

Hearing & Balance Clinic

Coming to Adelaide Place on October 8th. Call 705-340-5050 to book your 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



This Month

Oktoberfest
Sept 21-Oct 6

Oktoberfest Celebration
October 7

Birthday Party
October 23

Bank Trips
Oct. 16 & 30

Zabs Comfort Shoes
October 4

Lucy Gray Alterations
October 7

Adrian's Clothing Sales
October 24

Thanksgiving
October 14

Halloween
October 31

Memorial Service

We hope you will join us for our Memorial Service on October 24th at 2:30pm. On this day, we will come together to both remember and celebrate the residents we have had to say goodbye to in the past 6 months. This is a special service that some of you may recall from the past. Going forward, this service will take place twice annually.

Art with Adrienne

This month we have a special treat! In our October 29th group, we will be using several different mediums and artistic techniques to paint our pumpkins – just in time for the pumpkin contest. See page 4 for more information about the pumpkin contest.

Pie (in the face) Auction

This year, we will be adding something a little more interactive to our Pie Auction. There will not only be pies for eating, but also pies for throwing! Some of our brave managers have volunteered to be pied in the face. We will auction off our volunteers throughout the Pie Auction, the minimum bid is \$25, and the highest bidder gets to throw the pie! See page 5 for more information about the Pie Auction.

Adrienne West

Halloween Information Page 4

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Homestead Oxygen information and coupon Page 7

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

October Activities You Don't Want to Miss

Zabs Comfort Shoes Vendor – Coming to the Retirement Community Lounge on October 4th from 10am-2pm.

Oktoberfest party with Don van Haltren – Tuesday October 8th at 7pm in the Retirement Community Lounge. Don will be dressed up in his finest Oktoberfest wear, complete with hat and feather playing some authentic polka music and more!

Where in the World Have YOU Been? Maritime Edition! – We invite you to reminisce with Colleen about our amazing East coast. Come to Activity Room on Thursday, October 17th at 3:15pm to share your stories and try some maritime treats!

Resident Memorial Service – Please join us in the Retirement Community Lounge on Thursday, October 24th at 2:30pm for a memorial service honoring residents who have passed in the last 6 months.

50/50 Draw Results

Thank you to everyone who participated in the Retirement Community Resident's Council 50/50 draw in September. It was a great success!

A big congratulations to our winners:

- Jan K (Team Member)
- Jean A (Resident)
- Herb M (Resident)



- Wheelchairs & walkers
- Mobility scooters
- Bathroom safety equipment
- Hospital beds
- Compression socks
- Home Oxygen & CPAP
- Aids to daily living
- Supports & braces
- And more!



10 Moose Rd (off McLaughlin)
Lindsay ON 705.328.3015
www.homesteadoxygen.ca

15% off Regular Price item with this ad

***discount not applicable on third party funded items**

Browning Reptile Show

Not Lions, Tigers and Bears but Lizards, Snakes and Frogs OH YEAH!

Coming to Adelaide Place on Monday, October 28th at 3:00p.m. This is not your typical reptile show. It's a family-owned operation and they bring lots of exotic reptiles and amphibians for you to learn about in an interesting, fun and interactive way!



Look, but don't touch?? Not at this Reptile Show!! If you are brave enough, you can hold the different reptiles, and even get your picture taken! If you are not interested in getting close to the animals, that's okay too. You can learn plenty while keeping a comfortable distance from the little critters.

Scott Woods Presents Yeehaw

Canadian Fiddle Champion Scott Woods will be performing with a multi-talented band at Mackey Celebration Centre on Friday, November 8th at 7:00pm. Scott Woods Presents Yeehaw is reminiscent of the iconic TV show; experience the best in country music, trick fiddling, award-winning step dancing, humor and more! Tickets are \$45. Please call the recreation department at ext. 8155 to sign up.

Food and Clothing Drive

We will be collecting the following items for donation until October 15th:

- Cans of soup and other non-perishable food items in the blue bins in both lobbies.
- Monetary donations for the food bank. Cash or cheques made out to the 'Kawartha Lakes Food Source' can be brought to the donation box at the front desk. The Food Source will use this money to purchase perishable food items like meat, produce and dairy to help provide more healthy and balanced diets for their clients.
- Socks and winter coats. We are looking for new socks still in the package, handmade socks or slippers, and gently used winter coats. You can drop off your donations in the black bin in the Retirement Community Lobby.



Birthdays in October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Rose V Austin B	2 Ann S Samantha B	3 Kathy W	4 Wendy A Kat G Colette H	5 Joan H
6 Danielle B	7	8 Ruth K	9 Russ S Anastasia S	10	11	12 Lillian A Gloria P
13 Phil A Norm R	14 Ed D Dikshya B	15 Nona E	16	17 Kelly B	18	19
20	21	22 Emma T	23 Emily G	24 Lisa F	25 John T	26 Jack C Shirley W
27	28	29 Marie B	30	31	Retirement Community Senior Living Community Team Member Birthdays	

HALLOWEEN FUN!

Halloween party with Craig Brtnik – Join us in the Retirement Community Lounge on Thursday, October 31st at 7pm to hear Piano Man, Craig Brtnik entertain you with some Halloween favourites!

Pumpkin contest – Open to all residents and team members. Show off your Halloween spirit by carving, painting or decorating a pumpkin. Pumpkins will be on display in the Retirement Community Lounge. Please submit your pumpkin by Tuesday, October 29th. When you submit your pumpkin, make sure a member of the recreation department or front desk team records who you are, and which pumpkin is yours. Voting will be open from 9am on October 30th until 2:30pm on October 31st. The winner will be announced in the lounge on Halloween day at 3:00pm.

Decorating – keep an eye out for Halloween decorations. This year each of our departments will be decorating a different common area. We would like you to vote for your favourite decorations! Cast your ballot at the front desk starting on October 29th. The winning department will be announced on Halloween day.

Costume parade – on Halloween day, we invite all residents and team members to wear a costume, dress up in Halloween gear, or wear Halloween colours. During lunch we will have a costume parade in the dining room. Anyone who wishes to watch or participate in the costume parade, please meet in the Retirement Community Lounge at 12:00pm.

**Handing out Candy on Halloween!**

Every Year, children in our neighbourhood come by Adelaide Place trick or treating! If you would like to hand out candy this year and see all their wonderful costumes, be sure to come by the lobby, or outside the front entrance if the weather is nice enough on Thurs. October 31st between 5 and 7:30pm!

If you would like to help supply the treats, please leave it in the Recreation office. You can also keep it in your suite and bring it with you if you plan to hand out candy yourself. Please let recreation know if you are contributing candy or treats for Halloween trick or treaters so we don't buy too much!

Please make sure all treats are individually wrapped. Many parents do not allow their children to eat unwrapped or homemade treats, for safety reasons.



Foot Care clinic at Adelaide: Call 8185 for more info, the cost or to book an appointment with the Marie, visiting footcare nurse.



Our monthly Blood Pressure Clinic is on October 24th, the 4th Thursday of every month.

Sign up through the Wellness Team at extension 8185

Pie Auction

Please join us in the Retirement Community Lounge on Friday, October 11th.

Made with Love! Pies are made and baked in house by the management team, boxed and displayed before the auction begins. We will be auctioning off large pies, perfect to take to a Thanksgiving dinner, and mini pies, just right for two servings.

Residents, (friends and family depending on our outbreak status) are welcome to attend and bid in the auction. Payment can be made by cash or cheque made out to Adelaide Place. Along with the money raised at SeniorFEST in August, all the proceeds of the Pie Auction will be split and donated to the Elder Abuse Prevention Network and the Humane Society of Kawartha Lakes.

**Good Samaritan Boxes**

Christmas in October? Yes! Our Good Samaritan shoe boxes have arrived! We are going to fill our shoe boxes together, in the Activity Room on Sunday, October 20th at 2:15pm. Here's how you can get involved:

- Purchase items for the shoe boxes. You can purchase items to fill a whole box yourself or purchase a few items and bring them to the Recreation Department. On October 20th the combined donations will be used to fill the boxes.
- Donate \$12 to pay for shipping. Please bring your donations to a member of the Recreation Department.
- Suggested items: school supplies, hygiene items (no liquids; toothpaste, shampoo etc.), toys and clothing.
- Do not include food, candy, playing cards, breakable items, items that could leak, melt, or freeze, war related items, used or dirty items.

Once filled, the boxes are sent to children aged 2-14 years in developing countries for Christmas. For many children, this will be the only Christmas gift they receive.

**MUSIC MONDAY'S**

We're trying something new! Every Monday at 7:15pm in the theatre, instead of a movie, we will be showing a video of a live concert. We will be playing concert videos of your favourite Big Band, Crooners, Rock, Pop, and Country artists. Here's what we will be showing this month: Oct 7 – Frank Sinatra & Dean Martin, Oct 14 – Anne Murray, Oct 21 – George Jones, and Oct 28 – Benny Goodman Septet. Look for posters in the lobby or elevators for a full list of the nightly concerts and movies.

FALL WORD SEARCH

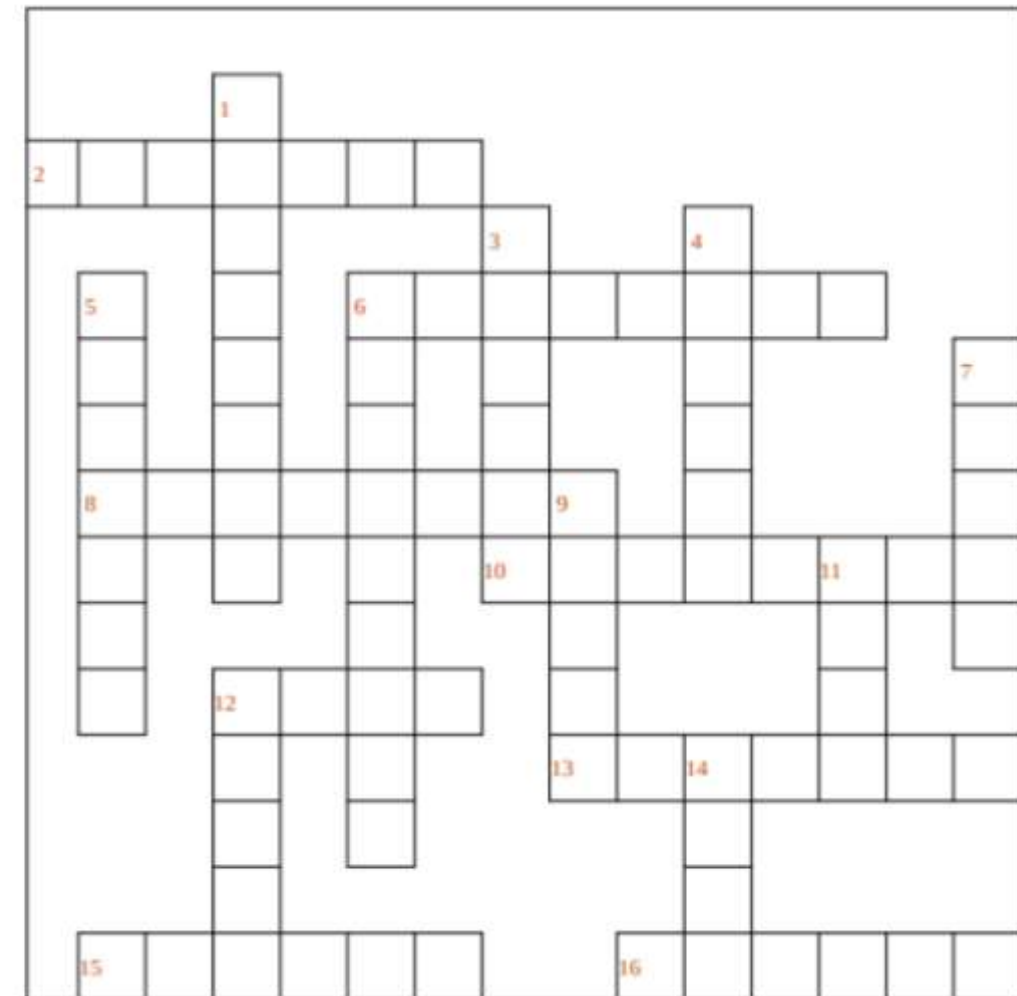
Fall Word Search

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

CORN	THANKSGIVING	PUMPKIN
AUTUMN	HARVEST	FOOTBALL
BONFIRE	LEAVES	SWEATER
BOOTS	CARNIVAL	NOVEMBER
OCTOBER	APPLES	SEPTEMBER
RAKE	APPLE CIDER	SUNFLOWER



Fall



Across

- 2 Halloween month
- 6 Rodent that hordes nuts
- 8 People at the first Thanksgiving
- 10 Thanksgiving month
- 12 Yellow vegetable that grows on stalks
- 13 To gather farm crops
- 15 Thanksgiving main dish
- 16 Falls from trees

Down

- 1 Sport played with a brown ball
- 3 Another name for Fall
- 4 a color and a fruit
- 5 Great for pies or for carving
- 6 Keeps birds away from fields
- 7 Nut from an oak tree
- 9 Birds fly ____ for the winter
- 11 Bundles of hay
- 12 Drink made from apples
- 14 Tool to clean up leaves



October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	1	2	3	4	5	6
<p>Wear Orange for National Day of Truth and Reconciliation</p> <p>9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:00 TV Series: All Creatures Great and Small (TH) 2:15 Modified Stretch Exercise (AR) 3:15 Floor Shuffleboard (AR)</p>	<p>Medical Transportation 9am-4pm</p> <p>9:45 Modified Strength Exercise (AR) 2:15 Chair Yoga (TH) 3:15 Word Games (AR) 7:15 Jeopardy! (AR)</p>	<p>Bank Transportation Cancelled</p> <p>9:45 Modified Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR)</p>	<p>9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Activity Planning Meeting (L2) 2:15 Tai Chi (TH) 3:15 Finish the Lyrics (AR)</p>	<p>ZABS Shoes 10am-2pm (L1) To Be Confirmed</p> <p>9:45 Modified Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: Chicken People (TH) 2:15 Modified Stretch Exercise (AR) 3:15 Darts! (AR)</p>	<p>Aquafit Class Cancelled</p> <p>10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:00 Big Screen Bingo (AR)</p>	<p>Church Transportation Cancelled</p> <p>10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Name That Tune (AR) 3:15 Wheel of Fortune (AR)</p>

Legend:

Retirement Community
 AR – Activity Room
 TH – Theatre
 TR – Terrace
 L1 – Lounge

Senior Living Community
 PR – Party Room
 L2 - Lounge

Monthly recreation calendars will be available at the front desk when the current outbreak is over. Until then, keep an eye on the elevators and lobby for weekly recreation calendars. Extra copies will be available at the front desk.

During outbreak the following changes are made to programs:

- Masking is strongly recommended in all common areas
- Social distancing of 6 feet is required, and no sharing of items in programs – cards, board games and live entertainment cancelled, exercise and bingo modified to accommodate social distancing
- No eating or drinking in programs – cocktail social cancelled
- The van is only to be used for medical transportation, and only one resident in the van at a time – shopping and community outings cancelled, during medical transportation priority will be given to those getting to appointments on time, you may have to wait longer than usual for pick up
- No cardio exercises or singing in programs – hymn sing/sing along cancelled, exercises modified to exclude cardio
- Externally run programs are notified of the outbreak and given a choice to cancel if they are not comfortable coming in – some presentations, church services, in house shopping events etc. may be cancelled at the discretion of the service provider
- Tuck Shop is closed for the duration of the outbreak. Call 8155 to discuss pick-up options for essential tuck items.