

CEDARVIEW

GRACIOUS RETIREMENT LIVING

511 Finkle Street • Woodstock, ON N4V 0C4 • Phone (519) 602-0282 • www.seniorlivinginstyle.com

FEBRUARY 2021

CEDARVIEW STAFF

Managers..... CURT & JACKIE BERTELSEN
Assistant Managers KEITH &
BARBARA WALKER
Executive Chef..... JASON GORDON
Activity Coordinator JENNY PATTIRAM
Maintenance WAYNE SANDICK
Bus Driver RUTH DAVIS

TRANSPORTATION

Monday, 9 a.m.-4 p.m.: 2 P.M. Walmart
Tuesday, 9 a.m.-4 p.m.: Appointments
Wednesday, 9 a.m.-4 p.m.: Outing
Thursday, 9 a.m.-4 p.m.: Appointments
Friday, 9 a.m.-4 p.m.: 2 P.M. Walmart

HAWTHORN
SENIOR LIVING

2021 Hawthorn Adventures

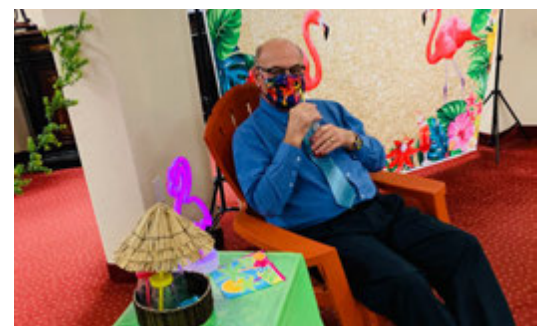
We getting ready for our Hawthorn Adventure; bring your sunglasses and hat, and enjoy the sun.



Having a bit of fun



Tiki Bar



Curt is ready!



Welcome

We would like to welcome our new residents to our community.

- Lotle Yusyp
- Sharon MacDonald
- Ron and Marlene Readman

We would like to invite you to the first Welcome Tea on February 24th, at 2 p.m., in the Activity Room. You will have an opportunity to ask questions and meet other new residents, and also enjoy a hot cup of tea with some treats.

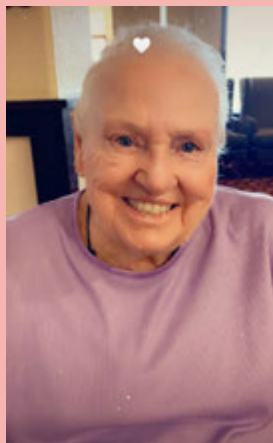


Cedarview Resident of the Month

This is Marj Parker. She is 94 years old and living her best life. Marj has been at Cedarview for three years and loves it. She is very outgoing. Marj enjoys bingo, knitting club, card games and crossword puzzles. She also enjoys getting her fresh air — does not matter the weather outside.

Marj is always willing to help others when she can. She is very kind-hearted, but at the same time, she's a tough cookie.

Her smile is so contagious within the building.



Look at that smile!



Marj

Library News



February is noted for Valentine's Day, Family Day and Black History Month.

In our Feature Corner of the Library, we shall display romance stories by authors such as Debby Macomber, Nora Roberts, Belva Plain, and others.

We shall also feature some series by Robyn Carr, Jodi Picoult, and some of our Amish books.

We shall also honor the legacy of Black Canadians, past and present in the MT Thursday, February 18th, 2 p.m.

Also February 8th-10th, we will have our annual FREE BOOK FAIR in the Activity Room. Please remember when you take a book from the Fair, DO NOT RETURN TO OUR LIBRARY, as we are making room for our newly donated books.

Friends of the Library:

- Millie
- Edna
- Ethel

Friends of the Library meet twice a month at 4 p.m., in the Library, on the 2nd floor.

The numbers of books read in 2020 are 747.

Our goal for 2021 is to read 1,000 books, so grab a book and let's read.



February Is Heart Month

February is heart month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Approximately 2.4 million Canadian adults are affected by heart disease and it is one of the leading causes of death in Canada.

Here some ways we can reduce heart disease:

What foods fight heart disease?

Five Foods That Fight Heart Disease

1. Beans
2. Oats
3. Nuts
4. Fish
5. Whole Grains

Regular, daily physical activity can lower your risk of heart disease. Physical activity helps you control your weight and reduce your chances of developing other conditions that may put a strain on your heart.

Water is also critical for your heart health. Your heart is constantly working, pumping about 2,000 gallons of blood a day. By staying hydrated — that is, by drinking more water than you are losing — you are helping your heart do its job.

Wear Red Day is celebrated annually across Canada on February 13th to raise awareness about women's heart health.



Reminders

Due to Covid-19, programs are subject to changes. Please check the activity boards for daily updates.

Bus Reminders: Due to Covid-19 protocol, our bus will only be running for doctor appointments and bank appointments.

February 1st-5th is our final stop in our Hawthorn Adventure (New Zealand); pick up your travel itinerary from Jenny.

Every Friday, at 2 p.m., you can get your fingernails beautiful (Beauty Corner). Please bring your own supplies — like your colors of polish and nail polish remover. Sign-up required.

February 2 is Groundhog Day, at 10 a.m., live in the MT. Do you think he will see his shadow?

February 8th-10th is our annual Free Book Fair in the Activity Room.

February 12th, wear something red to raise awareness about women's heart health.

February 12th, at 2 p.m. is our Valentine's Day Afternoon Tea. Sign-up required. AR

February 14,
Happy Valentine's Day! Special lunch in the Dining Room with music by Dick Taylor

February 15th —
Happy Family Day

February 16th —
Mardi Gras Day — Pancake Tuesday — Mask painting at 10 a.m. and 2 p.m. We will be going to New Orleans in MT.

February 24th — Bee Gees Concert — Anniversary All Day in MT

February 24th — Welcome Tea — It's for new residents.

February 26th — Virtual Tour — Carnivals around the world

We would also like to remind everyone to please wear their mask, wash their hands as often as possible, or use the hand sanitizer within the building and stay 6 ft. apart.



Happy Valentine's Day!

FEB 2021

Birthdays

Florence Shapiro, 1st
Shirley Mills, 2nd
Ena Avey, 7th
Dick Taylor, 9th
Doris Swartz, 11th
Evelyn Parker, 19th
Minnie Bierma, 20th
John VandeWeil, 25th
Joe Kleiner, 25th

Locations

\$ Cost Involved, \$
* Sign Up, *
Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro, BST
Bus, B
Chapel, CH
Computer Room, CR
Dining Room, DR
Exercise Room, EX
Hair Salon, HS
Library, LB
Movie Theatre, MT
Outdoor Patio, OP
Outdoors, O
TV Room, TV

Attitudes are contagious.
Is yours worth catching?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Morning Stretches, EX 10:00 Shuffleboard, AR 10:15 News View, AR 2:00 Board Games, AR 2:00 Welcome to New Zealand, AR 7:00 Evening Movies, MT 7:00 Eucher, AR	9:30 Morning Stretches, EX 10:00 Groundhog Day watch it live on TV, MT 2:00 Bingo, AR 2:00 Virtual Tour of New Zealand, MT	9:30 Morning Stretches, EX 10:00 Crafts Club (Making Hobbit Homes), AR 2:00 Board Games, AR 7:00 Pool Game, BR 7:00 Euchre, AR	9:30 Morning Stretches, EX 10:00 Knitting Club, AR 10:00 Shuffleboard, AR 2:00 Virtual Tour: Around the World, AR 2:00 Golfing Day in Queenstown New Zealand, AR	9:30 Morning Stretches, EX 10:30 Mineral Hand Soak in the Geothermal Pools, AR 2:00 Beauty Corner (Get Your Nails Done with Jenny), AR 7:15 Bingo (Small Group), AR	10:00 Knitting Club, AR 2:00 Afternoon Movie, MT 2:00 Board Games, AR 7:00 Pool Game, BR 7:00 Euchre, AR
Card Walk & Sunday Puzzles 10:00 Maranatha Live! Church Service, MT 2:00 Art Table, BST 7:00 Evening Games, AR	9:30 Morning Stretches, EX 10:00 Book Fair, AR 10:00 Shuffleboard, AR 10:15 News View, AR 2:00 Board Games, AR 2:30 Seniors in the Digital world (1 to 1), AR 7:00 Evening Movies, MT 7:00 Eucher, AR	9:30 Morning Stretches, EX 10:00 Book Fair, AR 2:00 Bingo, AR 2:00 Virtual Tour: Around the World, MT	9:30 Morning Stretches, EX 10:00 Book Fair, AR 10:00 Crafts Club (Valentine's Day), AR 2:00 Board Games, AR 7:00 Pool Game, BR 7:00 Euchre, AR	9:30 Morning Stretches, EX 10:00 Knitting Club, AR 10:00 Shuffleboard, AR 2:00 Virtual Tour: Around the World, AR	9:30 Morning Stretches, EX 10:30 Beauty Corner (Get Your Nails Done with Jenny), AR 2:00 Valentine's Day Tea, AR 7:15 Bingo (Small Group), AR	10:00 Knitting Club, AR 2:00 Afternoon Movie, MT 2:00 Board Games, AR 7:00 Pool Game, BR 7:00 Euchre, AR
VALENTINE'S DAY Card Walk & Sunday Puzzles 10:00 Maranatha Live! Church Service, MT 11:30 Special Valentine's Day Lunch, DR 12:00 Special Music by Dick Taylor, DR 2:00 Art Table, BST 7:00 Evening Games, AR 7:00 Evening Movies: When Harry Met Sally, MT	8:00 Happy Family Day 2:00 Board Games, AR 7:00 Evening Movies, MT 7:00 Eucher, AR	10:30 Painting Mask for Mardi Gras, AR 2:00 Virtual Tour: New Orleans for Mardi Gras, MT 2:00 Bingo, AR 4:30 Pancake Tuesday: Special Supper, DR	ASH WEDNESDAY 9:30 Morning Stretches, EX 2:00 Board Games, AR 7:00 Pool Game, BR 7:00 Euchre, AR	9:30 Morning Stretches, EX 10:00 Knitting Club, AR 10:00 Shuffleboard, AR 2:00 Virtual Tour: Around the World, AR	9:30 Morning Stretches, EX 2:00 Beauty Corner (Get Your Nails Done with Jenny), AR 7:15 Bingo (Small Group), AR	10:00 Knitting Club, AR 2:00 Afternoon Movie, MT 2:00 Board Games, AR 7:00 Pool Game, BR 7:00 Euchre, AR
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Dress Up Your Pet Day

Dress Up Your Pet Day was so much fun. Thank you all for the amazing pictures of your loved ones.

They all look fabulous and ready for our Hawthorn adventure!



Patches is already on the beach!

Elly's cat



Meet Suzy, AC Jenny's dog



Meet Tasha, she's all ready to party!

Silva's dog



Meet Molly, Penny's cat

New Assistant Managers

Please help me welcome our New Assistant Managers, Keith and Barbara Walker.

Barbara and Keith have been with Hawthorn for two years. They are originally from Calgary, Alberta. Keith worked for the oil industry for the last 40 years in many different places around the world.

Their family consists of four children, 11 grandchildren and eight great-grandchildren, with one on the way.

Life has been wonderful, and they are so very happy to be part of the Hawthorn Family.





New Year's Eve Party

Great New Year's Eve Party

Everyone had a great time!

Also, we would like to thank our in-house DJ, Dick Taylor, for the great music he provided in the Dining Room.

Goodbye 2020 and welcome 2021!



Cheers to 2021!



Marj — look at that smile!



Ready to party!



Barb



Love in the air



Our DJ Dick Taylor



511 Finkle Street
Woodstock, ON N4V 0C4



It's always Warm at

CEDARVIEW
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.

519-602-0282