

# Heritage Meadows

## Gracious Retirement Living

208 Hespeler Road • Cambridge, ON N1R 0A5 • Phone (519) 620-9999 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

APRIL 2021

### HERITAGE MEADOWS STAFF

Managers..... DAN & STEPHANIE OLSEN  
Assistant Managers ..... ADRIAN &  
CHRISTINE SMITS  
Executive Chef .....MICHAEL ECKHARDT  
Sous Chef ..... DOUG MOFFAT  
Activity Coordinator ..... MAGGIE CLEMENS  
Maintenance ..... NICK SWAIN  
Bus Driver ..... YOMARI AYALA

### TRANSPORTATION

**Monday, 9 a.m.:** Errands  
**Tuesday, 9 a.m.:** Appointments  
**Wednesday, 9 a.m.:** Errands  
**Thursday, 9 a.m.:** Appointments

**HAWTHORN**  
SENIOR LIVING

## Spring Door Decorations

It's amazing the way things can be transformed — many would look at a pizza pan and see nothing more. Whoever thought a pizza pan could become such a fabulous spring door decoration? This quite trendy craft was easy and fun to do, and will be used in other seasons to come.



*Maggie is pleased with all the lovely detail on hers.*



*Joe is working on his second coat of paint.*



*Norma shows off her finished product!*



## Resident *Spotlight*

I have always wanted to play the piano from 5 years old and up. I would sit beside the piano and watch my mother play her beautiful music. She was a concert musician – played at Massey Hall as a young woman with the Toronto Sympathy. She studied at Royal Conservatory with Alberto Guerrero, who was Glenn Gould's teacher. I was 11 years old when I entered the Kiwanis Music Festival competition playing a piano concerto. My mother accompanied me. I won! The competition was held in the Eaton's Auditorium on College Street, Toronto.

Teenage years were spent in the Beaches area of Toronto. Kew Beach church built a wonderful big auditorium beside the church, including a stage and kitchen. There were 300 young people meeting at 3 p.m., Sunday afternoon to hear Gord Ferguson give his message. We had great fulfilling times, ski weekends at Limberlost Lodge, valentine dinners, and dance parties, organized minstrel shows, fashion shows, dance routines, "Day and Night You Are the One" etc., etc. There were so many talented people in attendance, able to organize all these special events.

Many of us met our husbands during this time at the Sunday afternoon gatherings. My husband was a trailblazer, so they called him! I would like to share with you some of his accomplishments. Ian worked for World Vision 1970-1984, as the Executive Marketing Director. He travelled into more than 25 countries: Central and South America, S.E. Asia, India, Africa, and travelled extensively throughout North America. He helped in disaster situations. He produced and directed the first television outreach in Vancouver, which was a great success. He taught time management seminars worldwide. He brought the income from \$600,000 to \$26,000,000, in the early beginnings.

From there, he became president of Prison Fellowship for 11 years. This was Chuck Colson's work which was established in the USA. Chuck Colson was converted to Christianity while in prison having to do with the Watergate scandal and Richard Nixon, president of the USA. He approached Ian to establish the work in Canada from Vancouver to Newfoundland. Ian trained the volunteers before they were allowed to visit or speak to the prisoners. This work continues today.

Ian went on to study Adlerian psychology at the University and had his own practice for six years.

Our married life was a happy busy one. World Vision moved us a lot, from Scarborough to Barrie to Don Mills and finally Mississauga, where we stayed for 22 years. While in Mississauga I had 25 music students, played for church services and accompanied singers, solo and choir.

Our two beautiful children Linda and David were born in Barrie and we are enjoying our three grandchildren – Amy, Katelyn and Nicholas. All three have good jobs and grandma is very proud of them!

I am enjoying Heritage Meadows. The residents are friendly, the food is good, the staff is helpful – what more could you ask for?



*Jane Stanley*



## Let's Start Smash Booking

A smash book can act as a place where you can smash in different aspects of your life. It's a book where you can smash all your thoughts, memories, experiences, life achievements in without having the need to have a different scrapbook for different occasions or themes.

Smash booking is not about perfection. It can get a little messy, but it would be a beautiful mess that allows you to express yourself and your life. Pages will be random as each week there will be a theme. It's like a mishmash diary and scrapbook. How much or how little goes onto each page is completely up to you.

The philosophy will be to "get it down on paper."

All materials will be provided so please sign up in the Activity Room so Maggie can ensure there are enough materials.



## National Volunteer Week

Here at Heritage Meadows we are so grateful for our volunteers and everything they do, no matter how big or small.

April 18th-24th is National Volunteer Week. This year's theme is "The Value of One, The Power of Many," which represents the awe-inspiring acts of kindness by many individuals and the magic that happens when we work together towards a common purpose.

Over this past year many of our own residents have stepped up and volunteered in many different ways. We recognize the value, the work, dedication and time they gave. A huge thank-you to the amazing support of our volunteers, we couldn't do all the wonderful things we do without you!

Thursday, April 22nd, from 2:30 to 4 p.m., there will be a Volunteer Appreciation afternoon.

"Remember that the happiest people are not those getting more, but those giving more." — H. Jackson Brown Jr.



# APRIL 2021

## Birthdays

Rosa Fidalgo, 3rd  
 Isle Stevenson, 5th  
 Carolyn Wulf, 8th  
 Reta Hacking, 9th  
 Agnes Bonnar, 11th  
 Bessie Blake, 12th  
 Lorna Edwards, 13th  
 Maggie Da Costa, 24th  
 Bernice Beckley, 25th  
 Albert Edwards, 30th

## Locations

Activity Room, AR  
 Atrium, AT  
 Bus, B  
 Chapel, CH  
 Computer Room, CR  
 Dining Room, DR  
 Exercise Room, ER  
 Gazebo, G  
 Library, LIB  
 Movie Theatre, MT  
 Outdoors, O  
 Pool Room, PR  
 Private Dining Room, PDR  
 TV Room, TV  
 Mystery Name Tag week  
 April 18-24, wear your  
 name tag every day  
 because you never know  
 what day it could be ...

**“Try to leave  
 the Earth a  
 better place  
 than when you  
 arrived.”**

**—Sidney  
 Sheldon**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>EASTER</b> 4 9:00 Indoor/Outdoor Walking 10:00 Coffee Talk with Stephanie, AR 11:20 Rosary, CH 2:15 Pool, PR 2:30 Documentary, MT 3:00 Milk Bag Project, AR 7:15 Movie: “Mulan” D+, AR	5 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR 10:45 Movie Committee Meeting, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:15 Bingo, AR 	<b>Name Tag Tuesday, DR</b> 6 9:00 Indoor/Outdoor Walking 10:00 Wii Bowling, ER <b>10:30 Residents and Managers Meeting, DR</b> 11:20 Rosary, CH 2:30 Horse Races, AR 7:15 Movie: “A Dog’s Way Home” N, MT	7 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH <b>2:00 Residents and Managers Meeting, DR</b> 3:30 Move to the Groove, AR 7:15 SINGO, AR	<b>April Fools’ Day</b> 1 9:00 Indoor/Outdoor Walking 10:00 Carpet Bowling, AR 10:30 Rainbow Smoothie, AR 11:20 Rosary, CH 2:30 Easter Craft, AR 7:15 Bingo, AR	<b>GOOD FRIDAY</b> 2 9:00 Indoor/Outdoor Walking 10:00 Easter Puzzles, AR 11:20 Rosary, CH 2:00 Colouring for Pleasure, AR 3:15 Technology 1-On-1, AR 7:15 Movie: “Arctic” N, MT	3 9:00 Indoor/Outdoor Walking 10:00 Rainbow Trivia with Adrian, AR 11:20 Rosary, CH 2:00 Colouring for Pleasure, AR 3:00 Card Bingo, AR 7:15 Movie: “One True Thing” D, MT 
9:00 Men’s Breakfast Club, DR 9:00 Indoor/Outdoor Walking 11:20 Rosary, CH 2:15 Pool, PR 2:30 Documentary, MT 3:00 Milk Bag Project, AR 7:15 Movie: “Beauty and the Beast” D+, MT 	11 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:15 Bingo, AR 	<b>Name Tag Tuesday, DR</b> 13 9:00 Indoor/Outdoor Walking 10:00 Wii Bowling, ER 11:20 Rosary, CH 2:30 Horse Races, AR 7:15 Movie: “Tell Me Who I Am” N, MT 	14 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR <b>10:00 Traditions Alive, G</b> 11:20 Rosary, CH 2:30 Move to the Groove, AR 7:15 SINGO, AR	15 9:00 Indoor/Outdoor Walking 10:00 Carpet Bowling, AR 10:30 Rainbow Smoothie, AR 11:20 Rosary, CH 2:30 Cookie Decorating with Chef Mike, AR 7:15 Bingo, AR 	16 9:00 Indoor/Outdoor Walking 9:45 Scenic Drive, AR 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Scenic Drive, AR 2:30 Move to the Groove, AR 3:15 Technology 1-On-1, AR 7:15 Movie: “Stan and Ollie” N, MT	17 9:00 Indoor/Outdoor Walking 10:00 Trivia with Adrian, AR 11:20 Rosary, CH 2:00 Colouring for Pleasure, AR 3:00 Card Bingo, AR 7:15 Movie: “In the Line of Fire” D, MT
9:00 Indoor/Outdoor Walking 10:00 Coffee Talk with Stephanie, AR 11:20 Rosary, CH 2:15 Pool, PR 2:30 Documentary, MT 3:00 Milk Bag Project, AR 7:15 Movie: “Cinderella” D+, MT	18 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:15 Bingo, AR	<b>Name Tag Tuesday, DR</b> 20 9:00 Indoor/Outdoor Walking 10:00 Wii Bowling, ER <b>10:30 Cassie Maple Products, G</b> 11:20 Rosary, CH 2:30 Horse Races, AR 7:15 Movie: “Captain Fantastic” N, MT	21 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 7:15 SINGO, AR	<b>EARTH DAY</b> 22 9:00 Indoor/Outdoor Walking 10:00 Carpet Bowling, AR 10:15 Earth Day Activity, AR 10:30 Rainbow Smoothie, AR 11:20 Rosary, CH <b>2:00 Volunteer Appreciation, AR</b> 7:15 Bingo, AR	23 9:00 Indoor/Outdoor Walking 9:45 Scenic Drive, AR 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Scenic Drive, AR 2:30 Move to the Groove, AR 3:15 Technology 1-On-1, AR 7:15 Movie: “La Bamba” N, MT	24 9:00 Indoor/Outdoor Walking 10:00 Trivia with Adrian, AR 11:20 Rosary, CH 2:00 Colouring for Pleasure, AR 3:00 Card Bingo, AR 7:15 Movie: “Home at Last” D, MT 
9:00 Indoor/Outdoor Walking 10:00 Chef and Residents Meeting, AR 11:20 Rosary, CH 2:15 Pool, PR 2:30 Documentary, MT 3:00 Milk Bag Project, AR 7:15 Movie: “101 Dalmatians” D+, MT 	25 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 3:15 Carpet Bowling, AR 7:15 Bingo, AR	<b>Name Tag Tuesday, DR</b> 27 9:00 Indoor/Outdoor Walking 10:00 Wii Bowling, ER 11:20 Rosary, CH 2:30 Horse Races, AR 7:15 Movie: “North to Alaska” D, MT	26 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 7:15 SINGO, AR	28 9:00 Indoor/Outdoor Walking 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:30 Move to the Groove, AR 7:15 SINGO, AR	29 9:00 Indoor/Outdoor Walking 10:00 Carpet Bowling, AR 10:30 Rainbow Smoothie, AR 11:20 Rosary, CH 2:30 Smash Book, AR 7:15 Bingo, AR	30 9:00 Indoor/Outdoor Walking 9:45 Scenic Drive, AR 10:00 Move to the Groove, AR 11:20 Rosary, CH 2:15 Scenic Drive, AR 2:30 Move to the Groove, AR 3:15 Technology 1-On-1, AR 7:15 Movie: “Johnny English Strikes Again” N, MT 
						

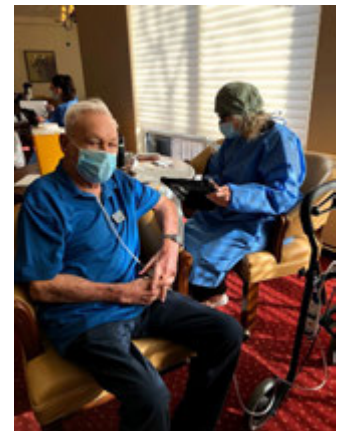


# COVID-19 VACCINATION CLINIC

On Sunday, March 7th, we took a step closer to help end COVID-19. We all look forward to the time when social distancing and masks become a thing of the past. Until then, we'll continue to do our part by following measures put in place by Public Health, to ensure we all do our part.

Our vaccine clinic was so organized and ran so smoothly. A big thank-you to all the nurses and doctor from Public Health who were so kind, patient and efficient. Another big thank-you to our residents Millie and Linda who volunteered to help during the clinic.

In this together!



## COMING SOON



**April 3rd** — Find a Rainbow Day. Come enjoy some Rainbow Trivia with Adrian at 10 a.m., in the Activity Room.

**April 7th** — Let's Walk Day. Every morning we encourage you to go for a walk at 9 a.m., outdoors if the weather

permits — if not then take advantage of our hallways. Have others join you and start a little group.

**April 15th:** Please drop off any poppies you have crocheted or knitted to Maggie in the Activity Room. The Poppy Project will be an ongoing project over the next few months. Yarn and patterns are supplied.

April 22nd is Earth Day! Earth Day was founded in 1970 by United States Senator Gaylord Nelson as a way to bring attention to environmental issues. Today, Earth Day is celebrated in countries throughout the world and has become a chance for people to learn more about conservation, climate change, deforestation and a myriad of other issues facing our beautiful planet.

Did you know ... Earth is the third planet from the sun and the only world known to support an atmosphere with free oxygen, oceans of liquid water on the surface and — the big one — life.





The importance of “eating your greens” might be a no-brainer, but have you considered the importance of eating your reds, yellows, purples, and whites too? Eating a rainbow of plant-based foods is critical to ensuring you’re getting the vitamins and minerals you need for optimal health! Including a diverse range of plant based foods into your diet is an important part of supporting a healthy gut, and our gut health plays a central role in influencing our overall health and well being.

Not only does eating the rainbow improve your gut health, but every shade in the produce section represents a wide variety of other health benefits. To summarize simply: the more variety of color, the more variety of health benefits your body will harvest! Try to include a mix of: red, green, blue/purple, yellow/orange and white (think cauliflower, onions and garlic).

Not only are you providing your body with a wide variety of nutrients and health benefits by eating the rainbow, but you are also saving yourself from boredom! We often fall into patterns and can find ourselves eating the same types of fruits and vegetables. And while any amount of veggie and fruit consumption is better than none at all, it is a lot more fun to shake things up! Eating more colorfully can be inspiring and help to get you excited to try new foods!

April Challenge!

This April we are challenging all of you to Eat the Rainbow! Not only is it important for your gut health, but it also helps you to introduce a wide variety of foods into your diet. This leads to overall better body health!

Find the April Challenge! Eat the Rainbow! The calendar insert will help keep track of your participation during the month of April.

I will be making a smoothie of the week, and a few other colourful delights to ensure our residents are staying on the rainbow path.



“Sara saw seven sharks while swimming. Now how many S’s are in this sentence?”

## Valentine’s Day



*Thank you to all our residents who purchased Candy Grams and made it such a success. We sold over 300 Candy Grams!*



*Special delivery to the lovebirds, Richard and Jill*



*COVID-safe Kissing Booth open for business*

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## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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