



CHELSEY PARK GAZETTE

July 2019

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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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www.chelseyparkrh.ca

A NOTE FROM SANDRA

Chelsey Park will celebrate Canada Day with a flag raising ceremony at 11:00 a.m. on July 1st at the front of the 312 building and in the afternoon at 2:00 p.m. there will be a Canada Day Social in the auditorium. The Apartment Administration Office will be closed on Monday, July 1st, 2016.

We have been advised that there have been more telephone scams happening in London.

They are asking for bank account numbers and credit card numbers. NEVER give out your Bank Account Numbers, Social Security Number or Credit Card Numbers.

Remember the following:

1. You should be suspicious if a telemarketer acts as if he or she has done business with you before.
2. You should be suspicious if a caller asks for your bank account, credit or calling card number as identification. Never give this information out.
3. You should be suspicious if a telemarketer asks for your Social Insurance Number so you can purchase goods or qualify for a prize. Never give this information out.
4. You should be suspicious if the company is unwilling to send written information on the offer, or to give you a reference.
5. You should be suspicious if someone claims you have won a prize, but you haven't entered a contest.

A reminder to everyone to always keep your apartment door locked and be sure of whom you're letting into your apartment. Please remember not to let anyone in to our buildings that hasn't been buzzed in. We have had concerns of tenants 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 apartment security is that if people live here they have a key. If they are expecting visitors, they'll buzz them in.

Sandra Gormandy
General Manager

A Warm Welcome

Chelsey Park extends a warm welcome to all 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:

We have so many exciting events planned for this summer. Make sure you sign up for the "Paint Night". If you want to see what it is all about come to the Friendship Lobby on Wednesday, July 3rd between 11:30 am to 1:30 pm. Our artist, Sheila Nitschke, will be demonstrating and give you more information. The actual event will take place on Wednesday, July 24th.

I would like to remind everyone about our referral program. If you refer someone and they move into our Retirement Residence or Apartments, you will receive \$250.00. Make sure you tell them to mention your name on their original tour. Contact Amanda for more details.

I wish you all a wonderful summer, I hope you enjoy the sunshine.

Amanda, Donna, Linda,
Kerri & Karen



HEALTH SERVICES OFFICE:

☀️ *Happy, Happy July!* ☀️

Let's make July a Happy month!

- ☀️ Lend hand
- ☀️ Chat awhile
- ☀️ Open a door
- ☀️ Give a smile

☀️ Hoping you will have a happy summer
in the sun! ☀️

Dorothy
Resident Service Manager



Please remember to separate all recycling and place them in the appropriate container. There is information posted in the garbage/recycling rooms that can help if you have questions. Let's do our part to save the environment.

CHELSEY PARK STORE:

It is so nice to be finally getting some nice weather! Please feel free to make use of our patio enjoy your lunch outside

Kawartha makes an excellent Ice cream and we are selling it in the small 500ml tubs.

It comes in Pralines and Cream, Moose Tracks, Raspberry Ripple to name a few.

Give it a try next time you are looking for a tasty treat.

Don't forget we are selling our Frozen Dinners in the store for the nights you don't feel like cooking, they are an excellent option.

We will be closed for the Canada Day holiday.

Shelley Jamieson
(519) 432-3164

sjamieson@southbridgecare.ca



SUNDAY BUS SCHEDULE:

9:50 – St. George's Anglican Church
(Call Jim Marquis (519) 473-4505)

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

THE DINING EXPERIENCE:

JULY NUTRITION TIDBIT

When the sweltering summer months approach, you may be more conscious about drinking enough fluids to prevent dehydration. Nothing quenches thirst better than a tall glass of cold water on a hot day. Staying well hydrated when it's hot is definitely a must; however, hydration is vital to your good health year round.

- Pay attention to your thirst cues and drink regularly throughout the day.
- Choose water to quench your thirst regularly.
- Keep water bottles on hand when you're at work, at school, at play or out and about.
- Enjoy other fluids such as skim, 1% and 2% milk, fortified soy beverages, 100% vegetable or fruit juices and soups to help you meet your fluid needs.
- Give preference to decaffeinated beverages to keep you well hydrated.
- Take sips of water while eating meals and snacks.
- Keep a pitcher full of ice water, with lemon, lime, orange or cucumber slices handy in your fridge at home or at the office.

DIETARY NEWS

Hope you're enjoying the summer/fall menu. Please feel free to pass on any feedback.

Janet Carter
Dining Lounge Supervisor

HEALTH CLUB:

The Health Club will be closed over the July 1st long weekend. There will be no Recreation Swimming on Saturday June 29th or August 3rd due to the holiday weekends.

Please remember to have a shower before entering the pool or hot tub.

Kandie-Rae, John, Kathy and Debra
(519 432-8504 ext. 244)

WELLNESS CENTRE

The services being offered in the Wellness Centre include:

Xiomara Martinez

Aesthetics

(519) 859-0810

Sarah Mitchell

Physiotherapist

(519) 852-2955

Aroma Touch Massage (Back or Hands)

Kandie- Rae or Kathy

(519) 432-8504

Flag Raising

Monday July 1st, 11:00am front of 312 building

Join us as we pay tribute to our flag and our wonderful country.

Canada Social

Monday July 1st, 2:00pm, Auditorium \$2.50

Celebrate our special day with music by accordionist Walter Lonc

Sign Up Hour

Tuesday July 2nd, 2:00pm, Auditorium

Your first opportunity to sign up for this month's trips and special events.

After this you can call the Recreation Office to enquire about space

519-432-1845 ext. 269

Drinks on the Patio

Friday July 19th, 2:00pm Pool Patio \$2.50

Cool Mocktails will be served on the pool patio.

Paint Night

Wednesday July 24th, 7:00pm, Dining Lounge, \$15.00

Lead by Instructor Sheila, everyone will paint the same project which will be completed during the evening. **You must be signed up in advance for this program.**

Watermelon Social

Saturday July 27th, 2:00pm, Auditorium \$2.50

Enjoy this summer treat and learn a bit about watermelon lore.

Looking Ahead: Dust off your bell bottoms, tie dyed shirts and love beads for August. When we will commemorate 50 years since Woodstock with a special "Summer of Love" celebration.

Also: Find a picture of yourself from 1969 (print your name & apartment number on the back) Bring it to Recreation by July 29th for a fun guessing game.

Please

For the enjoyment of all try to arrive at Recreation programs a few minutes before it's start time. If you arrive after it has started please enter quietly.

UPCOMING TRIPS

Lavender Farm

Thursday July 4th, 1:30pm, \$3.45

Enjoy the sights and smells of this beautiful country retreat. Bring some spending money for the gift shop or a stop for ice cream.

Shopping – Masonville Mall

Tuesday July 9th, 1:30pm \$3.45

Stores include Hudson Bay, Shoppers Drug Mart, Homesense and Marshall's

Heeman's

Saturday July 13th, 9:30am \$3.45

Wander around the grounds of the garden centre or enjoy a strawberry sundae and watch the world go by.

Evening Drive to Grand Bend

Wednesday July 17th, 6:00pm \$3.45

A pleasant drive will take us up to Grand Bend to enjoy an evening look out on the lake.

Lunch Outing – Anna Mae's

Wednesday July 31st, 10:00am \$4.50

We shall try again to dine at this popular restaurant.

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

A Friendly Reminder

To please do not smoke in the buildings or in your suites and apartments.
Thank you from the Chelsey Park Staff

