

# Hearing & Balance Clinic

Our next clinic date at Adelaide is on **June 11<sup>th</sup>**. Call our Clinic to book your appointment! **705 340-5050**

## 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



### Celebrate In May

**Dutch Heritage  
Day**

May 5<sup>th</sup>

**National  
Nurses Week**

May 6-12<sup>th</sup>

**Kentucky  
Derby Day**

May 4<sup>th</sup>

**V-E Day**

May 8<sup>th</sup>

**Mother's Day**

May 12<sup>th</sup>

**International  
Day of Living  
in Peace**

May 16<sup>th</sup>

**Victoria Day**

May 20<sup>th</sup>

**Bank  
Transportation**

May 1, 15 & 29

**Shopping  
Trips**

See Calendar-  
Call 8155 for  
details

### Rays of Sunshine

Mothers, Grandmothers, Great-Grandmothers, Step-mothers, Mother-in-laws, Aunts, Sisters, Daughters, Friends...Women. The special women in our lives bring a ray of sunshine in so many ways. They are caring, loving, nurturing and supporting. They are warm, secure, inspirational, fun and so much more.

Sunshine is defined as brightness or radiance; a source of cheer or happiness. This definition can be also used to describe the wonderful women in our lives. As spring blooms, it is the time to focus on sunshine in many ways. Also, with Mother's day approaching, there is no better time to think about and celebrate the special women in your life.

Mother's Day was first celebrated in 1908 and has become a prominent way in which we celebrate our mothers. It quickly became a worldwide time to share our words of love and gratitude with them. Celebrations, small gifts, family gatherings all continue to be a regular occurrence on the second Sunday of May. Let's not wait until Mother's Day to celebrate. Whenever you feel the warmth of the sunshine on your face and see the bright light of the sun's rays, think of someone special in your life who makes you shine and tell them how much you care!

### Art with Adrienne

For many years, I was honoured to run "Art with Adrienne" which is an acrylic painting class here at Adelaide Place. I am so happy to be able to bring this back and I hope you will join me for this on Tuesday, May 14th at 7:15pm in the Activity Room. All skill levels are welcome – from first time painters to seasoned artists - just come ready to have fun with friends and let your creative skills flow. Please sign up by calling ext 8155 to secure your spot so we can ensure that we have all the supplies ready for you. See you there!

Adrienne



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Call 8155 to hear the daily program schedule, including changes to program timing or locations. Leave a message to sign up for outings, ask questions, or anytime you need to speak to someone in the Recreation Department.

### Check Out Our New Flagpole!

Many of you may have already seen our new flag flying proudly outside the entrance to the Senior Living Community. If you haven't noticed it yet, be sure to keep an eye out the next time you are coming or going from the front entrance. A big thank you to Greg for getting our new flagpole installed.



### June 10<sup>th</sup> At the Academy Theatre

Andrew Lloyd Webber's 75th Birthday, and his acclaim as the most successful musical theatre composer of all time, will be celebrated through his most iconic music including selections from Phantom of the Opera, Evita, Cats, Jesus Christ Superstar, and more!

The show starts at 7:30 and tickets are \$61. Call 8155 to reserve your ticket now!

### Calling all Book Worms

**Book Club:** The Adelaide Place book club is looking for a few more members. They meet the second Tuesday of the month in the Private Dining Room. Speak to a member of the recreation team or our volunteer librarian Deb if you are interested in joining or would like more information.

**Book Recommendations:** If you don't know what to read next stop by the Retirement Community Library Tuesday morning (except the 2<sup>nd</sup> Tuesday of the month) to chat with Deb. She can give recommendations for books or authors you may like. If we don't have what you're looking for in our library let her know and she may be able to bring it in!

### Cell Phone Etiquette

Please be mindful of others and remember to keep your cellphone on silent when you are in the dining room and when attending programs, especially during the live music events. The noise from the ringtone or alerts can be disruptive to those around you. If you must keep it on, please leave the area to answer the call.

Thank you!



ON SILENT MODE PLEASE

### Foot Care and Blood Pressure clinic at Adelaide:

Marie is a Footcare Nurse and sets up monthly in the Fitness Centre for convenient in-house footcare treatments. Call the Wellness Department (ext. 8185) for information about the cost or to book an appointment.



Our monthly Blood Pressure Clinic is on the 4<sup>th</sup> Thursday of every month. This month that falls on May 23rd.

## Programs you Don't want to Miss!

**Get Crafting!** On May 20<sup>th</sup> at 3:15pm in Activity Room we will be making Adelaide Place photo albums. We have taken lots of pictures over the years and need your help to put them into albums. If you have any photos of Adelaide Place that you would like to include in these albums you can bring the photos with you or email digital copies to [jgibbs@levliving.com](mailto:jgibbs@levliving.com) by May 13<sup>th</sup> and we will print them. When finished these albums will be distributed throughout our home for all to enjoy! You can also bring your own personal photos to create an album for yourself.

**Movie Night!** Celebrate National Canadian Film Day with us by watching *Peace by Chocolate* at 7:15pm on May 28<sup>th</sup> in the Activity Room. The movie is based on the true story of the Hadhad family who came to Canada after their chocolate factory was bombed and they fled Syria. They rebuilt their lives and their chocolate factory with the help of their new community in Antigonish, Nova Scotia. We will have popcorn, wine, beer and of course some of the *Peace by Chocolate* chocolate to try!

### Where in the World Have You Been? Italy Edition With Italian Food Demonstration by Chef Mark

Come share your stories or souvenirs from your travels to Italy, Thursday May 16<sup>th</sup> in the Activity Room. At 2:00pm Chef Mark will be demonstrating some Italian cooking for us. We will also have some Italian wine and music to set the mood as we reminisce about all the wonderful things Italy has to offer.

**Wine and Art Night with Adrienne** Back by popular demand! Adrienne will be hosting a paint night on Tuesday May 14<sup>th</sup> in the Activity Room at 7:15pm. Wine will be available for \$3 a glass. All painting supplies will be provided. Advance sign up is required so we can ensure we have enough supplies for everyone. Call 8155 to sign up.



**Ladie's Club – Fascinators and Tea Room Outing** This month Ladies Club will be making fascinators and attending a high tea at Tucked Away Tea Room in Fenelon Falls. On Thursday May 9<sup>th</sup> we will be getting crafty and making our own fascinators to wear for our outing to Tucked Away Tea Room. See page 2 for more information on the outing.

**Men's Club – Car Show at the LEX** This month Men's Club will be visiting the Lindsay Exhibition for the AACA (Antique Automobile Club of America) Automotive Flea Market and Car Show. Tickets are \$10 per person and we will be going at 2:15pm on Sunday May 26<sup>th</sup>. They are expecting over 400 cars at the car show. There will be a fair amount of walking, and the fairgrounds are not paved everywhere so you may be walking on dirt, gravel, or grass in some areas. Make sure to wear appropriate shoes and bring your walker or mobility aid with you.

## Mother's Day! Sunday, May 12th

We will be celebrating all the women of Adelaide Place with a mimosa bar and sweet treats and Mother's Day gifts (SLC) in the Retirement Community Lounge on Mother's Day at 2:00pm. We will be celebrating all the women of Adelaide Place with a mimosa bar, some sweet treats and Mother's Day gifts in the Retirement Community Lounge on Mother's Day at 2:00pm. If you're away for the day you can pick up your gift from the Recreation Department, call 8155 any time after Mother's Day to arrange a time to pick up your gift.

## Outing to Tucked Away Tea Room

On Monday, May 13<sup>th</sup> we will be going to Tucked Away Tea Room in Fenelon Falls. The two-hour seating includes 3 finger foods, 2 types of scones with clotted cream and preserves, 2 types of dessert, and of course your choice of tea (menu available upon request). \$30 per person. Tea Room attire is encouraged. Call 8155 to reserve your place, spots are limited so don't wait to call!

## Exercising at Adelaide Place

It is recommended that seniors get 150 minutes of moderate exercise per week. Here, we offer 13 exercise classes a week totaling more than 360 minutes of exercise! This is more than any other retirement community in Lindsay. We offer a wide variety of exercises from strength building with weights, to gentle stretching. If you need help choosing the right class for you, please speak to a recreation team member.

Whenever you are participating in one of our classes, please remember that YOU are in control of your own exercise experience.

- DO NOT do any movements that hurt or feel awkward or uncomfortable. Ask for variations on certain movements if they don't feel right for you.
- DO take a rest any time you need it. You can stop to take a few deep breaths or march in place at any point during our classes.

## Information Session on Alzheimer's and Dementia

**Thursday, May 17<sup>th</sup> at 3:15pm** in the Activity Room there will be a presentation on Alzheimer's and dementia related topics by Talia from our local Alzheimer's Society. She will be covering topics including what dementia is, how to recognize it, brain health and decreasing dementia-related stigma.

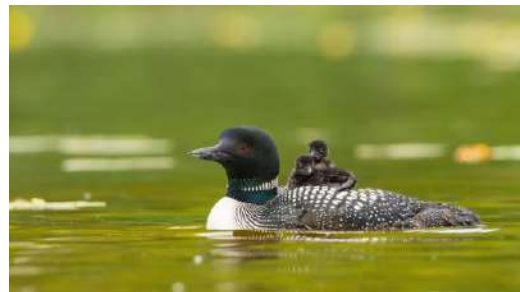
## Walk for Alzheimer's May 24<sup>th</sup>

Join us **Thursday, May 24<sup>th</sup>** in the Retirement Community Lobby as we participate in the Walk for Alzheimer's. Weather permitting, we will be walking outside so please dress for the weather. We will have two walking paths: one shorter and one longer so you can choose what is best for you.

We will be fundraising for the Alzheimer's Society though the entire month of May. You can donate cash or cheque (made out to Alzheimer Society Peterborough) in the donation box at the front desk in the Retirement Community Lobby. These funds will go toward local programs and services that improve quality of life for people living with dementia and their families in your community and support awareness and education about dementia.

## Dave Ellis Wildlife Photography Presentation May 27<sup>th</sup> at 3:15pm

Dave is a wildlife photographer from Omeme. Below are a few examples of his work. Dave grew up in the Annapolis Valley, NS. When he was younger, he travelled and lived in places across Canada, eventually coming to Omeme with his wife Astrid in 2001. They took up wildlife photography as a hobby in 2016. The wildlife that is all around them is quite phenomenal and they really enjoy being out photographing nature most days.



In 2018 Dave started writing a wildlife column with photos in the local newspapers. Dave's column is available in The Peterborough Examiner. Dave enjoys sharing his photographs and the stories that go with them at presentations all around the Kawarthas.

He will be presenting his photos at here at 3:15pm in the Activity Room on May 27<sup>th</sup>.

# MAY 2024 Birthdays

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Colour Legend:</b> Retirement Community Senior Living Community Team Members			1 Ria V Pearl S	2	3 Helga. G	4
5	6	7 May Q Kieran C	8 Barb A Carol S Phyllis D Liz M	9 Barb Q	10 Joan D Sam H	11
12 Glenda R Jamie B	13	14 Ruth M <sup>c</sup> Jaiden M	15	16	17	18
19 Donna P	20	21 Eva K	22	23	24	25
26 Amy B Jim S	27	28 Irmgard H Gerry K Kirsten S	29 James L	30	31 Cam F Mary M Maria B Jelin M	



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- HOSPITAL BEDS
- BRACES AND SUPPORTS
- SUPPORT SOCKS/COMPRESSION THERAPY

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



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