



Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose.



The Village Chronicle

July 2025

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock Street North

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Meaningful conversations, wagging tails, and wisdom shared — all part of the #ElderWisdom Green Bench Initiative at the Whitby Public Library and Whitby Farmers Market. 🍁 A beautiful day to connect generations and celebrate the voices of our elders.



Birthdays

If you would prefer not to have your birthday displayed in the newsletter or village, please let Recreation know at ext. 8013

Retirement Birthdays

July 1st – Lynn Meh.
July 1st – Roan Pea.
July 2nd – Kerry Ump.
July 4th – Olga Dzi.
July 4th – Valdera Bro.
July 5th – Bruno Bru.
July 7th – Louise Wel.
July 7th – Audrey Wil.
July 8th – Zib Hun.
July 8th – Anthony Chi.
July 8th – Shirley McI.
July 8th – Elsa War.
July 8th – Dave Con.
July 8th – John Dea.

July 10th – Velda All.
July 10th – Edith Bin.
July 11th – Anne Yuh.
July 11th – Jeannine Fau.
July 14th – Julia McC.
July 15th – Muriel War.
July 17th – Maureen Mar.
July 17th – Jerry Mal.
July 19th – Doug Arm.
July 20th – Marie Del.
July 20th – Olga Ale.
July 21st – Betty Bak.
July 21st – David Row.
July 22nd – David Ank.
July 23rd – Barbara Bell.

July 23rd – Gwennyth Wes.
July 23rd – Ethel Kot.
July 23rd – Jane McM.
July 24th – Jack Chi.
July 24th – Margaret Pin.
July 24th – Johanna Hua.
July 24th – Phyllis Pha.
July 24th – June Mil.
July 26th – George Yab.
July 26th – Chuck Gue.
July 28th – Beth Wil.
July 30th – Nadine Cor.
July 31st – Doreen Cum.
July 31st – Richard Gra.

Long Term Care Birthdays

July 8th - Mary Mu.
July 9th - Marie Sa.
July 10th - Janeino Fe.
July 15th - Gloria Bu.
July 16th - Emma Ma.
July 22nd - Bosko Bo.
July 26th - Maria Ri.
July 29th - Bob Ca.
July 29th - Cheryl Cr.



VOLUNTEER CORNER

With Greg Lyons – Volunteer Coordinator Ext. 5111

We  our
volunteers

VOLUNTEER In the Spotlight

Anthonia

We're thrilled to shine a spotlight on Anthonia, one of our newer volunteers who has already made a big impact in such a short amount of time. With enthusiasm and initiative, Anthonia has played a key role in re-opening our Long-Term Care general store, assisting one of our LTC Residents in operating the store. We're so grateful for the passion and skill she brings to the Village – thank you, Anthonia, for all that you do!

Looking to get involved in the village? Volunteer with us!

If you are interested in becoming a Resident Volunteer, please speak with one of the Recreation Team Members to find out how you can help out. We would love to have you involved, making the Village of Taunton Mills a community of belonging.

Volunteer Opportunities

- Assisting LTC Rec with Church Service – taking residents back to neighbourhoods
- General Store (Retirement)
- Mail delivery
- Decorating
- Companionship
- Assisting in LTC dining room during breakfast (8am)

Heartfelt 
THANKS
TO OUR VOLUNTEERS!



Schlegel Villages'
volunteers

Chapel News & EVENTS



Multi-Faith Calendar Events

July 5 – Islamic: Ashura

Marks the martyrdom of Husayn ibn Ali and is observed with mourning.

July 9 – Baha'i: Martyrdom of the Bab

Commemorates the execution of the Baha'i co-founder.

July 23 – Rastafarian: Birthday of Haile Selassie

Celebrates the birth of the Ethiopian Emperor, revered in Rastafarianism.

July 24 – Church of Jesus Christ of Latter-day Saints: Pioneer Day

Commemorates the arrival of the first Mormon pioneers in Utah.

In Memory



We remember...

Gloria Bug.
Francis Gra.
Desmond New.
Georgios Koi.
Betty Wal.
Jackie Wey.

"The spiritual journey is the unlearning of fear and the acceptance of love."

- Marianne Williamson

Next Celebration of Life...

July 24th at 2:30pm in
Town Hall

Poem of the Month
Written by: Patricia Bayley

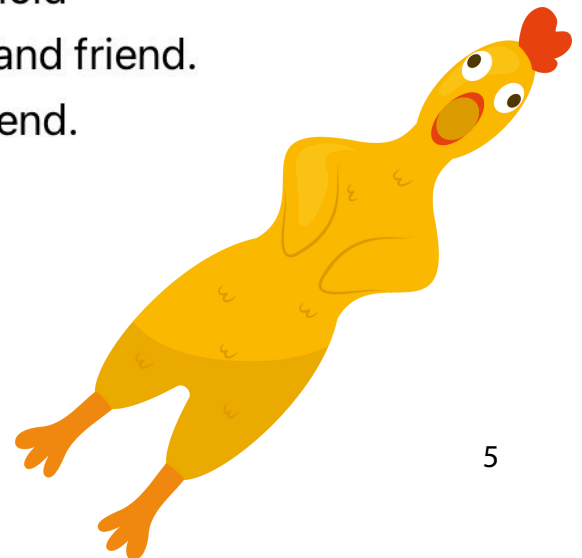


Cluck is a chicken who brings great delight
always good for a laugh by day or by night.
Her skin burns too quickly to sit in the sun.
She has many talents and shares them for fun.
She has friends far and near and when not helping out
can often be spotted just hanging about.

Her head is a picture of one who distains
Her gaze shows she's thinking but it's never made plain.
Head still held so high, and wings tucked in quite tight
She never was one to carry a fight.
Legs strong and true like she'd still like to run,
dangling knees also add to the fun.

She still retains charm. Her crown matches her feet.
Four clawed and ready but it's good you're replete.
She'd not make a good dinner, now bony and old,
but look, really see, you're invited, behold
her purpose is laughter-between family and friend.
Cluck keeps on giving and may start a trend.

L.Patricia Bayley ©



Poetry Appreciation Group

ALL Welcome

The poetry appreciation group is the first Monday of the month at 11am. Participants are invited to bring a copy of their choice of poem. It can be read aloud by them or a person of their choice for the enjoyment of attendees. The facilitator of the group will be Patricia Bayley, resident, who will also read some of the poetry she selects.

Classic Poems, Modern Poems, Serious and Funny, and so much more! You are most welcome to attend and share your favourite poems.



A Message from Food Services

Marie Sawatzky *Food Service
Manager*

EXT.8004

CANADA DAY EH!

Its great month to celebrate being Canadian by enjoying some of Canada's traditional favourites. July 11 is national French fry day, and you can't make poutine without them!

CANADIAN FOODS

Canadians have invented some yummy foods including: Poutine, butter tarts, nanaimo bars, beaver tails, ketchup chips, peanut butter and Hawaiian pizza.

Don't worry you're not really eating my tail. A "beaver tail" is a fried pastry, like a flat donut.



DID YOU KNOW?

Indigenous people were the first to make maple syrup- which involves taking sap from a Maple tree.

FUN FACT

Canada produces 75-85% of the world's maple syrup.

What's your favourite food to put maple syrup on?



French fries with cheese curds and gravy poured overtop.



... **HAPPY ...**
Canada Day



PAL PARTICIPANT OF THE MONTH

Millie Harrington



*" Celebrating a life of
strength, dedication and
sweet motivation "*

Millie never hesitated to enjoy her favourite treats and she balances it out with determination and a positive mindset. " I'll do better everytime " she says with a smile on her face. It is a personal motto that reminds her that progress is what matters the most. Millie grew up in Eastern Ontario, where she used to live at a farm. She proudly recalls her days driving a tractor, milking cows, and walking to school. It was an early start to a life of hard work and discipline. She previously worked in Nursing training as well which radiates a

A true inspiration to all of us here at the retirement home, Millie exemplifies what it means to age actively and joyfully. Rain or shine, you will see her stretching, moving, and smiling with her fellow residents. When the sun is out, Millie doesn't miss a chance to take a walk outside - something she says helps her feel connected, calm, and energized. Her commitment to staying active is not only impressive but incredibly motivating for everyone around her.

lifelong spirit of care and compassion. When asked about her future goals, Millie simply says, " To stay well. " With the energy and dedication she works, we are confident that she is well on her way to her goal. We would like to thank Millie for her positivity, participation and being a wonderful example for all of us.

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



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).

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."

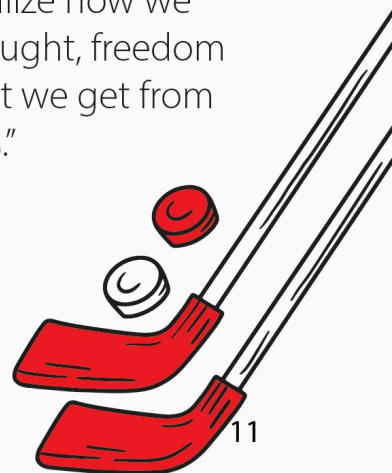
This year has been one of great reflection for many Canadians, for there have been new challenges borne out of changing perspectives among our global neighbours. There has been a rise in Canadian patriotism as a result, and across our Villages we see it in full force as our residents and team members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

Advertisements



Please Welcome
George
our Pharmacist
to our
General Store
Every Tuesday
10:00am–2:00pm



Taunton Mills General Store Manager

Duties would include:
Managing General Store Volunteers with help
of Volunteer Coordinator
****The general store is only open if a
volunteer is present****

If interested in learning more, please contact
Steph Hamilton– Director of Recreation Ext.
6848

Guest meal pricing

Tickets are available for purchase at the Village Office.

While we request 24 hours' notice for guest meals,
when possible, we will make every effort to
accommodate last-minute requests.

	Retirement	Long-term Care
Breakfast	\$10.50	\$10.50
Lunch	\$16.80	\$13.65
Dinner	\$19.95	\$16.80



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



Headache



Muscle cramps



Rapid breathing and heartbeat



Dizziness or fainting



Extreme thirst



Nausea or vomiting



Dark urine and decreased urination



Heavy sweating

Heat stroke



High body temperature



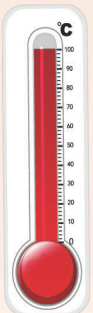
Dizziness or fainting



Confusion and lack of coordination



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.

The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



Dining options

Dine at The Ruby

Break bread with us.

Enjoy a delicious meal with a breathtaking view in our comfortably elegant dining room.

Take-out meals

or Get it while it's hot.

Pick up a freshly cooked meal and enjoy it in your room or out in the courtyard.

Wednesday – 4–6:30 p.m.

Thursday–Saturday – Noon–2 p.m. | 4–6:30 p.m.

Ruby on the run

Grab and eat now.

Enjoy freshly baked goodies and sweet treats.

Every Wednesday on Main Street
11:30 a.m.–2 p.m.

Catering

Celebrate special moments.

The Ruby is the perfect spot to host any special event or occasion.

905-665-2072 x 8067

judith.gray@schlegelvillages.com

Reservations are recommended but walk-ins are welcome!**905-665-2072 x 8067**

**Join us on the
top floor!**



Please join us for

“GATHER”

group

Care Partner

Wednesday, July 9th

3:30PM-RH In the Main Chapel

Contact Donielle to RSVP

donielle.mclaren@schlegelvillages.com
or @ Ext. 5000



GATHER group – Care Partner

Designed for those who support and care for someone they love. Being a caregiver has its own set of challenges, questions and rewards. This group creates a safe space to talk about your care giving journey with others who share and understand this experience and to explore support and coping strategies together.





Please join us for

“GATHER” group

Grief and Loss

**Wednesday, July 23rd
3:30 PM-RH In the Chapel**

**Contact Donielle to RSVP
donielle.mclaren@schlegelvillages.com
or @Ext.5000**



GATHER group – Grief and Loss

Designed for those experiencing the effects of grief and loss upon losing someone important in their life. Grief may be fresh and new, or in the past but still a constant companion. This group creates a safe space to talk about your grief with others who share and understand this experience, and to explore support and coping strategies together.



CUP HOLDER FOR WALKERS

Don't Miss Out!

Interested in
purchasing a
walker cup
holder?

Please sign up and pay at
the village office.

If you have any questions,
please contact Frits Jansen
at 905-666-4942



1. Order will go out on the 15th of the month
2. \$22.50 tax included (not for profit)
3. Installation is included if required
4. Product fits well on most walker types and is suitable for holding cups and water bottles to avoid spillage and free up your hands!

Note: Even if
you don't pur-
chase a Yeti
 Rambler,
please use the
Ceramic Mugs
in the Café to
help us.....

Stop
Wasting
Paper Cups

*****NEW*****

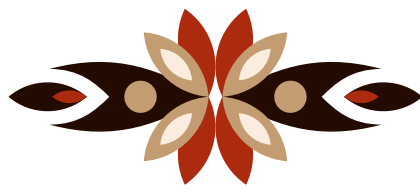
10oz Insulated Yeti Stainless Steel Rambler

\$25 plus tax (\$28.50)

Please contact

Frits Jansen for more information.

905-666-4942



For the last few years, there has been a team here at Taunton Mills working to deliver Gifts to First Nations Schools in North Spirit Lake.

The Village Committee is Dennis, Rosemary, Nicole (Steph) and Irene and including their 2024 shipment, they in collaboration with contacts up North, they have reached 1000 kids with their backpacks of Joy.

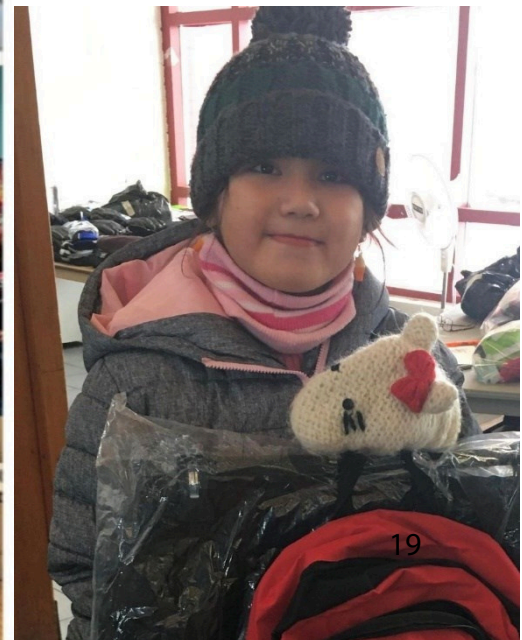
What we are looking for is:

#4 Wool that the Knitting Club uses to make all the Warm Hats, Mitts and Scarves. (Can't be thin wool)

Please Drop off any donations to The Village to
Steph Hamilton, Director of Recreation.

If you have any questions, don't hesitate to
reach out to Steph at 905-666-3156 Ext.
6848

or Steph.Hamilton@SchlegelVillages.Com
Thank you In Advance for Donating to Our
Special Project!





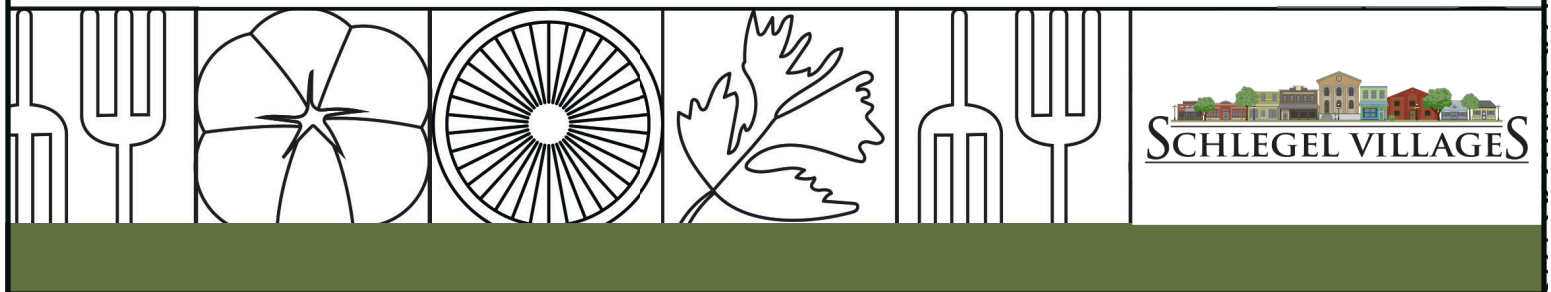
TIMELESS RECIPES, *endless stories*

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.

**4 Residents are needed to share a
recipe with us.**
**These recipes will be prepared and
featured at an event in July and be
added into the Schlegel Recipe Book!**



All aboard AGAIN!



Boat for Hope

2025

Tuesday
July 15

Noon–3:30 p.m.

Yankee Lady Yacht Charters

539 Queens Quay West, Toronto

Get your tickets early!
\$100 per person

For any questions

Call Jen Jimenez at **519-822-5272 x 805**
Washrooms on boat are not
wheelchair accessible.



To buy your tickets visit
schlegelvillages.com/boatforhope
or scan the QR code



All profits raised go
to the Wilfred Schlegel
Hope Fund.

#iGiveHope

Wilfred Schlegel
Hope Fund





General Store

Come check out the General Store as we have a variety of great items. We really have something for everyone so stop on by and say hello! We are keen to find Residents who would volunteer to shop for the store.

If interested please contact
Steph Hamilton 6848

Searching for July

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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



BASTILLE (Day)

BLUEBERRIES

CAMPING

CANADA (Day)

CANCER

FIREWORKS

GRILLING

INDEPENDENCE (Day)

LARKSPUR

LEO

RUBY

SEVENTH

SHORTS

SUNGLASSES

TOUR DE FRANCE

TRAVEL

WATER LILY

WATERMELON



MONTHLY RIDDLE

What type of pine has
the longest needles?

Last Month Riddle Answer

I'm a precious stone
that's historically given
on 1st and 60th wedding
anniversaries. What am
I?

Answer:

A Diamond

Taunton Mills Team Directory

STAFF	EXT	STAFF	EXT
Charge Nurse LTC Perry	5005	Charge Nurses – North Tower Retirement – South Tower	5905 5100
Karen Burt Asst General Mgr - LTC	8008	Noëlla Black (Senior) General Manager	8003
Andrew Velasco Director of Care	8005	Emily Vasey Asst General Mgr - RET	8009
Ingrid Smithen Asst Director of Care- Quality Lead	8060	Director of Wellness	5092
Chris Marcelo Asst. Director of Care-IPAC	5107	Heather Wagner Wellness Coord -South	8069
Mellisa Burley Asst. Director of Care- BSO	5110	Mary Grace Hatt Wellness Coord - North	8034
Nikita Henry Resident support Coordinator	5109	Alysha Holland NH Coord- Egerton	8035
Diane MacLean NH Coord. Perry/Claremont	8018	Amanda Sturgeon NH. Coord- North	8026
Mitch Wolf NH Coord. Dryden/Dunlop	8019	Donielle McLaren NC-Becker	5000
Rob Kennedy Chaplain	8011	Jenn Cain NH Coord. – Emma's	8065
Christal Leduc RAI MDS	8020	Adrienne Brooks NH Coord -South	8062
Susan de Leon Administrative Asst LTC	8012	Vergine Tumanyan Office/Team Exp. Coord.	6836
Allison Sauvé Recreation Supervisor	8007	Joan Brown Administrative Asst RET	8001
Gregory Lyons Volunteer Coordinator	5111	Judy Collard Admin. Coordinator	8002
Zibby Maintenance - LTC	5873	Steph Hamilton Director of Recreation	6848
Christine Arnold Nurse Practitioner	8089	Hobby Room (Art Studio)	8013
Francis Mugerwa Asst. Director of Environmental Services	8015	Dan Kennedy General Mgr at Millers Creek	8090
Farah Sadiq PAL Coordinator / Kinesiologist	8016	Ben McLeod Director of Environmental Services	8006
Brenda Giambattista Village Health Ctr / Oksana Foot Clinic	905 665-0155 X8048	Russ, Brayden, Lucas & Rodel RH Maintenance	5871
RiverStone Spa & Hair Salon	8050	Melissa McNally North RH Kinesiologist	8017
LTC – NEIGHBOURHOODS		Amelie Larochelle South RH PAL Coordinator	8017
PERRY	5108	Retirement Neighbourhoods	8036 / 8037
DRYDEN	8025	North Tower 1 st Floor Nursing Station Williamsburg Med Cert / PCA Egerton Med Cert / PCA	5865 / 5864 8040 / 5857 5002 / 5003
CLAREMONT	8028/8029	South Tower Williamsburg Emma's PCA Emma's Med Cert	5102-5103-5104 5105 / 5106
DUNLOP	8031/8032		
FOOD SERVICES		Laundry	8052
Marie Sawatzky Food Services Manager	8004	Marketing Dept.	
Colby Farrell Director of Hospitality Alister Dining Room Supervisor	8014 5091	Rosemary Coolen, Crystal Saunders & Sharon Port Director of Lifestyle Options - Marketing	8043
Wine Bar – Fire Side Lounge Café 1st Floor Retirement	8039 8044	Amy Haines Village Experience Coordinator	8058
RUBY'S Bar Direct line to RUBY'S Restaurant	8067 905 665-2072	Vanessa Buslig Admin. Assistant/Student Coordinator	5113
General Store-RH	8055	Laundry	8052
Main Kitchen	8021	Demonstration Kitchen	8069
		School House	8071