

Hello September 2023

Issue No. 88
The Tansley Times



September

2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Village Entertainment

| Date | Time | Entertainer | Location |
|----------------|-------------|---------------------------------|-------------------------|
| September 6th | 3:15 pm | Tristan Alexander | Fergusson Town Hall |
| September 9th | 2:15 pm | Brent Meidinge | Emma's West |
| September 11th | 3:00 pm | Notables | Emma's East/ Egerton |
| September 16th | 1:30-3:30pm | Leslie Ann Taylor (Car Show) | RH Turn Circle |
| September 22nd | 7:15 pm | Alchemy Unplugged | Fergusson Town Hall |
| September 26th | 3:00 pm | JustUs | Fergusson Town Hall |

Vendors This Month

September 14th 10 AM—2PM (Café)—Wooden Roses with Debbie

Come back once again to see Debbie with her wooden roses, jewelry and accessories!



September Special Events

September 10th—Grandparent's Day

The Tim Hortons store at 4033 New Street has generously offered to host a Tim Horton's pop-up to celebrate Grandparent's Day! Please enjoy Coffee, Tea & a sweet treat in the Café from 12:30-2pm.

September 12th/13th—Treasure Trove (Resident's Council Run)

"What's one man's trash is another man's treasure." Mark your calendars and stay tuned for more information to come brought to you by your Resident's Council!

September 16th—Annual Car Show

Join us once again this year for our Annual Car Show from 1pm-3:30pm outside the Main Retirement Entrance (café doors)! Admire our featured vehicles, enjoy live entertainment, and snacks on the house!

September 17th—Annual Terry Fox Walk

The Annual Terry Fox Walk is being held once again this year! Please meet at the Café at 10AM to join our walk to raise awareness and to carry on Terry's legacy. Wind down in the evening by reflecting on Terry's journey through the Terry Fox Movie.

September 20th—Tansley Woods Monthly Social (Resident Run) Beer Tasting

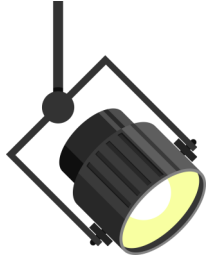
Come and sample local Craft Beer and Root Beer from Nickle Brook Brewery from 2:30pm - 4:30pm. Participation cost to be determined. Look for sign-up sheets in early September.

September 30th—National Day for Truth & Reconciliation (Orange Shirt Day)

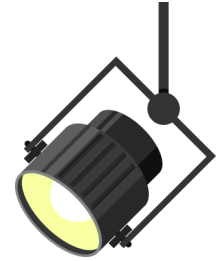
We encourage everyone to wear orange on this day to honour the thousands of Survivors of residential schools. The orange shirt is a symbol of the stripping away of culture, freedom & self-esteem experienced by Indigenous children over generations.

September—Hunger Action Month

September is Hunger Action Month. Keep an eye out for a donation box on Main Street where you may donate cash to Food for Life Burlington! Food for Life is able to turn every \$1 donated into \$7 of good food!



Program Spotlight



Scarf Juggling

Learn to juggle with scarfs! It's a simple and fun way to improve your balance and coordination which is essential for maintaining strength and agility throughout your lifetime.

Bazaar Crafts & Bazaar Craft Night

Join us Tuesday evenings & Thursday Afternoons and get in the Christmas spirit as we work away in Santa's Workshop, preparing various handmade crafts to sell at our Annual Christmas Bazaar!

Great Art Explained

Each episode in this series focuses on one piece of art and breaks it down, using clear and concise language free of 'art-speak'. Explore famous art pieces such as Van Gogh's The Starry Night, Michelangelo's David and many more!

Bazaar Preserves

We need your help preparing and canning various preserves to sell at our Annual Christmas Bazaar. Jam, pickles, salsa, you name it! Never canned? No problem, we teach you all the tips and tricks behind canning & making delicious preserves.

Show Me Where You Live Travel Series

Enjoy this new series and discover how different types of houses are built around the world, how human beings claim ownership to a space so that they can live safely within it, function as a society, and above all be in harmony with the environment around them.

AN ACRONYM

An ACRONYM is a word made from letters in another word – and this is intended to make it easier to deal with change – a word of great difficulty, causing grief for many. Let's start with ACCA; the meaning will become clear as you read. These four letters can provide a framework for managing change – something we will all welcome! If life gives you lemons, make lemonade! But how?

Change is something we don't want, don't seek, don't like, and don't know how to deal with. Hopefully, this article will offer some help but, as in all things, the preference is yours! You have the power!

Amazing how many people expect stability for their lives, and react with anger, frustration and a sense of frozen response when anything interferes with what they planned or expected. Only a dream will remain untouched, and we can only use dreams for hope, not our reality! Dreams are an image in our minds (Oxford) – maybe in our sleep – a great conversation piece but not good for action. However, the image can stimulate thought, which can then become a motivator for decision-making and movement.

The reality of change means it is necessary for newness of thought, direction, focus and action. There is some reason that change in your way so to speak! This applies in any case, at any age – but you need to be mature enough to deal with it! This acronym can help you with an effective response to change, when you put it all together!

- ACCEPT whatever is going on as a challenge full of purpose. If you fight, resolution will take so long, it may be ineffective, and options may have reduced, while you had your temper tantrum and rage! If you get rid of your frustration and become ready to move on, the next step is
- CALM results from the anger you just displayed, so now you are ready to think about your options and goals. Making a list of thoughts at this moment, will enable you to move to the next stage of response, which is
- CHOICE which will take some time to discern, so give yourself a chance to
 - a) assess the situation, b) determine positive goals, and c) list a few steps to reach those goals, allowing options of possibility. Having determined your choices, you are ready for the final stage,

- ACTION which enables you to be in control of your life – no longer angry or frightened – or ‘stuck’ as I have heard! Of course, you will remember that ‘the only thing carved in stone is death’ so you have lots of living to do along the way!

Having an attitude of change and welcoming the control and power you have in responding to change, means you will welcome change now, as you move forward! Remember ACCA – a great acronym!

Just sayin’!

©judystefnitzMay282023



FACTS

Do you know the story behind the Dream Catcher? This is from American Indian Mythology:

It is said that both good dreams and bad dreams circulate in the night air. The loop, its centre woven in a web-like pattern, allows the good dreams to pass through the web into the sleeper, but makes bad dreams become entangled in the web, where they perish at the first light of dawn.

Have you heard – nose over toes?

When getting up from a seat, put your nose over your toes and push with your arms. Your body’s position is in the best all over position to rise.

GIGGLES

Still trying to get my head around the fact that “Take Out” can mean food, dating or murder.

I said that I was good at making decisions, I did not say that the decisions I make are good.

Over 5000 years of eating bread and in less than a decade, many people are allergic to gluten.

WORDS OF WISDOM

Don’t be afraid to start over again. This time you are not starting from scratch, you’re starting from experience.

Japanese Wisdom:

If it’s not yours, don’t take it.

If it’s not right, don’t do it.

If it’s not true, don’t say it.

If you don’t know, shut up.

Wendy De Jaray

Good News

Tansley Woods' residents have experienced a lot of stress in the last three years and may wonder if there is more to come with a new outbreak. Who really knows?

This may be the perfect time to look for the bright side of things. We can even say "Optimism is bargain-priced today". Finding the good news may be worth writing about. Or more specifically, explaining how residents might actually benefit from big changes.

Many residents arrived here after selling the family home. Probably they received the biggest payment of their entire lives. And the gain above the cost of their principal residence was free of tax. It was easy to deposit or transfer that cheque into a bank account.

That was the perfect time to pay off old bills and clear the slate. Some new residents bought a shiny new car, high enough to enter and particularly step out from.

Many seniors write cheques for their grandkids' birthdays, who may send a brief "thanks, Nana" from their 'phones but never write back. That's because they can't write. Cursive wasn't required in Ontario elementary schools for many years. But, good news, it will be taught once again starting this September. Tansley residents may soon be surprised to receive a written note.

Others believe it's time to plan ahead. They are now seniors in their late 70s and 80s. Probably health problems have developed; certainly health costs are concerning, especially uninsured expenses. Not to mention high food costs. Not much good news to celebrate.

And their investment returns don't keep up with rising expenses. Perhaps it's time to look for a wealth manager who doesn't sell mutual funds, or wills, or insurance. There is an alternative that can provide professional investment management based only on personal needs.

If you would like to know more, call me at 289-636-1524 or e-mail me at n.stefnitz@cogeco.ca

Happy September everyone. We have a mixed bag of weather this summer...cold days, rain, hot day, rain, thunder storms, rain, some just right day. And it has produced a flourishing lush landscape for all of us to enjoy.

We are heartened to note the interest you residents have shown in our home, through reading the Tansley Times, through submissions to the red SRC boxes and through personal communications with the members of council.

Lately the discussions have centered on the raising of our Canadian flag. Thank you, Stan, you enlightening contribution to our discussions, some of his points were:

How big should it be?

How tall should it stand?

Should it be out front by Upper Middle Road?

Should it be by the Gazebo where many of us gather?

Who is the flag for, us or public?

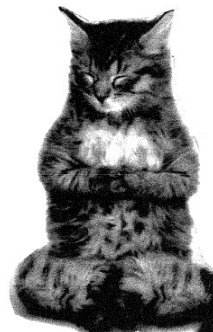
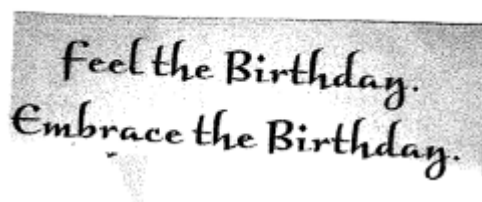
Please give us your thoughts on this. (Did you know our flag is the only one in the world to display the maple leaf?)



©Claybourne

This month we held our first nonagenarian / centennial birthday recognition for 90, 95 and 100 year old residents. 6 residents joined us for the event as well as the council members. Happy birthday to all of you and also to those in between 91 to 94 and 96 to 99.

I was always taught to respect my elders but it keeps getting harder to find one!





Autumn Word Search

L N Q F M M P S Z U Z Z O C Q O W Q I O J K K V
 Y S G L U O N P Q U X R D O I Q F K K I G J P C
 H T H A N K S G I V I N G R X P Y F Q R A M Y N
 T K E R Q V M Y S T H H T N L V T W O L L E Y R
 Z X B T T G W T C M W O R L E A V E S L G C W G
 H K Q H V G E C S A O Z Q Q F D N M C L F Q I O
 A V V T F A N E J T S Y Z S M K Y K J E O M S M
 L T R I S R E B M E T P E S Q R G P Z E Z B G Q
 L W K P J T Z A O C H B Z V H N I K P M U P B W
 O T V W C N Y A O U T A C T A P J K L R I F T U
 W X R G K B G Z D E M Y S L R G C X U C F U I W
 E R V S H W A E Q G S X Y M V I Q J V I F I C A
 E L E M S K R B Q G N W R V E D Q F Y D S J T V
 N H H B U I P O T A T O E S S X N H C E D U U O
 G L M V M X X G X O R V Y R T S G C F R R I R G
 F Q D F Q E A L I R I S E L P P A N B K U R K E
 X U H A U V V H E A Y T V B V H S C B C P E E I
 D N A L E L R O P N B X K Q V N U M Y E N B Y P
 H L A L N W I T N G C H E L C C R O H M Z O O V
 P X G I W P J C K E K W J M H U A O U I E T E B
 D D O P I X A A B R O W N D C A N Z C B K C I E
 M X R B N I U Y M Z Y X E D Y F E B Q A J O K L
 A D G N J L S K I E I G G L V I O P F H E A O W
 T S Y K A O V D A U T U M N N P N T B V R X Y Y

| | | | | |
|----------|---------|-----------|-----------|--------------|
| Acorn | Apples | Autumn | Brown | Cider |
| Corn | Fall | Halloween | Harvest | Leaves |
| November | October | Orange | Pie | Potatoes |
| Pumpkin | Rake | Red | September | Thanksgiving |
| Turkey | Yellow | | | |

Word Scramble

ANTMUU

ERMSUM

NPTSAGDENARR

MRUMES



Autumn, September, Grandparents, Summer

Happy September Tansley!

TERRY FOX WALK - SUNDAY, SEPTEMBER 17th

Join your PAL team for the annual Terry Fox Walk for Cancer Research on Sunday, September 17th at 10am! We will be meeting at the Café doors and walking around the building, about 1km, to help support Terry Fox's cause and raise awareness for the need of ongoing cancer research.

If you were unable to attend either of our donation collections in August, but still wish to donate to The Terry Fox Foundation, please contact Caleb and Andrew at extension 1887, or find us located in The Pet Shop on Main Street. We will be accepting both Cash and Cheque donations, and any pledge of \$20 or more will be issued a tax receipt. Please make any Cheque donations payable to The Terry Fox Foundation.

ARTHRITIS AWARENESS MONTH

September is Arthritis Awareness Month in Canada! Arthritis is a chronic disease, causing inflammation or swelling to one or more joints, and it is a leading cause of disability.

Unfortunately, as you age your risk of developing arthritis increases. Exercise is a great way to prevent arthritis, with a focus on light weight bearing to gradually load your joints, which strengthens and prepares them for general wear and tear that comes over time.

Exercise also helps to treat arthritis, with a focus on lower-impact, such as walking, swimming, and stretching. While it is important to stay active, including rest in your exercise is also just as important, protecting your joints and reducing the amount of stress being placed upon them. Some other treatments include heat or cold, massage, weight loss, and the use of assistive devices such as a cane or walker.

As always, stay active!

Your PAL Team

Catch a shooting star at the Village of Tansley Woods!

Shooting Star!

Who – Linda

When – Everyday

Where – Williamsburg East

What Stood out to You – Always puts the residents first. Strives to make them feel special and, to put a smile on each of their faces.

Shooting Star!

Who – Desiree

When – Every Shift

Where – Dining Room

What Stood out to You – accommodating, joyful and funny

Shooting Star!

Who – Jared

When – Everyday

Where – Housekeeping—Egerton

What Stood out to You – Always makes the washrooms sparkle. Strives to do his very best in all his tasks.

Have YOU caught a shooting star?

We have all seen team members and volunteers go above and beyond the call of duty in the Village. Please take the opportunity to

NOMINATE THEM !

Forms are available
outside the Village Office

-The Village People

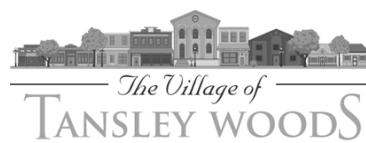
Questions Regarding Your Monthly Invoice: Please call Helen 1802.

Repairs in Your Rooms: Please call the Front Desk 1876 so we can log your repair in our maintenance system and expedite it. If you are experiencing issues with your TV Cable please call 1 866 774 8888.

Audio Support In Town Hall: Bluetooth listening sets are available for all programs in Town Hall.

Ancillary Medical Information: The Tansley Family Health Centre (on-site) offers a number of services. Please call Monika in the health centre at ext. 1997 or email: twhealth.centre@schlegelvillages.com

The Ruby: Our Ruby Restaurant is now open on Thursdays and Fridays for lunch and dinner. Now open for the general public as well. You can buy Ruby gift cards and reload them as much as you want.



Lotus Pharmacy

Perfection in Pharmacy Practice - Purity in care

Located on Main Street beside
Tansley Woods Medical Clinic

4100 Upper Middle Road,

Burlington, L7M 4W8

Phone: EXT. **1996** or 289-636-1433

Mobile: 289-962-4734

Fax: 1-855-800-9111

Monday- Friday***10am- 5 pm

Saturday***11 am – 2 pm

Sunday ***Closed

Tansley Health Centre

The services you need and want, right here in our Village! Contact us at ext. 1997 to book an appointment for:

Dr. Ishak - Physician

Dr. Ghobara - Physician

Nurse Practitioner

Dental Hygienist

Physiotherapy

Osteopathy

Massage Therapy

Chiropody/Footcare

For appointments with the Ear & Hearing clinic — please call 1-888-745-5550

Discover Wellness and Vitality with Soumbos Osteopathy!

Unlock the Benefits of Osteopathic Care with a **FREE** 20-Minute Osteopathic Consultation!

Are you seeking a holistic approach to health and well-being that's tailored to your needs? Look no further! Soumbos Osteopathy is excited to offer residents and family members an exclusive opportunity to experience the transformative power of Osteopathic care by offering **10 FREE 20-minute Osteopathic treatments** in the month of September!

What is Osteopathy? Osteopathy is a gentle and non-invasive healthcare approach that focuses on enhancing the body's natural ability to heal itself. Our Osteopathic Manual Practitioner Andrew specializes in providing personalized treatments that address a wide range of concerns, from pain management to mobility enhancement.

Why Choose Osteopathy?

Personalized Care: Each consult is tailored to your individual health goals and concerns.

Pain Relief: Osteopathy can alleviate discomfort from chronic pain conditions and promote relaxation.

Improved Mobility: Our techniques can enhance your range of motion and overall physical function.

Holistic Approach: We treat the whole person, considering physical, emotional, and mental well-being.

Non-Invasive: Osteopathy is gentle and doesn't involve medication or surgery.

Your Path to Wellness Starts Here! Take advantage of this limited-time offer to experience the benefits of osteopathy for yourself. Whether you're dealing with joint stiffness, muscle tension, or simply aiming to boost your overall vitality, Soumbos Osteopathy is here to guide you on your wellness journey.

How to Claim Your FREE Consult: To book your complimentary 20-minute consult, simply call the Health Centre at extension 1997, email info@soumbososteopathy.ca, or book yourself an appointment on soumbososteopathy.ca.

Convenient Location: Our practice is conveniently located right here at The Village of Tansley Woods, ensuring that you have easy access to top-notch osteopathic care without having to leave the comfort of your community.

Don't Miss Out! This offer is available for a limited time only. Seize the opportunity to invest in your well-being and discover the rejuvenating effects of osteopathy. I look forward to assisting you on your health and wellness journey!

Andrew Soumbos, R.Kin, D.O.M.P., D.Sc.O



SOUMBOS
OSTEOPATHY

Move Well. Feel Well. Live Well.

GENERAL INTEREST



COVID IMMUNITY
STUDY

COVID IMMUNITY STUDY VIRTUAL TOWN HALL



WHERE DO WE GO FROM HERE?

JOIN US AS OUR SCIENTIFIC LEADS FROM MCMASTER UNIVERSITY,
DR. DAWN BOWDISH AND DR. ANDREW COSTA,
SHARE NEWS, REVIEW STUDY RESULTS, AND DISCUSS FUTURE DIRECTIONS.

HOW DO I REGISTER?

- Scan the QR code
- Go to our website:



NEED MORE INFORMATION?

Email: covidlhc@mcmaster.ca
Phone: (289) 639-5988

www.covidinlhc.com/townhall

DR. ANDREW COSTA, PHD

Study co-lead,
Health Services Epidemiologist,
McMaster University

Wednesday, September 27th

🕒 2:30 p.m – 3:30 p.m



DR. DAWN BOWDISH, PHD

Study co-lead,
Immunologist,
McMaster University

Thursday, September 28th

🕒 6:30 p.m – 7:30 p.m



To remember those who have
passed away in the Village you
will find a memorial poster next to
our chapel

Gisela Bokelmann

Sabitri Ganguli

Martha Innes

Clifford Mclean

Rose McCurdy

Barbara Melowsky

Roberta Scime



Linda Beers & Robert O'Hare

Donald Edwards

Peter Giammichele

Kelly Gray

Cynthia Marshall

Cyril & Margaret Pearce

Gretta Terry

Esther Umestu

Egon Zohar

Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



WILFRED SCHLEGEL *Day*
Monday, August 7



September 11-17 Residents' Council Week

Residents' Council Week is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.

RESEARCH
MATTERS

RIA FEATURE

Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.

**I've never been particularly creative, is it too late to start now?**

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

"Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](https://www.the-ria.ca/artsandaging). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.

Schlegel Villages – CONNECTIONS



National Day for Truth and Reconciliation

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless.

Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while, until the dawn of the 21st Century, a concerted, government and religiously-sanctioned suppression and theft of culture was maintained. The lives of countless First Nations, Inuit and Métis peoples were the casualties and, today, we join millions across Canada to recognize darkness of this past as we mark Canada's first Day for Truth and Reconciliation. We wear Orange in remembrance of the story of Phyllis Jack Webstad, whose grandmother gave her an orange shirt to wear on her first day of school at the age of six. The shirt was promptly taken away from her on that first day, as were all her other clothes, and for Phyllis, the colour always represented her story of residential school survival.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are open and our team and residents come together in the spirit of learning and education. The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.

One of our organization's key values is honouring diversity and discovering the varied histories of those who live and work in our Villages. We encourage everyone to take time to learn upon the experiences of the past and unlearn what has been false or misleading; we encourage our friends to have conversations about what we've seen and felt about what we've learned; we encourage Canadians to reflect upon the truth and honour the strength of those who carry forward.

We stand together, and we remember.

Important Information—RH Directory 905-336-1714

| | | |
|--|--|------------------------|
| General Manager | Jo-Anna Gurd | Ext. 1877 |
| Assistant General Manager | Preyana Ramratan | Ext. 1878 |
| Wellness Coordinator | Dela Justin | Ext. 1882 |
| Wellness Coordinator | JP Kaur | Ext. 1703 |
| Neighbourhood Coordinator East | Mark Fletcher | Ext. 1881 |
| Neighbourhood Coordinator East 2nd floor | Porscha Hewitt | Ext. 1896 |
| Neighbourhood Coordinator West | Marlene Graham | Ext. 1702 |
| Neighbourhood Coordinator West 2 nd Floor | Alex Ayala | Ext. 1705 |
| Director of Hospitality | Mike Killip | Ext. 1861 |
| Hospitality Supervisor | Ric Salvacion | Ext. 1976 |
| PAL Coordinators | Andrew Soumbos Caleb Ramey Megan Pryce-Jones | Ext. 1887 |
| Director of Recreation | Olivia Thompson | Ext. 1873 |
| Director of Environmental Services | Asher Black | Ext. 1857 |
| Director of Lifestyle Options | Alexey Becquer | Ext. 1839 |
| Director of Lifestyle Options | Janeny Ngo | Ext. 1840 |
| Director of Lifestyle Options | Laurie Dovidio | Ext. 1804 |
| Villages Experience Coordinator | Fazier Hoosein | Ext. 1988 |
| Village Office Coordinator | Pennie Pryce-Jones | Ext. 1851 |
| Administrative Coordinator | Helen Sanger | Ext. 1802 |
| Administrative Assistant | Paige Epp-Ruitenbergh | Ext. 1701 |
| Administrative Assistant | Kamal Preet Kaur | Ext. 1876 |
| The Ruby Restaurant | 10 th Floor | Ext. 1880 |
| Main Floor Nursing Station | Lead Nurse—East Lead Nurse—West | Ext. 1888 Ext. 1700 |
| Chaplain | Antony Kolencheril | Ext. 1854 |
| Tansley Family Health Centre | Dr. Ishak & Dr. Ghobara | Ext. 1997 |
| Volunteer Coordinator | Sharon Montgomery | Ext. 1960 |
| Social Worker | Kurtis Wilson | Ext. 1892 |
| Village General Store | | Ext. 1986 |
| Riverstone Spa | | Ext. 1924 |