

The background features a watercolor illustration of autumn-themed elements. At the top left, there are branches with leaves in shades of purple, red, and orange. To the right is a large, round, light-brown pumpkin. Below the main title, there are more green and yellow leaves on the left and right sides. At the bottom left is a large, light-green pumpkin, and at the bottom right is a smaller orange pumpkin and a cluster of small red berries.

THE TANSLEY TIMES

SEPTEMBER 2024

SEPTEMBER 2024
ISSUE NO. 100



S e p t e m b e r

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	1	2	3	4	5



Village Entertainment

Date	Time	Entertainer	Location
September 10	3:00 PM	Brassworks	Town Square
September 16	7:15 PM	The Goodtime Guys	Fergusson Town Hall
September 17	3:00 PM	Manvir	Emma's East / Egerton
September 21	1 - 3 PM	Split Decision	RH Turn Circle: Car Show
September 23	3:00 PM	Peter Harding	Emma's West
September 26	7:15 PM	Northern Lights	Fergusson Town Hall

Vendor This Month

September 6th, 10 AM - 3 PM: Comfort Shoes—Café

September 11th, 10 AM - 3 PM: Made for You by Jo—Café

September 27th, 10 AM - 3 PM: Tradition's Alive—Café



September Special Events

September 5—Beer Tasting

Calling all beer drinkers! Join your marketing team for a Beer Tasting outside by the Pond Gazebo at 2:30 PM on this day. Please sign-up in the binder outside the Village Office if you wish to attend.

September 8—Grandparent's Day

This year for Grandparent's Day, we will have a "Grandparent's Tree" featured on Main Street in our Town Square gazebo. If you have a photo featuring Grandparents and Grandchildren you would like to be featured on the tree, please email it to Olivia.Thompson@schlegelvillages.com, or bring the physical copy down to Olivia in the Hobby Shop who will take a photocopy of the original.

September 15—Terry Fox Walk

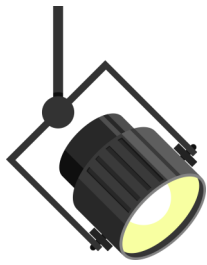
The annual Terry Fox Walk is being held on Sunday September 15th at 3:00 pm, followed by a social at 4:00 pm. Please join us in helping raise awareness and carry on Terry's legacy. If you would like to make a donation to the Terry Fox Foundation, please see the PAL Team.

September 21—Car Show

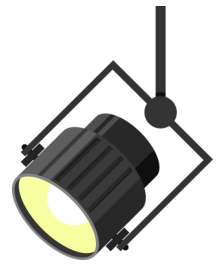
Our annual car show is coming back to Tansley on Saturday September 21st from 1—3:30 PM. Join us outside the Main RH Entrance to view a variety of classic cars, enjoy a BBQ & live entertainment! Please contact Olivia ext. 1873 if you have a vehicle you would like to enter into the show!

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

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". We invite and encourage all Residents & Team Members to wear an orange shirt on this day.



Program Spotlight



Bazaar Craft Night

Ho Ho Ho, here come's Santa & his Tansley elves! Let's get to crafting Tuesday nights from 5:30 - 8:30 PM in the Senior Centre working on various projects to sell at our Annual Christmas Bazaar in November. Those who attend will be provided with dinner.

Transplanting House Plants

Come on down to the Hobby Shop if you have any house plants that need to be renewed! Pots and soil are available and willing hands can help with the transplanting process. This program is offered on a monthly basis, so watch for it on your calendar each month!

Our Great National Parks (Documentary)

Filmed in national parks around the world, this docuseries narrated by former President Barack Obama mixes stunning footage with eye-opening insights.

Word Wipe

How many words can you find in a grid of letters! Race against the clock working together as a team to decode as many words as possible piecing together approximate letters! The more letters in the word, the more points that are awarded.

Meditation with Elizabeth

Elizabeth is an experienced volunteer who is facilitating mediation classes. Join her in the Waterfall Room, which is on the 2nd floor in the East Tower in the Egerton Neighbourhood. This class is open to all and we encourage those who do not reside on the Egerton neighbourhood to check out this unique space & reap the benefits of a meditational session.



Shooting Stars

We have all seen team members and volunteers go above and beyond the call of duty.

*If you have caught someone doing that: **nominate them!***

Forms are available on the bulletin board on Main Street.

Shooting Star

Who: Emily

When: Every Saturday onwards

Where: Ailsa Craig

Emily is a dedicated worker who takes pride in her work, and it shows. Her performance has constantly exceed expectations.

Shooting Star

Who: Lovelie Ropa

When: The past few weeks

Where: Emma's West

Lovelie picks up shifts whenever we are in need.

Shooting Star

Who: Kim Main

When: Last Month

Where: Emma's West

Kim organized and facilitated unique, fun and engaging opportunities for residents.



Happy September from Soumbos Osteopathy!

What is Osteopathy?

Many don't know what osteopathy is or how it can benefit them in their day-to-day life. An osteopath's main goal is to help the body heal itself by restoring stability and normal function of the joints. By doing this, an osteopath can help restore alignment and relieve pain through noninvasive manual therapy. Osteopathy emphasizes on a holistic approach to improve pain relief, mobility, reduce stress and overall better wellness.

All residents can now book a **FREE** 15-minute osteopathy consultation in the Health Center.

Book your free consultation to learn why osteopathy is highly effective for seniors, and how osteopathy can help you specifically.

Contact Information

Email: info@soumbososteopathy.ca

Website: soumbososteopathy.ca

Phone: extension 1997



SOUMBOS
OSTEOPATHY

Move Well. Feel Well. Live Well.

See You In September.

September (from Latin *septem*, "seven") was originally the seventh of ten months on the ancient Roman calendar that began with March.

September originally had 29 days, but after the Julian calendar reforms that resulted in a 12-month year, (January and February were added), September gained a day.

September contains many significant days, the most horrific being 9/11.

It also marks the beginning of fall with the autumnal equinox on September 22.

The month also recognizes Hispanic heritage and world Alzheimer's.

On September 30, Canada honors the memory of indigenous children with the National Day for Truth and Reconciliation. Residents are encouraged to wear orange that day.

On a lighter note, September also recognizes Grandparents Day (8th), National Wife Day (15th), and Ask a Stupid Question Day (28th).

At Tansley Woods the resident council is planning some exciting events this fall including the Treasure Trove.

It has been a great summer for growing and residents are encouraged to help themselves to free herbs at the rear of the East tower.



LIVING IN MY TODAY**Spouse & Caregiver Dementia Support Group**

Living In My Today is a spouse and caregiver dementia support group. This is a both an educational group and a peer support group for spouses and caregivers to express how their situation makes them feel, find connection and feel validated. This group will be running monthly throughout the year on specific dates below.

- Wednesday September 4th 2024 in the Chapel
- Wednesday October 2nd 2024 in the Chapel
- Wednesday November 6th 2024 in the Chapel
- Wednesday December 4th 2024 in the Chapel

AT 11AM TO 12PM

For more information if interested please reach out to Karen Savoy (Social Worker) or Kurtis Wilson (Social Worker).

To reach Karen at: ext.1808 / Karen.Savoy@schlegelvillages.com

To reach Kurtis at: ext. 1892 / Kurtis.Wilson@SchlegelVillages.com



Happy September Tansley!

New PAL Team Member

Please welcome Bhavini, our new PAL Coordinator! You can find Bhavini in the Pet Shop, so please stop by and give her a warm welcome! As Bhavini joins our PAL Team, we look forward to bringing you some new and exciting exercise programming!

TERRY FOX WALK - SUNDAY, SEPTEMBER 15th

Join your PAL team for the annual Terry Fox Walk for Cancer Research on Sunday, September 15th at 3:00 PM! We will be meeting at the Café doors and walking around the building outside, 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 Melanie and Bhavini at ext. 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. We appreciate your support!

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. Focus on exercises that include with light weight bearing. This will 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 exercises such as walking, swimming, and stretching. While it is important to stay active, including rest in your exercise is also just as important. Always remember to protect your joints by 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!

Melanie, Bhavini, & Megan

Schlegel Villages – CONNECTIONS

WELCOME STUDENTS

As the cool nights of August lead us into September, we are reminded of the hopeful days of the beginning of a new school year. It is a constant among generations that nearly everyone has experienced in life, the excitement and nervousness of new classes, teachers and classmates; within our Villages, those feelings are something we relate to, for we are part of so many students' lives.

We offer a warm welcome to all of the many students who will be part of our communities this fall. They come from

The students who come to learn and grow alongside our team members are an important part of Village Life, and we're always thankful that they choose us!

high schools as volunteers or on co-op placements, and from colleges and universities through hands-on placement opportunities in practically all aspects of Village Life. In several of our Villages, they are also part of our Living Classrooms, brought to us in partnership with different Ontario Colleges, like Mohawk, Conestoga or Sheridan. These future healthcare professionals all have the potential to help us transform the healthcare system, and we hope many will stay and grow with us.



Schlegel Villages – CONNECTIONS

MONDAY,
SEPTEMBER 30

National Day for Truth and Reconciliation

The First Nations, Inuit, and Métis peoples shared their knowledge and wisdom with the first settlers in Canada, guiding them through an unfamiliar land. Over time, this relationship deteriorated as greed and dogma drove the expansion westward, disregarding the deep-rooted wisdom of Indigenous peoples.

In the 19th and 20th centuries, this relationship reached its darkest point, with government- and church-sanctioned efforts to suppress and erase Indigenous cultures. On Sept. 30, we join millions across Canada in recognizing this painful history as we observe the National Day for Truth and Reconciliation. We wear orange in memory of Phyllis Jack Webstad,

whose orange shirt was taken away on her first day at residential school, symbolizing the broader injustices faced by First Nations children, families and communities.

At Schlegel Villages, our doors remain open as we come together in the spirit of learning and reflection, recognizing always have more to do. We honor diversity and encourage everyone to learn from the past, engage in meaningful conversations, and reflect on the strength and resilience of Indigenous peoples. Together, we remember, and together, we move forward toward a more equitable future for all.



ARTS & AGING
DAY CANADA



SEPTEMBER 24

September can be hot

Keep cool and have fun!

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

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

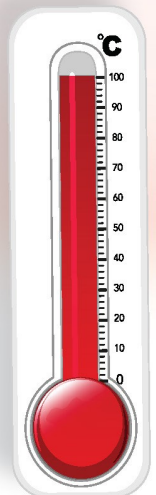
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

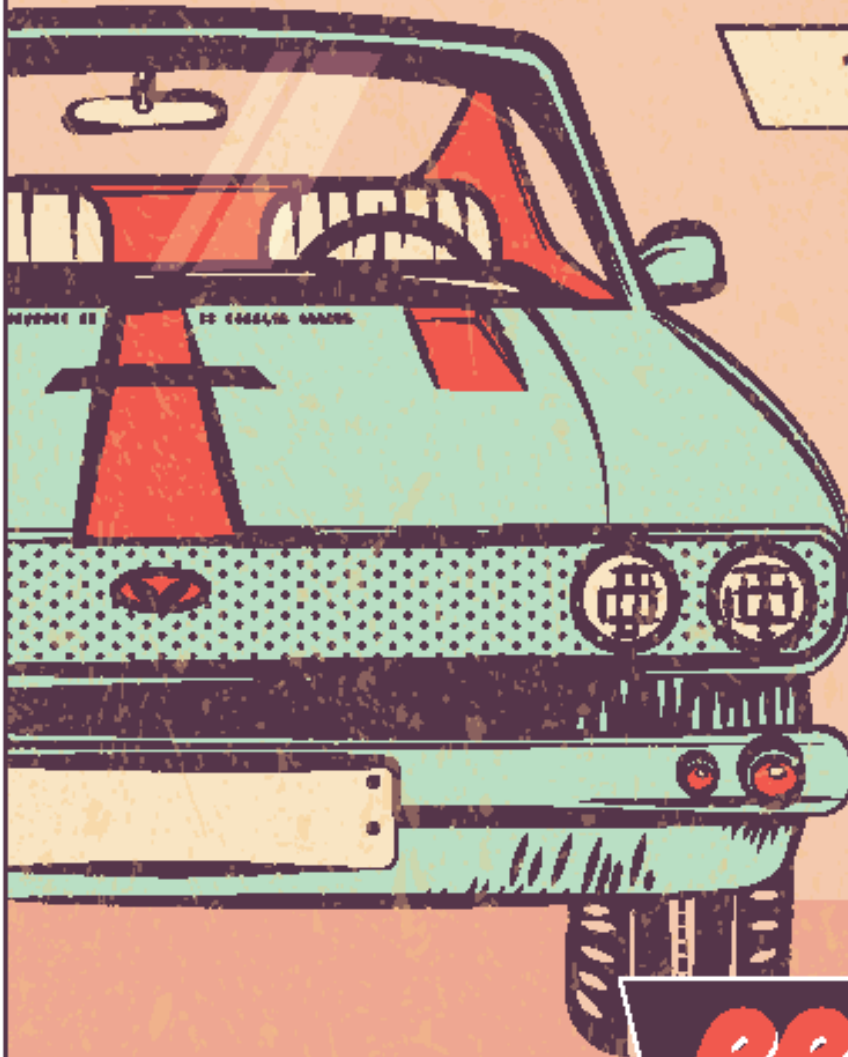
SHADE

WATER



CAR SHOW

Saturday, September 21



1-3:30 p.m.

Cruise on over
for a good time
with classic cars,
live entertainment
and try your luck
in the 50/50 raffle.

Enjoy a day
that's fun for the
whole family!

BBQ

\$10 per person
Cash only

RESEARCH MATTERS

RIA FEATURE

A guide to embracing art as an older adult

Studies have shown that the arts can enhance a person's physical, mental, emotional, social and spiritual life. Participating in activities like gardening or being a part of a book club can bring people together, encourage personal growth, and create fond memories!

What counts as an arts-based activity?

There's no one answer when it comes to this question. Some people think the arts are limited to things like dancing and painting, but you can also be creative by doing things like baking or even fixing up a broken clock. Everyone has their own ways of being creative and there's no limit to how you can enjoy the arts and its benefits.

How can I start taking part in arts-based activities?

Many people are afraid that they aren't very artistic – they may have been told from an early age that they shouldn't dance because they have two left feet. It's important to let go of these thoughts and try something new, you might be surprised by how much fun you have!

Not feeling particularly creative one day but still want to do something arts-based? You can simply observe! Just attending a play, watching a performance or listening to your favorite song will be good for your mood and health.



There are lots of ways you can express your creativity! Here are just some ideas:

- Reading
- Painting
- Drawing or sketching
- Writing
- Playing an instrument or singing
- Acting
- Knitting
- Sewing or quilting
- Dancing

What is Arts and Aging Day Canada?

Arts and Aging Day Canada happens every year on September 24. From virtual events you can join from your home to admiring others' creations on social media, this day is all about expressing creativity and sharing the impact the arts have made on the lives of older adults.

Visit the Arts and Aging Day Canada web page to learn how you can participate: the-ria.ca/events/arts-and-aging-day

WORD SEARCH

ALTVRE

RMTEESPEB

SOHLCO

TSDRRENGPNAA

SLEEVA

PLEADCRPIE

AUTUMN WORD SEARCH

Find All The Words!

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

APPLE
 CIDER
 CORN
 HALLOWEEN
 LEAF
 PUMPKIN
 SEPTEMBER



AUTUMN
 COLORFUL
 FALL
 HARVEST
 NOVEMBER
 RAKE
 THANKSGIVING



BRISK
 COOL
 FOOTBALL
 HAY
 OCTOBER
 SCARECROW
 TURKEY



Are you looking to **stay active, meet new people**, help your community, **learn new skills** or polish those you already have?

Why not volunteer?



At The Village of Tansley Woods we welcome volunteers in our Village and have a wide range of opportunities for you to make a difference in the lives of our residents. Discover the joy and fulfillment of volunteering... there are lots of ways you can help:

How do I get Started?

Apply online at www.schlegelvillages.com OR

Contact: Sharon Montgomery (Volunteer Coordinator)

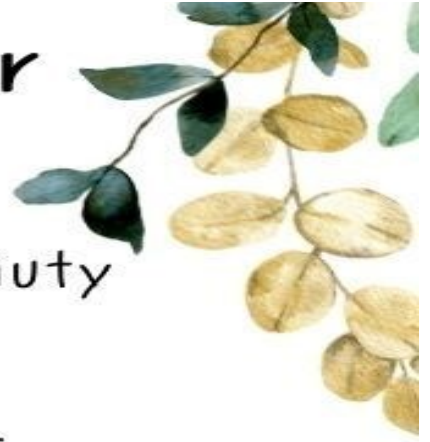
905-336-9904

extension number 1960

tansley.volunteers@schlegelvillages.com

FORMS FOR RESIDENTS ARE AVAILABLE AT FRONT DESK

Hello September



Some people think that beauty
Equals a good look. But a
Pretty face is just the surface.
The real beauty lies inside
Everyone. Kindness and smiles
Melt hearts. And when you
Believe in yourself and know you're
Enough, the light you
Radiate will touch everyone around.



- Shirley Bruce
- Marjory Rixon
- Brian Naylor
- Sandra Cochen
- Hilde Jachinski
- Margaret Warren
- Isabella Milne
- Finn Saevil

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

- Frances Shewchuk
- Ian Youseman
- Barry Cook
- Nancy Hinton
- Erik Newbold





Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Tansley Woods, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ · DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

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 currently open for lunch & dinner on Thursdays, Fridays and Saturdays. You can buy Ruby gift cards and reload them as much as you want. Now open for the general public as well. Reservations can be made at the Village Office front desk, or at ext.1876

Village Neighborhood Pharmacy

Located on Main Street beside the
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 – 3 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
Dr. Moghaddam-Aerisha - Physician
Nurse Practitioner
Dental Hygienist
Physiotherapy
Osteopathy
Massage Therapy
Foot Care

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

Important Information—RH Directory 905-336-1714

General Manager	Jo-Anna Gurd	Ext. 1877
Assistant General Manager	Preyana Ramratan	Ext. 1878
Director of Wellness	Angela Day	Ext. 8303
Wellness Coordinator	Karen Knights	Ext. 1882
Wellness Coordinator	JP Kaur	Ext. 1703
Neighbourhood Coordinator East 1 & 3	Mark Fletcher	Ext. 1881
Neighbourhood Coordinator East 2nd floor	Marlene Graham	Ext. 1896
Neighbourhood Coordinator West 1 & 3	Meghana Bayya	Ext. 1702
Neighbourhood Coordinator West 2nd floor	Alex Ayala	Ext. 1705
Neighbourhood Coordinator East & West 4-10	Kamal Kaur	Ext. 8304
Director of Hospitality	Mike Killip	Ext. 1861
Hospitality Supervisor	Ric Salvacion	Ext. 1976
PAL Coordinators	Melanie Dimitrovski Bhavini Mistry 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	Paige Epp-Ruitenber	Ext. 1988
Village Office Coordinator	Pennie Pryce-Jones	Ext. 1851
Administrative Coordinator	Helen Sanger	Ext. 1802
Administrative Assistant	KT Turner Aisha Nembhard	Ext. 1876
The Ruby Restaurant	10 th Floor	Ext. 1880
Main Floor Nursing Station	Lead Nurse—East	Ext. 1888
	Lead Nurse—West	Ext. 1700
Chaplain	Antony Kolencheril	Ext. 1854
Tansley Family Health Centre	Dr. Ishak & Dr. Ghobara & Dr. Moghaddam-Aerisha	Ext. 1997
Volunteer Coordinator	Sharon Montgomery	Ext. 1960
Social Worker	Kurtis Wilson	Ext. 1892
Village General Store		Ext. 1986
Riverstone Spa		Ext. 1924