



The Village of **TAUNTON MILLS**

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.

905-666-3156

LTC: 3800 Brock Street North

Retirement: 3790 Brock
Street North

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Living

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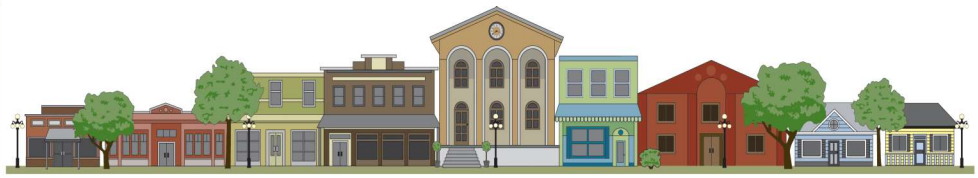
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The Village Chronicle

September 2025



One of our LTC residents enjoying
the park out back. What fun!



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

Sept 1 – Ann Boe.

Sept 1 – Flo Chi.

Sept 2 – Mary Ver.

Sept 2 – Barbara Lan.

Sept 3 – Eva Pow.

Sept 3 – Catherine McC.

Sept 3 – Ann Whi.

Sept 6 – Albert Sin.

Sept 6 – Nathal Hux.

Sept 7 – Fred Sew.

Sept 8 – Barbara Cha.

Sept 8 – Anne Bru.

Sept 8 – Bernice Fr.

Sept 10 – Ruby Ada.

Sept 10 – Emma Col.

Sept 10 – Paul Ric.

Sept 12 – Craig Sto.

Sept 13 – Frank Ver.

Sept 14 – Mike Haw.

Sept 17 – Joyce Ste.

Sept 18 – Joyce Iro.

Sept 18 – Lynn Bar.

Sept 19 – Brian Cor.

Sept 20 – Jolan Tak.

Sept 20 – Shirley Fre.

Sept 21 – Carol Fin.

Sept 22 – Herb Mur.

Sept 23 – Jean Mil.

Sept 23 – Alice Hat.

Sept 23 – William Hou.

Sept 24 – Noel Lew.

Sept 25 – Lise Kun.

Sept 26 – Lloyd Mor.

Sept 26 – Helen Sza.

Sept 28 – David Wil.

Sept 28 – Lorraine Lew.

Long Term Care Birthdays

September 8th - Joyce Woo.

September 8th - Chester Joh.

September 12th - Joyce Fol.

September 16th - Gwen Whi.

September 16th - Gerri Mau.

September 16th - Sonia Jam.

September 21st - Ben Chol.

September 21st - Dwayne Bra.

September 23rd - Marlene Bon.

September 23rd - Theresa War.

September 26th - Linda Man.

September 29th - Dianne Wil.



VOLUNTEER CORNER

With Greg Lyons – Volunteer Coordinator Ext. 5111

We  our
volunteers

VOLUNTEER In the Spotlight

Amari Wynter

Amari Wynter brings energy and kindness to his volunteer role assisting our food services team. Whether he's helping to prepare and serve meals or offering a friendly smile wherever he is, Amari's positivity shines through in everything he does. Amari's presence captures the spirit of Village life—building connections, bringing joy, and supporting residents in living well each day. His readiness to step in wherever he's needed makes him a truly valued part of the Village.

Thank you, Amari, for sharing your time, your warmth, and your dedication. You truly make a difference!

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

September 5 – Islamic: Mawlid al-Nabi*

Celebrates the birth of the Prophet Muhammad.

September 11 – Coptic Orthodox Christian: Nayrouz

Marks the start of the Coptic New Year.

September 22 – Pagan and Wiccan: Mabon

Celebrates the autumn equinox and the second harvest.

September 23-24 – Jewish: Rosh Hashanah

The Jewish New Year, a time of reflection and renewal.

September 28-October 2 – Hindu: Durga Puja

Celebrates the goddess Durga's victory over the buffalo demon Mahishasura.

In Memory



We remember...

Bruce Ed.
Brenda Ha.
Maria To.
Doreen Wo.
Anne Yu.

"Peace comes from within.
Do not seek it without." –
Buddha

Next Celebration of Life...
September 24th at 2:30pm
in Town Hall

Poem of the Month
Written by: Patricia Bayley



September is coming. The weather is changing.
protest unavailing and news is far ranging.
Baseball caps ready for all the big plays
supporting the Raptors, Leafs, Argos and Jays.
The boxes in basements so hard on the shins
are pulled out and explored and everyone wins.
Talk about contents and who wore what, when
like this one below heard through vents in the floor.
Oh gran, remember this hat that you wore for
your marriage to grandpapa during the war?
Look, here's the red one the Red Hatters adored
when out with club members in seventy-four.
Eureka! The berets we came down to find,
this grey one with birds embroidered and lined.
You loved this black one and my how you pined
when you thought it was lost and you'd left it behind
on the bus. Oh goodness, remember that magical ride?
Now your best, unembellished, just plain navy blue,
you'd preen in the mirror and say this will do.
Gran, it's all out of shape, it's showing its age.
It's time for a new one so let's make it beige.

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

September is National Honey Month!



Honey oat Energy bites

Ingredients



- 1 1/2 cups rolled oats
- 1/4 cup honey
- 1/3 cup cashew butter
- 1 Tbsp ground flaxseed
- 2 Tbsp shredded coconut

Instructions

Mix all of the ingredients together except for the shredded coconut.

Place the "dough" in the freezer for about 15 minutes.

Remove from the freezer and roll into small bites with the palms of your hands.

Roll each energy bite in the shredded coconut.

Serve and enjoy or refrigerate for up to 2 weeks!

How to Use HONEY for Better Health



Almost everybody has honey in their kitchen cabinet, but most people don't use it for anything other than sweetening a cup of tea or spreading on toast. However, honey has been known for its healing properties in many civilizations over the course of history, and as it turns out, it has real health benefits. Some types of less-processed honey, like Manuka honey, may have even more powerful properties.

Energy Booster

It comes as no surprise that honey boosts energy because it contains simple carbohydrates, but relative to sugars found in foods, honey boasts more long-term energy benefits. That's because it takes your body a little longer to break it down than other sweeteners such as corn syrup.

Antiseptic

Perhaps the most common use of honey as a health tool is as an antiseptic. In fact, honey has been and is commonly used to kill bacteria around wounds. Honey can also be used to help kill problematic food-borne pathogens, including E. coli and salmonella.

Taking local raw honey on a regular basis may help reduce allergy symptoms

Allergy Reducer

Honey and allergies generally aren't mentioned in the same sentence, but taking local raw honey on a regular basis may be able to reduce allergy symptoms, especially in the spring when pollen allergies are at their worst. If you do take honey for allergies, just make sure you're using high-quality raw honey.

Tips & Tricks: How to Pick Health Honey?

When it comes to buying honey you'll likely see two kinds. Often, you'll only notice a difference in color. The honey that you're looking for when it comes to health benefits is generally going to be darker in color. You also want to make sure you're buying pure honey, not products that are part honey with added corn syrup, sugar or food coloring. Sometimes, manufacturers use these ingredients as filler, and while they're okay for consumption, they don't pack the same health benefits.

References:
Quince, Lindsey RD. C.N. Honey's Unlikely Benefits. *Herb*. 10/20/10. www.iherb.com.
Honey: A Natural Sweetener. *Herb*. 10/20/10. www.iherb.com.
Honey: A Natural Sweetener. *Herb*. 10/20/10. www.iherb.com.
Honey: A Natural Sweetener. *Herb*. 10/20/10. www.iherb.com.
Honey: A Natural Sweetener. *Herb*. 10/20/10. www.iherb.com.

PAL Participant of the Month

MURIEL MASON

This month, we are proud to recognize Muriel Mason as our PAL Participant of the Month

Muriel Mason is a shining example of resilience, determination, and the joy of staying active. Twelve years ago, Muriel underwent four major operations at Sunnybrook Hospital after a tumor was found inside her vertebrae. Surgeons placed two long rods and 18 screws in her thoracic spine to repair collapsed bones.

Her determination to remain independent and strong never wavered.

Born in London, she was just 10 years old when the Second World War began, living through its challenges until she was 16. Directly after high school, she trained to be a physical education teacher, sharing her passion for movement with others. Even playing tennis and grass hockey! She is also an incredibly talented painter, creating works so lifelike they could be mistaken for photographs. Her dedication and positive attitude remind us all that it's never too late to keep striving for health, strength, and independence.



Muriel participates in Level 1 and Level 2 classes, as well as stretch/strength and balance programs. She believes in keeping both body and mind active - often taking walks after lunch and dinner, in a cool summer evening. Muriel says her goal is simple: "I just want to keep moving and be independent".

Muriel's commitment to wellness is matched only by her positive spirit. She approaches every class with a smile, encourages others to join in and proves that age is no barrier to strength or vitality. Muriel inspires everyone around her to keep moving, keep learning, and keep living life to the fullest.

Congratulations, Muriel - at 96 years young, you are an inspiration to us all!

PAL Coordinators ext. 8017 (RH) or ext. 8016 (LTC)

Village Life *Last Month in Photos*



Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton_mills

Twitter @Taunton_Mills



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 to stay up-to-date on the latest news, events, and helpful resources.

Schlegel Villages – CONNECTIONS



September 7

Grandparents Day

The **GRANDEST** **GRANDPARENT** Legacy quilt project

As part of the 2024 Grandparents' Day celebrations, Schlegel Villages invited grandchildren to participate in the "Grandest 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 grandest."

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.

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.

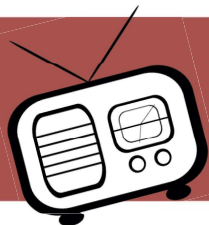
Schlegel Villages'

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!



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



September can be hot

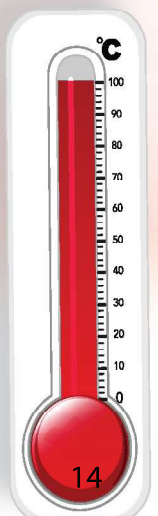
Keep cool and have fun!

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

INDOORS
REST
SUNSCREEN
HAT
POPSICLES

COOLSHOWER
LIGHTACTIVITY
HYDRATE
FAN
SUNGLASSES

LIGHTCLOTHING
UMBRELLA
SHADE
WATER



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.

or Take-out meals

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!**

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*****

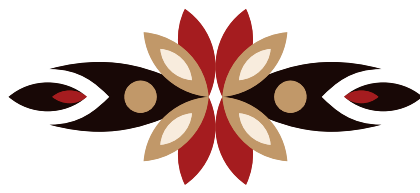
10oz Insulated Yeti Stainless Steel Rambler

\$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!





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 September

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

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



ASTER
AUTUMN
BONFIRE
CRISP
EQUINOX
FOOTBALL

GRANDPARENTS (Day)
HARVEST
INDEPENDENCE (Day, Mexico)
LABOR DAY
LEAVES
LIBRA

MIGRATION
MORNING GLORY
OKTOBERFEST
ORCHARD
SCHOOL
VIRGO



MONTHLY RIDDLE

I'm tall when I'm young, and
I'm short when I'm old. What
am I?

Last Month Riddle

Answer

I rise high but never fall,
I bring warmth to one and
all.

You'll find me out on
summer days,
Turning skin to golden rays.
What am I?

Answer:

The Sun

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	Heather Wagner Director of Wellness	5092
Chris Marcelo Asst. Director of Care-IPAC	5107	Stella Montejo Wellness Coord -South	8069
Mellisa Burley Asst. Director of Care- BSO	5110	Wellness Coord - North	8034
Nikita Henry Resident support Coordinator	5109	Alysha Holland NH Coord- Egerton	8035
Diane MacLean NH Coord. Perry/Claremont	8018	Michelle Ivall NH. Coord- North	8026
Richard Brown NH Coord. Dryden/Dunlop	8019	Staci Wale 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
Steph Hamilton Recreation Supervisor	8007	Joan Brown Administrative Asst RET	8001
Gregory Lyons Volunteer Coordinator	5111	Judy Collard Admin. Coordinator	8002
Zibby Maintenance - LTC	5873	Jessica Baker 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	8014	Rosemary Coolen, Crystal Saunders & Sharon Port Director of Lifestyle Options - Marketing	8043
Alister Dining Room Supervisor	5091	Amy Haines Village Experience Coordinator	8058
Wine Bar – Fire Side Lounge	8039	Sahara Kutu Admin. Assistant/Student Coordinator	5113
Café 1st Floor Retirement	8044		
RUBY'S Bar Direct line to RUBY'S Restaurant	8067 905 665-2072	Laundry	8052
General Store-RH	8055	Demonstration Kitchen	8069
Main Kitchen	8021	School House	8071