

# Hearing & Balance Clinic

## Coming to Adelaide Place Tuesday, February 11<sup>th</sup>

### 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 January*

**Recreation  
Meeting**  
Jan. 7<sup>th</sup>

**Epiphany**  
Jan 6<sup>th</sup>

**Adelaide's 14<sup>th</sup>  
Anniversary**  
Jan. 17<sup>th</sup>

**Activity  
Professionals  
Week**  
Jan. 27<sup>th</sup> – Feb. 2<sup>nd</sup>

**Robbie Burns  
Day**  
Jan. 25<sup>th</sup>

**Australia Day**  
Jan. 26<sup>th</sup>

**Bank  
Transportation**  
Jan. 8<sup>th</sup> & 22<sup>nd</sup>

[See Calendar for  
Shopping Trips  
and outings](#)

**Contact Recreation  
Ext. 8155**



*Happy New Year to our favourite people!*

Reflecting on 2024, I am filled with gratitude for all the moments and people that made this year extraordinary. To each resident who called Adelaide home, the dedicated team who supported us all exceptionally, and the friends and family who surrounded us with love—thank you.

As we step into 2025, I am excited about the possibilities ahead. I look forward to new beginnings, strengthening relationships, and creating more treasured memories with all of you.

Wishing you all a joyful and healthy 2025.

Happy New Year,  
Adrienne



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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!

### Outbreak Information

As you are likely aware, Adelaide Place entered a respiratory outbreak on Monday, December 30<sup>th</sup>. Because our outbreak status affects much of our daily programming this newsletter contains a one-week recreation calendar only. Once the outbreak is over, the monthly recreation calendars will be distributed. In the meantime, weekly calendars will be posted in the elevators and the lobby. Extra copies will be available at the front desk.

During this outbreak, we will be running modified programs. Please see the weekly calendar for more details. The Tuck Shop will be closed until further notice but may re-open depending on the control and transmission of illness.

Please practice good hand hygiene and report any symptoms to the wellness department at ext 8185.



- 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](http://www.homesteadoxygen.ca)

**15% off Regular Price  
item with this ad**

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



**Have extra dishes in your suite?** It's that time of year again! If you have dishes, cutlery, mugs etc. from Adelaide's Culinary Department that have been accumulating in your suite, please bring them to the dining room at your convenience for your server to collect. Call Dawn, your Dining Room Manager, at 8172 if you have any questions or will have difficulty bringing your dishes down on your own to discuss options.

**Alzheimer's Society Presentation: Dementia Stigma and Dementia Friendly Interactions** Please join us on Monday January 20th at 3:00pm in the Activity Room for a special presentation by Dementia educator Talia from our local Alzheimer's Society. The goal of this presentation is to give the residents and team members of Adelaide Place a better understanding of what somebody with dementia may be going through and help set us all up for success when interacting with each other.

**Thank You Knit Wits!** We would like to give a big shout out to our Knit Wits who donated \$300 toward the Women's Resources Christmas Family Sponsorship in December! We are so grateful to have so many generous residents living at Adelaide Place. If you are interested in joining the Knit Wits they meet every Wednesday, at 1:30pm in the Retirement Community Dining Lounge (just behind the grand piano). They supply all the yarn and needles. Some members knit 12'x12' squares which are sewn together into large blankets, while others make slippers, hats, baby blankets and more. All the items they make are donated to A Place Called Home and Women's Resources.



**Ladies Club – Making Frozen Bird Feeders** This month Ladies' Club will be making some fun frozen bird feeders. Join us in the activity room at 3:15pm on Monday, January 2nd to make one. Once they are frozen we will hang them outside for the birds to enjoy!

**Men's Club – Scotch Social** This month Men's club will be tasting some Scotch Whiskey in honor of Robbie Burns! Come to the lounge at 2:15pm on Sunday, January 19th to taste some Scotch - \$3 per drink.

**Art with Adrienne** – after a brief hiatus for the month of December, Art with Adreinne is back! We will be flexing our creative muscles Tuesday, January 28th at 7:00pm in the Activity Room. Please call 8155 to sign up so we can ensure there are enough materials for everyone who would like to participate.

# January Birthdays 2025

SUN      MON      TUES      WED      THURS      FRI      SAT

<b>Colour Legend:</b> <span style="color: red;">Retirement Community</span> <span style="color: green;">Senior Living Community</span> <span style="color: blue;">Team Members</span>		1	2	3	4
5	6	7	8	9	10
	<b>Irene E</b>		<b>John S</b> <b>Sheila C</b>	<b>Carolyn S</b> <b>Sophia A</b>	<b>Betty V</b>
11	12	13	14	15	16
	<b>Mary H</b>	<b>Christian G</b> <b>Nina G</b>			<b>Adelaide Place!</b>
17	18	19	20	21	22
	<b>Larry A</b> <b>Anmolpreet K</b>	<b>Art B</b>			
23	24	25	26	27	28
			<b>Daphne W</b>	<b>Jean A</b> <b>Ruth L</b>	
29	30	31			
				<b>Bob B</b> <b>Jean C</b>	

# Chinese Food Lunch

**January 30th**

Hosted by your Management Team!

This Chinese New Year is the year of the Snake. If you were born in 1929, 1941, or 1953 you are a snake! According to the Chinese Zodiac, people born in the year of the snake are calm, wise, observant, mysterious, and think deeply.



What better way to celebrate the lunar new year than to join us in the Senior Living Dining Room for a delicious Chinese lunch!

The cost is \$20 per person, and the menu is all you can eat. Trust us, you won't go hungry!

Call 8155 to sign up and reserve your spot! Don't wait to sign up there are a limited number of tables available.

*Thank  
You*

from Women's Resources

Holidays can be a wonderful time, filled with family and friends. But for some, the holidays are just a more difficult time – pay the rent and feed the family or buy presents and a tree. That's the residents of Adelaide Place are so appreciated why to organizations like Women's Resources, who run several fundraisers over the holidays.

Adelaide Place has taken on the Family Christmas Sponsorship, purchasing, wrapping and donating gifts according to a wish list provided by the families and single women. Anyone who passed through the Retirement Community lobby will have seen the beautiful poinsettias. All the proceeds of the plant sale were used to help purchase gifts for the families.

All through the year, the knit wits create and donate beautiful blankets, some to be given to local families with members who have cancer. They also donated \$300 of their proceeds from the Christmas bazaar toward the Family Sponsorship.

There are just some examples of all the ways in which Adelaide Place residents are involved in our community. On behalf of Women's Resources, thank you for your continued support of our community.

Shirley Norman,  
Board Member

## The Terrace is Closed until Spring

**For your own safety, the terrace is closed during the winter months. Please do not unlock doors leading to the terrace or go outside to the terrace until it opens again in the spring. The official opening date will be weather pending.**

**Thank you for your cooperation 😊**

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

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



**Our monthly Blood Pressure Clinic is on the 4<sup>th</sup> Thursday of every month. This month that falls on January 23<sup>rd</sup>. Sign up through the Wellness Team at ext. 8185.**

## Adelaide Place turns 14 this month!!

We would love to invite all residents to join us on Fri. Jan. 17<sup>th</sup> to celebrate Adelaide Place's FOURTEENTH year in the community!

We will be celebrating in the Retirement Community Lounge at 7:00p.m. for our Anniversary Party with live music by Piano man Craig Brtnik.

\* Date and time may change subject to outbreak status – watch for more information.



### Robbie Burns Night!

On January 25<sup>th</sup> we will be serving Haggis (made by our very own Chef Mark!) with a Whiskey Gravy and select Scottish menu for supper. We will also have a toast with Scotch Whiskey and an Ode to the Haggis during your regular supper hour.

Haven't tried haggis before? Now is a perfect time to start. Ask your server for a taster's helping, and if you like it, ask for seconds, or thirds! It's tastier than you think!

**We also encourage everyone to put on their best plaid for the day, or wear blue and white, like the Scottish Flag in honour of Robbie Burns Day**





## WORD SEARCH

C	F	W	E	G	I	C	I	C	L	E	L	A	W	X	N	R	A	BOOTS
L	R	S	C	E	T	A	R	B	E	L	E	C	S	C	A	R	F	CELEBRATE
C	O	B	S	M	C	Y	Y	D	R	C	Q	R	E	M	M	R	CHILLY	
C	S	R	R	G	W	I	I	E	J	K	L	A	Y	H	W	H	O	COLD
T	T	A	A	C	I	R	G	O	O	F	R	W	D	L	O	C	Z	EARMUFFS
V	Y	R	A	U	N	A	J	N	W	A	E	K	X	T	N	A	E	FREEZE
B	O	B	T	E	T	S	P	M	R	N	N	E	C	B	S	Y	N	FROSTY
O	T	R	S	L	E	D	D	I	N	G	N	O	F	I	N	K	E	FROZEN
O	E	M	A	I	R	T	E	Y	P	R	C	X	J	O	O	F	Y	GLOVES
T	G	L	O	V	E	S	G	G	W	O	F	D	R	E	W	M	P	HAT
S	W	X	H	G	I	P	B	N	A	R	E	H	E	N	F	L	E	HOT COCOA
G	R	E	K	L	A	F	X	S	N	O	W	B	A	L	L	S	C	ICE
D	J	T	E	D	R	K	A	O	S	F	F	U	M	R	A	E	S	ICICLE
Y	D	R	C	E	Q	R	S	U	M	I	C	E	L	C	K	R	R	JANUARY
I	E	J	E	L	A	S	N	O	I	T	U	L	O	S	E	R	G	NEW YEAR
H	E	Z	C	I	R	R	O	Q	L	I	E	J	K	L	A	N	H	RESOLUTIONS
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W	A	E	K	X	V	E	N	C	S	G	E	L	K	B	T	E	R	SLEDDING
C	H	I	L	L	Y	E	G	B	O	Y	K	S	N	O	O	T	R	SLIPPERY
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																		SNOWFLAKE
																		SNOWING
																		SNOWMAN
																		WINTER

## SUDOKU



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			2		5	4	7	6



# January Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Retirement</b>	<b>Senior Living</b>	<b>Tuck Shop Hours:</b>	<b>1 New Year's Day</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Locations</b> AR - Activity Room D1 - Retirement Dining Rm L1 - Retirement Lounge TH - Theatre	<b>Locations</b> BR - Billiards Room L2 - SL Lounge, 2 <sup>nd</sup> Floor D2 - SL Dining Room, 2 <sup>nd</sup> Floor PR - Party Room	<b>Sunday, Wednesday and Friday 1-3p.m</b> <b>Call ext. 8200 for up-to-date Shop open hours or speak to a Tuck Volunteer during open hours.</b>	9:45 Modified Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>2:00 TV Series: <u>The Sticky</u> (TH)</b> 2:15 Pokeno! (AR)	9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> <b>3:15 Ladies Club Frozen Bird Feeder Craft (AR)</b>	9:45 Modified Strength Exercise (AR) 10:45 <b>Bean Bags (AR)</b> <b>2:00 Documentary: <u>The Greatest Bond</u> (TH)</b> 2:15 Modified Stretch Exercise (AR) 3:15 Darts! (AR)	10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo \$1 to Play (AR) 3:00 Dollar Bingo \$1 to Play (AR)
5	6	7	8	9	10	11
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Wheel of Fortune (AR) <b>3:00 Documentary: <u>Harry and Snowman</u> (TH)</b>	<b>Trip to Loblaws</b> <b>Lucy Gray Alterations 1-4pm (L1)</b> 9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>2:00 TV Series: <u>All Creatures Great and Small</u> (TH)</b> 2:15 Modified Stretch Exercise (AR) 3:15 Pictionary! (AR)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:00 A Time of Prayer with St Mary's Volunteers (TH)</b> 10:30 Book Club Meeting w/ Deb (PDR) <b>10:45 Activity Planning Meeting (AR)</b> <b>1:00 Activity Planning Meeting (L2)</b> 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) <b>3:30 Cocktail Social (L1)</b> 7:15 Jeopardy! (AR)	<b>Bank Transportation</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00-4:00 Theatre Closed for Private Event</b> 2:15 Pokeno! (AR) <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip to Shoppers Drug Mart</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b>	9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) <b>2:00 Documentary: <u>Hidden Belize</u> (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR)	10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Scrabble and Board Games (AR) <b>3:30 Drop-in Sing Along (PR)</b>
12	13	14	15	16	17 Adelaide Turns 14!	18
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Hymn Sing and Inspirational Talk with Pastor Jurgen Rausch (TH) <b>2:15 Name That Tune (AR)</b> 3:30 Spiritual Reflection (TH) Dinner Time Music in the Dining Room	<b>Trip to Giant Tiger</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: <u>All Creatures Great and Small</u> (TH)</b> 2:15 Stretch Exercise (AR)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) <b>Euchre (L2)</b> 2:15 Chair Yoga (TH) <b>3:30 Cocktail Social (L1)</b> 7:15 Finish the Lyrics (AR)	<b>5th Ave Jewelry 11am-2pm (L1)</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: <u>The Sticky</u> (TH)</b> 2:15 Pokeno! (AR) <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip to the Lindsay Mall</b> 9:45 Strength Exercise (AR) <b>10:30 United Church Service (TH)</b> 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> 3:15 Charades! (AR)	9:45 Strength Exercise (AR) 10:45 Floor Shuffleboard (AR) <b>2:00 Documentary: <u>Made You Look: A True Story About Fake Art</u> (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Anniversary Party with Craig Brtnik (L1)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Scrabble and Board Games (AR)
19	20	21	22	23	24	25
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) <b>2:15 Men's Club - Scotch Social (L1)</b> <b>3:00 Sing Along with Grace (AR)</b>	<b>Trip to Dollarama/Food Basics</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> <b>3:00 TV Series: <u>All Creatures Great and Small</u> (TH)</b> <b>3:00 Alzheimer's Society Presentation: Dementia-Friendly Communication &amp; Interactions (AR)</b>	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:30 St. Mary's Catholic Service (TH)</b> 10:45 Knit and Crochet with Jess (AR) 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) <b>3:30 Cocktail Social (L1)</b> 7:15 Word Games (AR)	<b>Bank Transportation</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: <u>The Sticky</u> (TH)</b> 2:15 Pokeno! (AR) <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip to Whitney Town Centre/LCBO</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> <b>3:00 Happy Hour with Live Music by Rob Murray (L1)</b>	9:45 Strength Exercise (AR) 10:45 <b>Washer Toss (AR)</b> <b>2:00 Documentary: <u>Robert Burns the People's Poet</u> (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR)	<b>Robbie Burns Day</b> 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Scrabble and Board Games (AR)
26	27	28	29 Chinese New Year	30	31	Aquafit
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Finish the Lyrics (AR) <b>3:00 Riddles and Brain Teasers (AR)</b>	<b>Trip to La Mantia's</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: <u>All Creatures Great and Small</u> (TH)</b> 2:15 Stretch Exercise (AR) 3:00 January Birthday Party with Kathy Wiles (L1)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:30 Anglican Church Service (TH)</b> 10:45 Knit and Crochet with Jess (AR) 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) 3:30 <b>Cocktail Social (L1)</b> <b>7:00 Art with Adrienne (AR) Call 8155 to sign up</b>	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: <u>The Sticky</u> (TH)</b> 2:15 Pokeno! (AR) <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Managers Chinese Lunch (D2) \$20/person Call 8155 to sign up</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> <b>3:15 Where in the World Have You Been? China Edition (AR)</b>	9:45 Strength Exercise (AR) 10:45 Balloon Badminton (AR) <b>2:00 Documentary: <u>China's New Silk Road</u> (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR)	<b>To attend Aquafit classes, residents MUST Call 8155 to sign up and be able to get in and out of the pool unassisted. If classes are full, you will be put on a temporary wait list.</b>