15 Let's Have a Pet Parade Meeting, AR 6:30 Christmas Light Tour! 7:00 Classic Movie Night, TV</div>	<div>9</div> <div>Lunch Time Fun! Joke of the Day! 9:30 Exercise, AR 10:00 Carpet Bowl 2:00 Christmas Auction, AT 7:00 TV Series Night, TV</div>	<div>HANUKKAH BEGINS AT SUNSET 10</div> <div>Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 11:00 Variety Show Practice, AR 2:00 Get Out for a Drive with Richard! 3:00 Horse Racing, AR 4:15 Gingerbread Fun, AR 7:00 Comedy Night!, TV</div> 	<div>11</div> <div>Lunch Time Fun! What Happened on This Day? 9:30 Exercise, AR 10:00 Carpet Bowl 10:30 Christmas Crafts, AR 2:00 Balloon Volleyball, AT 7:00 Netflix Movie Night, TV</div>	<div>12</div> <div>11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV</div>
<div>13</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV</div>	<div>14</div> <div>Lunch Time Fun! Let's Make a Deal! 9:30 Exercise, AR 10:00 Carpet Bowl 11:00 White Board Pictionary: no artist required, AR 2:00 Bingo, AR 4:00 Variety Show Practice, AR 7:00 Documentary Night, TV</div>	<div>15</div> <div>Nightly Puzzles Lunch Time Fun! Tuesday Trivia! 9:30 Exercise, AR 11:00 "Family Feud" Fun!, AR 2:30 Pet Parade Through the Halls 7:00 Classic Movie Night, TV</div>	<div>16</div> <div>Lunch Time Fun! Joke of the Day! 9:30 Exercise, AR 10:00 Carpet Bowl 11:00 Christmas Baking, AR 2:00 Card Bingo, AR 4:00 Let's Burn Off That Lunch with Chicken Fat Fun!, AR 6:30 Christmas Light Tour! 7:00 TV Series Night, TV</div>	<div>17</div> <div>Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 11:30 Chef Meeting, DR 2:30 Christmas Variety Show Performance, AT 7:00 Comedy Night!, TV</div>	<div>18</div> <div>Lunch Time Fun! What Happened on This Day? 9:30 Exercise, AR 10:00 Carpet Bowl 11:00 White Board Fun!, AR 2:00 Balloon Volleyball, AT 7:00 Netflix Movie Night, TV</div>	<div>19</div> <div>11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV</div>
<div>20</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV</div>	<div>WINTER BEGINS 21</div> <div>Lunch Time Fun! Let's Make a Deal! 9:30 Exercise, AR 10:00 Carpet Bowl 11:00 White Board Pictionary: no artist required, AR 2:00 Bingo, AR 7:00 Documentary Night, TV</div>	<div>22</div> <div>Nightly Puzzles Lunch Time Fun! Tuesday Trivia! 9:30 Exercise, AR 11:00 "Family Feud" Fun!, AR 2:00 Bean Bag Toss, AR 3:15 Tricky Trivia, AR 7:00 Classic Movie Night, TV</div>	<div>23</div> <div>Lunch Time Fun! Joke of the Day! 9:30 Exercise, AR 10:00 Carpet Bowl 11:00 Wellness Wednesdays, AR 2:00 Card Bingo, AR 4:00 Let's Burn Off That Lunch with Chicken Fat Fun!, AR 7:00 TV Series Night, TV</div> 	<div>24</div> <div>Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 11:00 Golfing at Rosewood, DR 3:00 Horse Racing, AR 7:00 Comedy Night!, TV</div>	<div>25</div> <div>CHRISTMAS DAY No Bus Service Merry Christmas, Everyone! 7:00 Netflix Movie Night, TV</div>	<div>26</div> <div>BOXING DAY 11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV</div>
<div>27</div> <div>2:00 Bean Bag Baseball with Coach Myron!, AR 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV</div> 	<div>28</div> <div>Lunch Time Fun! Let's Make a Deal! 9:30 Exercise, AR 10:00 Carpet Bowl 11:00 White Board Pictionary: no artist required, AR 2:00 Bingo, AR 7:00 Netflix Movie Night, TV 7:00 Documentary Night, TV</div> 	<div>29</div> <div>Nightly Puzzles Lunch Time Fun! Tuesday Trivia! 9:30 Exercise, AR 11:00 "Family Feud" Fun!, AR 2:00 Bean Bag Toss, AR 3:15 Tricky Trivia, AR 7:00 Classic Movie Night, TV</div>	<div>30</div> <div>Lunch Time Fun! Joke of the Day! 9:30 Exercise, AR 10:00 Carpet Bowl 2:00 Card Bingo, AR 4:00 Let's Burn Off That Lunch with Chicken Fat Fun!, AR 7:00 TV Series Night, TV</div> 	<div>NEW YEAR'S EVE 31</div> <div>Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 5:00 New Year's Eve Dinner, DR 7:00 New Year's Eve Celebration, AT</div>		



Our Fun, Fall, Festive, Freaky Month of October!

When the crisp air began to fall upon us, we knew our fall season was settling in. The trees began to change, our days became shorter and nightfall showed its face earlier and earlier each day. Yes, summer was ending, but that didn't change for us here at Rosewood. We still kept the laughter and fun going. We may have had to head back inside for most of our activities; however, this just meant getting creative. Along with our everyday enjoyable activities, we got to add in a fall touch. What comes with fall? Beautiful leaf tours with Richard, our outstanding Bus Driver. If you have been on the bus with Richard, then you know how accommodating he can be, as well as what a fantastic tour guide he is. We didn't only get to have fun with fall, we knew just around the corner was Halloween. This brought about our fall vegetables, which are so tasty and also can be great activity ideas. Pumpkins and all the pumpkin family brought out the fun, creative side in many. A trip to the pumpkin patch is always an enjoyable experience. This year our pumpkin patch included a local market with crisp, ripe apples, delicious desserts and more. Next, we got to carve out silly faces, paint spooky faces, and then enjoyed experimenting with different flavours, while roasting the delicious seeds from our tasty friends. Carving pumpkins always gets us in the Halloween spirit with chatter amongst friends about past Halloween stories and present costume ideas. I have to say, the gang at Rosewood are a creative bunch. This year we decided to have a little pre-Halloween fun getting silly with costumes. We even had the opportunity to venture across the street to one of Cobourg's well-known Halloween Houses. Our neighbours put on a great display for Halloween. The spirit of Halloween even brought us King Kong; Jannie DeLeeuw was a great sport



Great job, ladies!



Some pre-Halloween fun from the full-time staff!



The ladies getting their hands gooey!



as she dressed up as King Kong and climbed our Canadian version of the Empire State Building. We are glad she didn't decide to scoop one of us up and take us on the climb! Tee-hee! While having all of this fun Halloween Day was here before we knew it, but we were ready. All of the staff and residents with costumes met in the Activity Room before lunch to prepare for our parade through the Dining Room to show off our great and spooky



Joan getting in the Halloween spirit!



Nancy is enjoying her roasted pumpkin seeds!



Our fantastic kitchen always hooks us up with the best treats!

costumes. We turned up the music, of course we played the song "Thriller," and danced our way around the room. We then took a little break for lunch, only to get our dance on again in the Atrium at our afternoon Halloween Spooktacular. We had a wonderful entertainer come and join us and keep us in the Halloween spirit with every Halloween song played — all while staying safe and distanced. A great end to an exciting month!



The amazing and creative bunch from Rosewood Estates!

ROSEWOOD ESTATES
Gracious Retirement Living

255 Densmore Road
Cobourg, Ontario K9A 0E5



It's always Warm at

ROSEWOOD ESTATES
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

905-373-5000