

ROSEWOOD ESTATES

Gracious Retirement Living

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

JANUARY 2021

ROSEWOOD ESTATES STAFF

Managers..... MYRON THOMPSON
& HELEN COLLINS
Assistant Managers KEN & CARRIE BUCKLER
Executive Chef ROB HOGG
Community Sales ANTHONY PARRIS
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

The Hawthorn Heart!

Rosewood Estates is not only a great place to live but part of a countrywide family. If you have taken time to think about your next step in life and retirement community living is what you have decided, then Hawthorn Senior Living may be the place for you. If you are unsure about that next big step, have a listen to one of our family members...

Meet William Jakobi. Willy wants to share with you what living at Rosewood means to him:

"I have lived at Rosewood Estates for two years, and it is one of the best moves I could have made. The services they offer are outstanding and all of the extras that come along with being a part of this family are bonus after bonus. The food is delicious, and the atmosphere gives you that home-like feel. I love the choice I made, and I am so happy I did it."

Thank you for sharing, Willy! We love you too!



*One of our family members,
William Jakobi*



Are You Ready? Island Hopping With The Hawthorn Adventure!

The Hawthorn Adventure is back, and this time at Rosewood Estates, we are going Island Hopping!

Swaying palms, powder-fine beaches and clear blue waters — get ready, Rosewood Estates, for a tropical getaway you won't soon forget!

Beginning the week of January 18 through February 5, you will be embarking on an island-hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kick off party on January 15th to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your travel guide, Melissa, for all the details! Come and join the fun!



Soon To Come — Our Robert Burns Day Celebration!

Robert Burns Day!

Yes, it's that time again already, celebrating a great poet.

Robert Burns (January 25, 1759-July 21, 1796), also known familiarly as Rabbie Burns, the National Bard, Bard of Ayrshire, the Ploughman Poet and various other names and epithets, was a Scottish poet and lyricist. He is widely regarded as the national poet of Scotland and is celebrated worldwide. He is the best known of the poets who have written in the Scots language, although much of his writing is in English and a light Scots dialect, accessible to an audience beyond Scotland. He also wrote in standard English, and in these writings, his political or civil commentary is often at its bluntest.

To celebrate this great poet, we will enjoy a traditional Haggis Dinner, along with all of the fixings from our amazing kitchen. To keep that celebration going, we will head to the activity room for more Robbie Burns fun games; check your calendar so you don't miss out on a delicious meal and a great afternoon!





We Have Spirit! Yes We Do!

Rosewood has spirit, yes we do; we have spirit, how about you? Spirit Week hit Rosewood Estates once again, and what a fun time it was! Our hilarious and fun week consisted of:

Monday: Mismatched Shoe Day

Tuesday: Look Alike Day

Wednesday: Wear Many Patterns Day

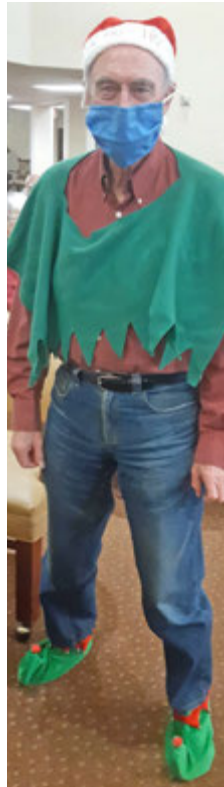
Thursday: Christmas in November

Friday: Black and White Day

Spirit week has always been a hoot here at Rosewood. There are so many of us who get involved in our own creative way, bringing out excitement and cheer from the rest of our community.

Sometimes due to appointments and other personal issues, we may find it difficult to get involved in a lot of the daily activities, so Spirit Week can give us the chance to engage every day or just days of our choice. Maybe we couldn't make it down for tricky trivia or bean bag toss, but we can look in our closet and get creative with spirit week. Dressing up sometimes remind us of our silly and wacky side, which we think has to come out every once in awhile.

"We don't stop playing because we grow old; we grow old because we stop playing." -George Bernard Shaw



*Christmas in November!
Love your booties, George!*

Giving Back A Warm Hello!

Spread throughout the year, Rosewood Estates always involves our community in giving back to those who may need it more. With our world being a little different this year, we needed to look at other ways we could help



Thank you, Doreen and Ruth, for the warm donations!

or even just bring a smile to another's face. Some of our super knitters knitted up warm clothing, including toques, mittens and sweaters to bring warmth to others; great job, ladies! As well as knitting, we put our heads together and came up with a few ideas that could bring a smile to someone's face, like receiving a Christmas wreath, homemade cookies from the kitchen and a homemade Christmas card letting everyone know how much they means to us. Who do we send these cards out to? We sent them to the hospital, fire department, police department, our paramedics, shelters, loved ones and more. Always, but especially at Christmas, we need to remember what the true meaning of giving is. It is not a big expensive present, it's giving back, caring, kindness and do unto others as you would have them do unto you. Helping others in any way we can is what Rosewood is all about, an amazing and caring community! Our Hawthorn Heart is always beaming just a little brighter at Christmas!



Smile, ladies! Black and White Day!



Wear Many Patterns Day! Great job, Ivy!

JAN 2021

Birthdays

Faye Scott, 13th
 Margaret Cochrane, 16th
 Theresa Klein, 19th
 Mike Laskowski, 19th
 Doreen Vantol, 20th





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!

“It’s a
 wonderful
 thing to be
 optimistic.
 It keeps you
 healthy and
 it keeps you
 resilient.”

—Daniel
 Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1 Happy New Year! No Bus Service 10:00 Carpet Bowl 7:00 Netflix Movie Night, TV	2 11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV
3 2:00 Bean Bag Baseball with Coach Myron!, AR 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV	4 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	5 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	6 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	7 Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 11:00 Golfing at Rosewood, DR 3:00 Horse Racing, AR 7:00 Comedy Movie Night!, TV	8 Lunch Time Fun! What Happened on This Day? 9:30 Exercise, AR 10:00 Carpet Bowl 2:00 Balloon Volleyball, AT 7:00 Netflix Movie Night, TV	9 11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV
10 2:00 Bean Bag Baseball with Coach Myron!, AR 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV	11 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	12 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 Tricky Trivia, AR 7:00 Classic Movie Night, TV	13 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 	14 Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 11:00 Golfing at Rosewood, DR 2:00 Get Out for a Drive with Richard! 3:00 Horse Racing, AR 7:00 Comedy Movie Night!, TV	15 Lunch Time Fun! What Happened on This Day? 9:30 Exercise, AR 10:00 Carpet Bowl 11:00 White Board Fun!, AR 2:30 Island Hopping Kickoff Party!, AR 7:00 Netflix Movie Night, TV	16 11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV 
17 Welcome to Hawaii! 8:00 Breakfast in Hawaii, DR 2:00 Bean Bag Baseball with Coach Myron!, AR 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV	18 Lunch Time Fun! Let's Make a Deal! 9:30 Exercise, AR 10:00 Carpet Bowl 10:30 Let's Get Hydrated!, AR 11:15 Our Journey Walking Up Mauna Kea!, AR 12:30 Traditional Hawaiian Dinner, DR 2:00 Bingo, AR 7:00 Documentary Night, TV	19 Nightly Puzzles Lunch Time Fun! Tuesday Trivia! 9:30 Exercise, AR 10:30 Let's Get Hydrated!, AR 11:00 Kona Coffee Bean Fun!, AR 3:00 Hula Moves and Maui Mai Tais, AR 3:15 Tricky Trivia, AR 7:00 Classic Movie Night, TV 	20 Lunch Time Fun! Joke of the Day! 8:00 Breakfast in Hawaii, AR 9:30 Exercise, AR 10:00 Carpet Bowl 10:30 Let's Get Hydrated!, AR 11:00 Lei Making 101, AR 2:30 Fun with Ukuleles, AR 7:00 TV Series Night, TV 	21 Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 10:30 Let's Get Hydrated!, AR 11:30 Chef Meeting, DR 12:30 A Traditional Hawaiian Dinner, DR 2:30 A Whale of a Good Time with Terrariums, AR 7:00 Comedy Movie Night!, TV	22 Lunch Time Fun! What Happened on This Day? 9:30 Exercise, AR 10:00 Carpet Bowl 10:30 Let's Get Hydrated!, AR 2:30 Rosewood Luau! Get Your Grass Skirt Ready!, AR 5:30 A Touch of Hawaii with Supper, DR 7:00 Netflix Movie Night, TV	23 11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV
24 Welcome to Fiji! 8:00 Breakfast in Fiji, DR 2:00 Bean Bag Baseball with Coach Myron!, AR 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV	25 Lunch Time Fun! Let's Make a Deal! 9:30 Exercise, AR 10:00 Carpet Bowl 10:30 Let's Get Hydrated!, AR 12:30 Robert Burns Dinner, DR 2:30 More Robert Burns Celebrations!, AR 7:00 Documentary Night, TV	26 Nightly Puzzles Lunch Time Fun! Tuesday Trivia! 9:30 Exercise, AR 10:30 Let's Get Hydrated!, AR 11:00 White Board Fun in Fiji!, AR 2:30 Experimenting with Coconut!, AR 5:30 A Touch of Fiji with Supper, DR 7:00 Classic Movie Night, TV	27 Lunch Time Fun! Joke of the Day! 8:00 Breakfast in Fiji, DR 9:30 Exercise, AR 10:00 Carpet Bowl 10:30 Let's Get Hydrated!, AR 2:30 The Benefits of Hand Massage, AR 4:00 Let's Burn Off That Lunch with Chicken Fat Fun!, AR 7:00 TV Series Night, TV	28 Nightly Puzzles Lunch Time Fun! Jeopardy! 9:30 Exercise, AR 10:30 Let's Get Hydrated!, AR 11:00 Golfing at Rosewood, DR 12:30 A Traditional Fijian Dinner, DR 2:00 Get Out for a Drive with Richard! 2:30 Tea Tray Fun & Finding Fish in Fiji!, AR 7:00 Comedy Movie Night!, TV	29 Lunch Time Fun! What Happened on This Day? 9:30 Exercise, AR 10:00 Carpet Bowl 10:30 Let's Get Hydrated!, AR 2:30 Sandcastles on the Beaches of Fiji!, AR 5:30 A Touch of Fiji with Supper, DR 7:00 Netflix Movie Night, TV	30 11:00 Cribbage with Ken & Carrie, AR 2:00 Card Bingo, AR 2:00 Women's Pool, PR 7:00 Netflix Movie Night, TV
31 2:00 Bean Bag Baseball with Coach Myron!, AR 3:30 Helping Hands: Milk Bag Mats, AR 7:00 Netflix Movie Night, TV						



Starting Off Our December Christmas Month With A Bang!

Christmas is undoubtedly a very special time of year. From the tree, to the gifts, to the time spent with family, it's a widely anticipated holiday that always seems to go by way too fast.

Despite our best efforts to savor every moment, each year, we seem surprised by how quickly the holiday season arrives and passes us by.

Though we may not want to admit it, we all go through different waves of emotions on Christmas. From the highs to the lows, we'll experience at least one of the following stages as we celebrate yet another holiday with loved ones, friends and neighbours: anticipation, excitement, satisfaction, weakness and maybe a little sadness when it all ends.

Knowing that all of those feelings are swirling around in our bodies, we decided to turn that around by making sure to join in on all of the exciting events happening throughout December at Rosewood. We decided to ramp up our month of December with as many holiday traditions as we could think of. Of course, we needed to start off decorating our home with beautiful Christmas decorations, have a tree decorating party and follow that up with a tree lighting party. What came next was Christmas crafting, homemade Christmas cards, dressing up in our Christmas attire (all month long), Christmas baking, roasting chestnuts, a Christmas Variety Show, door decorating, a Christmas pet parade and more!

Yes, our calendar is full every month, but December is special to all of us here at Rosewood, and because we consider each other family, we came together as that, spreading love and togetherness throughout our home. Helping one another, spreading joy and looking after one another are expressed a little more in December. This was just the start of our December excitement. Merry Christmas and Happy New Year!



Lynn is dancing her way around our beautiful Christmas tree!



Ted and June are getting in the Christmas spirit!



Our Great Gingerbread Spectacular!

It's that time again! Gingerbread magic! Every year at Christmastime, all of our Hawthorn Buildings come together to create a masterpiece, with a touch of healthy competition. Oh, what fun it is to dive into a gingerbread spectacular, hey! Between buildings, we put on a healthy competition to bring us all together in each building and remind of us what this time of year is about. While planning our masterpiece, we work as a team to design such a piece. We then continue to bring this design to life. If you have had the chance to involve yourself in such an affair, then you know the fun and excitement that can be had in an activity such as this! Ideas are contently flying around the room. If you don't participate in the actual making of the gingerbread, you still have the opportunity to come in, inspect and share ideas. As we all know, a second, third and fourth set of eyes can bring perfection! Some of the suggestions from our onlookers helped bring our gingerbread to life! Thank you all. Our theme this year was showing off our strong, proud country of Canada! Of course, it was very general, we would have been a few months building Canada, but we think we have the next best way to show it off. Great job, Rosewood!



Getting started



Adding our finishing touches!



Our masterpiece! Fantastic job, everyone!

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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