


October 2017 Residential 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 2:00 Crokinole (CV) 7:15 Kiwanis Bingo (AUD)	9:15 Bus To Cherryhill Mall (312 Lob) 3 10:00 Manicures (CV) 2:00 Bridge (TR) 2:00 Learn To Play Euchre (CV)	10:00 Card Making (AUD) 4 10:00 Mens Billiards (NN) 2:00 Baking (TR)	10:00 Animal Planet (CV) 5 2:00 Shopping-Masonville (312 Lob) 7:00 Bid Euchre (TR)	10:00 All About (CV) 6 2:00 Music Bingo (AUD) 7:00 Euchre (CV)	Pick up Quizzes in 312 Lobby 7 7:00 Movie Night (CV)
10:00 Who Do You Think You Are? (CV) 8 2:00 Sunday Tea (Silver Collection) (AUD)	Happy Thanksgiving! 9 2:00 Classic Western (CV)	9:15 Bus To Cherryhill Mall (312 Lob) 10 10:00 Manicures (CV) 2:00 Bridge (TR) 2:00 Roman Catholic Mass (NHAR)	10:00 Guggenheimer (CV) 11 10:00 Metropolitan Church (AUD) 2:00 Oktoberfest (AUD) 3:15 Bible Study (CV)	2:00 Appleland (312 Lob) 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) 7:00 Euchre (CV)	Pick up Quizzes in 312 Lobby 14 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 2:00 Arthritis Presentation (AUD) 7:15 Kiwanis Bingo (AUD)	9:15 Bus To Cherryhill Mall (312 Lob) 17 10:00 Manicures (CV) 2:00 Bridge (TR) 2:00 Travelogue (CV) 3:00 Prayer Circle (4CH)	10:00 I Love Lucy Day (CV) 18 2:00 Flu Shot Talk (AUD)	2:00 Ukulele Group (AUD) 19 7:00 Bid Euchre (TR)	10:00 Common Things (CV) 20 2:00 Music Time Game (CV) 7:00 Euchre (CV)	Pick up Quizzes in 312 Lobby 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 2:00 Wheel Of Fortune (CV) 7:15 Kiwanis Bingo (AUD)	9:15 Bus To Cherryhill Mall (312 Lob) 24 10:00 Manicures (CV) 2:00 Bridge (TR) 2:00 Mens Billiards (NN)	10:00 Origami (CV) 25 2:15 Food Advisory Meeting (TR) 3:15 Bible Study (CV)	2:00 Watercolours (CV) 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) 7:00 Euchre (CV)	Pick up Quizzes in 312 Lobby 28 11:00 Lunch - Swiss Chalet (312 Lob) 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 2:00 Canada 150 (AUD) 7:15 Kiwanis Bingo (AUD)	9:15 Bus To Cherryhill Mall (312 Lob) 31 10:00 Manicures (CV) 2:00 Bridge (TR) 2:00 Halloween Social (AUD)	 <p>Chelseypark Retirement Community</p>	LOCATION Cherryview Lounge (CV) Auditorium (AUD) 312 Lobby (312 Lob) Tulip Room (TR) Natures Nook (NN) Nursing Home Activity Room (NHAR) 4th Floor Chapel (4CH)	LOCATION 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
Food Service Supervisor

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 9th for Thanksgiving. There will be no exercise classes on this day.

Kandie-Rae, Katelyn, John and Kathy
(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
Whirlpool Spa
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

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
9:40 - 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!

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 Service Office

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

Recreation Corner

A walk outdoors to enjoy the colours of Autumn, is a healthy way to lift your spirits

SPECIAL EVENTS

CARD MAKIING

Wednesday October 4th, 10:00am ~ Auditorium

Join this popular craft group creating personal cards for Special occasions.

OKTOBERFEST

Wednesday October 11th, 2:00pm ~ Auditorium

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

ARTHRITIS PRESENTATION

Monday October 16th, 2:00pm ~ Auditorium

I LOVE LUCY

Wednesday October 18th, 10:00am ~ Cherryview Lounge

Come celebrate the 66th anniversary of the most popular television show in history.

UKULELE GROUP

Thursday October 19th, 2:00pm ~ Auditorium

Enjoy the Ukulele music of the band "Soup"

APPLEFEST

Saturday October 21st, 2:00pm ~ Auditorium

Celebrate and enjoy the Apple!



MEMORIAL SERVICE

Thursday October 26th, 7:30pm ~ Auditorium

Remembering your friends and neighbours who have passed away.

HALLOWEEN SOCIAL

Thursday October 31st, 2:00pm ~ Auditorium

Celebrating with storyteller Diane Halpin.

UPCOMING TRIPS

MASONVILLE MALL

Thursday October 5th, 2:00pm ~ 312 Lobby

Enjoy the convenience of shopping at a variety of stores all under one roof.

APPLELAND

Thursday October 12th, 1:30pm ~ 312 Lobby

Enjoy a trip to this popular Autumn destination to enjoy fall colours.

SWISS CHALET

Saturday October 28th, 11:00am ~ 312 Lobby

Enjoy lunch out at this popular restaurant followed by a leisurely drive.



CHELSEY PARK CONNECTIONS

Retirement Residence News

OCTOBER 2017

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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

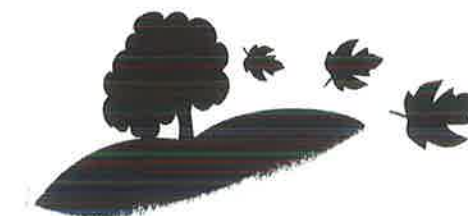
www.chelseypark.com

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