

The Humber Guardian

JULY 2025



The Village of **HUMBER HEIGHTS**

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"The long days of July are perfect for creating memories and embracing new adventures."

vol. 2025 issue 7

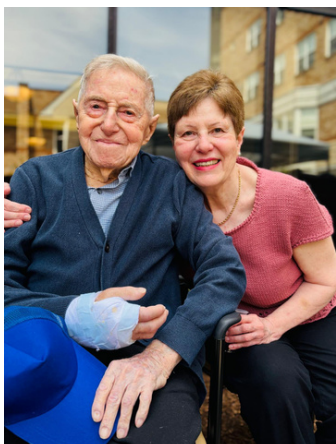


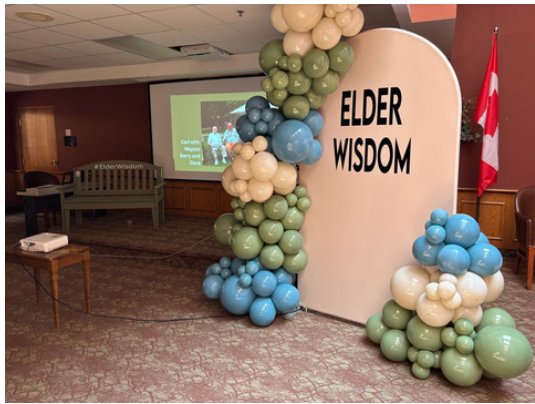
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HAPPY
FATHER'S
DAY





RESIDENT SPOTLIGHT



On June 25, 2025, Green Benches Brought together community and connection at Trinity Bellwoods Park for a day filled with laughter, storytelling, and heartfelt wisdom. Elders from Humber Heights, Maynard and Fairview shared their experiences and perspectives offering visitors the chance to sit, listen, and connect across generations. Through the simple act of sitting together on a bench we invited the community to slow down, engage in meaningful conversations, and honour the voices of our Elders.

Village Special Events



Happy Canada Day
Tuesday July 1, 2025
Entertainment: Carla
2:30pm-4:00pm

Triple C Farm
Wednesday July 16th, 2025
2:00pm-3:00pm
Courtyard
Goats, bunnies & many more

Canadian Themed Jackpot
Bingo
Saturday July 5th, 2025
02:30-4:00pm
Town square

Ice Cream Day
Ice Cream Bar & Social
Sunday July 20th, 2025
2:30pm-3:30pm
Cafe

Heartbeats Every Friday
3:00pm-4:00pm
Courtyard



Canada Day is the national day of Canada, a national holiday, held on 1st of July each year.

It celebrates the anniversary of the British North America Act, 1867, which united three colonies (Nova Scotia, New Brunswick, and the Province of Canada) into a single country called Canada within the British Empire.

WELCOME

Our new residents on Retirement

Anne W.	Mary J.
John W.	Martha K.
David C.	Manuel L.
Deborah M. B.	Nancy R.
Elly D.	
Gloria S.	
June M.	

Our new residents on Long-term Care

Edward C.
Edward S.
Noel K.
Maria V.
Silvio C.
Yolanda M.



HAPPY Birthday

JULY RETIREMENT BIRTHDAYS

July 1st - Rosina C.
July 5th - Audrey W.
July 9th - Lorena P.
July 10th - Maria M.
July 11th - Donna D.
July 11th - Martha C.
July 11th - Anne W.
July 13th - Antonio R.
July 17th - Lorne G.
July 20th - Joan R.
July 21st - Maria S.
July 25th - David F.
July 28th - Emily S.
July 28th - Angela C.
July 30th - Robert K.
July 31st - Irma L.



HAPPY Birthday

JULY LONG TERM CARE BIRTHDAYS

July 1st - Rosina G.

July 2nd - Teresa F.

July 3rd - Luciana P.

July 3rd - Eva H.

July 3rd - Maria P.

July 4th - Stella A.

July 4th - Antonio DS.

July 8th - Anne S.

July 10th - Jacqueline A.

July 11th - Shama W.

July 12th - Louise L.

July 12th - Michael K.

July 15th - Catherine M.

July 17th - Maria B.

July 17th - Haander M.

July 20th - Maria G.

July 25th - Velna R.

July 31st - Irene L.

July 31st - Jean N.



OUTINGS

RETIREMENT

Neighbourhoods have specialty outings/drives, see calendars.

Shopping Shuttles

Every Monday at 2:15pm
Every Thursday at 2:15pm

Neighbourhood Drives

Every Monday at 10:45am

African Lion Safari

Wednesday July 9th, 2025
9:00am
Ticket Cost: \$52.00
(Packed lunch)

Kingsway Fish & Chips

Friday July 18th, 2025
12:00pm
Restaurant Outing

Disney The Lion King (Ed Mirvish Theater)

Saturday July 19th, 2025
Depart: 12:45pm
2 Hour Show (30 minute intermission)
Ticket Cost: Depends on seat selection

Sign up at the Village office.
Thank you!

OUTINGS

Dear Family & Friends Support on the outing is much appreciated! Also, be mindful when signing up for outings as space is limited.

Neighbourhoods have specialty outings/drives, see calendars.

LONG TERM CARE

Black Creek Pioneer Village

Thursday July 3rd, 2025

10:30am (packed lunch)

Tickets \$

Metro

Friday July 4th, 2025 (Llyod Manner Plaza)

10:30am (1 hour shopping time)

Dairy Queen

Tuesday July 8th, 2025

2:00pm (1 hour)

Titanic Exhibit

Monday July 14th, 2025

9:00am

Tickets \$ 52.00

Center Island

Wednesday July 23rd, 2025

10:00am

Ticket: For Ferry (Packed lunch) \$5.86 plus tax



Retirement Resident Forum

Join us at the Retirement Resident Forum
Meeting

Date | Time

Next Meeting:

Tuesday July 15th, 2025

Time: 3:00pm

Town Hall

Retirement Food Comittee



Food Committee Meeting
Alam Director of Hospitality



Please see food Committee representatives with your suggestions.
The Food Committee meets every 3rd Friday of the month.

Connie
Thelma
Joan W.
Irene O.
Marion

Long Term Care Resident Council



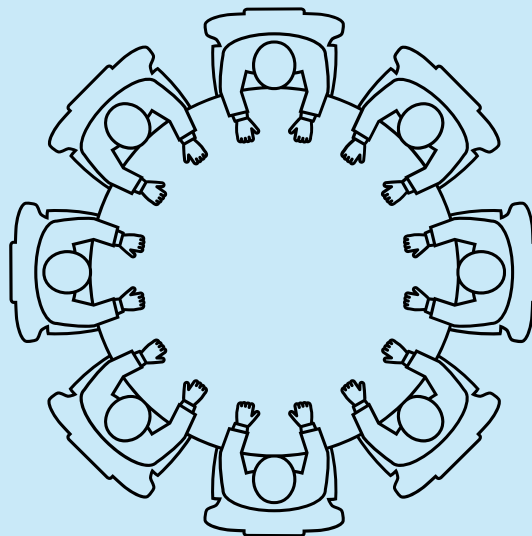
Join Resident Council Meeting
Long Term Care



Date | Time
Next Meeting:
Tuesday July 15^h, 2025
3:00pm
Library

Long Term Care Family Council

If you would like to join the Long Term Care Family Council
please email braidam1405@gmail.com.



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."

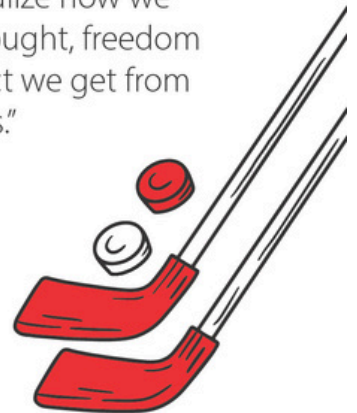
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members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

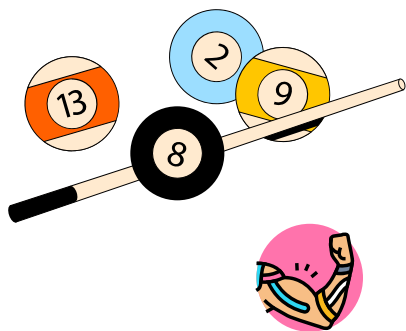
As Jamie Schlegel considers this, he echoes much of what his brother says, with an added flare for a stalwart Canadian Passion. "I'm proud of the vast and rugged natural beauty of our land," Jamie says, "the humility and kindness of our people and the fact we dominate the game that really counts – hockey!"

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!





PAL PAGE

Billiards (Pool) Fun Fitness Facts!

Did you know that playing this game can help you attain the health benefits associated with 'physical activity'? Yes! Pool is not just a recreational game. It requires physical ability and mental agility, whether you are playing at the amateur level or a true professional. I wrote about this topic a few years ago when a resident approached me with questions on the subject. It delights me to see that the table continues to be used daily and that residents are benefiting in ways they may never have imagined. If you haven't tried to pick up a cue yet, see if you can get in on the next game happening in our Fireside Lounge!

Burning Calories: Walking around the table to catch the right angle, standing for prolonged periods of time, using upper body muscles and your balancing muscles.

This all requires energy and muscle use.

Enables stretching and Balance Control: Holding the cue, reaching across the table, and remaining upright- all required to prop up and shoot a cue.

Enhances hand/eye coordination: It is a crucial factor in winning the game; you aim to complete swift and agile movements with precision. What you see and how you position your hands can be the winning factor!

Muscle toning: although low-impact, playing pool does require use of back, hip, and leg muscles to complete bending and reaching for cue-stroking movements requires shoulders/arms.

Builds focus & sharpens the mind: Playing pool frequently allows players to perform mathematical estimations and calculations. You need to determine how much force and at what angle to shoot a cue for the desired result. You have to pick up on detail and make decisions swiftly, focus on the moment and concentrate on the results of the game as they unfold! The more you practice, the more you enhance this skill.

It is social! You can't really play billiards by yourself...well you can but maybe only to practice. It doesn't take long to find a willing partner at Humber Heights to join you in some fun competition. Being social can help with your sense of purpose, keep connected to Village activities, and enhance motivation to participate and continuously try new things.

There you have it, a list that can help convince you to keep playing, or start for the first time. Don't forget, like any other 'game' out there. You can improve your chances at pool by participating in other activities using the same muscle groups and tasks. Whatever your goals are, you can always reach out to our Program for Active Living team. Remember, practice makes perfect. Good Luck and keep on moving. – Dagmara Klisz (R.Kinesiologist)

Village of Humber Heights Celebrating Diversity

Join us every Wednesday this summer for a taste of international flavors from 11:00am to 3:00pm in the Café in Town Square. Each week our team members will present you with special dishes from their home country.

July 2nd—Tibet
July 9th—Italy
July 16th—Portugal
July 23rd—Greece
July 30th—Caribbean
August 6th—Philippines
August 13th—South America
August 20th—Africa
August 27th—India
September 3rd—Linda's Way
Cheesecake Festival

Each lunch will be available
for \$10.00 cash

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).



TIMELESS RECIPES,
endless stories

PURSUIT OF PASSIONS 2025

**JOIN US FOR A
CELEBRATION
OF FOOD, CULTURE,
AND COMMUNITY!**

Our residents will share
their treasured recipes and
the stories behind them —
from family traditions to
cultural favorites.

July 22, 2025

10:30am

Location:

Town Square



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



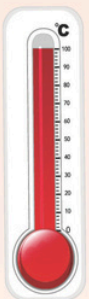
Confusion and lack of coordination



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.



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

It is our pleasure to offer full Audiology services to all Schlegel Village residents.

These services include:

- hearing tests,
- hearing aid cleaning,
- adjustments,
- wax removal,
- assistive listening devices and hearing aid sales.

Our services are located at your Retirement Village, and appointments are required.

For more information or to book an **appointment please call**

1-888-745-5550

retirement@earandhearingclinic.com

www.earandhearingclinic.com

Humber Heights Extension List

LTC - 416-235-2782 • RH - 416-235-0201

Email Example: Firstname.lastname@schlegelvillages.com

Paula Stephenson RETIREMENT Front Desk	6801
Mona Mazaheri LONG TERM CARE-Front Desk	6844
Jeanefer Therese Auditor Administrative Coordinator	6892

Neighbourhood Coordinators LTC:

Abby Bello Alderwood & Islington Coordinator- LTC	6843
Sangita Adhikari Brule & Weston Coordinator-LTC	6811
Imran Pasha Lambton & Wadsworth Coordinator-LTC	6834

Neighbourhood Coordinators RH:

Sumeya Osman Director of Wellness	6833
Nimra Benett Assistant Director of Wellness	1088
Adelina Oliveira Egerton Coordinator	6830
Girish Dhandu Williamsburg Coordinator	6803
Kaishwarie Khan Emma's Coordinator	1089

Kawaljeet Kaur Director of Nursing Care - LTC	6835
Charge Nurse Retirement	5400
Charge Nurse Long Term Care	5505

Adriana Carola Director of Recreation - LTC	6837
Aeron Cruzat Magcawas Recreation Supervisor - RH	6860

Ruxien Aclaracion Food Services Manager - LTC	6846
Alam Raymon Director of Hospitality - Retirement	6847
Tanya Bradbury Director of Environment Services	6974
Lukesh Sharma Assistant Director of Environment Services	6974

Dagmara Klisz Director of Program for Active Living	6877
Alicica Siracusa PAL Coordinator - LTC	6877
Emma Donnelly PAL Coordinator - Retirement	6875
Naveen Physiotherapist	6809
Tanya Dorsay Foot Nurse	647 832 7974
Asha Poonai Student/Volunteer Coordinator	1842
Charles Mariakan Social Worker	5410
Bobo Delo Village Spiritual Leader	6890
Marta Czepielewski Director of Lifestyle Options	6858
Carmen Sooknanan Director of Lifestyle Options	6858
Joanne Hernandez Resident Support Coordinator - LTC	5410
Shawn Fenlong Assistant General Manager - LTC	6851
Sujeeva Muthulingam Assistant General Manager - RH	6876
Pauline Dell'Oso/Laurie Wolf General Manager	6802
Eleanor Hairdresser Salon	1814