



Wishing the Happiest of Birthdays to:

- Susan B.....July 5th**
- Ed M.....July 7th**
- Margaret G.....July 9th**
- Jack A.....July 26th**
- Iris H.....July 18th**
- Nancy M.....July 24th**
- Adela A.....July 26th**
- Doug P.....July 30th**

July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

- Princess Diana (British royalty) – July 1, 1961
- Neil Simon (playwright) – July 4, 1927
- David McCullough (author) – July 7, 1933
- Marty Feldman (actor) – July 8, 1934
- Milton Berle (actor) – July 12, 1908
- Bess Meyerson (model) – July 16, 1924
- Sandra Bullock (actress) – July 26, 1964
- Jackie Kennedy (U.S. first lady) – July 28, 1929
- Buddy Guy (guitarist) – July 30, 1936
- J. K. Rowling (author) – July 31, 1965

July 2024

ABERDONIAN

Aberdeen Gardens Retirement Community | 330 Dundurn Street S. | (905)-529-3163 |



Celebrating July

Ice Cream Month

Happy Hour with Entertainment
Every Tuesday at 2:30

Canada Day
July 1st

Charter Ability Boat Cruise
July 4th

Music in the Lounge
July 10th & 11th

Movie Matinee
July 15th

Sing Along with Susie Q
July 19th

Easterbrook's Hot Dogs
July 23rd

Ice Cream in the Lounge
July 24th

Caribbean Christmas in July
July 25th

Monthly Birthday Party
July 30th

Town Hall Meeting
July 31st



Message from our General Manager- Lisa

Hello residents and staff! As the new General Manager, I appreciate the support and warm welcome I have received. I am happy to announce that Jason Corby has joined our team as the Environmental Services Manager! We are also recruiting a Director of Care, which will complete our management team. Thank you for being patient as we learn our new roles! My goal is to ensure that all residents and staff have a great experience at Aberdeen Gardens. Please let us know if you have any questions or concerns that need to be addressed. There is a NEW complaints box outside of my office. It will be checked regularly, and you will receive a response regarding your concern/question. If you have a serious complaint, please bring it to our attention immediately! All the best for a happy and healthy summer!

Message from our Recreation Manager- Dana

Hello July! Thank you to everyone who donated to Alzheimer's and Brain Awareness. There are lots of exciting things happening this month. For those who signed up for the Grand River Boat Cruise and didn't get a chance to join, you will automatically be placed on the sign-up sheet for the Charter Ability Boat Cruise. Join us for Christmas in July. A Caribbean Christmas on the Patio with live entertainment by John Pebble, food, drinks, & lots of laughs. Stay hydrated and wear your hats!

Inspirational Words

“Forgiveness liberates the soul. It removes fear. That is why it is such a powerful weapon.”

-Nelson Mandela

“It is often the small steps, not the giant leaps, that bring about the most lasting change.”

-Queen Elizabeth II

“The future belongs to those who believe in the beauty of their dreams.”

-Eleanor Roosevelt

“Success is not final; failure is not fatal: it is the courage to continue that counts.”

-Winston Churchill

Town Hall Meeting Minutes

Management Attendance: Dana, Lisa, Jay, Meg, Anne

Resident Attendance: Bruce, Martha, Ray, Dave B, Dave J, Eileen S, Mary P, Ken, Ruby, Pat F, Carine, Dorothy, Trevor, Cynthia, Susan, Nancy, George, Jim, Joe D

- Introduction to Jason Corby
- Introduction to Resident Council
- Walkers in Dining Room will be removed at each meal
- Director of Care interviews are in process

Lost & Found: Glen W has lost a pair of glasses with black frames. If found, please hand them into the front desk

Questions/ Comments:

- Can butts out front be cleaned daily?
- Can there be a designated spoking area?
- Will there be a new flag before Canada day?
- Will the fence be put in along the driveway?
- Are all trees getting trimmed?
- Rusted door frames at the bottom
- Thank you to Kirkendall Garden Club (Erinn)

Next Town Hall Meeting is July 31st @ 2:30

Hugging for Health

Hugs are rated good medicine. The following lists a few: they lower stress, heart rate, and blood pressure. If you look around, only a few people make use of the health benefits. Picture a mom saying, “okay everyone, it’s time for your morning hugs, we want to stay healthy.” I don’t remember many hugs at our house growing up. But that changed when I became a teenager. Hugs were easy to come by, as the girls were also into it. Finally, the hugging dropped off when the girls became picky with who they would hug.

Hugging is a form of endearment.

There are many types of hugging, but let’s stick to the classic: stand in front with arms around each other, chest touching, heads side-by-side with no touching below the waist. You can tell if a person wants to hug. Do not just latch on to a person if you do not know them. You may get a slap in the face or a punch to the nose. If you are having trouble finding someone to hug, contact Samantha Hess in Portland Oregon.

The power of a brother-in-law’s hug. We were in a car full of families when they dropped me off at the door of Aberdeen Centre. It was just before I went in, I heard “wait.” Jim, who was nearing 89, got up and struggled up to me and said, “I want a hug.” We hugged, and it was a warm feeling that I still feel years later. Thanks Jim, and thanks for all the good times. If you need that same feeling, think of the nicest thing that happened to you and enjoy the afterglow.

Hugs to everyone at Aberdeen,

Ken D.

Comic Corner by T.N.T.

“Knitting Club”

Club president was asking each member what their current knitting project was. Mrs. Donovan, who’s husband was a traffic cop smiled when she responded “Pullover!”

