



THE TANSLEY TIMES

OCTOBER
2026

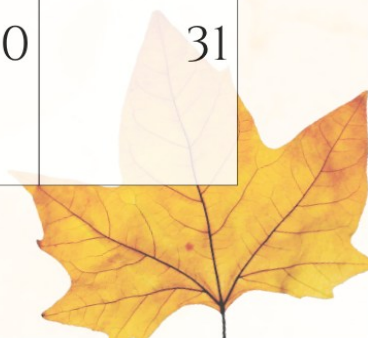
OCTOBER 2026
ISSUE NO. 125





October

SUN	MON	TUE	WED	THU	FRI	SAT
				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 3	1:00-3:00 PM	Scott Whittington @ Car Show	RH Turn Circle
October 5	7:15 PM	Prince	Fergusson Town Hall
October 9	3:30 PM	Geri Defoe	Fergusson Town Hall
October 13	7:15 PM	The Ludgates	Fergusson Town Hall
October 15	2:30 PM	Filipa Sousa	Fergusson Town Hall
October 16	6:00 PM	Natalie Marie	The Ruby (Reservations!)
October 20	2:30 PM	Split Decision	Emma's West
October 23	2:30 PM	Little Hobby Hill Farm	Emma's East / Egerton
October 29	7:15 PM	Brad Boland	Fergusson Town Hall

Vendor This Month

October 27 @ 10 AM - 3 PM: Suzanne M Jewelry - Town Square

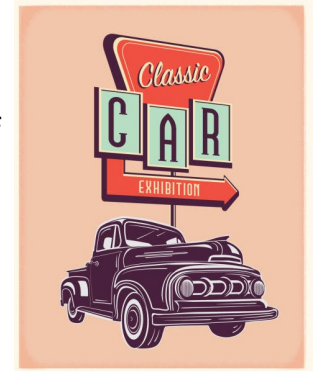
October 20 @ 10 AM - 3 PM: Flyaway Children's Books - Town Square



October Special Events

October 3—Car Show!

Join us for our annual Classic Car Show and enjoy a fantastic display of beautiful classic vehicles! Enjoy live music, a delicious \$10 cash-only BBQ, 50/50 tickets, and more. Come out, enjoy the sunshine, admire the cars, and spend a fun-filled day with friends, family, and fellow residents!



October 4-10—Active Aging Week

Celebrate Active Aging Week with us! Check the PAL Calendar throughout the week for a variety of specialty programs designed to keep us moving, engaged, and having fun. There will be something for everyone, so be sure to check the calendar and join in!

October 10—Bake Sale

Satisfy your sweet tooth at our upcoming Bake Sale! Stop by and choose from a delicious selection of homemade treats, freshly baked with love. Don't miss the chance to pick up something sweet to enjoy or share, just in time for Thanksgiving!



October 12—Thanksgiving

Celebrate Thanksgiving with a fun and festive game of Thanksgiving-themed Bingo! Join us for an afternoon of holiday fun, laughter, and friendly competition as we enjoy this seasonal favourite together.



October Special Events

October 13 & 14—Resident's Council Treasure Trove

The Treasure Trove is back! Hosted by Residents' Council, this fun pop-up thrift shop is the perfect place to browse, discover hidden gems, and find something you love — all for FREE! Have items to donate? Bring them along and give them a new home. Come treasure hunting and see what treasures you can find!

October 20—Experience France

Join us as we journey to France through France Bingo, a special travel series presentation, and a delicious taste of France. Discover the sights, sounds, culture, and flavours of this beautiful country without ever leaving the Village!



October 22—Country Western Day

Yeehaw! Get ready to show off your Country Western spirit! Residents and team members are encouraged to dress up in their best cowboy hats, boots, denim, plaid, and country-inspired outfits. Saddle up and dress up joining in the fun!



October 31—Halloween!

Get ready for a spooktacular month of Halloween fun! Join us for our Halloween Costume Parade on Main Street, followed by safe trick-or-treating for our wider community. Be sure to check the Calendar throughout the month for a variety of Halloween-themed activities and events!





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: Preyana

When: Always

Where: Anywhere

Preyana always cares about everyone and makes people feel loved, supported, and appreciated.

Shooting Star

Who: Kaitlyn

When: Last week

Where: Egerton Recreation

Kaitlyn ensure all residents on Egerton had the opportunity to make a hat for Crazy Hat Day— they felt special.

Shooting Star

Who: Pranakur

When: Always

Where: Dining room

Pranakur always smiles and greets residents with a warm 'Hello'. He is vey nice and friendly. Shared that he enjoys being here and feels uplifted.





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: Last weekend

Where: Recreation

Simmi always smiling and happy, flexible and willing to help out when needed.

Shooting Star

Who: Lorena

When: Always

Where: PCA Med-Cert

Lorena always flexible and willing to come early for her shifts.



Happy October Tansley!

Active Aging Week

Monday, October 5th to Sunday, October 11th

Active Aging Week is a time to celebrate the positive aspects of aging and promote healthy, active lifestyles for older adults. This international celebration takes place each year, and Tansley Woods is proud to participate!

Throughout the week, the PAL team will be offering special events, new exercise opportunities, and educational experiences designed to get you moving, learning, and trying something new.

Be sure to stop by the Active Aging Week table on Main Street for individual activities, challenges, and informative handouts!

Activities to Join:

Train the Trainer: Interactive Entertainment

Monday October 5th @ 4:00PM in Town Square

Got a challenge for the PAL team? Bring it on! Come join us for an interactive and entertaining experience with PAL Coordinator Rahuel and Director of PAL April. With Rahuel's experience as a bodybuilder and April's background as an ultramarathon runner, they're used to taking on a challenge—but this time, you get to choose what they'll tackle! Bring your wildest exercise ideas and see if Rahuel and April can rise to the challenge!

Morning Nordic Pole Walk

Tuesday October 6th @ 9:45AM in Town Hall

Start your morning with a walk! PAL will be offering a morning walking session, with Nordic Poles available for you to try if you're interested in exploring a modern walking aid. A 15-minute learning session will begin at 9:45 AM, followed by a group walk through the neighbourhood at 10:00 AM.

Podcast with PAL

Tuesday October 6th @ 3:00PM in Social Club

Interested in learning more about healthy aging? Come listen to a podcast with Rahuel as it discusses healthy aging and the role that exercise and wellness can play in helping us stay active and independent.

Smoothie Demonstration

Wednesday October 7th @ 2:30PM in Hobby Shop

Andrew will be hosting a smoothie demonstration and tasting in the Hobby Shop. Come try a new recipe and learn about ingredients that can help support your health and wellness as you age!

NuStep Challenge

Thursday October 8th @ 3:00PM in Cafe

Bring your speed and see how quickly you can reach 200 steps on the NuStep bike! Rahuel will lead a friendly competition designed to get your legs moving and your heart rate up. Come give it a try and have some fun!

NEW! Functional Fitness Class

Friday October 9th @ 4:00PM in Seniors Centre

This new exercise class is designed to help residents prevent falls and maintain the strength, balance, and everyday skills needed to live independently. Come try out the new class with April and discover what Functional Fitness is all about!

Adventure Walking

There is no better time to explore nature than fall!

Join PAL this month for our Adventure Walks as we explore local nature trails throughout Burlington. Enjoy the fresh air, beautiful fall colours, and opportunity to stay active and move your body!

Have a favourite local trail or a location you would like us to visit? Let us know!

A Friendly Reminder

Participation in PAL Adventure Walks is at your own risk. Trail conditions can vary, and we may encounter uneven ground, roots, rocks, or other natural obstacles.

PAL will provide a description of the trail and expected conditions on the sign-up sheet in the outing binder so you can decide whether the walk is appropriate for you.

We encourage you to try something new, get outside, and adventure through the trails with us! Check the October Calendar for upcoming Adventure Walks.

Your PAL Team



Schlegel Villages – CONNECTIONS



REMEMBERING RON

—Our father, our founder, our friend.—

With October upon us, our minds shift to the season of gratitude and the spirit of Thanksgiving. We're especially touched as we reflect on the passing of Ron Schlegel, the man who inspired the Villages we call home today.

When news hit that Ron had passed, the outpouring of support from across the Villages was keenly felt by the entire Schlegel family, and the memories being shared across the Villages have been wonderful to hear. Team members spoke of how he loved to sit with everyone at Team Member appreciation events, and he always wanted to take photos with everyone. Others reflect on the days when he and his lovely wife, Barb, would travel from Village to Village after church on Sundays. Barb would be making new friends with residents, while Ron would be asking team members about their passions outside of the Village, or what they felt could be done to improve life within. Perhaps the biggest wave of gratitude rises when one considers the values that drive Schlegel Villages forward in all we do.

Hard-working and Hands-On was how Ron lived every day, from his time in his youth working on the farms outside of Ailsa Craig, to his many entrepreneurial ventures later in life.

There is no better example of **Genuine and Humble** than the way Ron carried himself in all he did. No matter if he was speaking with the Governor General of Canada or the cashier at his local Sobeys, he genuinely cared for others, and the conversation was never about him.

The **Caring Relationships** at the heart of Village Life are a testament to the vision Ron had for the Villages, and the outpouring of love we've heard after his passing shows how much he was cared for.

Persistence and Passion are at the root of any success, and one cannot find success in life without overcoming great challenges and staying true to one's passion. Ron's true passion was community building.

The last of the Schlegel Villages values is **Creative and Innovative**, and when we consider the world-renowned Research Institute for Aging that Ron and his family founded, and the Village model we thrive in, there are few better words to describe him.

This October, we lean into gratitude, and we are thankful to carry Ron's values forward, always in the pursuit of building strong, inclusive communities for all.

RESEARCH
MATTERS

RIA FEATURE

October 2026

Mental Health Matters at Every Age: Recognizing the Signs This World Mental Health Day

While conversations around mental health and wellness have grown significantly in recent years, older adults are often [left out of the conversation](#). Generational stigma and the belief that profound sadness, hopelessness, loneliness, or fatigue are “a normal part of aging” often prevent people from seeking the support they need and deserve. Coexisting medical conditions can further complicate this, making mental health issues harder to detect, treat and manage.

This October 10, [World Mental Health Day](#) offers an opportunity to challenge those assumptions, raise awareness and break the silence. The reality is, depression is not a natural part of aging. Yet, according to the [Canadian Coalition for Seniors Mental Health](#), up to 20 per cent of older adults experience symptoms of depression, with that number doubling for people in hospitals or long-term care (LTC) homes. As we age, [several risk factors can impact our mental health](#), such as losing a loved one or friend, cognitive challenges, or a life-changing diagnosis.

Recognizing the Symptoms

We all have bad days and times when we feel down. But clinical depression is a serious, persistent condition where you may feel sad all the time and lack interest in activities that used to bring joy. Symptoms can range from mild to severe. For care partners, family members, and older adults, recognizing the signs is the first step in providing support.



Watch for these common symptoms:

- Significant sleep issues, such as sleeping too much or struggling with insomnia.
- Noticeable changes in eating habits, including a sudden loss of appetite or excessive eating.
- Lingered, intense feelings of guilt or worthlessness.
- Finding absolutely no joy in activities, hobbies, or routines you once loved.
- A noticeable decline in personal hygiene and daily self-care.
- Trouble concentrating, focusing, or finishing simple, everyday tasks.

Taking Action and Finding Support

Starting a conversation about mental health can feel scary, especially if you feel ashamed to open up or ask questions. Normalizing conversations around mental health will shift societal perceptions and reduce stigma, ensuring older adults feel more comfortable addressing their concerns without fear or judgment.

By checking in on our family, friends, and neighbours, we can reduce the social isolation and loneliness that can fuel depression and impact mental health. Check out the [social isolation community conversation guide](#) for helpful tips on supporting those around you.

For more detailed guidance, explore the Schlegel-UW Research Institute for Aging's (RIA) expert insights on [demystifying depression in older adults](#).

Reflections for October

Carole Leacock (Your Resident Council Chair)

As we get to October, we have the promise of cooler mornings and golden afternoons. We find ourselves on the first days of autumn. The air is carrying a crispness. For many that gently reminds us of the beauty in nature.

Outside the trees are preparing for their grand performance. Green leaves, once full of summer's colour, begin their gradual transformation. In October they turn brilliant shades of amber, crimson, and gold. There is beauty in every stage of nature.

At Tansley Woods, October 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.

Autumn is not a farewell to youth, but a celebration of the richness and wisdom time brings.

Let us look forward to all that October has to offer!



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



- Margaret (Pearl) Wells
- Paul Logan
- Pushpa Tailor
- John Ford
- Rose Iwanczuk
- Fred Kelly
- Alan Smith

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

- Reginald Chadwick
- Frances Ann Oakley



Word Scramble

AOHLWNLEE

MAUNTU

STVRHEA

RRCCAWOSE

October Word Search

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

Bloom
Discovery
Farm
Generate
Leave
Piper
Revolution
Warm

Brilliant
Excellent
Fired
History
October
Planit
Riverstone
Water

Creative
Fall
Freedom
Juice
Picnic
Reading
Snowball
Winter

The Ruby

SCHLEGEL VILLAGES' HIDDEN GEM

SAVE THE DATES!

STAY ON THE LOOK-OUT FOR EVENT FLYERS FOR MORE INFORMATION.

****INTERNATIONAL CUISINE - TICKETED EVENT.****

MAKE YOUR RESERVATION NOW AT THE VILLAGE OFFICE.

KEEP YOUR EYES OPEN FOR NEW SOUP & SANDWICH POP UP TBA.

OCTOBER

- TUESDAY 6TH 11:45 - 3 PM: LADIES LUNCHEON
(TAKEOUT ONLY)
- THURSDAY 8TH 6 - 7 PM: PUB NIGHT & KARAOKE
- TUESDAY 13TH 11 AM - 2 PM: DINER'S CLUB
- FRIDAY 16TH 6-7 PM : LIVE MUSIC
- TUESDAY 20TH PM: MEN'S CLUB AT THE RUBY
- SATURDAY 24TH 5 - 8 PM: MORROCAN NIGHT
- SATURDAY 31TH: "RESIDENT CHEF" - FEATURING
RESIDENT'S RECIPES FROM OUR VILLAGE
"ITALIAN COUSINE"

RESIDENTS OF THE VILLAGE RECEIVE 15% OFF,
SATURDAYS ONLY



EVERY WEDNESDAY BBQ RIBS WITH SIDES \$25



NOVEMBER

- TUESDAY 3RD 11:45 - 3 PM: LADIES LUNCHEON
- THURSDAY 5TH 6 - 7 PM: PUB NIGHT & KARAOKE
- TUESDAY 10TH 12 - 3 PM: DINER'S CLUB
(TAKE-OUT ONLY)
- FRIDAY 13TH 6-7 PM : LIVE MUSIC
- TUESDAY 17TH PM: MEN'S CLUB AT THE RUBY
- SATURDAY 21ST 5 - 8 PM: INDIAN NIGHT
- SATURDAY 28TH: "RESIDENT CHEF" - FEATURING
RESIDENT'S RECIPES FROM OUR VILLAGE

EVERY WEDNESDAY BBQ RIBS WITH SIDES \$25



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Move Well. Feel Well.
Live Well.

BENEFITS OF OSTEOPATHY

Reduced Pain: Targeted treatment for lasting relief and a more active lifestyle.

Improved Mobility: Restores joint function and muscle balance to increase flexibility and range of motion.

Enhanced Well-being: Holistic care supports the body's systems for optimal health and vitality.

CONDITIONS TREATED

- Back Pain
- Hip Pain
- Sciatica
- Knee Pain
- Shoulder Pain
- Foot/Ankle Pain
- Headaches
- Neck Pain
- Balance
- Posture
- Digestive Issues
- Respiratory Issues
- Sleep Difficulties
- And More!



Andrew Soumbos
Osteopathic Manual Practitioner
Kinesiologist

GET IN TOUCH

Ready to move without pain? Book your **FREE 15-Minute Consultation** now to discuss your specific needs and learn exactly how osteopathy can restore your mobility and well-being.

CONTACT



905-336-1714 x1997



soumbososteopathy.ca



info@soumbososteopathy.ca



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For more information or to book an appointment at The Village of Tansley Woods, please call

1-888-745-5550

retirement@earandhearingclinic.com


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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 and, Fridays. Brunch and Dinner is available on 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 Neighbourhood 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
Reflexologist - Sherry Cusworth
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	Svitlana Voroshylova	Ext. 1703
	Karen Knights	Ext. 1882
	Jennifer Kannenberg	Ext. 1669
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	Ric Salvacion	Ext. 1861
Director of PAL	April Clipston	Ext. 1887
PAL Coordinators	Andrew Soumbos	Ext. 1887
	Rahuel Alvarez	
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	Chanelle Cavey	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 Assistants - Village Office Front Desk	Paige Epp-Ruitenber	Ext. 1876
	Joshua Ding	
The Ruby Restaurant	10 th Floor	Ext. 1880
Main Floor Nursing Station	Lead Nurse—East	Ext. 1888
	Lead Nurse—West	Ext. 1700
Spiritual Advisor	Antony Kolencheril	Ext. 1854
Tansley Family Health Centre	Dr. Moghaddam-Abrishami	Ext. 1997
Volunteer Coordinator	Sharon Montgomery	Ext. 1960
Student Coordinator	Mike Killip	Ext. 1895
Social Worker	Kurtis Wilson	Ext. 1892
Village Neighbourhood Pharmacy		Ext. 1995
Riverstone Spa		Ext. 1924