



CHELSEY PARK CONNECTIONS

Retirement Residence News

JUNE 2017

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A Note From Sandra.....

It is so nice to see so many Tenants and Residents with beautiful flower arrangements on their balconies and patios.

I would like to thank Peter Halicki and his son-in law for donating this beautiful bird house which is located at the back near the Nature's Nook. Peter also looks after many of our gardens and has done a fabulous job.



Here are a few tips from the Middlesex Health Unit to help beat the heat this summer:

How to avoid heat-related illness:

Drink lots of water and natural juices even if you don't feel very thirsty.

Avoid alcoholic beverages, coffee and cola.

Avoid going out in the blazing sun or heat when possible. If you must go outside, stay in the shade as much as possible and plan to go out early in the morning or evening when it is cooler and smog levels may not be as high as in the afternoon. Wear a hat.

Take advantage of air conditioned or cool places such as shopping malls, libraries, community centers or a friend's place.

If you don't have air conditioning, keep shades or drapes drawn and blinds closed on the sunny side of your home, but keep windows slightly open.

CHELSEY PARK CONNECTIONS

This Newsletter is brought to you by
The Recreation Department
For Information please call

Tim Fischer
Recreation Facilitator
519- 432-1845 ext. 269
312 Oxford St. West
London Ontario
N6H 4N7

www.chelseypark.com



Sandra Gormandy,
General Manager

A Warm Welcome

Chelsey Park extends a warm welcome to all the new Tenants and Residents who have moved into our community this month and hope that you feel right at home here.

We wish all the best to those Tenants and Residents who are relocating.

Marketing Matters

With summer just around the corner we have a lot of people moving into Chelsey Park. I want to encourage everyone to welcome all the new Residents and Tenants. If you have any friends looking to move to our Apartments or Retirement Suites please have them contact Amanda at 519-432-1845 ext. #235

Amanda, Donna, Katie and Linda

Fun Committee News:

~Canada 150 Gift Basket~

This great basket will be ready for viewing in the Administration Office the afternoon of Friday, June 30th. We can't think of a better way to celebrate Canadian's BIG Birthday. Draw will be made on Friday, August 4th.

ADDITIONALLY, join the staff wearing Red and White on June 30th. Hope to see your Canadian Spirit!

Health Service Office

Hope everyone is enjoying the beautiful weather before the humidity arrives. A reminder that before taking any over the counter allergy medications please check with your doctor or pharmacist, many allergy medications are not to be taken with some medications. Please welcome the new staff members in the Health Services Department.

Rosemary Usher
Resident Services Manager

Recreation Corner

Reminder that we will be celebrating Canada's 150th birthday on Saturday July 1st with a Flag Raising at 11:00am, and a Social at 2:00pm. More details in your July's newsletter

Chelsey Park Store

Please enjoy lunch outside on our patio as the weather warms up.

Be sure to check out our gift items reduced for sale just outside the store. Additional 30 percent off the first week of June (ex. Consignment items) We will be offering Ice cream Sundaes with our Kawartha Ice cream in June, July and August. Please checkout our Menu for when this will be available.

Happy Father's Day!

Shelley , Karen, Pat & Paula

Sunday Bus Schedule

9:45 - Riverside United

9:40 - New St. James Presbyterian

9:50 - St. George's Anglican Church

(Call Jim Marquis @ (519)-473-4505)

9:55 - Oakridge Presbyterian

10:15 - First Baptist Church

10:00 - Holy Family Roman Catholic
Parish

ROOM LOCATIONS

Auditorium

Lower Level ~ 312 Building

Friendship Lobby

Elevator Lobby ~ 312 Building

Cherryview Lounge

Suite 208~ 312 Building
(second floor)

Garden of Tranquility

Suite 2F (second floor)

Tulip Room

Suite 315~ 312 Building
(third floor)

Chapel

4th Floor ~ 312 Building

Computer Corner

4th Floor ~ 312 Building

Happy Birthday

Just to say you're warmly thought about especially now that your birthday's are here ~ and to wish you special happiness today and each day of the year

Happy Birthday!

The Dining Experience

June's Vegetable garden harvest usually includes salad crops such as lettuce, spring onion, radish, asparagus summer spinach and early carrots.

Father's day is a celebration in honor of all the fathers as well as men who have acted as a father figure in your life. Happy Father's Day to all.

Janet Carter
Food Service Supervisor

Health Club

"Young at heart, slightly older in other places!"-unknown author-

It is BBQ season again. The Health Club will be hosting their annual BBQ on Friday June the 16th from 12-2pm. The focus this year will be again to support the London Ronald McDonald House. Tickets can be purchased for \$10 cash at the Health Club.

Kandie-Rae, Katelyn & John
(519)-432-8504 Ext. 244

Gift ideas for Birthdays, Anniversaries and Just Because!

Gift Certificates are available at the
Apartment Administration Office
for services such as:

Foot Clinics

The Chelsey Park Store

Please contact the Administration
Office at (519) 432-1845

Wellness Centre

The services being offered in the
Wellness Centre include:

Dr. Kae Liao
Chiropractic
(519) 642-0551

Kari Richards
Massage Therapist
(519) 702-6677

Xiomara Martinez
Aesthetics
(519) 859-0810

Sarah Mitchell
Physiotherapist
(519) 852-2955

SPECIAL EVENTS

LEARN TO PLAY CRIBBAGE

Thursday June 1st, 2:00pm ~ Cherryview Lounge

Come watch, learn or get a refresher session on the game of cribbage.

ONCE A QUARTET

Saturday June 10th, 2:00pm ~ Auditorium

Enjoy classic chamber music from this talented quartet.



FATHER'S DAY SOCIAL

Saturday June 17th, 2:00pm ~ Auditorium

Celebrating our Father's with Music by Wyatt Ladd (Everyone Welcome)

STRAWBERRY SOCIAL

Wednesday June 21st, 2:15pm ~ Auditorium ~ Silver Collection

Enjoy fresh local berries and musical entertainment by Sonja Gustafson

TAI CHI DEMONSTRATION

Thursday June 29th, 2:00pm ~ Auditorium

Come learn about, and enjoy this ancient practice of relaxation and physical self discipline.

UPCOMING TRIPS

SHOPPING-MASONVILLE

Thursday June 8th, 2:00pm ~ Friendship Lobby

Stores include Hudson Bay and Shoppers.

HILLSIDE RESTAURANT

Thursday June 15th, 11:00am ~ Friendship Lobby

Enjoy lunch out at this popular Family Restaurant in Komoka.

MORNING DRIVE

Saturday June 24th, 10:00am ~ Friendship Lobby

Enjoy a summer drive in the country.

AFTERNOON DRIVE

Tuesday June 27th, 2:00pm ~ Friendship Lobby

Join us for a get away afternoon.

