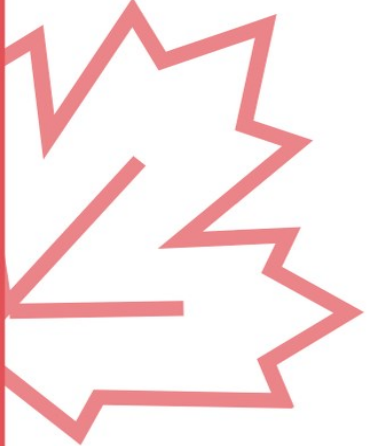


THE TANSLEY TIMES



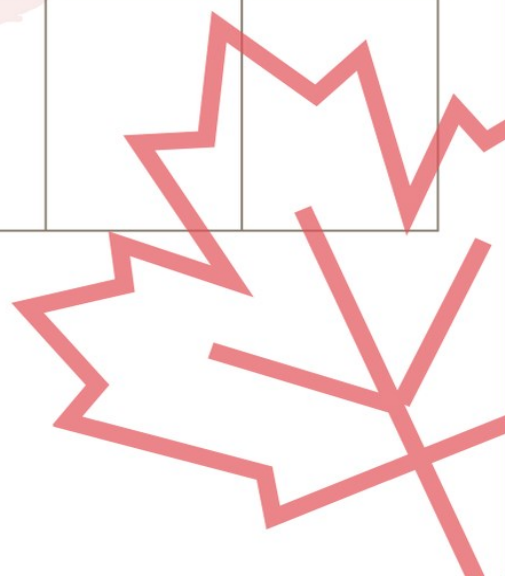
JULY 2025

JULY 2025
ISSUE NO. 110



July

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	31			



Village Entertainment

Date	Time	Entertainer	Location
July 1	2:15 PM	The Escapades	Pond Gazebo
July 3	7:15 PM	Kevin Coates	Fergusson Town Hall
July 8	2:30 PM	Manvir	Emma's East / Egerton
July 14	2:15 PM	Dixieland Plus	Pond Gazebo
July 18	3:00 PM	Little Hobby Hill Farm Petting Zoo	Emma's West
July 21	7:15 PM	Dave Thierry	Social Club
July 29	7:15 PM	Alchemy Unplugged	Fergusson Town Hall

Vendor This Month

July 10: Tradition's Alive 10 AM - 3 PM

July 15: Nelly's Comfort Shoes 10 AM - 3 PM

July 22: Specsavers 1 PM - 3 PM



July Special Events

July 1—Canada Day

Join us at 10 AM for our Canada day opening ceremonies, Canadian trivia, lawn games & more outside at the main retirement entrance turn circle. Not on the meal plan? Purchase your Canada Day BBQ ticket at the Village Office and join us in the back courtyard for a themed meal, followed by live entertainment by The Escapades!

July 12 & 13—Wimbledon Tennis Finals

Calling all tennis fans! We will be airing the Women's & Men's Wimbledon Tennis Finals over the weekend of July 12 & 13, let's watch together & cheer on our favourite athletes!

July 20—Ice Cream Day

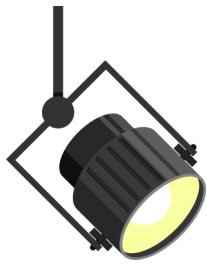
I scream, you scream, we all scream for ice cream! We invite all to stop by our ice cream bar from 2:00 - 3:30 PM on Main Street for a sweet treat.

July 22 & 24—Pursuit of Passions: Timeless Recipes, Endless Stories

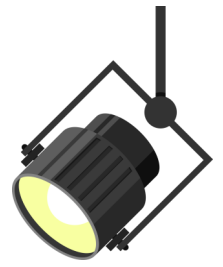
Join us for a cooking demonstration and taste test starting at 2:00 pm for our two chosen resident recipes that we will be submitting as a Village towards the organizational wide cook book! Want more info? See the table set up on Main Street outside the Hobby Shop prior to July 13th!

July 24—International Self Care Day

It is so important to take care of yourself. Join us on this day at 3:00pm for Laughter Yoga in the Town Hall, a unique way to improve your mood and take care.



Program Spotlight



Pursuit of Passions: Timeless Recipes, Endless Stories

We are celebrating 10 Years of Pursuit of Passions x ElderWisdom! Collectively across the organization we will be creating a cookbook “Timeless Recipes, Endless Stories” featuring recipes from various Residents living in Schlegel Villages. Should you wish to enter a recipe, please fill out the ballot and place it in the box on Main Street no later than Sunday July 13th along with the story that accompanies your dish. The Recreation Team will be choosing 2 Residents who will cook their dish alongside a Recreation Team Member for other Residents to taste & enjoy. We invite all to come out to our Cooking Demo’s & taste the 2 chosen dishes on July 22 & 24 at 2:00 PM in the Hobby Shop!

Freezie Social

Join us on the Retirement Turn Circle Patio outside the café for a freezie social for National Freezer Pop Day on July 8 at 2:00 PM!

Summer Salad Series

Enjoy samples of summer salad creations in the Hobby Shop every other Wednesday morning in July!

Island of the Sea Wolves Nature Documentary

Exploring wild, wondrous Vancouver Island, where the ocean nurtures all life, from bald eagles who go fishing to sea wolves who swim in frigid waters. Peer a little deeper and we find something even more remarkable: a community full of charismatic animal residents, waiting to show you around. Join us Tuesday evenings in the Town Hall!



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: Phoebe

When: Always

Where: Dining room

Phoebe is highly proactive and consistently attentive to residents' needs. She is good-natured, approachable, and very friendly.

Shooting Star

Who: Holly

When: Every time

Where: Recreation

Holly from recreation always offers inclusive and engaging programs for all & we love her cooking demos! She always has a smile on her face & a positive attitude.





Soumbos Osteopathy

Move well. Feel well. Live well.

Back Pain? Blame the “Lazy Group Member”

Think of your body like a group project: when one area stops pulling its weight — say a stiff hip or tight ankle — the other areas have to do extra work to keep things moving. If two areas check out, the load falls entirely on one poor “group member.”

And just like in a group project, it’s the one doing all the extra work who gets frustrated — or in this case, sore.

That’s what we call compensation — when parts of your body overwork to make up for areas that aren’t functioning well. Over time, it’s usually the most responsible area (often your back!) that starts to complain.

But because that’s where the pain shows up, we often focus all our attention there — chasing symptoms instead of asking what caused the overload in the first place.

Osteopathy takes a different approach: we look beyond the sore spots to find and treat the actual source of the problem, so your whole body can start working as a team again.

Let’s take the pressure off the parts doing too much. With gentle, hands-on care, we can help your whole body move and feel better. Book your free consultation for July in the Wellness Centre today.

Stay well,

Andrew Soumbos, Registered Kinesiologist, Osteopathic Manual Practitioner

That FROM YOUR RESIDENTS' COUNCIL

Little drops of water, little grains of sand,

make the mighty ocean and the beauteous land.

The first stanza of a children's song from the mid-1800s reminds us that everything is made up of many small components. Not just the place where we live, but the entire universe.

In 1950 I was the smallest boy at my grammar school; the Physics Master nicknamed me Electron Butch – the smallest particle known! But a few years later he was teaching us about even smaller particles. Today we are amazed at the miniaturization of components made possible by increasing use of the smallest particles now known.

Which reminds me of the importance of correctly using small things. Small plastic bottles polluting the mighty oceans. Careless actions which started some of the devastating forest fires across the country. Increased emissions of the simple compounds carbon dioxide and methane contributing to Global Warming, in turn causing vast areas adjoining sandy deserts to become uninhabitable.

The last verse of that song begins

Little deeds of kindness, little words of love . . .

Living together at Tansley Woods we are a large family composed of individuals. Each can contribute little acts of kindness, such as being considerate of the safety and comfort of other residents as we move around the village.

Stan Butcher

Happy July, Tansley!

Summer is here!

As we move into summer and temperatures rise, it is important to keep in mind how to stay safe in the heat. Getting some fresh air is a great way to reduce stress and improve your mood, but it is important to enjoy the summer weather while remaining safe. Here are some tips to enjoy the outdoors safely this summer!

Stay Hydrated: Drink plenty of water throughout the day, even if you don't feel thirsty.

Avoid alcohol and caffeine as they can cause dehydration.

Wear Light Clothing: Choose loose, lightweight, and light-colored clothing to keep cool.

Dark colors absorb heat, making you feel hotter.

Use Sunscreen: Apply sunscreen with SPF 30 or higher to protect your skin from harmful UV rays. Reapply every two hours, especially if you're sweating or swimming.

Take Breaks in the Shade: Avoid direct sun exposure during the hottest parts of the day (10 a.m. to 4 p.m.). When outdoors, find shade to cool off regularly.

Limit Outdoor Activities: If possible, avoid strenuous physical activities during the heat of the day. If you must exercise or work outside, take frequent breaks and drink water often.

Wear a Hat and Sunglasses: A wide-brimmed hat can protect your head and face from the sun, and sunglasses protect your eyes from harmful UV rays.

We're excited about all the summer activities planned for July! Make the most of the sunshine and stay safe while having fun..

Stay well,

Your PAL Team

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."

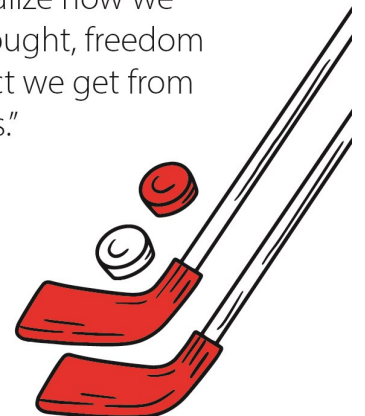
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members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

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



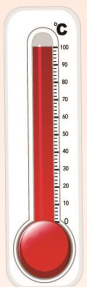
Confusion and lack of coordination



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.

RESEARCH
MATTERS

RIA FEATURE

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).

Word Scramble

ANAADC

NTERVGONME

EAPTIRNML

ISOERRKWF

FEOCRDAIETNNO

July Word Search

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

Canada
Cold
Empower
Heart
Insight
July
Piercing
Timeline

Character
Culture
Flight
History
Inspire
Mars
Sharp
Universal

Civilization
Empire
Future
Innovation
Iron
Passionate
Sunny
Viking

Hello July

Just be you, because you are
Unique, worthy and amazing
Live every day to the fullest as
You deserve all the good in life



- Maureen Paraschuck
- Nellie Collins
- Pamela Fenner
- Magali Vrillaud
- Janice Schulze

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

- Henry Laugesen
- Barbara Rigby
- Dorothy McDonald
- Helen Stodulski
- Ottlie Hazzard
- Ines Verdoni





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- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
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- ✓ 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 dinner on Wednesdays, and for lunch & dinner on Thursdays, Fridays and Saturdays. You can buy Ruby gift cards and reload them as much as you want. Open to 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:

Physician - Dr. Ghobara

Physician - Dr. Moghaddam-Abrishami

Nurse Practitioner - Laura Burmazovic

Physiotherapy - Nehal Dave

Osteopathy - Andrew Soumbos

Massage Therapy - Vaidehi Dave

Dental Hygienist - Salvia Kelada

Foot Care Clinic

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	Shakeelahemad Siddique	Ext. 1988
Village Office Coordinator	Pennie Pryce-Jones	Ext. 1851
Administrative Coordinator	Helen Sanger	Ext. 1802
Administrative Assistant	Paige Epp-Ruitenbergh 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. 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