



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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# The Village Chronicle

October 2025



One of our residents, Wilf, leads a tour at Cullen Gardens, showcasing the various wildflowers and plants in the area.



# 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

Oct 01 Anne Te	Oct 12 Ruth Mc	Oct 21 Godfrey Ba
Oct 02 Reginald Ha	Oct 13 Vera Joan Wh	Oct 23 Carolyn De
Oct 05 Elizabeth Ca	Oct 13 Gord Te	Oct 23 Linda Sh
Oct 06 Ken Ba	Oct 13 Jane Sw	Oct 24 Sukhdev Ku
Oct 06 Robert Ro	Oct 14 Joan Bi	Oct 25 Elaine Ev
Oct 06 Beatrice St	Oct 14 Herbert Ja Jo	Oct 26 Margaret Ha
Oct 07 Bonny Fe	Oct 14 Carmen Do	Oct 30 Doreen Hu
Oct 07 Barbara Ha	Oct 14 Lillian Fr	Oct 31 Doris So
Oct 08 Mary Wh	Oct 15 Phlinda Th	Oct 31 Chris Bo
Oct 08 Leo Ch	Oct 16 Margaret Yo	
Oct 09 Ronald Br	Oct 17 Eva Ri	
Oct 10 Fredericus Ja	Oct 20 Donna Wi	
Oct 11 Roy Ca	Oct 21 Doreen Ho	

## Long Term Care Birthdays

October 8<sup>th</sup> Alice S  
October 8<sup>th</sup> Ed D  
October 11<sup>th</sup> Mila D  
October 15<sup>th</sup> Ron M  
October 18<sup>th</sup> Gertie B  
October 20<sup>th</sup> Alex S  
October 24<sup>th</sup> Carrie D  
October 25<sup>th</sup> Nonna K  
October 26<sup>th</sup> Victor P  
October 31<sup>st</sup> Christine R





# VOLUNTEER CORNER

With Greg Lyons – Volunteer Coordinator Ext. 5111

We  our  
**volunteers**

## VOLUNTEER In the Spotlight

### Linda Sutherland

This month, we're honoured to shine a light on one of our longstanding volunteers, Linda Sutherland. Every Thursday, Linda brings her gentle care and joy to our LTC Residents, beautifully manicuring nails and spending time connecting one-on-one. Her presence and kindness create meaningful moments that enrich Village life for all. But Linda is never one to limit her help. She also lends her volunteering prowess to many of our special events and outings led by our Recreation team—helping to plan, assist, and bring joy to all Residents. In doing so, she embodies what volunteering with us is all about: using one's gifts and talents in meaningful ways to support others. Here's to you, Linda—thank you for giving back, for caring deeply, and for being such a bright part of our Village life!

### ***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

### **October 2 – Jewish: Yom Kippur**

The holiest day in Judaism, dedicated to atonement and repentance. This is one of the most important Jewish high holy days.

### **October 7-13 – Jewish: Sukkot**

A week-long festival celebrating the fall harvest.

### **October 20 – Hindu: Diwali**

The festival of lights, celebrating the victory of light over darkness.

### **October 22 – Baha'i: Birthday of the Bab**

Celebrates the birth of the Baha'i co-founder.

### **October 31 – Pagan and Wiccan: Samhain**

Celebrates the end of the harvest and the beginning of winter.

## In Memory



### **We remember...**

Berhard Hor

Ruth Ca

Anthoine "Tony" Cha

Sharon Ba

Ronald Si

Fred Har

Jesusa "Susan" De

Beulah Sh

"How Lucky I am to have something  
that makes saying goodbye so hard"

A.A Milne

Next Celebration of Life...  
November 26<sup>th</sup> at 2:30pm in  
Town Hall



*Poem of the Month*  
*Written by: Patricia Bayley*

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## October

October's the month and the weather is rogue.  
It's laughing its head off as it hovers around.  
Predominant colours not always in vogue  
seeking postponement of hitting the ground.  
The wind joins the party, with snow in some parts,  
and rain is expected, not quite a monsoon.  
Thunder and lightning breaking some hearts  
and old Mother Nature is calling the tune.  
The public are wondering, heads in a whirl.  
The world turns on its axis enveloped in mist  
as the heavens react scattering luminous pearl,  
a feeling like lovers exchanging a kiss.

All summed up by the sun's rays shining on all,  
with colours majestic enhancing the Fall.

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



## WHAT TO COOK IN **October**

*Apples*  
*Brussels Sprouts*  
*Cauliflower*  
*Dates*  
*Kale*  
*Pomegranate*  
*Pumpkin*  
*Winter Squash*  
*Sweet Potato*

AMBITIOUSKITCHEN.COM



### ROASTED BRUSSEL SPROUTS

- 1 pound Brussels sprouts, trimmed and halved lengthwise
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1 teaspoon coarse-ground black pepper

### DIRECTIONS

1. Put Brussels sprouts in a large bowl. Drizzle olive oil over the sprouts; season with salt and pepper. Toss sprouts to coat.
2. Heat a large skillet over medium heat; cook and stir sprouts in hot skillet until bright green and beginning to brown on edges, about 5 minutes.



October can feel like fall is in the air, especially with the flavours of the season. Lots of fresh produce and root vegetables available to cook and enjoy for upcoming thanksgiving and some are full of immune supporting vitamins, minerals and antioxidants which are excellent during cold season such as kale and Brussel sprouts.

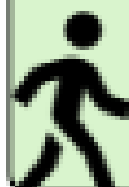


# Active Aging Week

Active Aging Week is a celebration to encourage a healthy lifestyle physically, mentally, and socially! Live life to the fullest and do the things that YOU love. Be a part of our Active Aging Week in the village from Monday, Oct 6<sup>th</sup> to Friday, Oct 10<sup>th</sup>.

## Health Tips!

- Get a good nights rest
- Stay up to date with your health check ups!



•Try to move a little each day!

Aim for 30 minutes



## Let's get moving!



### Monday

10:15  
Swimming  
(sign-up)

10:30 Hand  
Therapy

3:00 Drum Fit  
(SC)

### Tuesday

10:30 Seated  
Soccer  
Competition  
with LTC (SC)

2:00 Guided  
Movement and  
Meditation  
(SC)

### Wednesday

10:30 Tea,  
Trivia and  
Fun Facts  
about Active  
Aging (MHR)

### Thursday

2:00 Seated  
Cardio  
Blast (SC)

### Friday

10:30 Seated  
Boxing (SC)

2:00 Healthy  
Aging  
Documentary  
(TH)

Any questions? Call  
RH 8017 or LTC 8016



# Village Life *Last Month in Photos*



## Connect with Taunton Mills

Facebook @TheVillageOfTauntonMills

Instagram @taunton\_mills

Twitter @Taunton\_Mills





## 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).



# 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.

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.

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



Doug Robinson and Bob Harrison in Brighton Beach, England.



Tom Farr visiting his childhood home in Elmira, Ontario.







# 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





# 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 15<sup>th</sup> 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**

# The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM



## Dining options

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### 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.

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### 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.

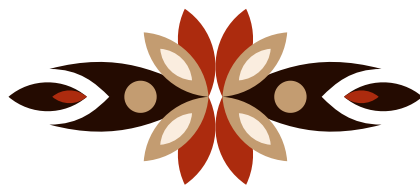
**905-665-2072 x 8067**

[judith.gray@schlegelvillages.com](mailto:judith.gray@schlegelvillages.com)

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

**Join us on the  
top floor!**





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 October

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

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



## MONTHLY RIDDLE

What can you hold in  
your left hand but not in  
your right?

## Last Month Riddle

### Answer

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

### Answer:

A Candle

AUTUMN	HAYRIDES	SQUASH
BATS	INDIGENOUS	SUKKOT
COBWEBS	(Peoples' Day)	SWEETEST (Day)
COLUMBUS (Day)	LEAVES	THANKSGIVING
CORN MAZE	LIBRA	(Canada)
COSTUMES	PUMPKINS	WORLD SERIES
	SCORPIO	YOM KIPPUR

# Taunton Mills Team Directory

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