

SPECIAL EVENTS CON'T

SUPPER CLUB

Thursday September 21st, 4:45pm ~ Tulip Room \$8.00

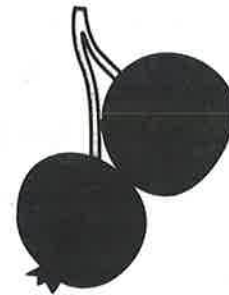
Featuring Chicken Caesar pasta salad and easy low carb blueberry cobbler

MEDITATION PRESENTATION

Monday September 25th, 2:00pm ~ Auditorium

Meditation for beginners, relaxation in a few simple steps.

UPCOMING TRIPS



PARKS BLUEBERRIES

Saturday September 9th, 10:30am ~ \$4.60

Enjoy a delicious lunch, shop the great gift shop and pick up some homemade baked goods.

DINNER OUTING-SCHOOL HOUSE

Tuesday September 12th, 3:00pm ~ \$4.60

Appreciate the beautiful drive to Grand Bend and a delicious dinner at the School House Restaurant.

SHOPPING -WESTMOUNT MALL

Thursday September 14th, 1:30pm ~ \$3.45

Stores include Sears, Tim Hortons, Dollar Store.

NYGARD FASHIONS

Wednesday September, 20th, 1:30pm ~ \$3.45

Time for some new fall outfits? Ladies this is a great store where your shopping money goes a long way. There is also a Winners in the same plaza.



..... **Inside this issue:**

A Note From Sandra	1
A Warm Welcome	2
Marketing Matters	2
Health Services Office	2
Sunday Bus Schedule	3
Room Location	3
Chelsey Park Store	3
Dining Experience	4
Gift Ideas	4
Health Club	4
Wellness Centre	4
Special Events	5
Upcoming Trips	6

CHELSEY PARK GAZETTE

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

**Cathy Huddleston
BA**

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

www.chelseypark.com



CHELSEY PARK GAZETTE

Apartment News

SEPTEMBER 2017

A Note From Sandra.....

Chelsey Park Retirement Community is hosting "Chelsey Park Country & Artisan Fall Market" on Sunday, September 24th, 2017 from 9:00 am to 2:00 pm.

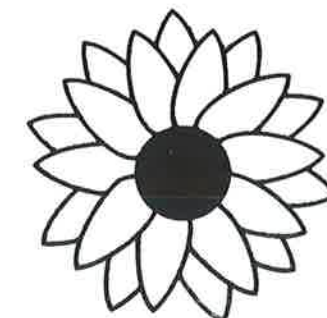
If any Tenants are interested in being a vendor for this great event the cost of the table or space for the day is \$25.00 per vendor. We have six foot long tables or the square 3 x 3 tables that will be provided for you if you need a table for your merchandise.

If you are interested in participating at our Country & Artisan Market, please contact Amanda Moreira at 519-432-1845 extension 235 on or before September 3rd, 2017

This will be an Awesome Event so plan to attend!

The Administration Office will be closed on Monday, September 4th, 2017 for Labour Day.

**Sandra Gormandy,
General Manager**



The Dining Experience

We have all heard the phrase "an apple a day keeps the doctor away."
Apples are ultimately one of the best foods we can eat being fat and cholesterol-free. They are low in sodium and calories, while loaded with valuable vitamins and minerals. One of our most versatile fruits, apples are delicious eaten fresh, used in salads, or baked in desserts, and they go nicely with meats like chicken, veal and pork and vegetables like cabbage and sweet potatoes. They can be juiced, stewed, or pureed into sauce; can also be cored, stuffed, baked or used in jams and jellies, cider and vinegar. There is nothing, though, like eating a fresh crisp apple all year round.

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

"By all these lovely tokens September days are here, with summers best weather and autumn's best of cheer" (Helen Hunt Jackson)

The Health Club will be closed on Monday September 4th for Labor Day. A friendly reminder to pick up a current pool and land class schedule.

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

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

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

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

Canadian Eh!

For nearly 30 days during the winter the town of Inuvik, located 200km north of the Artic Circle goes without sunlight.

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

