



CHELSEY PARK GAZETTE

August 2019

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Chelsey Park Gazette

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

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Recreation Facilitator

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A NOTE FROM SANDRA

Chelsey Park has a Referral Program set up that if any Tenant/Resident refers a person to Chelsey Park and they rent an apartment or retirement residence suite the Tenant/Resident will receive \$250.00. For more information about the Referral Program call Amanda Moreira, Marketing Manager at 519-432-1845 Ext 235.

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.

MARKETING MATTERS:

I will be having 6 - 1 bedroom Suite available in September/October in the 312 Building. These suites will come with all your meals, weekly housekeeping and 1 load of laundry per week for \$2,195.00. They will be updated with a new neutral paint colour, new light fixtures, door knobs and handles and the new vinyl plank flooring featured in our model suite. They have a beautiful updated look to them. If you're thinking of adding some purchase services, this might be the time to think of moving into the 312 Building.

We will also have a second lot of fully renovated Retirement Suites available for September. If you're looking for more assistance, including nursing, this is a great time to make the move.

If you would like to take a look at any of these Suites, please contact me at (519) 432-1845 Ext. 235.

Amanda, Donna, Linda,
Kerri & Karen

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*[®], 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

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 5th 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

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 (2nd Floor)

Tulip Room

Suite 315 ~ 312 Building
(Third Floor)

Chapel

4th 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 26th until the 2nd 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

Aroma Touch Massage (Back or Hands)

Kandie- Rae or Kathy

(519) 432-8504

Tye- Dye T-Shirts

Friday August 2nd, 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.

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

Photograph Flashback

Wednesday August 14th, 2:00pm, Auditorium

We will reveal the identities of all of our entries.

Summer of Love Social

Friday August 16th, 2:00pm, Central Courtyard

Pull on your bell bottoms, Tye-dye shirts & love beads as Chelsey Park Celebrates 50 years since Woodstock. We are excited to have Gary McGill with us to entertain.

Golden Heir Southern Gospel

Sunday August 18th, 7:00pm, Auditorium

A southern gospel music concert.

Happy Feet

Wednesday August 21st, 2:00pm Auditorium

Healthy alternatives to compliment foot care.

Lemonade Splash

Thursday August 22nd, 2:00pm Pool Patio \$2.50

Enjoy refreshing Lemonade and treats

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

Farmers Market

Saturday August 10th, 9:00 am \$3.45

The market will be a treasure house of fresh produce.

Afternoon Drive

Saturday August 10th, 1:00pm \$3.45

Bring some spending money for a fun afternoon out.

Shopping - Masonville Mall

Thursday August 15th, 1:30pm \$3.45

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

Lunch Outing - Wayside

Wednesday August 21st, 10:30am \$4.50

Enjoy lunch at this popular restaurant and a pleasant drive. Stop at Picard Peanuts as well.

Stones& Bones

Wednesday September 11th 10:30am, cost to be announced but will be around \$45.00

We will be offering this trip on a rental bus. Trip includes admission to the Stones & Bones museum. Lunch will be at the popular Johnny's Restaurant. Please sign up for this trip now.



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

