



# CHELSEY PARK CONNECTIONS

August 2019

## 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 Events	6

## 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

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.

Just a reminder to everyone that bird feeders are not allowed on the balconies. The birds can create quite a mess and the squirrels have been getting on some balconies and climbing on the patio screens and causing damage. Also please do not throw bread or food off your balcony as it makes a mess for the apartments below you and to the grounds.

Make sure to check out all the great recreation activities that are happening in August!

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.

Happy August Everyone!

I hope you enjoy all the wonderful activities planned for you this August. I wanted to remind all of you about our referral program. If you refer a friend/acquaintance to Chelsey Park and they move in, you'll receive a \$250.00 credit on your monthly invoice. Please let whoever you are referring know to tell me, when they come in for their initial tour, that you referred them. We have some beautifully renovated Retirement Suites available for September, so now is the perfect time to take advantage of the referral package.

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:**

Medigas is the preferred oxygen supplier for Chelsey Park Retirement community. Through our valued relationships with people like you, Medigas is celebrating half a century of finding respiratory solutions for physicians, healthcare professionals and their patients.

We are proud of our many accomplishments over the years. Medigas pioneered the use of portable oxygen in the home, has worked with leading physicians to document the efficacy of using oxygen with exercise, played an active role in the establishment of government funding for oxygen and was the initial homecare provider in the country to offer clinical services by Registered Respiratory Therapists. In the mid-80's, Medigas was the first organization to bring CPAP technology to the Canadian market.

Throughout our journey, Medigas has maintained a distinct focus on providing patients with a tradition of quality service and can be depended on to be responsive, reliable and respectful. *From hospital to home*<sup>®</sup>, Medigas is an active participant in the continuum of care.

Medigas looks forward to working with you through the years to come.

Pamphlets are available on the information board outside of the Health Service Office or you can visit their web site: [www.medigas.com](http://www.medigas.com)

Or find Medigas on Facebook, Twitter and LinkedIn

Thanks to Vicki Yanke Territory Manager

Dorothy  
Resident Service Manager

## **CHELSEY PARK STORE:**

Happy Civic Holiday! The store will be closed Monday, August 5<sup>th</sup> for the holiday.

Please keep in mind we have a beautiful patio just outside the store for you to sit and enjoy lunch.

Our Kawartha ice cream is a big hit. If you haven't already tried it, you should. We have Raspberry Thunder, Moose Tracks and Pralines and Cream.

We are constantly bringing in new gift shop items so please feel free to come in and have a look anytime.

We will have a Summer Gift Shop Sale the end of August. I will keep you posted as to when it will be.

For all the new Tenants and Residents, welcome

Please feel free to use your \$10.00 gift card on any thing in the store. I just ask that you spend it all.

Shelley Jamieson  
(519) 432-3164  
[sjamieson@southbridgecare.ca](mailto:sjamieson@southbridgecare.ca)

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.

## **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:

What food is more synonymous with summer than freshly picked corn on the cob? Although we often associate corn with the colour yellow, it actually comes in host of different varieties featuring an array of different colours, including red, pink, black, purple, and blue.

Corn or maize is one of the most popular and versatile vegetables. It is a major component in many food items such as cereals, peanut butter, snack foods and soft drinks. Corn is high in fibre, as well as Vitamins A, B, C and E, rich in phosphorus, magnesium, manganese, zinc, copper, iron and selenium. It also has small amounts of potassium. Corn on the cob is a good seasonal treat. Buy mature corn and cook while it's still fresh. Corn added to a salad gives a flavourful crunchy addition to the other vegetables. Although corn is now available in markets year-round, it is the locally grown varieties that you can purchase during the summer months that not only tastes the best but are usually the least expensive.

Janet Carter  
Dining Lounge Supervisor

## HEALTH CLUB:

Did you know Chelsey Park Retirement has an amazing Health Club? The Health Club offers aquafit classes, recreation swim time, fun and fitness land classes, chair yoga, meditation, aqua yoga and we have strength room that is equipped with easy access machines for all ages and fitness abilities. Our qualified and friendly staff in the Health Club would be happy to show you how to use the equipment or answer any questions you may have concerning our facility. Regardless of your past or current fitness level it is never too late to begin. Come on down to the 312 basement near the Auditorium Monday thru Fridays from 7am -4pm. Let our team help you enjoy your quality of life.

Please note that our shut down week is August 26<sup>th</sup> until the 2<sup>nd</sup> of September the Health Club will be closed during this time. We will not be running any exercise classes instead our staff will be busy cleaning and scrubbing & preparing for our fall programs.

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

### **Tye- Dye T-Shirts**

Friday August 2<sup>nd</sup>, 2:00pm Auditorium

Create your own one of a kind shirt – You must bring a clean white cotton t-shirt we will provide everything else.

### **WOODSTOCK MUSIC AND HISTORY**

Friday August 9<sup>th</sup>, 2:00pm – Cherryview Lounge.

Celebrating the 50<sup>th</sup> Anniversary of this landmark music festival.

### **PHOTOGRAPH FLASHBACK**

Wednesday August 14<sup>th</sup>, 2:00pm – Auditorium

A reveal of the people behind the pictures taken in 1969.

### **SUMMER OF LOVE PARTY**

Friday August 16<sup>th</sup>, 2:00pm – Centre Courtyard

A groovy out door party celebrating the 50<sup>th</sup> anniversary of the original Woodstock Music Festival featuring 1960's music by Gary McGill.

### **GOLDEN HEIR**

Sunday August 17<sup>th</sup>, 7:00pm – Auditorium

A southern gospel music concert.

### **HAPPY FEET**

Wednesday August 21<sup>st</sup>, 2:00pm - Auditorium

Healthy alternatives to compliment foot care.



## UPCOMING TRIPS

### **MORNING DRIVE**

Saturday August 3<sup>rd</sup>, 10am - 312 Lobby  
A pleasant summer drive in the country.

### **MASONVILLE MALL**

Thursday August 15<sup>th</sup>, 1:30pm - 312 Lobby  
The convenience of shopping at a variety of stores all under one roof.

### **SWISS CHALET**

Saturday August 31<sup>st</sup> 11:00am - 312 Lobby  
Enjoy lunch at this popular restaurant.

- 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

