

An abstract painting featuring a complex composition of thick, textured brushstrokes in a variety of colors including deep blues, bright yellows, fiery oranges, and earthy greens. The strokes are layered and expressive, creating a sense of movement and depth. The overall effect is a rich, multi-colored tapestry of paint.

THE TANSLEY TIMES

MAY 2025

A decorative graphic element located in the bottom right corner. It consists of a solid dark blue horizontal line that intersects with a semi-circular area filled with a pattern of small, light blue dots.

MAY 2025
ISSUE NO. 108

May

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	31

Village Entertainment

Date	Time	Entertainer	Location
May 3	2:00 PM	Brent Meidinger	Emma's West
May 5	3:00 PM	Mariachi Band	Town Square
May 8	4:00 PM	Tansley Choir Spring Concert	Fergusson Town Hall
May 16	7:15 PM	The Martin Brothers	Fergusson Town Hall
May 21	2:30 PM	The Goodtime Guys	Fergusson Town Hall
May 26	7:15 PM	Kevin Coates	Town Square
May 27	3:00 PM	Peter Harding	Emma's East / Egerton

Vendor This Month

May 2: Stars of Modern Jewelry 10 AM - 3 PM

May 6: The Boutique 10 AM - 3 PM

May 12: Vintage Village 10 AM - 3 PM

May 22: Bella Boutique 10 AM - 3 PM

May 15: Tradition's Alive 10 AM - 3 PM



May Special Events

May 3—Smile Social

The Smile Cookie program at Tim Hortons started in 1996 to help raise funds for the Hamilton Children's Hospital. Today 600+ local charities and organizations in communities across Canada benefit from Smile Cookie sales. Get your smile cookie on this day in the Café on Main Street!

May 4—Charcuterie & Wine (Sign-Up!)

We invite Residents to sign-up in the binder outside the Village Office for an afternoon sipping your choice of red or white wine, and share a Charcuterie board with a friend!

May 5—Cinco de Mayo

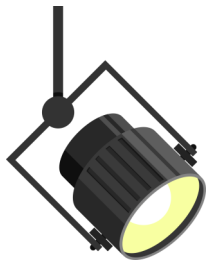
Cinco de Mayo is an annual celebration held on May 5 to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862. Join us for live entertainment by a Mariachi Band at 3:00pm in the Town Square!

May 11—Mother's Day

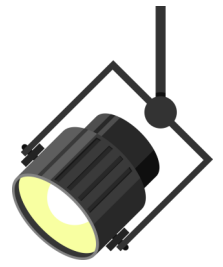
We are celebrating with flower arranging, arts & crafts, tea & more! Check your monthly calendar for various events celebrating all Mom's & Grandmother's in our Village!

May 16—Hawaiian Day

Join in on the fun as we celebrate the last day of Caregiver's Week with a themed Dress-Up Day for both Resident's and Team Members! Get your Luau on!



Program Spotlight



Dancing With The Birds Documentary

Our journey deep into the forest, following the glorious colours and curiosities of rarely seen birds-of-paradise, bowerbirds and manakins. From ruffling their majestic feathers to nailing im-peck-able courtship routines, birds in paradise flaunt their best moves in hopes of landing a mate.

Public Library Visits

Walking to the Tansley Woods Public Library, if you need to signup for a library card, choose or return a book, or just to explore the community centre and enjoy the fresh air.

Tech Talk

Explore the practical side of artificial intelligence (AI) with this beginner-friendly introduction to ChatGPT, Copilot, and Gemini—three of today's most popular AI tools.

Behind The Lens

Documentary Series about the stories behind the most famous photos taken; the Beatles, Muhammad Ali and more.

Happy Hour Special

Join us for an extended Happy Hour featuring our regular stocked bar and a featured cocktail! Looking for something new to try or feeling adventurous, this is the spot for you!



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: Bonnie

When: Always

Where: Housekeeping

Bonnie demonstrated her kindness by fostering a warm, supportive environment for residents.

Shooting Star

Who: Rupali

When: Every time

Where: West Nursing Station

Rupali delivers exceptional care to the residents, consistently offering her support with compassion and dedication.

Shooting Star

Who: Perry

When: Always

Where: Dining room

Perry is always helpful and approaches every task with a supportive attitude.





Soumbos Osteopathy

Move well. Feel well. Live well.

Finding Balance: How Osteopathy Helps Your Body Feel Better

Have you ever noticed pain showing up in a new place, even though you didn't injure it? Often, that's your body compensating for a restriction somewhere else. A restriction, like stiff joints, tight muscles, or old injuries, can limit movement. When that happens, other parts of your body try to take over. While this helps in the short term, it often leads to irritation, discomfort, or pain in areas that weren't the original problem.

That's where osteopathy comes in. As an osteopathic manual practitioner, I look for those underlying restrictions and use gentle, hands-on techniques to help free them up. This allows your body to move more naturally and reduces the need for compensation. We can take this a step further by incorporating exercises to help reinforce the positive effects from treatment long term.

By restoring balance, osteopathy can support your body's own healing ability and often ease pain in more than one place. If something feels "off" lately, it may be your body's way of asking for help, and I'm here to support you.

You can book your **free** consultation in the Wellness Center today!

Stay well,

Andrew Soumbos, Registered Kinesiologist, Osteopathic Manual Practitioner

The old adage that April Showers bring May Flowers, certainly holds true this year, in fact along with showers came snowstorms, sleet storms and ice storms. So hooray for the early flowers now in bloom on display on our property in the colorful pots.

I am pleased to report another successful Treasure Trove last month. Many wonderful articles come in from clothes, shoes, jewelry, shoes, kitchen articles, books and so many beautiful scarves.

Again, many thanks to all those who helped make it such a great success and a special “thank you” to the staff members helped with the setting up and taking down of the Schoolhouse, and delivery of the remaining articles to the Salvations Army.

See you in the Fall for another Treasure Trove.

Marlene Scales



HEALTH AND WELLNESS EDUCATION AND RESOURCE SERIES

01.

About this new series

Starting this year, The Village of Tansley Woods will now be coordinating regular monthly educational sessions and sharing other helpful resources that aim to meet the various needs and interest of our residents, as well as their families and care partners.

**02.**

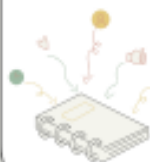
What this will look like

Through each month in 2025, a different topic related to general health and wellness will be highlighted and promoted within a new "Health and Wellness Calendar" distributed to both residents and care partners. Within this calendar, we will showcase opportunities that have been coordinated for residents, family members, and care partners to attend varying sessions and events located right here within the Village.

03.

Objective of this series

Our goal is to promote optimal health by supporting and empowering the community at Tansley through access of information and resources that will allow each resident, as well as their care partners, to best care for themselves and others.



Fill out this form!

04.

<https://forms.office.com/r/vdPE5ifLdi>

Physical copies can be found at Village Offices in Retirement and LTC

Health & Wellness: Education and Resources Series

May 2025 – Highlighted Topic: Mental Health

Titles that are underlined can be clicked to access the link providing more information on each resource. *Physical copies of this overview are also available in the Village Library in Retirement.*

Upcoming Educational Sessions at Tansley Woods:

EVENT	DATE & TIME	DESCRIPTION
Promoting Positive Mental Health Facilitated by: Emily Castracane, <i>Registered Psychotherapist (Qualifying)</i>	Tuesday May 20th 2:30 – 5:00pm In the Town Hall	Join Emily, Registered Psychotherapist (<i>Qualifying</i>), to learn more about what mental health is, as well as strategies to promote positive mental health and take care of your mental wellbeing. Emily will also speak about the grieving process experienced following the loss of a loved one, as well as how to best care for yourself and others experiencing grief. (<i>Rescheduled from April 2025's event</i>)

Upcoming Programs and Services at Tansley Woods:

EVENT	DATE & TIME	DESCRIPTION
Wellness Toolkit Workshop	Wednesday May 14th 2:30 – 4:00pm School House	Join the Village Social Workers for an interactive workshop to learn more about caring for your mental health through building your own unique wellbeing toolkit.
Words of Kindness Board & Resource Booth	Ongoing throughout the month Main Street	Receive and spread kindness to the community at Tansley by visiting the Words of Kindness board! Resources related to caring for your mental health will also be available

Additional External Community Resources and Information:

ORGANIZATION	MORE INFORMATION	ORGANIZATION	MORE INFORMATION
<u>Psychology Today</u>	Database for local, private therapy and mental health services. Option to seek out therapists based on preferences, such as gender, virtual/in-person, qualifications, and specializations.	<u>Halton Mental Health Resource Guide</u>	A full guide listing available resources and community services located in Halton.
<u>Canadian Mental Health Association</u>	The CMHA website includes a wide breadth of information and resources to learn more about mental health.	<u>One Link Local Services Information</u>	One-link connects Halton residents to mental health and addiction services through one simple intake assessment process.

May 2025 – Highlighted Topic: **Mental Health**

External Community Events and Services:

EVENT	OCCURRENCE	MORE INFORMATION
<u>Family Matters Program</u> (Virtual, 5-week workshop) CMHA	Tuesdays May 20 - June 17 6:30- 8:00pm	Care partners of adults living with mental health conditions may register to attend a workshop to learn more about caregiving impacts, stress management, healthy communication, navigation, and sharing your journey with other care-partners.
<u>Family Matters Program</u> (Virtual, drop-in) CMHA	2nd & 4th Thursday of the month 6:30 – 7:30pm	An open invitation for care partners of adults living with mental health conditions to engage in conversation, share experiences, and discuss strategies and tools that foster connection.
<u>Bounce Back Program</u> CMHA	Requires <u>self referral</u> through their website	BounceBack is a free skill-building program designed to help adults manage low mood, depression, anxiety, stress or worry. Delivered over the phone with a trained coach, you will get access to tools that will support you on your path to mental wellness.
Local Distress/ Crisis Phonelines	Emergency Services	If you are in immediate danger or need urgent medical support: → Call 9-1-1.
	Suicide Crisis Helpline	If you or someone you know is thinking about suicide: → Call or text 9-8-8. <i>Support is available 24 hours a day, 7 days a week</i>
	Distress Centre Halton	If not in a crisis, but feeling lonely, distressed, or just needing someone to talk to anonymously and confidentially... → Call 905-681-1488 <i>Support is available 24 hours a day, 7 days a week</i>
	Supports and Services	If seeking reliable information on local community and social services, you may also: → Call 2-1-1
	COAST	If experiencing a mental health crisis, you can also call: → Call 1 877 825 9011

Do you have a suggestion for future education sessions or resource coordinating? Seeking Support? Let the Village Social Worker's know!

- **Retirement** → Email Kurtis.Wilson@schlegelVillages.com or Call ext. 1892
- **Long-term Care** → Email Karen.Savoy@schlegelVillages.com or Call ext. 1808

Happy May, Tansley!

Stepping into Spring Safely

As we step into the warmer spring months it's the perfect time to get moving whether you are headed to a PAL Exercise class or going for an outdoor walk. Make sure you are wearing appropriate shoes to avoid any injuries and falls. We recommend wearing supportive, well-fitting footwear helps prevent sprains, blisters, and joint strain. For exercise classes and walks choose shoes designed for movement, with good arch support and cushioning. We do suggest avoid wearing open toe slippers and sandals when participating in exercise classes especially standing exercise classes and walks.

Outdoor walks

As the weather improves, we're excited to begin reintroducing our outdoor walks! Walking with a PAL team member is a great way to get some fresh air, explore areas outside the village, and enjoy the benefits of walking in a group. Walks will be weather dependent, and we'll meet outside the Town Hall before setting off. We look forward to seeing you there!

New PAL Team Member

We are welcoming a new PAL team member Benjamin Weiler to cover Melanie as she goes to help out in long term care for a couple weeks. Do not worry Melanie will be back soon and in the meantime, Ben will be taking over some of the exercise's classes. Please give Ben a warm Tansley welcome, we are all very excited to have him join us!

Stay well,

Your PAL Team

LIVE QUARTERLY WEBINAR



Care Partners Connection

*Tuesday, May 27*

6–7:30 p.m.

REGISTER NOW

*Do you know someone
living with dementia?*

You're not alone! Join us and let's learn about dementia together and explore how to offer support.

Register to attend and submit questions

for expert panelists. Each webinar includes education, guest speakers, resources, and a Q&A panel.

Future webinars

August 26 and November 25

*Hosted by***Heather Luth**

Director of Dementia Services
and Knowledge Integration
Schlegel Villages



Schlegel Villages – CONNECTIONS

Thank you CAREGIVERS

Every year we celebrate the amazing waves of people in our Villages who bring our mission, vision and values to life during **Caregivers' Week (May 12–18).**

It was developed as an expansion on International Nurses' Day, because while we recognize the tireless commitment of our amazing nurses, it takes an entire Village of caregivers to create communities where we all can thrive.

It's the housekeeper who takes time after her shift to bake cookies with residents or the personal support worker (PSW) who takes his break on Main Street, sipping tea and chatting with a resident from a different neighbourhood. It's the people who have always found fulfillment in service of others – the ones who say they

always want to help when someone is in need – and the ones who came to this career to fill a void they felt in other jobs.

We've taken time to speak to some of our caregivers, and their images and a few of their thoughts live on our website. They represent the best in all of us, with backgrounds and life stories as diverse as all of Canada, and we celebrate the common thread of love and compassion that binds us all together.

"I did work in different professions," one of our caregivers told us, **"but I always felt that I was missing something in me. However, when I opted to work in long-term care, I felt complete, contented and grateful to be present in this universe."**

And grateful so are we, for each of the beautiful caregivers within our Villages.



Schlegel Villages – CONNECTIONS

SPOT the dot!

For those with long connections to our Villages, the Spot the dot concept may be familiar. It follows our **Connect the Dots Customer Service credo**, built upon a philosophical foundation of **five key values**:



KNOW ME
as a unique human being



BE PRESENT
in all communications



WALK IN MY SHOES
try to understand how I feel



EARN TRUST
be clear, genuine and transparent



FOLLOW THROUGH
all the way



CONNECT the DOTS
The Schlegel Villages Customer Experience

Spot the dot urges residents, family members and visitors to recognize when a team member lives one of these simple values and brings them to life.

This May, as we look to celebrate all of our caregivers, we urge people to take a moment to recognize the team, for a simple kind word or two can have a lasting impact.



Maria,
You are so great at reading the body language of our visitors! Thank you for always taking the time to introduce yourself and offer a helping hand.

The Spot the dot boards can be found within the Village.

Let's fill them with spots of gratitude.

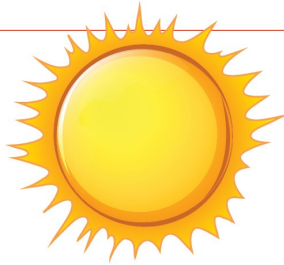
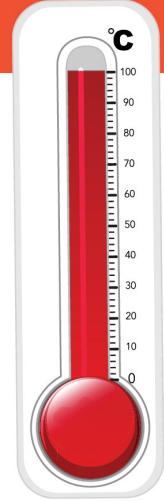
Heat-related illness

Prevention and management

As warmer weather approaches, we want to provide a safe and comfortable environment for all residents.

Heat-related illnesses are a group of serious and escalating medical conditions which include heat rash, heat cramps, heat exhaustion and heat stroke, and can have a significant impact on the health of our residents.

Our heat related illness prevention and management plan will be implemented annually, beginning May 1st to September 30th, as well as any other time when the temperature is forecasted externally, or reaches internally 26 degrees.



Hot weather tips

The signs and symptoms of heat related illness can occur quite quickly with little to no warning. Residents are assessed for heat risk annually and strategies developed. The following tips are general in nature.



Staying cool

- With safety in mind, use a battery powered or hand-held fan to provide some breeze during warm weather.
- Keep cool cloths handy to apply to the face, neck, and arms.
- Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.



Clothing

- Wear loose, lightweight, light-coloured clothing.
- A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes.



Skin protection

- Stay out of direct sunlight by using shade trees, covered awnings or patio umbrellas.
- Sunscreen should always be applied, even in the shade. Remember to reapply as needed.



Nourishment

- Frequent, smaller meals may be more easily tolerated during hot weather.
- Avoid dehydration by consuming fluids before, during and after meals, as appropriate.
- Hydrate with water and other cooling choices such as Popsicles and watermelon between meals.
- Alcohol may cause dehydration and should be avoided.



Physical activity

- Keep outdoor physical activity to a minimum and take frequent rest periods.
- Attempt to stay indoors during the warmest part of the day.

RESEARCH
MATTERS

RIA FEATURE

May 2025

Breaking the Silence: Talking About Depression in Older Adults

Mental health is a topic that many people are hesitant to talk about, particularly when it comes to older adults. The stigma surrounding depression in seniors can prevent many people from seeking help, leading to feelings of isolation and loneliness.

Depression is not a natural part of aging, yet according to the Canadian Coalition for Seniors Mental Health website, up to 20 per cent of older adults have symptoms of depression. That number doubles for people in hospitals and long-term care (LTC) homes.

There are many reasons older adults may be reluctant to talk about their mental health, including generational stigma, social isolation, and thinking the feelings of sadness, hopelessness, and fatigue are “just part of getting older”.

Clinical or major depression is not just about feeling sad; it is a serious condition where you may feel sad all the time and lack interest in activities that used to bring joy.

Several factors can increase the risk of developing depression as one ages:

- The loss of a friend or loved one
- Loneliness
- Ongoing medical problems
- Struggles with thinking, focusing, and memory



Seeking Help

If you or someone you know might be experiencing depression, the first step is to talk to your family doctor. They can assess your symptoms, provide a diagnosis, and develop an individualized treatment plan. The severity of symptoms may vary from mild to severe, and the signs and symptoms can vary from person to person. Below is a checklist to help you talk to your healthcare provider.

Symptom Checklist

- I am experiencing sleeping issues.
- My eating habits have changed.
- I have feelings of guilt or worthlessness.
- I no longer find joy in activities or my favorite things.
- I am not maintaining my hygiene like I used to.
- I have trouble concentrating or focusing.

Normalizing conversations around mental health can help older adults feel more comfortable addressing their mental health without fear of judgment.

For more information and helpful resources visit the-ria.ca.

Word Scramble

IVINGG

ENSSINDK

NOILVG

RTUNRUE

May Word Search

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

Appreciate
Dessert
Heartful
Invite
Mayday
Pillar
Serenity
Touched

Brightness
Dynamic
Hero
Kindness
Mother
Provider
Steadfast
Upcoming

Care
Earnings
Ideal
Lioness
Moved
Sample
Thoughtful
Warmer

Hello May

Maybe life isn't going upward
As you wish, but if you can learn from
Yesterday, you can win tomorrow



- Carol Wheeler
- Barry & Carole Timbs
- Pat Armstrong
- Grace Augustine
- Heather Burrows
- Donna Magill
- Diana King
- Pat Barnes
- Janice Schulze

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

- Stanley Long
- Harry Robb
- Emily Jarratt
- Elizabeth Wiltse
- Susan Henderson
- Velma Glesta
- Muriel Peachey
- Lawrence Sturdevant





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

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

APPLICATION FORMS FOR RESIDENTS TO APPLY ARE AVAILABLE AT FRONT DESK

Questions Regarding Your Monthly Statement: 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-Abrishami - Physician

Nurse Practitioner

Physiotherapy

Osteopathy

Massage Therapy

Dental Hygienist

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	Raphael Jusi	Ext. 8303
Assistant Director of Wellness	Karen Knights	Ext. 1882
Assistant Director of Wellness	Ju-Won 'Joe' Lee	Ext. 1703
Neighbourhood Coordinator East 1 & 3	Dorien Vandenberg	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	Ben Weiler Bhavini Mistry	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	Karin 'KT' Turner Joshua Ding	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 & Dr. Moghaddam-Abrishami	Ext. 1997
Volunteer Coordinator	Sharon Montgomery	Ext. 1960
Social Worker	Kurtis Wilson	Ext. 1892
Village Neighbourhood Pharmacy		Ext. 1995
Riverstone Spa		Ext. 1924