



# CHELSEY PARK CONNECTIONS

July 2019

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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. W  
London ON  
N6H 4N7

[www.chelseyparkrh.ca](http://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 1<sup>st</sup> 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.

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 3<sup>rd</sup> 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 24<sup>th</sup>.

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

### **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.

### **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](mailto: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 (2<sup>nd</sup> Floor)

### **Tulip Room**

Suite 315 ~ 312 Building  
(Third Floor)

### **Chapel**

4<sup>th</sup> 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 29<sup>th</sup> or August 3<sup>rd</sup> 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

Aromatouch Massage ( Back or Hands)

Kandie-Rae or Kathy

(519) 432-8504



## SPECIAL EVENTS

### **CANADA DAY FLAG RAISING**

Monday July 1<sup>st</sup>, 11:00am – In Front of 312 Building.

A ceremony commemorating our country's 152<sup>nd</sup> birthday.

### **CANADA DAY SOCIAL**

Monday July 1st, 2:00pm - Auditorium

Featuring entertainment by Walter Lonc

### **DRINKS ON THE PATIO**

Friday July 19<sup>th</sup>, 2:00pm – Outdoor Patio beside Health Club.

Cool Mocktails will be served.

### **PAINT NIGHT**

Thursday July 24<sup>th</sup>, 7:00pm - Auditorium

Come explore your creativeness and paint with guest artist, Sheila Nitschke. You must sign up in advance for this program with Tim or Cathy in the Recreation Department.

### **WATERMELON SOCIAL**

Saturday July 27<sup>th</sup>, 2:00pm – Auditorium

A summer celebration with tasty Watermelon Treats.

**Looking Ahead:** Dust off your bell bottoms, tye died 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 29<sup>th</sup> for a fun guessing game.





## UPCOMING TRIPS

### LUNCH OUT AT ARCHIES

Thursday July 3<sup>rd</sup>, 11am - 312 Lobby

Enjoy a meal at one of London's most popular seafood restaurants.

### MASONVILLE MALL

Thursday July 9<sup>th</sup>, 1:30pm - 312 Lobby

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

### AFTERNOON DRIVE

Saturday JULY 13<sup>TH</sup>, 2:00Pm - 312 Lobby

A pleasant afternoon drive in the country stopping at Heaman's

Please contact Tim at 519-432-1845 EXT. 269 if you are interested in going any of the upcoming trips.

### 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

