

## October 2017 Tenant Recreation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Hymns With Tim (CV) 1 2:00 Sunday Tea (Silver Collection) (AUD)	10:00 Colour Me Happy (CV) 2 1:00 Knitter's Plus (CC) 2:00 Crokinole (CV) 7:15 Kiwanis Bingo (AUD)	9:35 Bus to Cherryhill Mall (312 Lob) 3 10:00 Brain Waves (TR) 2:00 Bridge (TR) 2:00 Sign Up Hour (AUD)	10:00 Card Making (AUD) 4 10:00 Men's Billiards (NN) 10:00 Scrabble (TR) 1:00 You Too Can Create (TR) 2:00 Skipbo (NN)	9:30 Morning Coffee (NN) 5 1:30 Shopping ~ Masonville (312 Lob) 7:00 Bid Euchre (TR)	10:00 All About (CV) 6 2:00 Music Bingo (AUD) 7:15 Tenant Euchre (AUD)	<b>Pick up Quizzes in 314 Lobby</b> 7 10:00 Lunch Outing (312 Lob) 7:00 Movie Night (CV)
10:00 Who Do You Think You Are? (CV) 8 2:00 Sunday Tea (Silver Collection) (AUD)	<b>Happy Thanksgiving!</b> 9 2:00 Classic Western (CV)	9:35 Bus to Cherryhill Mall (312 Lob) 10 10:00 Brain Waves (TR) 1:30 Appleland (312 Lob) 2:00 Bridge (TR) 2:00 Roman Catholic Mass (NHAR)	10:00 Guggenheimer (CV) 11 10:00 Metropolitan Church (AUD) 1:00 You Too Can Create (TR) 2:00 Oktoberfest (AUD) 3:15 Bible Study (CV)	9:30 Morning Coffee (NN) 12 2:00 Anglican Church Service (AUD) 7:00 Bid Euchre (TR)	10:00 Dig a Little Deeper (CV) 13 10:30 T.A.R.A. Open Meeting (AUD) 2:00 Canadian Content (CV) 7:15 Tenant Euchre (AUD)	<b>Pick up Quizzes in 314 Lobby</b> 14 9:15 S.O.S. Outing (312 Lob) 10:00 Crosswords (CV) 7:00 Movie Night (CV)
10:00 Inspirational Poems and Stories (CV) 15 2:00 Sunday Tea (Silver Collection) (AUD) 7:00 Hymn Sing (CV)	10:00 Spot It (CV) 16 1:00 Knitter's Plus (CC) 2:00 Arthritis Presentation (AUD) 7:15 Kiwanis Bingo (AUD)	9:35 Bus to Cherryhill Mall (312 Lob) 17 10:00 Brain Waves (TR) 2:00 Bridge (TR) 2:00 Travelogue (CV) 3:00 Prayer Circle (4CH)	10:00 I Love Lucy Day (CV) 18 10:00 Scrabble (TR) 1:00 You Too Can Create (TR) 2:00 Flu Shot Talk (AUD)	9:30 Morning Coffee (NN) 19 2:00 Ukulele Group (AUD) 4:45 Supper Club (TR) 7:00 Bid Euchre (TR)	10:00 Common Things (CV) 20 2:00 Music Time Game (CV) 7:15 Tenant Euchre (AUD)	<b>Pick up Quizzes in 314 Lobby</b> 21 10:00 Make Apple Crisp (TR) 2:00 Applefest (AUD) 7:00 Movie Night (CV)
10:00 A Laughing Matter (CV) 22 2:00 Sunday Tea (Silver Collection) (AUD)	10:00 Drawing (CV) 23 1:00 Knitter's Plus (CC) 2:00 Wheel Of Fortune (CV) 7:15 Kiwanis Bingo (AUD)	9:35 Bus to Cherryhill Mall (312 Lob) 24 10:00 Brain Waves (TR) 1:30 Walmart (312 Lob) 2:00 Bridge (TR) 2:00 Mens Billiards (CV)	10:00 Chicken Soup for the Soul (NN) 25 1:00 You Too Can Create (TR) 2:15 Food Advisory Meeting (TR) 3:15 Bible Study (CV)	9:30 Morning Coffee (NN) 26 7:00 Bid Euchre (TR) 7:30 Memorial Service (AUD)	9:30 Blood Pressure Clinic (HC) 27 10:00 Beaded Braclet (CV) 2:00 Bingo (AUD) 7:15 Tenant Euchre (AUD)	<b>Pick up Quizzes in 314 Lobby</b> 28 7:00 Movie Night (CV)
10:00 Hymns With Tim (CV) 29 2:00 Sunday Tea (Silver Collection) (AUD)	10:00 Apples To Apples (CV) 30 1:00 Knitter's Plus (CC) 2:00 Canada 150 (AUD) 7:15 Kiwanis Bingo (AUD)	9:35 Bus to Cherryhill Mall (312 Lob) 31 10:00 Brain Waves (TR) 2:00 Bridge (TR) 2:00 Halloween Social (AUD)		<b>LOCATION</b> Cherryview Lounge (CV) Auditorium (AUD) Creative Corner (CC) 312 Lobby (312 Lob) Tulip Room (TR) Natures Nook (NN) Nursing Home Activity Room (NHAR)	<b>LOCATION</b> 4th Floor Chapel (4CH) Health Club (HC)	

## The Dining Experience

With Thanksgiving approaching the following is some information on turnips that are fresh and abundant from October through March. Turnips are part of the vegetable family that also includes broccoli, cabbage, cauliflower and Brussels sprouts. Turnips are very low calorie root vegetables; however they are very good source of anti-oxidants, minerals, vitamins and dietary fiber. Young turnip roots are favored in raw salads for their sweet taste, complements well with cabbage, carrots, beets etc. Its cubes can mix well with other vegetables like kohlrabi, potato, carrots in variety of recipes. Diced roots can be added to poultry, lamb, pork etc. Add raw baby turnip slices with olives and cherry tomatoes to make delicious appetizer. Its top greens used with other greens in the preparation of soups, curries as well as in cooked vegetable recipes.

Enjoy turnips long in to the winter months, Happy eating.

Janet Carter  
Dining Lounge Supervisor

### 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

## Health Club

I'm so glad I live in a world where there are Octobers" L.M. Montgomery, Anne of Green Gables

We are pleased to announce that the Fanshawe Massage Students are back on Mondays afternoons. If you would like to book an appointment see John in the Health Club.

The Health Club will be closed on October 9<sup>th</sup> for Thanksgiving. There will be no exercise classes on this day.

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

### Wellness Centre The services being offered in the Wellness Centre include:

**Dr. Kae Liao**  
Chiropractic  
(519) 642-0551

**Xiomara Martinez**  
Aesthetics  
(519) 859-0810

**Sarah Mitchell**  
Physiotherapist  
(519) 852-2955

## Chelsey Park Store

Just a few new things happening in the store. We will no longer be selling magazines. Our sales on magazines are down and we generally are selling only the crossword puzzles and word finds. I may go out to Costco and try and bring in a few magazines to sell.

We will be bringing in a few new giftware items for Fall as well as our Maple Cream Fudge and gourmet popcorn should have arrived by then.

Some of our prepared food items will be increasing in price due to high purchasing food costs.

Please remember we have our Apetito Frozen Meals in the store and they are a great option for those nights you don't feel like cooking.

The cost is only \$7.99 and we have several to chose from.

We will now be charging \$5.00 for deliveries from our store.

Also, just a reminder that we do offer catering services in the store for your special functions. Just call the store in advance to book. (519)434-3164

Shelley, Pat, & Sandra

### Sunday Bus Schedule

9:45 - Riverside United

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)

### Nature's Nook

314 Building (2nd Floor)

### Tulip Room

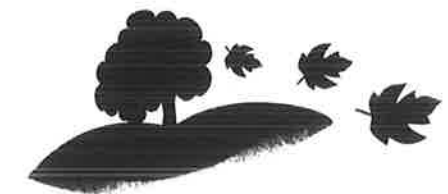
Suite 315 ~ 312 Building  
(third floor)

### Chapel

4th Floor ~ 312 Building

### Creative Corner

Lower Level ~ 314 Building



### 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.

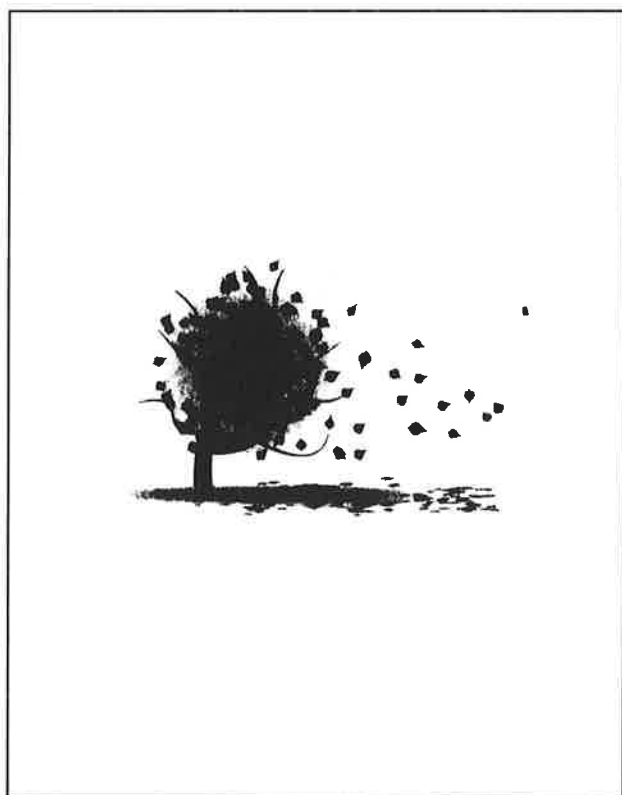
We wish all the best to those Tenants and Residents who are relocating.

### Marketing Matters

Winter is quickly approaching and it's a comfort knowing when you are retired, that you don't have to go out if you don't want to.

If you have any friends that are tired of being isolated or stuck inside during the winter...have them give me a call. We do have some accommodations coming available. Tenants and Residents are paid a \$250 referral if they refer a friend who moves in.

Amanda, Donna, Katie, Karen & Linda



### Health Services

Once again summer has gone by way too fast. It is time to talk about flu shots again. On October 18th at 2pm come to the Auditorium to learn what you can do to help prevent the flu this Season. We will be having a flu shot Immunization Clinic together with Medical Pharmacy in November! Watch for notification of when this will take place. Always remember to wash your hands often or use the hand sanitizer at each elevator even more so during the Flu Season.

Rosemary Usher  
Resident Services Manager

## SPECIAL EVENTS

### SIGN UP HOUR

*Tuesday October 3rd, 2:00pm ~ Auditorium*

This is your first opportunity to sign up for this months trips and special events. After this you can call or visit the Recreation Office to enquire about space 519-432-1845 ext. 269

### CARD MAKING

*Wednesday October 4th, 10:00am ~ Auditorium \$2.26*

Please sign up as space is limited.

### OKTOBERFEST

*Wednesday October 11th, 2:00pm ~ Auditorium \$2.26*

We are delighted to have a German Band here, to set the mood for this fun afternoon.

### SUPPER CLUB

*Thursday October 19th, 4:45pm ~ Tulip Room \$8.00*

Tonight's meal is Turkey Meatloaf with Zucchini & Feta, Roasted Garlic mash potatoes, German cucumber salad and nor bake apple cheese cake. \* No cancelations 24 hours prior\*

### APPLEFEST

*Saturday October 21st, 2:00pm ~ Auditorium \$2.26*

Celebrating this fall staple. \*Please sign up in advance.\*

### MEMORIAL SERVICE

*Thursday October 26th, 7:30pm ~ Auditorium*

Remembering your friends and neighbours who have passed away.

### BRACLET MAKING

*Friday October 27th, 10:00am ~ Cherryview Lounge \$5.65*

\*Please sign up in advance\*



## SPECIAL EVENTS CON'T

### HALLOWEEN SOCIAL

*Thursday October 31st, 2:00pm ~ Auditorium \$2.26pm*

Celebrating with storyteller Diane Halpin.

## UPCOMING TRIPS

### SHOPPING-MASONVILLE

*Thursday October 5th, 1:30pm ~ \$3.45*

Stores include Hudson Bay, Homesence, Marshall's and Shoppers Drugmart.

### WINDMILL RESTAURANT-MOUNT PLEASANT

*Saturday October 7th, 10:00am ~ \$4.60*

A cute store and bake shop as well as delicious lunch. Hopefully good weather for this long drive.

### APPLELANDS

*Tuesday October 10th, 1:30pm ~ \$3.45*

They have a nice gift shop and home baked pies for sale as well as apples.

### SOS (STEPPING OUT SAFELY)

*Saturday October 14th, 9:15am ~ \$7.00*

This fun day includes presentations and lunch.

### WALMART

*Tuesday October 24th, 1:30pm ~ \$3.45*

Stock up on groceries, household items and clothing all at one stop.



## CHELSEY PARK GAZETTE Apartment News

OCTOBER 2017

### A Note From Sandra.....

A reminder to everyone to always keep your Suite door locked and be sure of whom you are letting into your Suite. Please remember not to let anyone into our buildings that has not been buzzed in. We have had concerns of Residents opening the entrance door in the Main Lobby thinking that they are being helpful. In reality they are taking a chance and exposing everyone to risk. A simple rule to follow for Suite security is that if people live here they have a key. If they are expecting visitors, they will buzz them in.

If you are doing your laundry in our laundry rooms, please check pockets for tissues before putting the clothes in the washing machine. If the tissues are left in clothing, they create quite a mess in both the washer machines and dryers. Also please clean the lint screen after using the dryer, and please remember to keep an eye on your laundry as there has been clothing left in the washers and dryers. Reminder to NOT feed the animals from you balcony. And please remind visitors to park in a visitors spot, not in a reserved parking spot.

I would like to wish everyone a joyous Thanksgiving, a special day to give thanks for the special people in our lives and the things that we have to cherish.



Sandra Gormandy,  
General Manager

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### CHELSEY PARK GAZETTE

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

**Cathy Huddleston  
BA**

**Recreation Facilitator**  
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London Ontario  
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www.chelseypark.com