

Hearing & Balance Clinic

Coming to Adelaide on April 9th!

Call our Clinic 705 340-5050 to make an appointment!

AVAILABLE SERVICES:

- COMPLIMENTARY HEARING TESTS EVERY 5 YEARS
- COMPLIMENTARY CLEAN & CHECK HEARING AIDS
- COMPLIMENTARY HEARING AID DISCUSSION
- HEARING AID & BATTERY SALES
- WAX REMOVAL
- VERTIGO / DIZZINESS ASSESSMENT



Brent Robinson
Registered Audiologist



Anne Marie Sinasac-Roy
Doctor of Audiology

Fees apply to some services: DVA, WSIB, ADP - Ontario



Health & Safety protocols in place:
mandatory masks, screening,
disinfection between patients

CALL BEFORE YOU COME - 705-340-5050

www.LindsayEarClinic.com



Celebrated this Month...

April Fool's
April 1st

World Autism Awareness Day
April 2nd

Earth Day!
April 22nd

Administrative Professionals Day!
April 27th

Humanitarian Day
April 28th

Bank Transportation
April 3rd & 17th

Shopping Trips
See Calendar- Call 8155 for details



As we all look forward to seeing the spring coming, we know that April Showers WILL bring May flowers! A few updates for you this month:

- ✓ As the weather warms, we will be working to get our outdoor spaces ready for you. We will keep you posted on the plans for opening up the terrace and other outdoor spaces.
- ✓ As a reminder the 2023 tax letters are available at the front desk for pick up.
- ✓ Stay tuned for information on the upcoming Covid-19 vaccine clinic.
- ✓ In April come enjoy *Hockey Night in Canada* on Saturday nights in the party room
- ✓ In the coming weeks, you will be hearing more about the restarting of the *Retirement Community Residents' Council*. This is exciting news and I am so looking forward to working with this great group of residents!

I hope you have a wonderful month!

Adrienne

What's Inside...

Watch Battery Replacement	Page 4
Tuck Shop Updates	Page 4
Homestead Oxygen information and 15% off coupon!	Page 4
Van Safety with Physiotherapist Athena	Page 5
Solar Eclipse Information	Page 5
Foot Care and Blood Pressure Clinic	Page 6
Gardening Information	Page 6

Call 8155 to hear the daily program schedule, including changes to program timing or locations (due to inclement weather for example). Leave a message to sign up for programs and outings, ask questions, become a volunteer, or anytime you need to speak to someone in the Recreation Department!

New Activities!

April 4th Ultrasonic Jewelry and Glasses Cleaning - Drop by the Activity Room between 3:15pm-3:45pm to have your jewelry or glasses cleaned. It takes about 10 minutes. Soft stones like pearl, opal and amber are not suitable for this kind of cleaning.

Virtual exercise classes in the Senior Living Community Lounge – Starting in April there will be virtual exercise classes every Friday at 3:30pm. Each week will alternate between Standing Chair Yoga and Standing Zumba. The classes are about 30 minutes. To safely participate you must feel confident standing unsupported (without a walker), shifting your weight and moving forward, backward and side to side while standing, and be able to lift your foot up onto a step.

April 18th – Where in the World Have You Been? This is a new travel program featuring you! Each month we will choose a new location and invite you to bring your photos or souvenirs and share stories of your travels with the group. Our first destination is Switzerland. See page 5 for more details.

April 20th Ladie's Club – Come to the Activity Room for coffee and a social with other ladies of Adelaide Place. We will be meeting once a month. The first meeting is just to get to know each other and gauge interest in future activities. You get to decide what you do for future meetings, whether it's guest speakers, outings, afternoon tea, learning a new craft or skill – let us know what you would like to try!

April 27th Men's Club – Come to the Activity Room for coffee and a social with other men of Adelaide Place. We will be meeting once a month. The first meeting is just to get to know each other and gauge interest in future activities. You get to decide what you do for future meetings, whether its guest speakers, outings, bbq and beer, darts, woodworking – let us know what you would like to try!

Earth Day- Let's do our share.

Monday, April 22nd, we will be getting together to collect garbage in our community in recognition of Earth Day. If you would like to join us, please meet us in the lobby at 3:00p.m. We have grab sticks to help if you can't bend down. Busy at 3pm, but still want to help? No Problem! Stop by the front desk any time, and we can lend you supplies, such as gloves, bags, and a pick-up stick, to go without us. If you are planning to go on your own, please remember to sign out if you are going off the property and be safe! Don't pick up anything hazardous (broken glass, needles, etc.) instead, report those items and their approx. location to the front desk.

With record-breaking wildfires, deadly heat waves and severe floods making headlines across Canada, along with staggering statistics on carbon emissions gracing our news daily, is Earth Day still necessary?

YES! Now more than ever, it is important for us to value our wonderful planet. While most individuals can't fix the climate crisis or decrease global carbon emissions, we can do our part to keep our community clean. 17% of Canadians engage in unpaid activities aimed at conservation or protection of the environment or wildlife. Among these, 4 out of 10 helped clean up shorelines, beaches, rivers, lakes, or roadsides. We are proud to be part of that 17%!

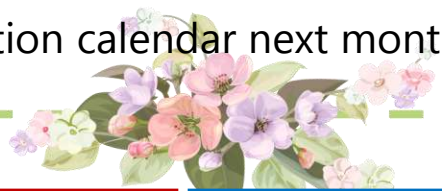


Gardening Season Approaches!

If you are interested in helping with gardening, we will start to clean up our gardens and prepare for planting at the end of May. We do not start the clean up until the weather is consistently warmer, as doing so too early causes major issues for pollinating insects like bees and butterflies who use the foliage for protection until it is warm enough for them to become active again.

Later in May, we will clean out the North Patio gardens and start planting. This includes outdoor planting in our gardens as well as raised flower beds and planters, for those who love to garden, but can no longer crouch on the ground. We supply all the materials, but if you have gardening tools you prefer to use, you are welcome to bring them.

Keep an eye on the recreation calendar next month for gardening dates!



Foot Care and Blood Pressure clinics

Call the Wellness Dept. ext. 8185 for information about the cost or to book your in-house appointment with Footcare Nurse, Marie



Monthly Blood Pressure Clinic is on the 4th Thursday of every month.

This month that falls on April 25th. Sign up through the Wellness Team by calling ext. 8185.

We Want Your Feedback on Activities

April 9th Activity planning meeting: we go over the current months' calendar, to give more information on activities, answer questions and take suggestions for future activities.

April 16th Office hours with Jess: dedicated time I will be in the office, feel free to stop by with questions or suggestions.

April 2nd and 23rd Fireside chats with Jess: you can find me in the lounge by the fireplace, come by to ask questions or just to chat.

Any time: you can drop off anonymous suggestions in the recreation suggestion box at the back of the activity room or the suggestion box in the mail room.



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Jackie B Ricky T	2	3	4 Marian C	5 June W	6 Connie N
7	8	9 Anne M Lorraine H	10	11	12 Pierrette P Doreen O	13 Ruth Mu
14 Nancy S Ella K	15	16 Lorraine S	17 Shelley. D	18 Mert. D	19	20
21 Wendy C	22 Mya L Mohammed P	23 Myra M Ron P Sylvia D	24 Ross G	25 Ruth B	26 Erica M^c	27 Joan B MaryJane C
28 Laura F Alyssa J	29 Zoë D	30	Colour Legend: Retirement Community Senior Living Community Team Members			





HOMESTEAD
OXYGEN + MEDICAL
EQUIPMENT

**10 MOOSE RD
(OFF MCLAUGHLIN)
LINDSAY**

(705)328-3015



- WHEELCHAIRS
- MOBILITY SCOOTERS
- WALKERS
- LIFT CHAIR RECLINERS
- BATHROOM SAFETY
- HOSPITAL BEDS
- BRACES AND SUPPORTS
- SUPPORT SOCKS/COMPRESSION THERAPY

- HOME OXYGEN & CPAP
- AIDS TO DAILY LIVING
- AND MORE!



www.homesteadoxygen.ca

Watch Battery Replacement

We are excited to announce we are collecting watches from residents for battery replacement again! *Designs by Jesse* will be picking up watches once a month to replace the batteries and bring them back when ready.

If you would like to use this service, please put your watch/watches and \$20 per watch to cover the cost of the battery replacement in an envelope with your name on it and drop it off with the Recreation Department. Our next pick up will be Friday, April 12th. We will call you when your watch is ready.

Tuck Shop Updates

Our tuck shop is now open 3 days a week: Wednesday, Friday, and Sunday from 1-3pm. You can call the tuck shop at 8200 to hear the most up to date hours or speak with a tuck volunteer during open hours.

If you want to purchase items from the tuck shop but it is too far for you to walk, speak to a recreation team member. We can pick up items and leave them at the front desk for you to pick up within 1-2 days.

You can get a list of items stocked in the tuck shop either from the tuck shop or a recreation team member!

If you would like to volunteer with the tuck shop you do not need to know how to use a computer, please call Jess at 8155 for more information.

Where in the World Have You Been? Switzerland Edition!

Have you visited Switzerland? We would love to hear your travel stories and see any photos or keepsakes you have from your trip. Even if you haven't been to Switzerland, you are welcome to come to hear stories from other residents, and experience some Swiss trivia, food, drink, and music.

Every month we will choose a new location so please let us know if you have a favourite destination or trip you would like to share with the group.



Van Safety with Physiotherapist Athena

Wednesday, April 24th at 3:00pm in the Activity Room, Physiotherapist Athena will be going over tips for vehicle safety. After, there will be an opportunity for you to practicing getting on and off the Adelaide Place van while getting personalized advice on using the van safely. Everyone is unique in the way they get on and off the van, this is a great opportunity to get advice specific to your needs and have any questions you have about the van answered. If you currently use the van or would like to use the van, we encourage you to come to this!

Full Solar Eclipse

On Monday April 8th there will be a full solar eclipse visible at Adelaide Place (weather dependent). This has not happened in Ontario since 1979 – do you remember it?

For your safety we have special glasses with filters designed for eclipse watching available for purchase at the tuck shop in the SLC or the tuck cupboard in the activity room. They are \$3 a pair. You need to wear these glasses to prevent eye damage when viewing the eclipse. Regular sunglasses will not protect your eyes sufficiently.

The eclipse will begin at 2:11pm, reach its peak at 3:35pm and finish by 4:35pm. We will meet in the Retirement Community Lobby at 2:45pm. If you do not wish to view the eclipse, please stay inside, close the blinds, and stay away from any windows with direct sunlight.