

The background of the cover is a vibrant underwater scene. It features a variety of marine life including purple jellyfish, orange and pink coral, a grey shark, two orange seahorses, a blue stingray, and numerous small blue and pink fish. A large, light blue anchor is positioned in the bottom right corner. The central text is set against a backdrop of soft, white, cloud-like or bubble-like shapes.

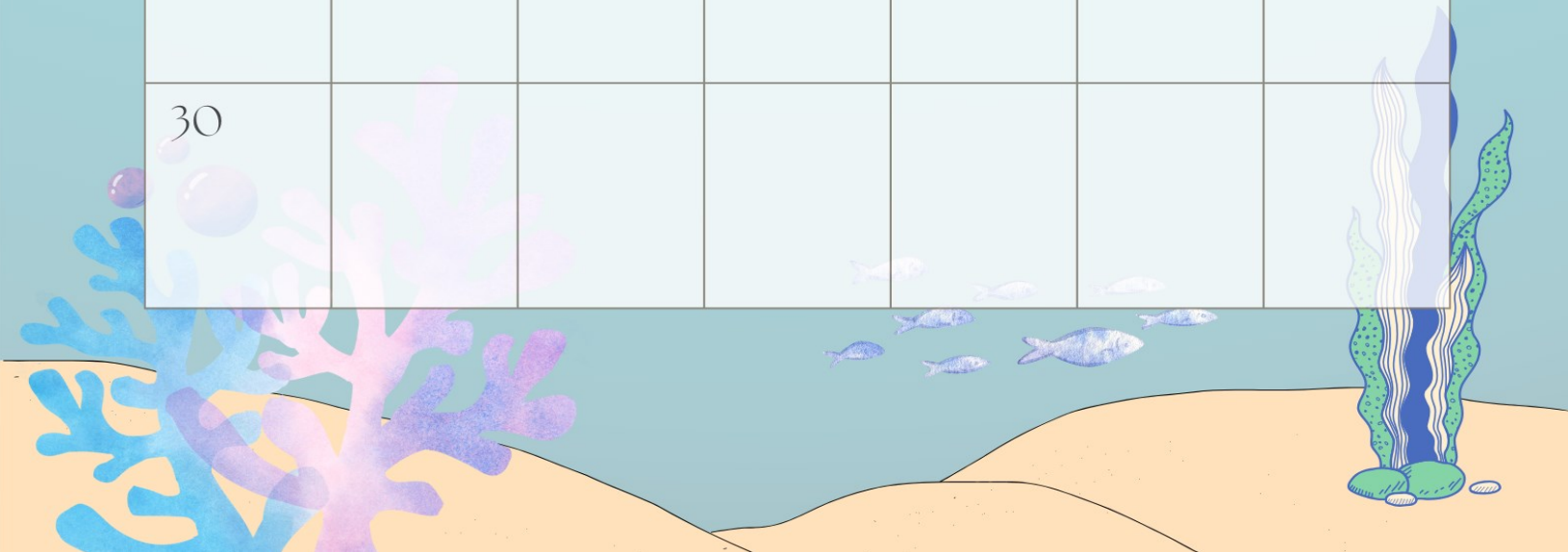
# THE TANSLEY TIMES

JUNE 2025

JUNE 2025  
ISSUE NO. 109

# June

MON	TUE	WED	THU	FRI	SAT	SUN
						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
June 6	7:15 PM	Marion Shynal	Fergusson Town Hall
June 12	3:00 PM	David Skolnik	Fergusson Town Hall
June 18	2:30 PM	Gerry Larkin	Emma’s East / Egerton
June 23	3:00 PM	The Notables	Emma’s West
June 25	7:00 PM	Brad Boland	Pond Gazebo
June 27	7:15 PM	Ron Tansley	Fergusson Town Hall

## Vendor This Month

June 12: Made for You by Jo 10 AM - 3 PM

June 20: Adrian's Fashions 10 AM - 3 PM

June 26: Mobile Seniors Shop 10 AM - 2 PM





# June Special Events

## **June 2—ElderWisdom 10 Year Anniversary Kickoff**

Join us at 2:00 PM in the Town Hall as we join a virtual kickoff party alongside all our sister Villages highlighting ElderWisdom's 10 year anniversary!

## **June 9—Butterfly Welcome**

Experience the wonder and nature of raising Painted Lady butterflies. Watch their miraculous transformation from a vibrant caterpillar to winged beauty. We have been working on a butterfly garden as well. Join us on Monday, June 9 to learn more about these magnificent insects!

## **June 11—Pride Day!**

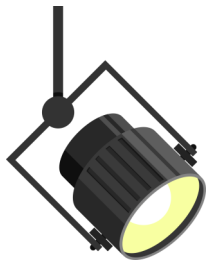
We encourage all Residents & Team Member's to dress up in rainbow colours on this day! Also stop by the Hobby Shop between 10 AM - 12 PM for rainbow rock painting & colourful fruit skewers!

## **June 15—Father's Day**

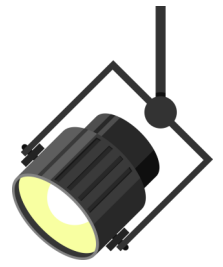
Calling all Father's & Grandfather's! We invite all to join us to celebrate Father's Day with a mini putt tournament, beer & snacks starting at 2:15 PM at the putting green out back.

## **June 25—ElderWisdom x Music in the Courtyard**

We invite you to take a seat on the Green Bench by the pond and spark meaningful conversations with your peers. Don't go far as we invite you to enjoy Music in the Courtyard by Brad Boland to follow!



# Program Spotlight



## **Women's Club (Fashion Show)**

Join us in the Ruby for a special Spring/Summer Fashion Show featuring fashions and accessories found in our general store modeled by our very own resident models. The sign-up sheet can be found in the binder outside the Village Office.

## **Wonders of Europe**

Explore hidden gems and popular hotspots with insightful information into Wonders found all over Europe.

## **Family History**

Have you an interest in family history? Do you have photograph's you don't know what to do with? Do you have a current written family history? Would you like to document your memories for future generations? Join us in a causal discussion about your interest in family history and where to start.

## **Dice Game**

Have you ever played Left Center Right? A game suitable for all, as no one is 'out' until a winner is called! Roll the dice and move your chips as the dice fall, until one person wins by holding all the chips.

## **Butterfly Garden**

Are you interested in gardening? We have a community recreation garden box for all to enjoy! Join us Friday morning's to get your hands dirty & help to maintain the garden.



# 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:* Simmi

*When:* Every activities

*Where:* Recreation

Simmi received multiple nominations from residents and family members, sharing that she has successfully taken over Matt's role, excelling in her new responsibilities. She manages bingo, happy hour, and other activities with remarkable skill and a consistently positive attitude. Despite the demanding nature of the position, Simmi has performed exceptionally well. Her excellent memory and dedication to ensuring residents' enjoyment highlight her outstanding commitment and professionalism.

## 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.*

### **The Gentle Touch: How Osteopathy Brings Relaxation and Relief**

Dear Residents,

This month, we're diving into a topic that's close to all of our hearts (and minds): relaxation. Stress can quietly sneak into our lives, even in retirement. Whether it's physical tension, emotional worry, or simply the wear and tear of everyday aches and pains, our bodies often carry more than we realize. That's where osteopathy can make a gentle, but powerful, difference.

#### *What Is Osteopathy?*

Osteopathy is a hands-on approach to healthcare that focuses on the body's structure and function. Using subtle techniques, we work with your muscles, joints, and tissues to ease pain, improve mobility, and – yes – help you truly relax.

#### *How Osteopathy Helps Relieve Stress*

When we feel stressed, our bodies often tense up. Over time, this can lead to stiffness, poor sleep, headaches, and even digestive troubles. Osteopathic treatments gently release that tension, helping:

- ✓ Reduce tightness in the neck, back, and shoulders
- ✓ Improve breathing and circulation
- ✓ Calm the nervous system
- ✓ Support restful sleep and deep relaxation
- ✓ It's like hitting a reset button for your whole body.

Whether you have a specific issue or just want to unwind, osteopathy offers a calm, comfortable experience that's tailored to you. You can book your [free](#) consultation in the Wellness Center today!

Stay well,

*Andrew Soumbos, Registered Kinesiologist, Osteopathic Manual Practitioner*

## June Religious Festivals

by REG REYNOLDS

June 1-3 — Jewish: Shavuot

This major festival begins at sundown on June 1. It marks the harvest of wheat in Israel and also the giving of the Torah to Moses and the Israelites.

June 4-9 – Muslim: The Hadj

All Muslims are required, at least once in their lives, to partake in this annual pilgrimage to Mecca, as long as they are physically and financially able to do so.

June 6 – Muslim: Eid-al-Adha

This Islamic holiday ends the Hadj pilgrimage. It celebrates Abraham's willingness to sacrifice Ishmael, his son, to obey God. In the story, a lamb is given to him to sacrifice in place of his son.

June 8 – Christian: Pentacost

50 days after Easter. God's Gift of the Holy Spirit, celebrated as the birth of the Christian Church.

June 8 – Baha'i: Race Unity Day

A holiday promoting racial unity and harmony.

June 16 – Sikh: Martyrdom of Guru Arjan Dev Sahib.

June 21 – Indigenous: National Indigenous Peoples Day or First Nations Day

A day to recognize and celebrate the history, heritage, resilience and diversity of the First Nations, Inuit and Metis across Canada.

June 21 – Pagan, Wiccan: Litha

This festival is held on the summer solstice and celebrates the beginning of summer.

June 26 – Muslim: Hijri New Year

The Islamic New Year marks the beginning of the lunar year. The date may vary according to lunar calculations.



# 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.**

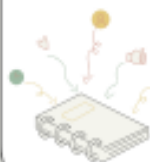
## What this will look like

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

### June 2025 – Highlighted Topic: **Physical 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 beside the Chapel in Retirement.*

### Upcoming Educational Sessions at Tansley Woods:

EVENT	DATE & TIME	DESCRIPTION
<b>Video Series:</b> <b><u>THE 5 W's OF EXERCISING</u></b> <b>AT TANSLEY WOODS!</b>	<b>Weekly</b> <b>Wednesdays</b> <b>2:30pm</b>	Learn more about <i>WHO, WHERE, WHEN, WHAT, WHY, and HOW</i> you should be exercising!
<b><u>WHO</u> runs the exercise classes at Tansley?</b>	Wed. June 4 <sup>th</sup> 2:30pm- Seniors Centre	An opportunity to meet the Program for Active Living (PAL) coordinators, and learn more about the PAL program at Tansley Woods.
<b><u>WHERE AND WHEN</u> do they take place?</b>	Wed. June 4 <sup>th</sup> 3:00pm- Seniors Centre	The PAL Team will share more about the PAL calendar, as well as where and when exercise classes take place at Tansley Woods.
<b><u>WHAT</u> exercises should we do?</b>	Wed. June 11 <sup>th</sup> 2:30pm- Seniors Centre	Learn more about the recommended level of physical activity and what simple exercises are required for older adults to maintain optimal health.
<b><u>WHY</u> should we exercise?</b>	Wed. June 18 <sup>th</sup> 2:30pm -Seniors Centre	Learn more about why we should all be exercising and the health benefits that come from regularly staying active.
<b><u>HOW</u> do we motivate ourselves to stay active?</b>	Wed. June 25 <sup>th</sup> 2:30pm- Seniors Centre	Learn more about strategies on how to motivate ourselves and build momentum to remain active by building it into our daily routines.

### Upcoming Programs and Services at Tansley Woods:

EVENT	DATE & TIME	DESCRIPTION
<b>Program For Active Living (PAL) Classes</b>	Check the monthly PAL calendar!	Our PAL team coordinates varying drop-in group exercise classes regularly each month!
<b>Independent Exercising</b>	Basement Fitness Centre	Residents are also welcome to use the fitness centre located in the basement to take part in independent exercising!

## June 2025 – Highlighted Topic: **Physical Health**

### Additional External Community Resources and Information:

ORGANIZATION	MORE INFORMATION	ORGANIZATION	MORE INFORMATION
<a href="#"><u>24-Hour Movement Guidelines</u></a>	Guidelines for Older Adults providing clear direction on what a healthy 24-hours looks like.	<a href="#"><u>(City of Burlington)</u></a> <a href="#"><u>Adult Programs Overview</u></a>	View local community programs taking place throughout Burlington!
<a href="#"><u>CDC Guidelines</u></a>	An overview by the CDC on physical activity in Older Adults. Discusses recommendations, benefits, resources, and more!	<a href="#"><u>(City of Burlington)</u></a> <a href="#"><u>Adult Programs Booking</u></a>	Register or reserve your spot for upcoming local community programs of interest to you!

### External Community Events and Services:

EVENT	OCCURRENCE	MORE INFORMATION
<a href="#"><u>Adult Program Booklet</u></a> City of Burlington	<i>Outlined within Booklet</i>	The Adult Program Booklet contains an overview of all adult programs taking place in Burlington for the Spring/Summer 2025 season.
<a href="#"><u>Calendar</u></a> City of Burlington	<i>Outlined within Calendar</i>	The City of Burlington also outlines the times and dates of programs through an easy-to-use calendar!
<a href="#"><u>Tansley Woods Community Centre</u></a>	<i>On-going programs, events, public speakers, and more!</i>	Located directly across the street from the Village is the Tansley Woods Community Centre! Visit their website to learn more about programs they offer and how to join in.

**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](mailto:Kurtis.Wilson@schlegelVillages.com) or Call ext. 1892
- **Long-term Care** → Email [Karen.Savoy@schlegelVillages.com](mailto:Karen.Savoy@schlegelVillages.com) or Call ext. 1808

**Happy June, Tansley!**

## **The Power of Stretching**

As we age, it's natural for our bodies to experience changes in flexibility, balance, and joint health. But here's some great news: one simple habit can help you stay limber, active, and independent — **stretching!**

Stretching is more than just a way to loosen up — it plays a vital role in maintaining overall wellness. Here's how regular stretching can benefit you:

**Improves Flexibility** – Keeps muscles long and lean, making daily movements easier.

**Increases Range of Motion** – Helps joints move freely, reducing stiffness.

**Reduces Risk of Falls** – Enhances balance and coordination.

**Eases Aches & Pains** – Helps relieve tension in tight areas like the lower back, shoulders, and hips.

## **Stroke Awareness Month**

June is National Stroke Awareness Month in Canada! A stroke occurs when the blood supply to the brain is blocked off by something in the blood vessel (ischemic stroke), or when a blood vessel within the brain bursts (hemorrhagic stroke). This leads to damage in the brain, potentially causing long lasting effects. To prevent a stroke, it is important to exercise to manage your blood pressure, and to prevent fatty buildup within your blood vessels!

If you believe someone may be having a stroke, remember the acronym FAST! FAST stands for Face, Arms, Speech, and Time.

F – FACE: Is one side of their face drooping? Ask for a smile!

A – ARMS: are they experiencing weakness in one arm? Raise both arms above your head!

S – SPEECH: is speech slurred? Repeat a short sentence!

T – TIME: Time to get help! If you notice these symptoms, call 911 immediately!

Stay well,

**Your PAL Team**



# Schlegel Villages – CONNECTIONS



## Join the CELEBRATION

We are honouring ten years of **#ElderWisdom**, a program dedicated to challenging the stigma and ageism that older adults often face in our society.

For the past 10 years, we have celebrated **Senior's Month** each June with our **#ElderWisdom** campaign, and for our 10th Anniversary, we're excited by the events we have coming up.

A key component of the campaign is always the **Green Bench movement**, where residents from Schlegel Villages sit on a signature green bench in public spaces to share their life experiences and insights with the community. This initiative fosters meaningful conversations between older and younger generations, helping to challenge stereotypes about aging and we're excited about each of the events the Villages are hosting this month.

This year, however, we are expanding the impact by incorporating a new, exciting element to our campaign: **the Green Bench travels**. Selected residents will have the opportunity later this summer to return to places of personal significance—whether it be their hometowns or dream destinations, such as Newfoundland, Ottawa, and London, England.

We intend to document these adventures through storytelling in our Village Voice and through a documentary we hope to showcase at film festivals and within the senior's care sector.

**Continued on page 2**



# Schlegel Villages – CONNECTIONS

Many years ago, Ron Schlegel challenged our teams to find meaningful ways to showcase the amazing wealth of knowledge older adults harbour, suggesting that **“the greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.”**

**#ElderWisdom** is dedicated to challenging the stigma and ageism that older adults often face in our society. It reminds us of the wealth of wisdom that seniors offer and helps restore them to a place of reverence and respect. We're grateful for everyone who helps make these events such a success!

To learn more about the program, find a local event and/or take the #ElderWisdom pledge, **scan the QR code** or visit **elderwisdom.ca**



## PRIDE MONTH

We stand with our 2SLGBTQIA+ team and family.

SPREAD LOVE  
NOT HATE

# Warm weather facts



## WHO IS AT RISK

Anyone can get heat stroke, but infants and the elderly are at higher risk as their bodies may not be able to regulate temperature effectively.



## COPING MECHANISM

Your ability to cope with extreme heat depends on the strength of your central nervous system.



## OCCUPATION

People with occupations that require physical labour in hot environments are susceptible to heat strokes.



## MEDICATION

Diuretics, sedatives, tranquilizers, and heart and blood pressure medications affect your body's ability to regulate temperatures.



## BEVERAGES

Caffeine (stimulant) and alcohol increase the risk of warm weather-related illness.



## MEDICAL CONDITIONS

Sleep disorders, and problems with the heart, lungs, liver, kidneys, thyroid, or blood vessels increase the risk.



## CLOTHING

Wearing heavy and tight clothing can increase the risk. Opt for light-colored, loose-fitting clothing made of natural fibers (cotton/silk/linen).



## DISEASES

Certain diseases increase risk; cystic fibrosis, for example, affects the ability to sweat.

RESEARCH  
MATTERS

RIA FEATURE

June 2025

**Meet Aaron Jones, RIA's Newest Researcher**

Earlier this year, the Schlegel-UW Research Institute for Aging (RIA) welcomed Aaron Jones to their world-class research team, as the Schlegel Chair in Clinical Epidemiology and Aging. Let's get to know the newest member of the RIA's researcher team.

**Question:** Tells us about you and your work?

**Answer:** I am a health services researcher and biostatistician with expertise in the use of health administrative data and data science methodologies. My research focuses on the health service use of older adults with ongoing care needs, with the aim of discovering how to better organize, manage, and deliver the care older adults need in their preferred location. This could mean improving care in the emergency department to better support people with higher needs, making sure older adults with trouble reaching a family doctor can access effective primary care, and striving for more efficient and clear communication among health care professionals.

**Question:** What inspired you to pursue research in the field of aging?

**Answer:** I didn't start out with a specific interest in aging. Originally, I was more drawn to the science of statistics but moved away from the theoretical to the practical because I wanted to have a real-world impact. I was working in health analytics for the government of Ontario when I realized that our health care system was not designed or set up to best meet the



needs of older adults, particularly those with greater care needs such as people living with dementia. This realization inspired me to pursue a career in health research to address this gap.

**Question:** What is the primary focus of your current research?

**Answer:** My primary focus is investigating ways we can better organize, manage, and care for older adults. Currently, my two main focus areas are:

1. Geriatric care in the emergency department. I'm exploring the availability and effectiveness of geriatric-trained nurses to improve patient experiences and outcomes in the emergency department.
2. Primary care for older adults with functional impairment. I'm looking at various models of primary care for older adults who have difficulty visiting a doctor or medical office, including home visits and virtual visits.

To read more about Aaron Jones and his work, visit [the-ria.ca](https://the-ria.ca).



# Word Scramble

USMEMR

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HEACB

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ETORSPT

\_\_\_\_\_

IECNNAT

\_\_\_\_\_

LEERRNCI

\_\_\_\_\_

# June Word Search

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

Bear

Camping

Deer

Grass

Juicy

Running

Tea

Watermelon

Boat

Cliff

Fireworks

Hiking

Lake

Sea

Vacation

Waves

Butterfly

Conservatory

Fishing

Hunting

River

Summer

Water

Yard



# Hello June

Joy finds you when you  
Understand your value and  
Nourish your need  
Even when it feels hard



- Anne Wise
- Audrey Underwood
- Betty MacAdam
- Bobbie Jones
- Helen Studolski
- Dymphna Browne
- Marguerite Sunley
- Mersil Troch
- Marty Marks
- Peter & Virginia Garritsen
- Marilyn Riepert

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

- Henry Laugesen
- Magdalena Kudlik
- Joan Mitges





## 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](mailto:retirement@earandhearingclinic.com)



**Ear & Hearing Clinic**

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

[www.earandhearingclinic.com](http://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](http://www.schlegelvillages.com) OR  
Contact: Sharon Montgomery (Volunteer Coordinator)  
905-336-9904  
extension number 1960  
[tansley.volunteers@schlegelvillages.com](mailto: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](mailto: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. 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 Melanie Dimitrovski	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 <sup>th</sup> 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. 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