

Hearing & Balance Clinic

Coming to Adelaide Place on Tuesday, Dec 10th. 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



Retirement
Community

*Celebrated
this Month...*

Movember!

Grow a
Moustache
Month

Family Christmas Sponsorship

Daylight
Savings Time
Nov. 3rd

Remembrance
Day
Nov. 11th

World Peace
Day
Nov. 17th

Live 
Entertainment
Nov 5th, 14th,
18th, 28th

Bank Trips
Nov. 13th & 27th

November



LEST WE FORGET

Remembrance Day This is the day when we all pay tribute to the women and men who have fought and fallen to protect our freedom. Adelaide Place is honoured to still have veterans living here with us. We thank all the veterans and are sincerely grateful for their service and sacrifice. Please take a moment this month and come by the Wall of Honour in the Activity Room to gaze among the faces of the amazing Veterans of Adelaide Place, past and present.

We honour these ladies and gentlemen not only in our Remembrance Day Service on November 11th but also by proudly wearing a poppy from Nov. 1st through the 11th. Pick yours up at the front desk. After the ceremony, residents are welcome to place their poppy on the wreath by the fireplace.

Poppies grow in European resting places of Canada's WWI soldiers. They became a symbol of this special time of year on July 5th, 1921 and are still worn today on our left side over our hearts. Lest We Forget.

Our Ceremony at Adelaide Place is currently planned to take place in the Retirement Lounge on Monday, November 11th at beginning at 10:30am in the Retirement Community Lounge.

If you are interested in being a part of the service, please speak with Jess in Recreation as soon as possible. If you are a veteran, please call recreation, even if you are not able to attend our ceremony.

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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!

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Residents Council Annual Thank You Collection

A MESSAGE FROM YOUR RESIDENTS COUNCIL

Hello to all residents,

Soon it will be Christmas gift giving time. Unfortunately, regulations do not allow Residents to give individual staff members any kind of gift including Christmas gifts. However, we have a way of thanking them. Beginning on Monday December 9th there will be in the Retirement Community Lounge a Christmas Collection Box where you will be able to contribute anonymously to all the great people who serve us at Adelaide Place. Envelopes for your cash gift will be provided in advance on a table in the Lounge. This will be our opportunity to show appreciation for administrative and service staff who serve us often beyond expectation with care, concern, empathy and sensitivity. The way to give is **cash only please**. Please be generous if you are able, to the fine people who take care of us all year long.

The staff will decide, as a group, how they will share our cash gifts. Further information will be coming on December 2.

- Residents Council



- 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

Page 6 **Sponsoring Families for Christmas**

We are sponsoring 19 people through Women's Resources again this year and we would love your help! Starting November 1st, we will start collecting donations for the single women and families we are sponsoring this year. The list of items needed will be posted outside the Activity Room and in the SLC lobby on November 1st.

All donations need to be in by December 8th.

There are several ways to help:

- Purchase and donate items from the list and clearly label which family member it is meant for.
- Make a financial donation, which will be used to purchase items from the wish list. CASH donations only. The donation box will be at the front desk.

In December, we will be wrapping the gifts for the mothers and single women. Gifts for the children and all the wrapping materials are given to the mothers directly so they can wrap their own children's gifts.

Women's Resources assists local women and children with housing, counselling, support groups, and more! They are a wonderful local non-profit charitable organization which we are proud to support each year.

Christmas Bazaar

Adelaide Place will be hosting our annual Christmas Bazaar on Tuesday, December 3rd from 10am-3pm. The vendors will be in the Retirement Community Lounge and Activity Room. If you or someone you know are interested in having a table at the bazaar, please let Jess know. You can call the recreation department at 8155 or email jgibbs@levliving.com

Trip to Festival of Trees at Kawartha Settler's Village

On Wednesday, November 13th we will be taking the van to the Kawartha Settler's Village in Bobcaygeon. This is a drive through event where we will be able to drive through the village and see all the buildings in the village decorated for Christmas. All the lights will be on, and doors will be open so we can see inside the buildings. We will not be getting out of the van or walking around the village, just observing from the comfort and heat of the van. We will be leaving at 6:00pm, if you are on the late dinner seating we can arrange for you to eat at the earlier dinner so you can attend the trip. The village is only open for a short time, so we are limited to one trip (9 people). Please call 8155 to sign up!



SUN	MON	TUE	WED	THU	FRI	SAT
	Retirement Birthdays Senior Living Birthdays Team Member Birthdays				1 Bruce E Judy W	2
3 Tilda H	4	5 Tamara S	6 Jack T Krystal M	7	8 Ellen F Moyra P	9
10	11 Dory M	12	13	14 Paul G	15	16
17	18 Judi T	19	20	21 Adrienne W Bertha G	22	23
24	25	26	27 Paul. C	28 Hazel. R Haripriya P	29 Bill. W	30

Coming Back in December

Hymn Sing and Sing Along with Grace

Hymn Sing and Sing Along with Grace are taking a break for the month of November. We will still have the Sing Along (November 17th) and Hymn Sing (November 24th), but we will be following along to videos instead of Grace leading. Grace will be back to her regularly scheduled programs in December.

'Smiles To You' next date December 6th

Smiles To You is returning to Adelaide Place on Friday, December 6th. They provide the following services to residents, right from the comfort of Adelaide Place, no need to go to a dental office!

- ✓ DENTURES - COMPLETE AND PARTIAL
- ✓ DENTURE REPAIR/RELINE
- ✓ DENTAL CLEANINGS
- ✓ TEMPORARY FILLINGS

The services are provided by Russell Tate, DD and Trudi Martin-Tate, RDH. They will be working out of the Dr's Office located just inside the Fitness Centre. Call 705-775-5575 to book your appointment.

Art in the Workshop!

This month Art with Adrienne is taking a small field trip. Instead of our usual location in the Activity Room we will be painting a mural in the new Adelaide Workshop! Drop in between 6-9pm on November 19th to add your personal touch to our new space.

The workshop is located behind the mail room in the Senior Living Community. It's a bit tucked away so we will have posters up to help direct you. Call 8155 for more information or directions. If you would like to attend but aren't able to walk to the workshop on your own, please speak with a member of the recreation department for accommodations. We will be running a shuttle service in the Adelaide Place van from the Retirement Community Entrance to the Senior Living Community Entrance and back at 7pm and 8pm. If you are not able to get on/off the van, we can arrange to porter you in a transport chair.

Activity Room Changes Coming Soon

In late November we are expecting the new flooring for the activity room to arrive and be installed. Around this time, we will also be repainting the Activity Room walls. We don't have an exact date for these yet so there may be some last-minute changes to the timing or location of programs. We will try our best not to cancel any programs. Keep an eye out for posters with more information in the coming weeks.

Adelaide Gives Back

We would like to thank all the residents, family and friends who attended SeniorFest in August, participated in our Thanksgiving Pie Auction in October, and gave monetary or non-perishable food donations this year. With your help we were able to raise a total of \$5415! This money has been distributed to 3 charities: The Elder Abuse Prevention Network, Humane Society of Kawartha Lakes, and Kawartha Lakes Food Source.

With the help of residents and team members, we also filled over 20 shoe boxes for the Good Samaritans' Operation Christmas. These boxes will be sent to children in underprivileged countries for Christmas, for many of these children, this will be the only gift they receive.

Masala Craft Indian Lunch

Join us for an Indian Food Lunch, on Thursday, November 21st in the Senior Living Community Dining Room. Lunch is \$15 per person (cash only this time) as all proceeds will go toward the Women's Resources Christmas Family Sponsorship. This is a great opportunity to try some new cuisine and give back. Please call 8155 to sign up.

Later that afternoon, at 3:15pm we will be having 'Where in the World Have You Been - India Edition' in the Activity Room!

Foot Care clinic at Adelaide:

Call the Wellness Dept. (ext. 8185) for information about the cost or to book your appointment with Marie, the footcare nurse.



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

This month that falls on November 28th. Sign up through the Wellness.

Activity Room is closed for training on:

Tuesday, November 26th from 3:00pm until 11:00pm

Friday, November 29th from 9:00am until 5:00pm

Monday, December 2nd from 9:00am until 5:00pm

Thursday, December 5th from 3:00pm-11:00pm