

THE TANSLEY TIMES

NOVEMBER 2025



LEST WE FORGET

NOVEMBER 2025
ISSUE NO. 114

November

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

Christmas Bazaar



**Saturday
November 15**

10 a.m.–3 p.m. | Main Street

Come join us in celebrating the Christmas season. We will have an assorted selection of homemade craft items, an exciting silent auction, a tea room, raffle, baked goods, preserves and much more!



The Village of
TANSLEY WOODS

4100 Upper Middle Road, Burlington

Village Entertainment

Date	Time	Entertainer	Location
Nov 3	7:15 PM	Dave Thierry	Fergusson Town Hall
Nov 5	3:00 PM	Peter Harding	Emma's West
Nov 18	7:15 PM	Northern Lights	Fergusson Town Hall
Nov 20	2:30 PM	The Goodtime Guys	Emma's East / Egerton
Nov 27	3:00 PM	David Skolnik: Las Vegas Show	Fergusson Town Hall

Vendor This Month

November 4: The Boutique 10 AM - 3 PM

November 25: Flyaway Books 10 AM - 3 PM

November 28: Stars of Modern Jewelry 10 AM - 3 PM



November Special Events

November 11—Remembrance Day

Join us on this day at 11:00 AM in the Town Square as we gather for a Remembrance Day ceremony to honour and reflect on the sacrifices made for our freedom. Together, we pause in respect and gratitude. We encourage all to wear Red and a Poppy on this day.

November 13—Bazaar Baking Day

Let the aroma's of Christmas sweets fill the Village! Your Leadership Team will be working hard on this day to prepare homemade sweets to sell at our Christmas Bazaar. We kindly ask you refrain from using the Hobby Shop community kitchen on this day.

November 15—Christmas Bazaar

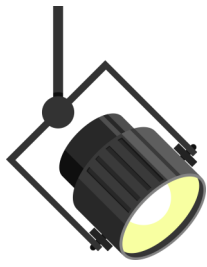
Tansley's favourite day of the year, an event you will not want to miss! The Tansley elves have been working hard all year long preparing for our annual Christmas Bazaar! Starting at 10 AM on Main Street, purchase a handmade Christmas craft, homemade preserves, baked goods, or bid on a silent auction basket!

November 16—National Button Day

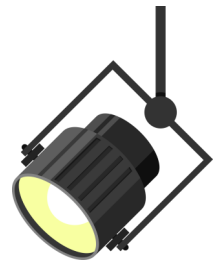
Celebrate National Button Day with creativity! Join our personalized button-making program and design your own unique pins to express your style, share your message, or create the perfect keepsake.

November 27—Las Vegas Casino Day

Get ready to roll the dice at our Las Vegas Casino Day! Enjoy a dazzling Las Vegas-themed live entertainment show, then try your luck at our exciting casino night. It's an evening full of glitz, glamour, and fun—no trip to Vegas required!



Program Spotlight



Bagging Dog Treats

We are looking for some help bagging up our tasty doggie treats for the bazaar, Friday, November 7th at 11:00a.m..

Relax & Destress

By calmly stimulating some of our senses; sight, sound, smell and touch, enjoy 20 minutes of relaxing music combined with light aromatherapy and an opportunity to hold and feel comforting items. Watch for it on the November calendar.

Transplanting Program

Do you have any plants that need to be transplanted? We provide the space, soil and pots. There is a handy team of transplanters that are willing to help anyone that would like some assistance. This program is offered once a month on a Wednesday or Friday usually.

Women's Club Fashion Show

Join us for our Women's Club Fashion Show! Enjoy a morning of style and fun as our models showcase beautiful outfits and accessories—all available for purchase in the Village General Store. Don't miss this chance to get inspired and shop the latest looks right from the runway! Please sign-up in the binder outside the Village Office to attend!



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: Simmi

When: All the time

Where: Recreation

Simmi is always joyful, helpful and extremely efficient at whatever she does.

Shooting Star

Who: Dolly

When: Anytime

Where: West nursing station

Dolly went above and beyond to help with problem that had nothing to do with her job. She is such a hard worker and a kind soul.

Shooting Star

Who: Bonnie

When: Always

Where: Housekeeping

Bonnie is remarkably pleasant and passionately eager to lend a helping hand in every situation.





Soumbos Osteopathy

Move well. Feel well. Live well.

Stay Strong and Mobile This Season

As the weather cools, it's common to feel a little stiffer or less steady. This month, I want to share how osteopathy and gentle strength exercises can work together to help you move with ease, reduce pain, and stay active.

Osteopathy uses gentle, hands-on techniques to release tight muscles, improve joint motion, and restore balance throughout the body. Many people notice they can walk more comfortably, bend or turn with less stiffness, and feel more relaxed overall.

Adding light strength exercises—such as partial squats or resistance band work—helps support your joints, improve balance, and keep muscles strong. Even a few minutes a day can make daily tasks easier and boost confidence.

Together, mobility and strength create a powerful foundation for better movement, less pain, and greater independence.

If you'd like to explore how osteopathy and exercise can help you this fall, I'd be happy to chat or schedule a consultation. Let's keep you moving comfortably this season!

You can book your **free** consultation in the Wellness Center today!

Warm regards,

Andrew Soumbos, R.Kin., D.O.M.P., D.Sc.O.

Registered Kinesiologist, Osteopathic Manual Practitioner

soumbososteopathy.ca

From your Residents' Council

We have been challenged to improve feedback from Council to Residents. Looking forward, I'm planning to give you a monthly update on council activities.

In the photo gallery next to the Council Chambers two new faces have been posted, three months ago Sheila Berry and last month Brian Naylor. Back at the Annual Meeting in February vacancies remained. Our Constitution allows Council to fill vacancies if suitable candidates come forward. Thanks to Residents who nominated Sheila and Brian, we now have a full team of nine Councilors.

Councilors are elected annually for a one-year term. In December we will call for nominations for 2026. Over the coming weeks, in your conversations with new and established residents, consider who you might nominate.

At the Residents' Information Meeting in September a number of issues raised were addressed; at our monthly meetings we review progress in their resolution together with each of the SRC Slips submitted through the Red Boxes. *But please, report issues such as cleaning corridors, dining room windows or in-suite maintenance directly to **the village office** for attention.*

Need help with your EPICO/COGECO Service? Call: 1-877-467-5827.

This dedicated bulk service line is available M-F, 9am to 5 pm excluding holidays. Also, on the Sign-up Table outside the Village Office there is a new binder in which you can detail problems.

We are pleased to note the good number of Residents' working on crafts for the Annual Bazaar. The Staff Team have been working towards this mega event; I've noted them making many jars of preserves. Tansley Dollars can be used at the Bazaar.

Here's some of the items considered at our October Council Meeting.

Orders have been placed for a replacement Canada Flag for the front of the building and for repair of the Grandfather Clock in the Library. Did you know that this clock was donated to the village by the Sisters of St. Joseph when they came to live here?

We have asked the City to consider how the safety of residents crossing to the Community Centre could be improved; a representative made observations over a whole day last week.

Full Minutes of the Council Meetings are available in the rack outside the Council Chambers.

Yours truly, Stan Butcher, Chair.

TREASURE TROVE REPORT

MARLENE SCALES

Fall is in the air. It seems to have taken a little longer this year, but we will take the delay. The trees in our “woods” across the road, are changing color on a daily basis. So beautiful to watch.

Our Treasure Trove came about, as it always does, in October, and again a most successful event with so many Tansley treasures, clothing, shoes, boots, men’s and women’s hats, scarves, gloves. There were kitchen wares, books and puzzles and lots and lots of blankets!!!

Many thanks to the Tansley leadership team for the use of the Schoolhouse and the clothing racks and tables.

Thanks again to the residents for all your treasures donated, and residents who found their treasures.

Council members thank you for your help and support, and more of the team members, for packing up and delivering the remaining items to the Salvation Army.

Lastly thanks to two of my own family members who wanted to be a part of the amazing event.

Thank you all!!



November is Falls Prevention Month!

This month will be dedicated to raising awareness about the risks of falls and, more importantly, how we can all take steps to prevent them. While anyone can experience a fall, the chances increase as we age. The good news is that **most falls are preventable** with a few simple strategies and lifestyle changes.

Here are some helpful reminders and tips to keep you on your feet this season:

Home Safety First

- Clear walkways of clutter and loose rugs.
- Ensure good lighting throughout your suite.
- Install grab bars in bathrooms and consider non-slip mats in tubs or showers.

Move Your Body

- Regular movement helps maintain strength, coordination, and confidence.
- Aim for daily activity! Even light stretching or gentle walking counts!

Nourish for Strength

- Eat meals rich in **calcium and vitamin D** to support strong bones.
- Stay hydrated and try to limit alcohol, which can increase fall risk.

Stay on Top of Check-ups

- Have your **vision and hearing checked** regularly.
- Review medications with your doctor or pharmacist to understand side effects that may affect balance.

Use Support if Needed

- Canes, walkers, or other mobility aids can help you move with more confidence and reduce your fall risk.

What's Happening at PAL for Falls Prevention Month?

The PAL team is here to support your health and mobility! We will be offering **educational resources, exercise classes**, and a few **new programs** this November:

Drop by the PAL Office to pick up helpful handouts and fall prevention tips!

Balance Class & Tai Chi continue to be two of our most popular options. These classes improve strength, flexibility, and coordination, which are all essential for preventing falls!

Suite Safety Walkthrough: PAL coordinators will be coming around to offer a suite walkthrough. We will have a checklist to complete and help you address any falls related concerns. Check the calendar for your neighbourhood assigned day!

New This Month:

Core & More: This class will focus on strengthening core muscles using balls and light equipment. The goal is to help improve posture, stability, and balance, all of which help to prevent a fall.

Power Laps: An upbeat class that alternates between walking laps and standing exercises. This class builds on endurance, leg strength, and balance through continuous movement. Try this class if you are looking to challenge yourself in a safe environment!

Brain & Body Boost: A combined cognitive and physical workout designed to stimulate both brain and body. This new class is to promote mental sharpness and physical health!

Keep an eye on the **November calendar** for changes and additions to the exercise schedule!

— Your PAL Team

Exciting news, Tansley residents!

The **Schlegel Olympics Tryouts** are this month! We are looking for spirited participants to represent our village at the upcoming Olympics! This is your chance to show off your skills, stay active, and have fun in the name of friendly competition and village pride.

Inspired by the spirit of the ancient Olympic Games, which brought people together in celebration of strength and unity, the Schlegel Olympics continue that legacy — proving that it's never too late to move, compete, and shine.

Whether you're a seasoned pro or just in it for the fun, there's something for everyone. Events include: Figure Skating, Triathlon, Curling, Hockey Shootout, Ski Jump, and Snowboarding!

Tryouts Coming Soon!

We will be hosting trial sessions this month. Check out the monthly calendar and stop by to cheer on your friends or compete for a spot on Tansley's Olympic team!

Let's bring the Tansley spirit and go for gold!

Go Team Tansley!

— Your PAL Team

Schlegel Villages – CONNECTIONS



Each year on the 11th hour of the 11th day of the 11th month, our entire Schlegel Villages community pauses in quiet reflection. Across our Villages, we wear the red poppy as a visible symbol of remembrance and gratitude — a promise to hold close the memory of those who served.

Today, veterans of the Second World War are far fewer in number. Yet their stories, their courage, and their sacrifice remain deeply woven into our collective history. We honour not only them, but also the grandparents, sons, daughters, siblings, and spouses whose lives were shaped — and sometimes forever altered — by war. In every generation, we've known conflict and selfless people who have stepped up in service of their neighbours, and there are threads of memory, sometimes bold, sometimes faint, that connect us through grief, pride, loss, and hope.

Within our Villages, residents, team members, and families share in remembrance. We gather, we listen, and we reflect on all we cherish because of those who gave so much. We remember the names, the faces, the hopes deferred, and the enduring legacies of sacrifice. We honour the past, and we recommit to peace. As we witness conflict around the world, we are reminded that these men and women fought not for war itself, but for the promise of a more peaceful future. That promise is ours to uphold.

Let us hold in our hearts all those within our Villages who remember loved ones who served — the families, the descendants, the friends. And may we all, together, strive today and always to live in a way that honours their memory: with gratitude, reflection, compassion, and a steadfast hope for peace.

November 11 **Lest we forget**

Schlegel Villages – CONNECTIONS

November is

FALLS PREVENTION MONTH



It takes a community to prevent a fall: **We all have a role to play!**

November is Falls Prevention Month, and across our Villages, we take this time to recognize the extraordinary efforts of our **Program for Active Living (PAL) team** members who lead the way in helping residents stay strong, balanced, and confident in their mobility.

Our kinesiologists and exercise therapists bring expertise and creativity alongside the clinical teams in every Village to guide residents through exercises and functional movements that build strength and reduce the risk of injury. Yet as they often remind us, falls prevention is truly everyone's responsibility. Every team member, every resident, and every loved one has a role to play — whether it's encouraging safe movement, removing a potential tripping hazard, or simply offering a steadying hand.

Falls can happen, but with awareness, teamwork, and the daily commitment of our PAL teams and all who support them, we can help reduce risk and keep our communities safer for everyone. This month, and always, we are grateful for the dedication of our PAL professionals and for the care and commitment that defines life in our Villages.



Questions?
Speak to **your PAL team.**

RESEARCH
MATTERS

RIA FEATURE

NOVEMBER 2025

The Mystery of Unexplained Falls

Falls are a major concern for older adults, often leading to poorer health and loss of independence. While we often think of falls being caused by a trip or slip, about 25 per cent of falls that lead to a hospital visit have no clear cause. These unexplained falls are more likely to result in hospital stays.

To better understand unexplained falls and their impact on older adults the RIA recently brought together 32 experts from across Canada — including healthcare providers, researchers, and policymakers — to share insights and develop a plan to better understand and prevent these falls.

Researching Better Solutions

The Think Tank identified four top areas for future research to tackle this problem:

1. Using data collected from wearable technologies to better understand the symptoms that happen right before an unexplained fall.
2. Creating a research network to establish standardized ways to check for and treat unexplained falls across Canada.
3. Identifying system-level tailoring of standardized diagnosis and treatment that works well across different patient groups and care settings.
4. Conducting a thorough review to summarize what is already known about screening, risk, interventions, and care for unexplained falls.



Richard Hughson, Schlegel Research Chair in Vascular Aging and Brain Health, presents his research at the Think Tank.

Ultimately, the goal is to develop a plan that includes screening (checking for things like hydration, thinking abilities, and low blood pressure), grouping people based on their level of fall risk, and individualized treatment.

Helpful Tips to Avoid Falls

- Ask for help! Use your call bell if you feel dizzy, unsteady, or need to get up, especially at night or when getting out of bed.
- Choose sturdy, non-skid shoes or slippers that fit well and have a closed back.
- Keep your room free of clutter, throw rugs, electrical cords, and anything else you could trip over.
- Regular, gentle exercise helps maintain strength and balance. Good hydration at eating regularly is also key, as dehydration and low blood sugar can contribute to dizziness.
- Take your time when going from lying down to sitting, and from sitting to standing.

As part of this work, the RIA is hosting the Aging Well in Place event on November 28. In addition to fall prevention, attendees will learn about nutrition. Attendees can attend virtually or in person at the Waterloo Community Pavilion. To learn more and register, visit the-ria.ca/events/aging-well-in-place or call 519.904.0660.

Word Scramble

BEREVOMN

TNAIGKNSVGH

ATSVERNE

DINYW

November Word Search

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

Agile
Border
Culture
Fall
Hunter
Moon
Remembrance
Space

Attitude
Celebrated
Deer
Historical
Innovative
Moose
Right
Streamline

Autumn
Classics
Enhancing
Hoax
Leave
Preserve
Root
Wild

SMALL THINGS TO LOVE ABOUT NOVEMBER



Home-baked
cinnamon rolls



Nostalgia fall
playlist



Oversized
hoodies



Wrapping gifts
for loved ones



Sparkling
sidewalks



Time with
family



- Ann & Bob Lalonde
- Shirley Troch
- Lon & Coreen Mullin
- Lillian Vukanovich
- Wayne & Erika Dobbin
- Fay Douglas
- Frances Brownrigg
- Myrna– Gail McDonald
- Carol Hull
- Dolly Edward
- John & Suzanne Swan
- Ray Cocharne

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

- Harry Lois





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


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 1 877 467 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

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	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 Shan Niazi	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-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. 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