

UPCOMING TRIPS

AFTERNOON DRIVE

Wednesday September 6th, 2:00pm ~ Meet in Friendship Lobby

Enjoy a pleasant late summer drive.

SHOPPING AT WESTMOUNT

Thursday September 14th, 2:00pm ~ Meet in Friendship Lobby

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

PARKS BLUEBERRIES

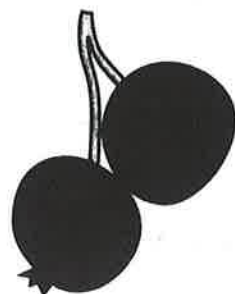
Saturday September 23rd, 10:30am ~ Meet in Friendship Lobby

Enjoy a drive to Thamesville and lunch out at this popular country restaurant.

MORNING DRIVE

Saturday September 30th, 10:00am ~ Meet in Friendship Lobby

Enjoy a leisurely drive in the country.



CHELSEY PARK CONNECTIONS

Retirement Residence News

SEPTEMBER 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.....

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, 2016

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
Food Service Supervisor

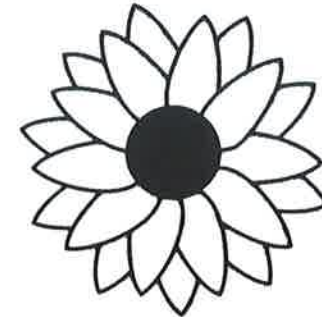
Health Club

"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
(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
Kari Richards
Massage Therapist
(519) 702-6677
Xiomara Martinez
Aesthetics
(519) 859-0810
Sarah Mitchell
Physiotherapist
(519) 852-2955



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!