

The background of the entire page is a collage. It features a light cream-colored rectangular area in the center, which serves as a backdrop for the text. Surrounding this central area are various elements: a cluster of vibrant orange and yellow maple leaves in the top right corner; a dental syringe with a clear barrel and a metal needle, positioned diagonally across the center; and a dental handpiece with a silver metal body and a clear plastic guard, located in the lower right. The overall aesthetic is clean and professional, with a seasonal autumn theme.

# THE TANSLEY TIMES

SEPTEMBER 2025

SEPTEMBER 2025  
ISSUE NO. 112



# September

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
Sept 9	7:15 PM	The Ludgates	Fergusson Town Hall
Sept 11	2:30 PM	Tim Godfrey	Emma's East / Egerton
Sept 13	2:00 PM	Brent Meidinger	Emma's West
Sept 18	7:15 PM	Gerry Larkin	Fergusson Town Hall
Sept 25	3:30 PM	David Skolnik 'Oktoberfest Show'	Fergusson Town Hall

## Vendor This Month

Sept 1: Vintage Village 10 AM - 3 PM

Sept 12: Adrian's Fashions 10 AM - 3 PM

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

Sept 26: Tradition's Alive 10 AM - 3 PM

Sept 29: Bella Boutique 10 AM - 3 PM



# September Special Events

## **Sept 7—Grandparent's Day**

Invite your grandchildren to the Village on this day as we host a Grandparent's Game Day from 2:00—3:30 PM! Join us in the Senior Center for structured games or grab a board game / card game of your choice and play independently in the Hobby Shop!

## **Sept 8—Coffee & Donuts Alzheimer's Society Fundraiser**

World Alzheimer's Day is celebrated each year in September, and this year we are hosting a Coffee & Donuts fundraiser in collaboration with the Alzheimer's Society. Purchase a specialty coffee & a donut from 10 AM—12 PM or until sold out on Sept 8th, where all proceeds will go directly to the Alzheimer's Society.

## **Sept 14—Terry Fox Walk**

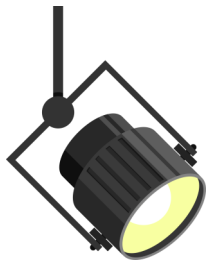
We invite all to join us at 10:30 AM as we gather outside the café and embark on our annual Terry Fox Walk . Please reach out to the PAL team (ext. 1887) should you wish to donate to The Terry Fox Foundation.

## **Sept 24—Arts & Aging Day**

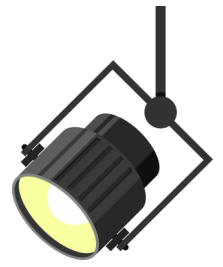
Sign-up for a pottery class on this day facilitated by our Art Therapist. We will be making flower pots for you to keep!

## **Sept 30—National Day for Truth and Reconciliation (Orange Shirt Day)**

We invite and encourage all Residents & Team Members to wear an Orange Shirt on this day. Orange shirt day is a Canadian movement dedicated to raising awareness about the residential school system and its lasting impact. It serves as a day to remember and honour residential school survivors, their families, and communities.



# Program Spotlight



## **Hunger Action Month Food Drive**

All month long, we will be hosting a food drive and collecting non-perishable food donations for the Burlington Food Bank. Please drop off your non-perishables in the designated donation bins on Main Street. Please check expiry dates! Thank you.

## **Decorating Orange Shirts**

Sign up to decorate an orange shirt for National Day for Truth and Reconciliation Day—Orange Shirt Day.

## **Basket Bean Bag**

A variation on the traditional Bean Bag Toss game. The baskets are on a pole at various heights, points are awarded depending on the basket the bean bag lands in. Give it a try!

## **The Fall Soup Series**

The soup series is back again with a focus on Fall flavours. Join us for short demonstrations and tastings of a variety of different kinds of soups.

## **Dessert Demo**

Once a month we gather for a demonstration on easy to make tasty treats with a tasting at the end.

## **Oktoberfest Entertainment**

Join us for an Oktoberfest themed live entertainment show by David Skolnik on Sept 25!





# 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:* Abbey

*When:* When serving

*Where:* Housekeeping

Abbey is such a faithful, trustworthy and sweet team member who is not at all showy but brings so much light and life to my mom for sure and I suspect to the life of every person in Mom's neighbourhood. We are so thankful to have her in Mom's life - regularly smiling and going about her work with calm and kindness and an attentive ear to each resident!

## Shooting Star

*Who:* Carolina De Souza

*When:* Anytime

*Where:* PCA

Carolina came very quickly in an emergency and did a lovely job of caring for my Mom. Her manner was so sweet and gentle and calm!

## Shooting Star

*Who:* Happy

*When:* Always

*Where:* RPN

Helped us get settled, let us talk, and answered all our questions. She was so sweet, helped us, and was very reassuring.





## **Soumbos Osteopathy**

*Move well. Feel well. Live well.*

### **Osteopathy Information Table**

Starting this month I'll be setting up an information table on Main Street near the Cafe every week. The days and times will vary, this will be a relaxed time where you can stop by, learn more about osteopathy, and ask any questions you may have about balance, exercise, pain management, or treatment options.

I'll also have some educational resources and simple exercises available to take home. No appointment is needed—just come by for a chat!

### **How Osteopathy Can Help**

Osteopathy focuses on gentle, hands-on treatment and movement strategies that can make a real difference for seniors. It can help reduce chronic aches and pains, improve posture and balance, increase mobility, and support overall wellbeing—making everyday activities a little easier and more comfortable.

I look forward to seeing you there!

*Andrew Soumbos, Registered Kinesiologist, Osteopathic Manual Practitioner*

As September arrives, we are welcomed by cooler mornings and golden afternoons. The first days of autumn bring a gentle crispness to the air, reminding us once again of the beauty in nature.

The trees are preparing for their grand performance outside our windows. Green leaves, once full of summer's richness, begin their gradual transformation into brilliant shades of amber, crimson, and gold. There is beauty in every stage of this change.

At Tansley Woods, September inspires us to honour our own life transitions. Like the trees, we have roots, memories and experiences that ground us. Our branches reach out to friends and family, offering shade, comfort, and wisdom. This season encourages us to embrace the wisdom that comes with age.

Every wrinkle is a chapter; every grey hair, a lesson learned. Growing older has its own quiet strength, much like the tall trees that stand proudly through the seasons. Autumn is not a farewell to youth, but a celebration of the richness and wisdom time brings.

As we step into September, we can look forward to nature's beauty, but also to the moments we share together whether it's enjoying a crisp walk outdoors, joining in a harvest celebration, or gathering indoors for warm conversation.

*Let us look forward to all that September has to offer!*

**Carole Leacock**





Happy September Tansley!

## **TERRY FOX WALK - SUNDAY, SEPTEMBER 14<sup>th</sup>**

Join your PAL team for the annual Terry Fox Walk for Cancer Research on Sunday, September 14<sup>th</sup> at 10:30 am! We will be meeting at the Café doors and walking around the building outside, to help support Terry Fox's cause and raise awareness for ongoing cancer research. We will be setting up a donation booth at 2 pm on September 3, 4, 12, and 13 to collect donations for the Terry Fox Walk. All proceeds will go directly to the Terry Fox Foundation.

## **ARTHRITIS AWARENESS MONTH**

September is Arthritis Awareness Month in Canada! Arthritis is a chronic disease, causing inflammation or swelling to one or more joints, and it is a leading cause of disability.

Unfortunately, as you age your risk of developing arthritis increases. Exercise is a great way to prevent arthritis, with a focus on light weight bearing to gradually load your joints, which strengthens and prepares them for general wear and tear that comes over time.

Exercise also helps to treat arthritis, with a focus on lower-impact exercises such as walking, swimming, and stretching. While it is important to stay active, including rest in your exercise is also just as important, protecting your joints and reducing the amount of stress being placed upon them. Some other treatments include heat or cold, massage, weight loss, and the use of assistive devices such as a cane or walker.

## **PAL UPDATE**

This month one of our PAL coordinators, Ben, will be switching to another Schlegel Village where he will work as PAL Coordinator in LTC. Ben has thoroughly enjoyed his time at Tansley and will miss the residents and fellow team members of Tansley Woods. Another PAL coordinator, April, will be taking over Ben's role and is very excited to join Tansley Woods! Please give a warm Tansley welcome to April as she begins the new role in the coming weeks!

As always, stay active!

Your PAL Team

# Schlegel Villages – CONNECTIONS



## The GRANDEST GRANDPARENT Legacy quilt project

As part of the 2024 Grandparents' Day celebrations, Schlegel Villages invited grandchildren to participate in the "Grandeest Grandparent Legacy Quilt Project." The goal was for each grandchild to create a personalized 6x6-inch quilt square that showcased why their grandparent is "the grandeest."

Many Villages hosted special Grandparents' Day events around the second Sunday of September, where grandparents and their grandchildren could work on their quilt squares together, fostering intergenerational bonding, storytelling, and cherished memories. From there, all quilt squares were collected and skillfully pieced together by talented Village quilters into a beautiful, cohesive quilt that symbolizes community, love, and legacy.



Throughout the month of September, we'll share why people felt theirs is the greatest grandparent, and we look forward to the quilt visiting every Village in the coming months.

# Schlegel Villages – CONNECTIONS

## National Day for Truth and Reconciliation

At the age of six, Phyllis's grandmother gave her a bright orange shirt for her first day of school. When she arrived at residential school, it was taken away – along with her other clothes – and never returned. For Phyllis, the colour orange came to symbolize the profound loss, disregard, and pain experienced by children in the residential school system.

This day calls us to remember the countless First Nations, Inuit and Métis children taken from their families, and to acknowledge the lasting harm caused by colonial policies that suppressed and attempted to erase entire cultures.

On **September 30**, we join Canadians in honouring the National Day for Truth and Reconciliation and **Orange Shirt Day**, inspired by the story of Phyllis Jack Webstad.

At Schlegel Villages, our doors remain open as residents and team members come together in the spirit of learning, reflection, and conversation. Honouring diversity is one of our core values, and we believe that understanding the truth is essential to building an equitable future for all. We stand together and we remember that **Every Child Matters**.

Consider wearing an orange shirt on September 30, and understand the meaning behind it. You can purchase an official shirt through [orangeshirtday.org](https://www.orangeshirtday.org) to ensure a portion of the proceeds go to the Orange Shirt Society and other Indigenous-supporting organizations.

Schlegel Villages'

# FOOD DRIVE

**September is Hunger Action Month.**

**To show our support, we will be collecting donations for local food banks across Ontario!**

Please speak with one of your recreation team members in your Village to learn how you can get involved!





RESEARCH  
MATTERS

RIA FEATURE

SEPTEMBER 2025

## The Power of Creativity: How the Arts Can Support Healthy Aging

As we age, staying active — mentally, emotionally, and physically — becomes more important. One powerful way to support well-being across all of these areas is through the arts.

### Why arts matter for aging well

According to Kate Dupuis, Schlegel Innovation Leader in Arts and Aging, the benefits of creative activities are wide-ranging:

“Studies have shown that participating in arts-based activities helps older adults in many different domains of well-being — physical, mental, emotional, social and spiritual,” said Dupuis. “You don’t have to be an artist to see these benefits. Simply watching a dance performance or listening to your favourite song can be just as powerful.”

During times of isolation, like COVID-19 outbreaks, the arts also serves as a lifeline, offering meaningful opportunities for connection.

### Creativity comes in many forms

When people think of the arts, they often picture painting, dancing, or singing — but creativity takes many forms. Activities like baking, sewing, quilting, gardening, or even restoring an antique car can be just as impactful.



“We’ve seen people surprise themselves by trying something new,” said Dupuis. “Letting go of the idea of not being creative opens the door to joy, enrichment, and self-expression at any age.”

Some initiatives even bring generations together, such as programs where children and their parents join older adults in long-term care for music and movement activities, like Dupuis’ Intergenerational Jamboree program.

“When we think about aging, creativity and self-expression are so important for health and well-being, including brain health,” said Dupuis. “As the field of aging moves away from focusing solely on a medicalized model to a more holistic one, creativity demonstrates its power to connect, inspire, and support well-being.”

Whether it’s reading, painting, singing, dancing, gardening, or simply appreciating a performance, creativity can spark joy and connection at every age.

Subscribe to updates from the RIA at [the-ria.ca/enews](https://the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.

# Word Scramble

PESALP

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LLFA

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OBRLA AYD

---

VSTRHEA

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September Word Search

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

- Autumn  
Cool  
Empower  
Forecast  
Improve  
Malt  
Reward  
Tenacious
- Bucolic  
Dry  
Encourage  
Gem  
Investment  
Peace  
September  
Thrive
- Calm  
Education  
Fall  
Horticulture  
Letter  
Progress  
Stream  
Upper



# Hello September



Some people think that beauty  
 Equals a good look. But a  
 Pretty face is just the surface.  
 The real beauty lies inside  
 Everyone. Kindness and smiles  
 Melt hearts. And when you  
 Believe in yourself and know you're  
 Enough, the light you  
 Radiate will touch everyone around.



- Roma Browne
- William (Bill) Brown
- Gina Centofanti
- Kathy Parker

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

- Claudette Dozois
- Ethel Garratt
- Lilly Ousman
- Kittan Josefine
- Katherine Hill
- Mary "Trudy" Donovan
- Carol Howe
- Peter Davey
- Jean Laugesen





## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
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- ✓ 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 1 877 467 5827 Option #5.

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 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. 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 Svitlana Voroshylova	Ext. 1703
Neighbourhood Coordinator East 1 & 3 floor	Dorien Vandenberg	Ext. 1881
Neighbourhood Coordinator East 2nd floor	Marlene Graham	Ext. 1896
Neighbourhood Coordinator West 2nd floor	Alex Ayala	Ext. 1705
Neighbourhood Coordinator West 1 & 3 floor	Caleb Ramey	Ext. 1702
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	April Clipston Bhavini Mistry	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	Shakeel Siddique	Ext. 1988
Village Office Coordinator	Pennie Pryce-Jones	Ext. 1851
Administrative Coordinator	Helen Sanger	Ext. 1802
Administrative Assistant	Paige Epp-Ruitenber 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. 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