



---

---

# THE TANSLEY TIMES

---

---

OCTOBER  
2025

OCTOBER 2025  
ISSUE NO. 113





# October

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
October 4	1:00 - 3:00 PM	Scott Whittington	CAR SHOW RH Turn Circle
October 4	2:00 PM	Brent Meidinger	Emma's West
October 6	7:15 PM	JustUs	Ferguson Town Hall
October 10	3:00 PM	Little Hobby Hill Farm	Emma's East / Egerton
October 14	7:15 PM	The Martin Brothers	Ferguson Town Hall
October 20	2:30 PM	Ron Tansley	Ferguson Town Hall

**Vendor This Month**

October 7: Cathy's Scarves Gifts & Jewelry 10 AM - 3 PM

October 17: Mom's Time Out 10 AM - 3 PM

October 23: Made for You by Jo 10 AM - 3 PM



# October Special Events

## **October 3—World Smile Day**

Join us in the Hobby Shop at 11:00 a.m. as we decorate cookies with smiley faces celebrating World Smile Day with tasty treats!

## **October 4—Car Show**

Join us for our annual Car Show on Saturday October 4th from 1:00—3:30 PM outside the main retirement entrance at the turn circle. An afternoon admiring vintage vehicles, tapping along to live entertainment, all while snacking on a good old BBQ meal! This is an afternoon you will not want to miss. If you have a vehicle you would like to enter into the show, please reach out to Olivia at ext. 1873.

## **October 6-12—Active Aging Week**

Join the PAL team as we celebrate Active Aging Week with fun, energizing programs designed to keep you moving and smiling! Come connect with friends, boost your wellness, and discover just how active aging can be!

## **October 17 & 24—Making Dog Treats for the Bazaar**

For a third year in a row and back by popular demand, we are seeking those interested in making dog treats for the Bazaar at 11:00 a.m. both weeks. Come on down to the Hobby Shop and get your hands into making and baking tasty treats for our furry friends!

## **October 31—Halloween!**

Join us for our annual Halloween Costume Parade on Main Street starting at 10:30 AM! Check out the monthly calendar for various Halloween themed spooky programs occurring throughout the month!





# Program Spotlight



## **Bazaar Crafts**

Christmas bazaar prep is in full swing! Join us Tuesday evenings and on the occasional Friday to help create unique crafts that will be sold at our Christmas Bazaar in November. Check your calendar for 'Bazaar Crafts' programs!

## **Classical Music Wednesdays!**

Do you enjoy listening to classical music? Every Wednesday in October a different classical music composer will be highlighted in the Hobby Shop at 12:30p.m. for 40 minutes before the 2nd lunch sitting.

## **Pumpkin Painting**

Get into the Halloween spirit and get creative this season by decorating pumpkins with paint instead of carving — it's mess-free and lets your imagination run wild with colors, patterns, and designs!

## **Balloon Volleyball**

A lighthearted, energetic game where players bat a balloon back and forth — perfect for getting everyone moving, laughing, and having fun together!

## **Scavenger Hunt**

Embark on a fun-filled quest to find hidden items, search high and low, up and down main street — a great way to explore, stay active, and work together or on your own!



# 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:* Gurmeet

*When:* Always

*Where:* Emma's West

Gurmeet gives his best to provide care and support according to the different needs of his residents.

## Shooting Star

*Who:* Susan

*When:* Anytime

*Where:* Dining room

Susan transitioned to the early shift with ease, consistently arriving on time, performing her duties without errors, and maintaining a positive, friendly attitude throughout.

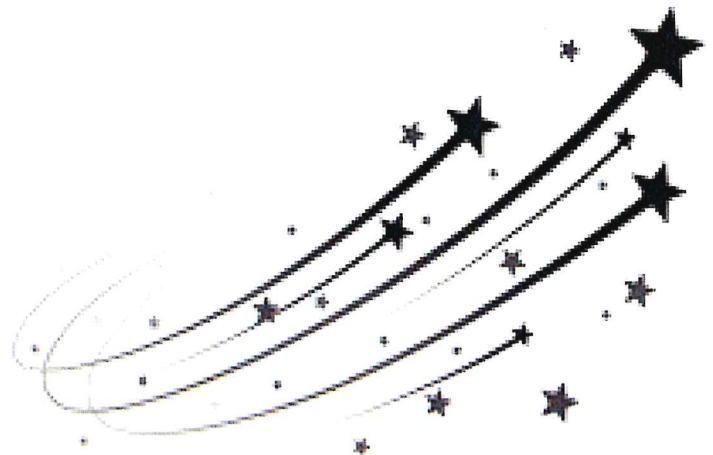
## Shooting Star

*Who:* Evelyn Pateros

*When:* Always

*Where:* East nursing station

Evelyn is always willing to help and consistently offers her support whenever needed.





# 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:* Firaz

*When:* When serving

*Where:* Housekeeping

Firaz demonstrated an exceptional commitment over 5 1/2 years, consistently going above and beyond in his performance.

## Shooting Star

*Who:* Mike Regan

*When:* Anytime

*Where:* East Nursing Station

Mike is a courteous and engaging gentleman, and I am delighted to enjoy a pleasant day by his side.

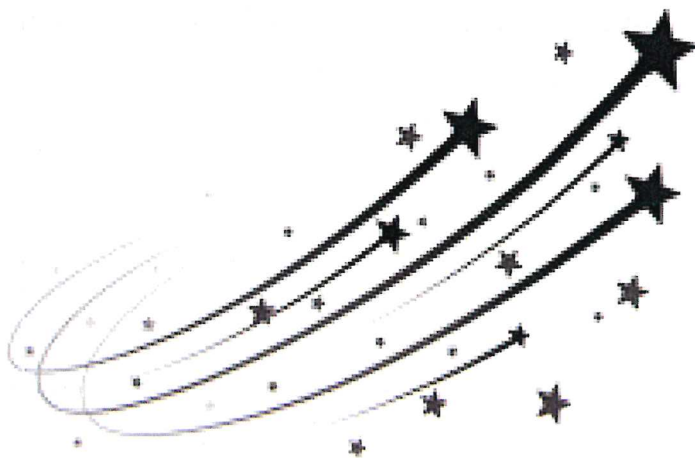
## Shooting Star

*Who:* Josh

*When:* Driving the bus

*Where:* On our outings

Josh has a very kind soul and is always extremely helpful. We appreciate having him as our village driver.



**Ensuring the Glories Of Autumn for your Great-grandchildren and Grandchildren**

Doreen Evenden

October brings to mind happy occasions such as Thanksgiving and an abundant harvest in which the colours of October have always played an important part. Over seventy years ago, one of the most popular and frequently recorded songs of the day began "The falling leaves drift by the window, the autumn leaves of red and gold."

In the past, our streets and highways were lined with bands of wonderful colour and special trips were planned to view spectacular mountain and valley locations alive with crimson and yellow.

Recent headlines in a local paper, however, tell us that treasures such as this are now in jeopardy because of drought. Experts predict that because of the July drought in about 70% of Canada (including southern Ontario and Nova Scotia) leaves may die and fall off instead of turning colour. Scientists claim that these drought conditions and the fuelling of wildfires have been increased by the burning of fossil fuels. <sup>1</sup>.

What can we do to ensure that future generations will be able to enjoy the glories of autumn?

Each of us has a vote in elections. The next time there is an election, take the time to inform yourself on the candidates' views on climate change and cast your vote for a greener future and "leaves of red and gold".



---

1. The Hamilton Spectator, Front page, September 8, 2025



## Your Residents' Council presents *Treasure Trove*

### *"Your Trash may be someone's Treasure"*

**What is it?** – It is an opportunity for Tansley Residents to offer to other residents those things that you no longer need them. It is also an opportunity for Tansley Residents to look over the items that are on display and claim them at no cost.

**When is it?** –October 14<sup>th</sup> and 15<sup>th</sup> for the following times:

October 14<sup>th</sup> - 9:00 am to 12:00 noon – for residents to deposit items only.

October 14<sup>th</sup> – 2:00 pm to 5:00 pm -for residents to browse and take items that they like.

October 15<sup>th</sup> – 9:00 am to 12:00 noon - for residents to browse and take items that they like.

**Where is it?**- The Treasure Trove will take place in the School House.

### **What can Tansley Residents donate?**

The items donated should be clean and in good condition. A member of Council will accept the donations and may refuse a donation that does not meet the criteria of clean and in good condition. At the conclusion of the Treasure Trove any items will be donated to a charity.

If the item is large, such as furniture, arrangements have been made to take a picture of the item and dimensions. Just call the Village Office at extension 1876 and they will contact a resident council volunteer to come to your suite to take a picture. If a person is interested in the item, they will be given the name of the donor and a telephone number so the two people can get in touch. Arrangements to move large items will rest with the receiver.



## Happy October, Tansley!

As we welcome the vibrant colors of October, we are excited to celebrate some exciting occasions this month.

## Active Aging Week!

### Celebrate Active Aging Week – October 6–12!

Join us as we celebrate Active Aging Week, October 6<sup>th</sup>-12<sup>th</sup>! This special week is all about staying healthy, connected, and engaged. Join us for a variety of fun and engaging activities designed to celebrate our older adults and promote active aging. We have lots of fun activities like Chair dancing, seated volleyball and healthy smoothie making. We will also have some fun challenges like our NuStep Race, Nerf Gun Shooting Competition and a Relay Ball Pass Race. You can find the time and location of all these events on the October Calendar. Also Stop by the PAL office During active aging week for some fun informational hand outs.

### 5 key benefits of staying active for older adults

1. **Better Strength & Balance:** Reduces risk of falls and injuries.
2. **Improved Mood:** Boosts energy, lowers stress, and supports mental health.
3. **Sharper Mind:** Helps keep memory and thinking skills strong.
4. **Healthy Heart & Joints:** Supports circulation, flexibility, and mobility.

**Social Connection:** Encourages friendships and a sense of community.

### Strength and Conditioning Class Room Change

We are now changing the location of our strength and conditioning class. We will no longer hold class in the basement but instead we will be using the Fitness Room in Long Term Care. This change will hopefully allow for more residents to join and participate in a very important exercise program

### PAL Team

This month, we say farewell to Bhavini as she transitions to Erin Mills Lodge, another Schlegel Village in Mississauga. Bhav has enjoyed her time here and is grateful for the many meaningful connections made with residents and team members. While she will miss everyone, she is excited for this next chapter and looks forward to staying connected. We hope to welcome a new member to the PAL team soon!

Stay Active,

**Your PAL Team**

# ACTIVE AGING WEEK!

**OCTOBER**

**2025**

**MON  
6TH**

**NUSTEP RACE!**

Time: 2:30pm-4:30pm

**VOLLEYBALL TOWN HALL!**

Time: RH 11am-12pm

Time: LTC 2pm - 3:00pm

**TUES  
7TH**

**THURS  
9TH**

**SMOOTHIES!**

Time: 11:00am @Hobbyshop

**NERF GUN SHOOTING COMPETITION!**

Time: 3:30pm-4:30pm @Social  
Club

**THURS  
9TH**

**FRI  
10TH**

**CHAIR DANCE VIDEO!**

Time: 11:00am RH & LTC



Schlegel Villages – **CONNECTIONS**

there's always  
**SOMETHING**  
 TO BE  
*thankful*  
 FOR

As we move into October, we are filled with the spirit of gratitude that naturally emerges as the leaves turn colour and the autumn days grow cooler. At Schlegel Villages, we always have so much to be thankful for, and 2025 is no exception.

Day-to-day life in our Villages is filled with countless moments where team members and residents connect in meaningful ways. Each is worthy of gratitude, though they often pass without a second thought – this is simply Village life unfolding.

There are also moments and events that shine a brighter spotlight on the mission that drives us forward. These require planning, effort, commitment and dedication from residents, team members, volunteers, families and friends.

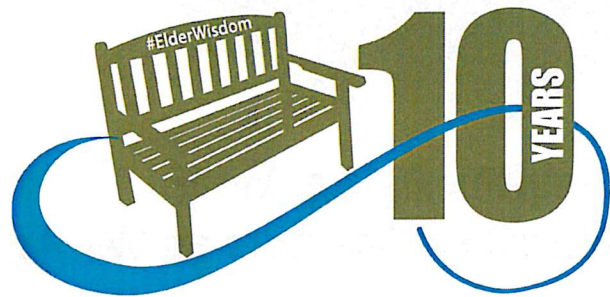
Our celebrations of the **Wisdom of the Elder Signature Program** this year were shining examples.

Continued on page 2.



# Schlegel Villages – CONNECTIONS

In 2025, we marked the **10th Anniversary of our Green Bench #ElderWisdom campaign** with events in every city where our Villages are found. Hundreds of people had the opportunity to sit upon the Green Bench and be reminded of all that our Elders have to offer.



Beyond our own communities, the bench travelled to Elmira, to our nation’s capital, to the edge of Canada on the coast of Newfoundland, and even overseas to England. With a documentary crew capturing each adventure, we look forward to sharing the final product with all of our Village communities.



Doug Robinson and Bob Harrison in Brighton Beach, England.

As we look toward Thanksgiving this October, we are grateful for everyone who helps bring our passion for the Wisdom of the Elder to life. We know how much our oldest generations have to offer, and through our collective efforts, we are proud to share this wisdom with the world.



Tom Farr visiting his childhood home in Elmira, Ontario.

**WISDOM** *of the*  
**ELDER**





RESEARCH  
MATTERS

RIA FEATURE

OCTOBER 2025

## Healthy Aging: Why Nutrition Matters as We Age

Malnutrition might not be the first thing you think of when you think about aging—but it's more common than you realize. A [recent study showed that one-third of Canadians aged 55 or older are nutritionally at risk](#), potentially leading to more hospital stays, emergency visits, and physician consultations.

Changes in our appetite, medications, or health conditions can all impact how and what we eat.

"As you age, your body changes, and so do the nutrients your body needs to stay healthy," said Heather Keller, Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging (RIA). "Eating nutrient-dense meals can help you stay healthy and independent."

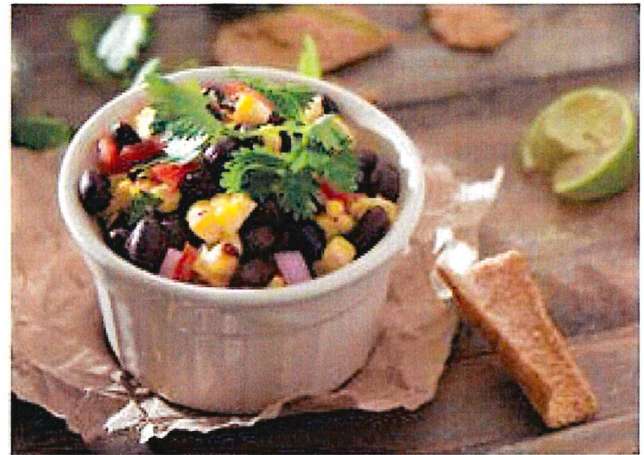
Below are five nutrient-dense foods you can add to recipes or enjoy on their own.

### Almonds

Add them to salads, granola, trail mix, yogurt, cereal, or as a topping for desserts. They're a great source of vitamin E – a powerful antioxidant that is also important for the health of your brain and eyes.

### Dark chocolate

Dark chocolate (at least 70 per cent) is loaded with magnesium and iron. Magnesium is important for your muscles, keeps your heart beating daily, and strengthens



your immune system. Iron helps preserve many essential functions in the body.

### Wheat Germ

Add wheat germ to your diet—yogurt, oatmeal, meatballs or meatloaf, smoothies, muffins, granola, or parfait toppings. Wheat germ is an excellent source of omega-3, an essential nutrient for immune function, and bone, muscle, and heart health.

### Flax seeds

Flax seeds can easily be added to baked goods such as muffins, breads, loaves, or topped on yogurt, salads, or cereal. They contain a lot of fibre, a nutrient crucial for digestion and regular bowel movements.

### Lentils and beans

Add lentils and beans to salads, rice dishes, chili, and tacos, or puree them to make a dip. They are rich in protein, fibre, and iron. Protein is important for maintaining muscles, brain health, and much more.

For additional resources, visit [the-ria.ca/nid](https://the-ria.ca/nid).

To receive updates from the RIA, subscribe to our newsletter at [the-ria.ca/subscribe](https://the-ria.ca/subscribe).

**RIA** RESEARCH  
INSTITUTE  
FOR AGING  
Schlegel-UW Waterloo Campus

*Enhancing Life*

250 Laurelwood Drive, Waterloo, ON

519.904.0660 | [info@the-ria.ca](mailto:info@the-ria.ca)

[the-ria.ca](https://the-ria.ca)

Charitable Registration # 841471212 RR0001



# Word Scramble

**OWAHENLEL**

---

**WCSTIEH**

---

**UNTHAED**

---

**ARYCS**

---

**ASRETT**

---

Answers: Halloween, Witches, Haunted, Scary, Treats

www.tansleytimes.com

# October Word Search

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

Clear  
 Delicious  
 Festival  
 Harvest  
 Inevitable  
 October  
 Sentiment  
 Sword

Cloud  
 Expectation  
 Future  
 Honor  
 Magnificent  
 Premium  
 Solar  
 Thrive

Cozy  
 Falls  
 Halloween  
 Iceland  
 Oak  
 Pumpkin  
 Steady  
 Walnut

# What I want for OCTOBER



Waking up by  
someone I love



The best  
pumpkin in  
the patch



Matching  
Halloween  
outfits with BFF



Chasing fall  
foliage



Catching up  
with an old  
friend



Having fun  
while taking  
care of myself



- Marilyn Bentley
- Margaret Karachiwala
- Vera Aplin
- Audrey Gallagher
- Elizabeth Scobie
- Claire Abbamont
- Mary Merton

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

- Barbara Dutton
- Aldona Slomiany
- Andrew Barlow
- Marilyn Hastings
- Isabel Wilson
- Arthur Kempe







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

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ 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)



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  
Physiotherapist - Nehal Dave  
Osteopath - Andrew Soumbos  
Massage Therapist - 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 Preet 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

