



CHELSEY PARK CONNECTIONS

September 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

A NOTE FROM SANDRA

Healthy eating promotes a healthy heart, strong bones and good resistance to infection and injury. Eating poorly, skipping meals or not eating enough can cause weakness and dizziness and increase your risk of a fall. That's also why it's so important to eat regular, well-balanced meals every day. The Dining Lounge has a fantastic menu for September. If you are interested in getting information on our meal plans in the Dining Lounge call Janet Carter, Dining Lounge Supervisor at 519-432-1845 ext 232.

Walkers are not allowed in the Dining Lounge for safety reasons for Residents, Tenants and staff of tripping over them. Walkers can be parked in the middle pod of the solarium and staff will bring them to you when you are ready to leave the Dining Lounge.

Make sure to check out all the great recreation activities that are happening in September.

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.

Do you have any friends that are interested in moving to Chelsey Park? If so, I will be hosting an Open House for the Retirement Home on **Thursday, September 26th at 2 pm in the Dining Lounge**. I will be talking all about Retirement Living. A representative from every department will be there to talk about what they do and answer any questions. Refreshment will be served and at the end I will give a tour of the Newly Renovated Suites. There will also be door prizes. Please have your friends register for the event by calling Amanda at (519) 432-1845 ext. 235.

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:

Did you know we have a Medical Pharmacy Clinical Consultant Pharmacist? Varsha Patel is our Pharmacist Consultant for our Retirement Residents here at Chelsey Park. Varsha regularly reviews medications for our Residents and is also more than willing to come and discuss any concerns you may have about your medication.

For our Tenants please feel free to talk to our Certified Pharmacist at the 312 Medical Pharmacy where you will be able to review your medications, be offered services for education and medication delivery. Please see the pamphlets at the information board outside the Health Services Office.

Dorothy
Resident Service Manager



CHELSEY PARK STORE:

I hope everyone has had a fantastic summer! It has gone by fast, as usual.

I will soon be decorating for fall as well as getting in a few gift items.

Please remember that I do my best to pick up any specific grocery item you might need. Just let me know, I do the shopping for the store once a week.

The first week of September the store will be having a Gift Shop Sale. Be sure to check out our closet for items that will be reduced.

As we move into the colder season, we will be changing up our menu. Please call us at (519)434-3164 for free deliveries or any questions you may have.

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:

It's easy to eat lots of fresh fruits and vegetables in the summer, but in order to stay really healthy, it's important to eat them year-round. Autumn fruit such as peaches, mangoes or berries are in season now. Use them in smoothies, with yogurt, in fruit compotes or jams & jellies. Have bananas, berries, kiwis or raisins on cereal or in yogurt. Apples, pears, peaches, or oranges are delicious eaten fresh, used in salads or baked in desserts. Choose fruit more often than juice. Enjoy.

Janet Carter
Dining Lounge Supervisor



HEALTH CLUB:

Hello September! The Health Club will be closed on Monday September 2nd. Please note there are some class scheduling changes as of September 3rd: Fun and Fitness is offered on Monday, Tuesday and Thursdays only from 10:15 am to 10:45 am in the Auditorium. Meditation will still be offered on Wednesdays in the Cherry View Lounge from 11:00 am to 11:30am. Aqua Yoga is only offered on Fridays from 10:10 am until 10:40 am. Chair Yoga stays as is on Tuesdays and Thursdays from 11:00 am to 11:30 am in the Auditorium.

Did you know that our Health and Fitness Facilitators are all qualified Personal Trainers! They are extremely knowledgeable in their field and have assisted many in our Chelsey Park Community to reach their fitness goals. Come visit us in the 312 building-take the elevator to the basement. We are happy to help you improve your quality of life.

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

GRANPARENTS DAY SOCIAL

Saturday September 8th, 2:00pm – Auditorium
Featuring entertainment from Hillary and Christian.

MAKE YOUR OWN SUNDAES

Wednesday September 11th, 2:00pm – Auditorium
Build your own tasty ice cream treat to enjoy!

BEECHNUT STEEL DRUMS

Saturday September 14th, 2:00pm – Auditorium
Enjoy the tropical sounds of this popular band.

HAPPY FEET

Wednesday September 25th, 2:00pm – Auditorium
Healthy alternatives to compliment foot care.

POLICE TALK

Monday September 30th, 2:00pm – Auditorium
The London Police Department presents Important security information for Seniors on protection against fraud.



UPCOMING TRIPS

Stones'n Bones

Wednesday September 18th, 10:30am - 312 Lobby

A remarkable museum of ancient artifacts in Sarnia. Cost of \$49 cash only is payable to Health Club before September 4th. Includes highway coach transportation and Museum admission. For Residential Residents only; lunch is also included at John's Restaurant in Sarnia. Estimated return time is 4:30pm.

MASONVILLE MALL

Thursday September 19th, 1:30pm - 312 Lobby

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

MORNING DRIVE

Saturday September 28th 10:00am - 312 Lobby

A pleasant autumn drive in the country.

- Please contact Tim at 519-432-1845 EXT. 269 if you are interested in going on 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

