



JULY 2025

THE TANSLEY TIMES

ISSUE NO. 110



VILLAGE EVENTS

THE TANSLEY TIMES

CC = Community Centre, MS = Main Street, TH = Town Hall, FC = Fitness Centre, L = Library, TS = Town Square

July 1st—Canada Day

10:00 Opening Ceremony - RH Parking Lot

3:00 Geri Defoe Performs - TH

July 2nd

2:00 Dutch Mill Outing

July 3rd

3:00 Volleyball - MS

July 5th

3:00 Sing-A-Long - TH

July 8th—National Freezer Pop Day

2:30 Popsicle Social - Patio

July 10th

2:30 Concerts in Care - TH

July 11th

3:00 Wine & Cheese - CC

July 12th

3:00 Natalie Marie Performs - TH

July 14th

10:30 Mother Goose - TH

July 15th

2:00 Sunshine Donuts Outing

July 16th - World Snake Day

3:30 Little Rays Reptile Zoo Visit - MS

July 18th

1:30 Little Hobby Hill Farm Visits - CC

July 19th

3:00 Ron Tansley Performs - TH

July 20th - Ice Cream Day

3:30 Ice Cream Social - MS

July 22nd

3:00 July Birthdays Social - CC

July 23rd

2:00 Scenic Drive Outing

July 24th - International Self Care Day

11:00 Tai Chi - Patio

3:00 Laughter Yoga - TH

July 26th

3:00 Prince Performs - TH

July 28th

1:30 Bayfront Park Outing

July 29th - National Lasagna Day

12:00 Diner's Club: Lasagna

July 31st

3:00 Resident Council - CC

A July Noon

By Helen Gray Cone

The sumacs, noiseless, by the still, hot road
Stand up as guards, with blood-red soldier plumes.
How light the hill-blue, clear of cloudy glooms!
How lone the land, with summer overflowed!
Dry crickets grate; a bee takes larger load
With low, pleased muttering, where the wild-rose blooms;
The bovine breath of sleeping fields perfumes
Warm air, with drifts of wayside spicery sowed.
Good earth, how glad a thing it is to be
Part of this full, yet placid life of thine,
Close to thy heart as humblest creatures press!
To claim our kinship with the clod, resign,
One sunny hour, the spiritual stress
That leads, though lifts, our lives away from thee!



Welcome to our new Residents:

Marilyn Chaikoff
David Dacosta
Diane Morewood
Gladys Pickering
Katherine Pugsley
Mersil Troch

welcome

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

Marlene Evans
Jean Fraser
Anita Kalyn
Pavel Lahvicka
Merwyn Soares
Orma Walls
Margaret Weale

*Rest
in
Peace*



Nadia Drozdowski

Isabella Rabe

Martha Headley

Kathryn Henderson

Elsa Collins

Marjorie Dynes

Peter Drost

Mark Bailey

Annie Laciok

Valerie Barnes

Wayne Almas

Theresa Bainbridge

David Haller

Ana Zupevc

Catherine Watson

**“May the joy that you have
spread in the past come back to
you on this day. Wishing you a
very happy birthday!”**



In July you can find a wide variety of fruits and vegetables in season, including cherries, blueberries, raspberries, peaches, plums, apricots, cantaloupe, and watermelon for fruits. For vegetables, you can enjoy corn, zucchini, summer squash, cucumbers, tomatoes, green beans, and eggplant.

July fruit of the month: **Apricots**. As the summer sun blazes and gardens flourish, July brings us one of the season's sweetest and most nutritious fruits-the apricot. These small, golden fruits are delicious and packed with health benefits, making them a perfect addition to summer meals.

APRICOT NECTAR LEMONADE

All you need is:

- 500 g (over)ripe apricots
- 300 g sugar
- 1/4 l water
- 1 tsp lemon acid

Put the water and sugar into a pot and heat until the sugar is dissolved completely. Cut the apricots into pieces and put them in a blender. Pour the sugar water on top, add the lemon acid and mix until smooth. Fill into bottles while still hot.

It will last up to one year in sealed bottles. Mix the apricot nectar with soda and enjoy!!!

HAPPY SUMMER!!!

Maggie Jakab, Food Services Manager



Canada Day Cardio Exercise

- Cardio exercise, also known as aerobic exercise, is a type of exercise that strengthens the cardiovascular system by raising your heart rate.
- Strengthening the cardiovascular system is beneficial, as it reduces risk of heart disease, lowers your blood pressure and decreases your cholesterol intake. These factors can greatly impact daily activities and overall lifestyle.
- Cardio exercises not only strengthens the cardiovascular system but the whole body as well! Exercise improves metabolic rate, supports weight management, and enhances mental health.
- A great way to get involved in Cardio exercises is through group classes! On Tuesdays at 1:45pm, LTC PAL program hosts an Group Fitness class focused on cardio in the Fitness Centre. LTC Residents who are interested are free to join!



References; <https://health.clevelandclinic.org/exercise-heart-health>

This Canada Day, let's try doing some cardio exercises!

Some cardio activities include running, jumping rope, biking, playing sports, and staying active.



Signs and symptoms of heat illness



Heat exhaustion

If you or someone you are with experience any of these symptoms, immediately move to a cool place and drink fluids; water is best. Alert a registered team member as soon as possible.



Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

Heat stroke



High body temperature



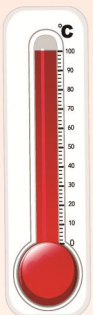
Confusion and lack of coordination



Dizziness or fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency – immediately report to a registered team member or call 911 if away from the Village. While waiting for help-cool the person right away by:

- Moving them to a cool place, if you can;
- Remove excess clothing (layers);
- Applying cold water to large areas of the skin; and
- Fanning the person as much as possible.

Boosting Brain Health: Small Habits, Big Impact

Brain Health Day (July 22) is a reminder that how we care for our brains today can shape how we live tomorrow.

Our brains change over time, but the choices we make every day can help keep them strong.

How we live, move, eat and connect with others can shape our brain health. Even small lifestyle changes can help support memory, thinking skills and overall brain function.

The Brain-Body Connection

Our brains and bodies are deeply connected. Lifestyle behaviours such as regular physical activity and a balanced diet not only support general health, they also have a positive effect on memory and thinking abilities.

What can you do?

- Take a brisk walk most days of the week
- Eat more vegetables, fish, and whole grains
- Limit processed foods and added sugars
- Stay hydrated

Exercise Your Mind, Too

Keeping the brain active is just as important as staying physically active. There's growing evidence that challenging your brain helps keep your thinking sharp.



Try these brain-boosting activities:

- Do a daily crossword or Sudoku puzzle
- Play matching games
- Use both hands equally for tasks like brushing your teeth or making breakfast
- Try a new form of movement like yoga, tai chi, or dancing – bonus if it involves remembering sequences
- Memorize short lists of items in your home, then test yourself after a short break
- Read aloud to yourself or others
- Use a journal to track emotions and memory progress
- Socialize regularly – join a game night, walking group, or volunteer activity

Take One Small Step Today

Whether it's going for a walk, trying a crossword puzzle, or adding more leafy greens to your plate, each step matters. The RIA offers tools, resources, and research-based programs to help older adults live their best lives—and that includes supporting better brain health.

Want more? Check out the Memory Workout By Us For Us Guide (the-ria.ca/bufu).

Schlegel Villages – CONNECTIONS



Schlegel family's pride in **CANADA**

"The beauty and vastness of the country and its countless different landscapes is a great point of pride," says Brad Schlegel, reflecting on the celebration of Canada Day this year. "Mirroring that it is the beauty of our people, with our multitude of cultures, and the bounty of their generosity and kindness."

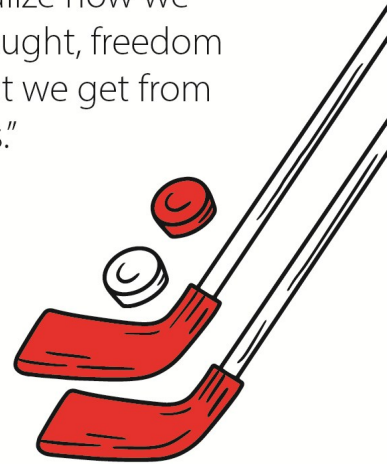
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members celebrate the ties that bind us together across our nation on July 1.

As Jamie Schlegel considers this, he echoes much of what his brother says, with an added flare for a stalwart Canadian Passion. "I'm proud of the vast and rugged natural beauty of our land," Jamie says, "the humility and kindness of our people and the fact we dominate the game that really counts – hockey!"

For their father, Ron, who founded Schlegel Villages and in doing so, furthered his father's passion for community building, Canada finds its strength in its diversity. He notes he was born in a tiny Hamlet west of Kitchener, Punkeydoodles Corners, and as a boy moved to the village of Ailsa Craig. Influences came from Germany and Scotland respectively in these areas, and these blend together to make Canada strong. "In my opinion, Canada is the best country in the world," Ron says, reflecting on the diversity of language and geography that helps define the nation.

His oldest son, Rob, while travelling in Europe, expands on that reflection. "I am proud to be Canadian as we travel around the world and realize how we enjoy our freedom of thought, freedom of speech and the respect we get from people in other countries."

Happy
Canada
Day!



Schlegel Villages – CONNECTIONS



Throughout Senior's Month in June, we saw many great events to celebrate **#Elderwisdom** across the province, and we thank everyone who participated and helped remind our communities how much our oldest generations have to teach us. We are looking forward to the month of July as our Wisdom of the Elder signature program continues with our **Pursuit of Passions** tradition.

In years past, Villages have showcased the artistic talents of residents through art shows, large and small, but we've also found that a celebration of cuisine and the culinary passions of residents is always well received.

Throughout July, we know there are many events planned; some Villages are hosting cook-offs to showcase favourite recipes

where fellow residents and team members will have opportunities to vote on their favourites. In others, space is being created for residents and team members to cook together and break bread in the neighbourhoods with their neighbours.

Throughout the **"Timeless Recipes, Endless Stories"** events, the memories shared and the explanation of the meaning behind the recipes will be the greatest points of pride.

No matter how your Village and neighbourhood is focusing on the passion we all share for good food and company, we hope everyone can take a bit of time to share some of their culture and personal history through conversations about the foods we love.



Granting Unfulfilled Wishes to Seniors

We Are Young (WAY) is a charity dedicated to empowering seniors by improving age-related barriers such as social isolation and loneliness, enhancing mental and physical well-being, and restoring seniors' sense of purpose by creating transformative wish experiences. Through our work we are challenging societal perceptions of aging and fostering a culture of inclusivity and respect, creating meaningful experiences that inspires both individual and community level change.



What types of wishes do we grant?

We Are Young is a charity that grants **experience-based** wishes. These wishes encompass a range of heartfelt desires, such as realizing lifelong dreams, rediscovering passions, or fostering connections with loved ones. Types of wishes that we do not grant include material-based or physical items, service-based, or home renovation assistance. Visit our FAQ page online for more information!

Get In Touch



Email

info@weareyoung.ca



Visit Us

www.weareyoung.ca



Phone

+902-701-8848

Augustin James	Assistant General Manager	1803
Brett Kelly	Assistant Director of Nursing Care	1884
Caleb Ramey	PAL Coordinator	1814
Christine Gomisa	Administrative Assistant	1801
Hartley Miller	Assistant Director of Nursing Care	1875
Jai Shankar	Neighbourhood Coordinator Nelson & Appleby	1836
Jefferdie Fiesta	Director of Quality & Innovation	1856
Jessica Barlas	Neighbourhood Coordinator Bronte	1806
Jo-Anna Gurd	General Manager	1877
Karen Forbes	Director of Nursing Care	1815
Karen Savoy	Resident Support Coordinator	1808
KerryAnn Greenwood	Neighbourhood Coordinator Brant & Oaklands	1848
Kristin Becquer de Dios	Director of Quality & Innovation	1856
Kyle Goodwin	Assistant Director of Environmental Services	1857
Laura Burmazovic	Nurse Practitioner	1966
Maggie Jakab	Food Services Manager	1811
Nehal Dave	Physiotherapist	1853
Staci Todd & Liz Cheong	RAI	1893
Trish Holmes	Recreation Supervisor	1810
	Nelson	1829
	Brant	1823
	Oaklands	1817
	Appleby	1505
	Bronte	1835
	Riverstone Salon & Spa	1924
	Health Centre	1997
	Pharmacy	1924