

The Bradley

Gracious Retirement Living

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

JANUARY 2021

THE BRADLEY STAFF

Managers..... ELAINA & CRAIG WONNELL

Assistant Managers CHRISTINE
& ADRIAN SMITS

Executive Chef.....ALLAN MICHAEL FYKE

Community SalesPATSY MCCARTHY

Activity Coordinator ASHLEY AUSTIN

Administrative Assistant RIYA CHAUDHARI

Maintenance HAIBO CHEN

Bus DriverSUE CROSBIE

Head Housekeeper JOY SALLUTAL

TRANSPORTATION

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

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

HAWTHORN
SENIOR LIVING

Hawthorn Adventure 2021

Grab your sunscreen and sunglasses! We are boarding a plane for a three-week adventure filled with sunshine, swaying palms, sandy warm beaches, and clear blue waters! The Bradley is ready for a tropical getaway you won't



soon forget! Beginning the week of January 18th through February 5th, The Bradley will be embarking on an Island-Hopping adventure through the Pacific Islands! Get ready 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 Kickoff Party on January 14th 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 Ashley for all the details.



Culinary Corner

Our Kitchen staff is always up to something delicious! Last month Chef Marco and JP created some beautiful baked goods in our Bistro with our residents. We made vanilla cupcakes for Cupcake Day, cranberry white chocolate cookies, and created some delicious gingerbread martini mocktails as well! If you have something you would like us to make, please let your Activity Coordinator know!



*Thelma Fox and her
yummy cupcake!*



*Chef Marco icing
the cupcakes!*



Chef Marco and JP leading a cooking demonstration

Meet Your Staff

Meet your Part-time Housekeeper, Kimberly Ann Millar.

My name is Kimberly Ann Millar. I am the second born of six children; last four were the quadruplets born in Ottawa. My mom worked in human resources and now enjoys retirement, and my dad was a photographer and still is at any family event. My husband and I have been in the restaurant business most of our working lives. We have three grown children. Our oldest daughter is a detective constable in the Durham Regional Police and she has our only grandchild, Owen. Our son, Jordan is currently attending Algonquin to become an HVAC technician

and our youngest daughter, Kaitlin is an early childhood educator. I love to read, do puzzles and walk. I am an animal lover. We have both a dog, Charlie, a lab/husky mix and a tabby cat named Mischief or Missy for short.

Meet your new Maintenance person, HaiBo Chen.

My name is HaiBo Chen. I am glad to be a part of the team and I look forward to helping the residents however I can. I live with my daughter and wife. I love cooking and also love reading.



*Part-time Housekeeper,
Kim Millar*



*Maintenance person,
HaiBo Chen*



New Year, New You!

Did you know that it is recommended that people over the age of 65+ participate in 150 minutes of moderate aerobic activity weekly and combine that activity with strength conditioning, balance and flexibility exercises?

To help you stay active, we have ensured we are offering daily (and sometimes twice daily) classes to keep you active.

Please join us for: Walking Club, Zumba, Line Dancing, Hula Dancing, Yoga, and Fun and Fitness.

Remember to check the calendar for our other fitness classes!



January Special Days of the Month

January 4th — Spaghetti Day

Celebrate World Spaghetti Day today by — you guessed it — having some spaghetti today!

January 14th — Dress Up Your Pet Day

Does your pet have a favourite costume or sweater? Show it off today!

January 15th — Hat Day

It's the coldest time of the year, so why not wear a hat to commemorate Hat Day this January?

January 16th — Nothing Day

Invented by newspaper-columnist Harold Coffin in 1973, this day has no purpose or structure, and no particular way of celebration ... it is literally about nothing.

January 27th — National Chocolate Cake Day

Enjoy a cooking demonstration and tasting from our Chef today in the Bistro!

January 28th — Bell Let's Talk Day

Bell Let's Talk is an awareness campaign created by the Canadian telecommunications company, Bell Canada, in an effort to raise awareness and combat stigma surrounding mental illness in Canada.

Please join us to learn some Deep Breathing Techniques today to engage our mental health.

Welcome to Our New Residents, Patricia Baskin and Gary Doe!

Patricia and Gary love living at The Bradley. They say they love the food, exceptional staff and very friendly residents at The Bradley.

Patricia is a computer game tester, and she adores playing games and crocheting. Gary loves playing cards and crosswords. Patricia and Gary, as a team, are absolutely amazing at crosswords and puzzles. They have an adorable cat and her name is Daisy. They say she is the boss of their family.



Gary Doe and Patricia Baskin

Welcome to The Bradley, Patricia and Gary!

JAN 2021

Birthdays

Bob Battram, 9th
Marcel Lalonde, 14th
Muriel O'Meara, 22nd

Anniversaries

Marcel and Elaine
Lalonde, 1/14/2020

Lynda and Mir,
1/23/2020

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY1</div> <div>New Year's Day 8:45 Walking Club 7:00 Movie, TH</div>	<div>2</div> <div>2:00 Quarter Bingo \$ Hosted by Adrian!, AR 3:00 Afternoon Tea with Christine!, BI 7:00 Movie, TH</div>
<div>9:00 Woodvale Pentecostal Church Service, TV3</div> <div>10:30 Mass From St. Isidore's Parish, BI</div> <div>1:00 Sunday NFL Football, TV</div> <div>2:00 Trivia with Craig!, AR</div> <div>7:00 Movie, TH</div>	<div>8:45 Walking Club</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:00 Blood Pressure Clinic, AR</div> <div>10:45 Pokeno, AR</div> <div>11:00 Thankful Hour, CH</div> <div>2:00 Fun and Fitness-Flexibility, AR</div> <div>7:00 Movie, TH</div>	<div>8:45 Get Moving, AR</div> <div>9:30 Line Dancing, AR</div> <div>10:00 Beginner Line Dancing, AR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:00 Fun & Fitness-Chair Zumba, AR</div> <div>7:00 Movie, TV</div> <div>7:00 TV Series-Downton Abbey, TH</div>	<div>8:45 Walking Club</div> <div>9:30 Line Dancing, AR</div> <div>10:30 Pokeno, AR</div> <div>11:30 Resident Activity Meeting, AR</div> <div>2:00 Weight Exercises, FR</div> <div>2:00 Drive to Downtown Ottawa-Parliament Hill- Sussex</div> <div>3:00 Scrabble, AR</div> <div>7:00 Movie, TH</div>	<div>8:45 Get Moving, AR</div> <div>9:30 Line Dancing, AR</div> <div>10:15 Quarter Bingo \$, AR</div> <div>11:30 Resident & Manager Meeting, Culinary Meeting</div> <div>2:00 Balance Exercises, FR</div> <div>3:00 Nintendo Switch-Mario Kart 8, AR</div> <div>7:00 Movie, TV</div> <div>7:00 TV Series-Downton Abbey, TH</div>	<div>50/50 Fridays!8</div> <div>National Bubble Bath Day</div> <div>8:45 Walking Club</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:00 Beginner Line Dancing, AR</div> <div>10:45 Pokeno, AR</div> <div>11:00 Fun & Fitness-Chair Zumba, AR</div> <div>2:00 Make Your Own Body Scrub, AR</div> <div>7:00 Movie, TH</div>	<div>9</div> <div>2:00 Quarter Bingo \$ Hosted by Adrian!, AR 3:00 Afternoon Tea with Christine!, BI</div> <div>7:00 Movie, TH</div> <div></div>
<div>9:00 Woodvale Pentecostal Church Service, TV10</div> <div>10:30 Mass From St. Isidore's Parish, BI</div> <div>1:00 Sunday NFL Football, TV</div> <div>2:00 Trivia with Craig!, AR</div> <div>7:00 Movie</div>	<div>8:45 Get Moving, AR</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:45 Pokeno, AR</div> <div>2:00 Drive to Manotick-East Ottawa</div> <div>2:00 Fun & Fitness-Strength, AR</div> <div>7:00 Movie</div>	<div>8:45 Walking Club</div> <div>9:30 Line Dancing, AR</div> <div>10:00 Beginner Line Dancing, AR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:00 Fun & Fitness-Chair Yoga, AR</div> <div>3:00 Puzzles, Puzzles, Puzzles, AR</div> <div>7:00 TV Series-Downton Abbey, TH</div> <div>7:00 Movie, TV</div>	<div>8:45 Get Moving, AR</div> <div>9:30 Line Dancing, AR</div> <div>10:45 Pokeno, AR</div> <div>2:00 Chef Cooking Demonstration, BI</div> <div>3:00 Weight Exercises, FR</div> <div>7:00 Movie, TH</div>	<div>8:45 Walking Club</div> <div>9:30 Line Dancing, AR</div> <div>10:15 Quarter Bingo \$, AR</div> <div>2:00 Balance Exercises, FR</div> <div>2:45 Hawthorn Adventure Kickoff Party! Luau Social, AR</div> <div>7:00 Movie, TV</div> <div>7:00 TV Series-Downton Abbey, TH</div> <div></div>	<div>50/50 Fridays!15</div> <div>8:45 Get Moving, AR</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:00 Beginner Line Dancing, AR</div> <div>10:45 Pokeno, AR</div> <div>2:00 Left & Right Bus Tour</div> <div>3:00 Pack Master Challenge, AR</div> <div>7:00 Movie, TH</div>	<div>16</div> <div>2:00 Quarter Bingo \$ Hosted by Adrian!, AR 3:00 Afternoon Tea with Christine!, BI</div> <div>7:00 Movie, TH</div>
<div>9:00 Woodvale Pentecostal Church Service, TV17</div> <div>10:30 Mass From St. Isidore's Parish, BI</div> <div>1:00 Sunday NFL Football, TV</div> <div>2:00 Trivia with Craig!, AR</div> <div>7:00 Movie</div>	<div>Welcome to Hawaii! First Stop: The Big Island!18</div> <div>8:45 Walking Club-Mauna Kea Challenge</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:45 Pokeno, AR</div> <div>11:00 Thankful Hour, CH</div> <div>2:00 Fun & Fitness-Hula Dancing, AR</div> <div>2:45 Aloha Smoothie Bar, AR</div> <div>7:00 Movie</div>	<div>8:45 Get Moving, AR</div> <div>9:30 Line Dancing, AR</div> <div>10:00 Beginner Line Dancing, AR</div> <div>10:30 Kona Coffee Tasting, AR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:00 Fun & Fitness-Chair Zumba, AR</div> <div>3:00 Coffee Bean Minute to Win It, AR</div> <div>7:00 TV Series-Downton Abbey, TH</div> <div>7:00 Movie, TV</div>	<div>Second Stop: Maui! "The Valley Isle"20</div> <div>8:45 Walking Club-Mauna Kea Challenge</div> <div>9:30 Line Dancing, AR</div> <div>10:00 Seaside Sand Art, AR</div> <div>10:45 Pokeno, AR</div> <div>11:00 Whale Watching in Maui, BI</div> <div>2:00 Weight Exercises, FR</div> <div>2:00 West Carleton Drive</div> <div>3:00 Sand Dune RC Course, AR</div> <div>7:00 Movie, TH</div>	<div>Third Stop: Oahu!21</div> <div>8:45 Get Moving, AR</div> <div>9:30 Line Dancing, AR</div> <div>10:15 Quarter Bingo \$, AR</div> <div>11:00 Fun & Fitness-Hula Dancing, AR</div> <div>11:30 Aloha Smoothie Bar, AR</div> <div>2:00 Balance Exercises, FR</div> <div>3:00 Build Your Own Hawaiian Pizza, BI</div> <div>7:00 Movie, TV</div> <div>7:00 TV Series-Downton Abbey, TH</div>	<div>50/50 Fridays!22</div> <div>Fourth Stop: Kauai! The Garden Island</div> <div>8:45 Walking Club-Mauna Kea Challenge</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:00 Beginner Line Dancing, AR</div> <div>10:45 Pokeno, AR</div> <div>2:30 Blue Hawaiian Social, BI</div> <div>7:00 Movie, TH</div> <div></div>	<div>23</div> <div>2:00 Quarter Bingo \$ Hosted by Adrian!, AR 3:00 Afternoon Tea with Christine!, BI</div> <div>7:00 Movie, TH</div> <div></div>
<div>9:00 Woodvale Pentecostal Church Service, TV24</div> <div>10:30 Mass From St. Isidore's Parish, BI</div> <div>1:00 Sunday NFL Football, TV</div> <div>2:00 Trivia with Craig!, AR</div> <div>7:00 Movie</div>	<div>Boat Ride to Fiji! Bula!25</div> <div>8:45 Get Moving, AR</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:30 Beach Bowling, AR</div> <div>2:00 Whiteboard Brain Games, AR</div> <div>3:00 Relaxing & Mood Boosting Scents, AR</div> <div>7:00 Movie, TH</div>	<div>8:45 Walking Club</div> <div>9:30 Line Dancing, AR</div> <div>10:00 Beginner Line Dancing, AR</div> <div>11:00 Quarter Bingo \$, AR</div> <div>2:00 Fun & Fitness-Tai Chi, AR</div> <div>2:45 Coconut Water Lemonade Hydration Station, BI</div> <div>3:00 BBC Documentary-Fiji, BI</div> <div>7:00 TV Series-Downton Abbey, TH</div> <div>7:00 Movie, TV</div>	<div>National Chocolate Cake Day27</div> <div>8:45 Get Moving, AR</div> <div>9:30 Line Dancing, AR</div> <div>10:45 Pokeno, AR</div> <div>2:00 Chef Cooking Demonstration, BI</div> <div>2:00 Scenic Tour Winterlude</div> <div>3:00 Fiji Trivia, AR</div> <div>7:00 Movie, TH</div>	<div>8:45 Walking Club</div> <div>9:30 Line Dancing, AR</div> <div>10:15 Quarter Bingo \$, AR</div> <div>11:00 Searching for Fiji's Fish</div> <div>2:00 Balance Exercises, FR</div> <div>3:00 Nintendo Switch Mario Kart 8, AR</div> <div>7:00 Movie, TV</div> <div>7:00 TV Series-Downton Abbey, TH</div>	<div>50/50 Fridays!29</div> <div>Bell Let's Talk Day</div> <div>8:45 Get Moving, AR</div> <div>9:30 Advanced Line Dancing with John and Gaile, AR</div> <div>10:00 Beginner Line Dancing, AR</div> <div>10:45 Pokeno, AR</div> <div>2:00 Hand Reflexology, AR</div> <div>3:00 Calming Sand Castles, AR</div> <div>3:30 Deep Breathing Techniques & Circle Time, AR</div>	<div>30</div> <div>2:00 Quarter Bingo \$ Hosted by Adrian!, AR 3:00 Afternoon Tea with Christine!, BI</div> <div>7:00 Movie, TH</div>
<div>9:00 Woodvale Pentecostal Church Service, TV31</div> <div>10:30 Mass From St. Isidore's Parish, BI</div> <div>1:00 Sunday NFL Football, TV</div> <div>2:00 Trivia with Craig!, AR</div> <div>7:00 Movie</div>						



Christmas Magic

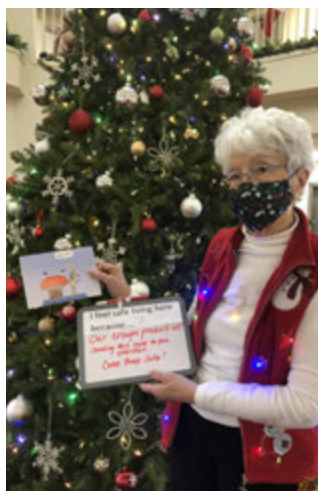
Christmas Magic was alive at The Bradley this year! The staff and residents did a beautiful job decorating the building. Activities included writing holiday cards for our members of the Canadian Armed Forces who are posted overseas during the holidays, caroling, baking, and crafts!

We had our first annual Candlelight Dinner and the Kitchen prepared a beautiful festive dinner.

We are thankful for all our friends, neighbours, and family who helped make this holiday season special and safe!



Finished Christmas Tree!



June Craig with her holiday card for our troops!



June Craig, Thelma Fox and Suzanne Eastwood having some holiday fun!



Peg Brazier



Maxine Myers setting the Christmas Spirit high this year!

Taking Care of Yourself

On January 29th, it is Bell Let's Talk Day. This initiative is an awareness campaign created by the Canadian telecommunications company, Bell Canada, in an effort to raise awareness and combat stigma surrounding mental illness in Canada. Taking care of yourself is an important step to ensuring positive mental health. Below, find a few simple suggestions to help you make certain you are putting your best foot forward in taking care of yourself.

Hearing about the pandemic repeatedly can be upsetting, so take breaks from watching, reading, or listening to news stories, including social media. When you do listen, choose credible sources of information.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep.

Connect with others. Talk with people you trust about your concerns and how you are feeling and let those close to you, especially children, share their concerns and accept support.

Maintain as normal a routine as possible, including engaging in activities you enjoy.

Focus your energies on what you can control rather than worrying about what you can't. You can come up with a new hobby, talk to a friend or exercise but you cannot control when a vaccine will become available or when we will go back to business as usual.



Happy New Year!

When we rang in 2020, we definitely didn't expect the year we were going to get! 2020 gave us many hardships, and it was a challenging year to stay positive. We got through the year with many cherished memories, and created many new and unique ways to celebrate events. We also were able to appreciate what we have and the people in our lives.



I hope that 2021 will bring you more peace, love, and joy. We have learned how to keep each other safe and how to continue living our lives. Happy New Year! Here's to new beginnings!

Magic of Lights Drive

Thank you to all of our residents who participated in our Magic of Lights event last month! A big thank you to our magical Bus Driver, Sue for a wonderful evening out!



Gingerbread Village

This year's theme was a Gingerbread Village. Our residents and staff safely built "Bytown Bradley" which consists of nine decorated houses, a magical train and three mansions! Wow!

Thank you to all the staff and residents for all their extraordinary work and love put into this project!



Suzanne Eastwood working on her gingerbread house



Kayla and Gerry Glavin



Sue Crosbie, Joan Demer and Joan St. Louis



Our beautiful Bytown Bradley Gingerbread Village

The Bradley
Gracious Retirement Living

130 Goulbourn Forced Rd
Kanata, ON K2K 0K6



It's always Warm at

The Bradley
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.

613-801-3804