

Hearing & Balance Clinic

Call our Clinic to make an appointment at
Adelaide Place on
Tuesday, February 11th.

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...*

**Groundhog
Day!**
Feb. 2nd

**Wear Red Day
for Heart
Month**
Feb. 7th

Valentine's Day
Feb. 14th

Family Day
Feb. 17th

**Superbowl
Sunday**
Feb 9th

**Nelly's Comfort
Shoes**
Feb 21st in the
Lounge

**Bank
Transportation**
Feb. 5th and 19th

*Call 8155 for
details & to
sign up for
outings &
shopping (dates
on Calendar)*

Liquor License Update

As we shared in November, Adelaide Place was pursuing a Liquor License. The primary goal of applying for this license was to enhance the social and recreational experiences available to our residents while following all local and provincial regulations. We only pursued the license in the Retirement Community as we do not plan to offer programming involving alcohol in the Senior Living Community at this time.

We are pleased to announce that the Retirement Community is now licensed!

The liquor license will cover indoor common areas of the Retirement Community. Specifically, the dining room, lounge, café and activity room. This means that personal alcohol can not be brought into the licensed areas at any time by anyone. Liquor must be consumed in the area it was served.

Recreation Menu Pricing: Menu will be posted at all events and consist of the following items:

- 5oz glass of wine - \$4.00
- 12oz beer - \$4.00
- Non-alcoholic beer - \$4.00
- Mixed drink (1 oz pour) - \$4.00
- Pop - \$1.00

Coming Soon: Starting February 8th beer and wine options will be available at the Retirement Community dinner service. Please keep an eye on your table for the drink menu coming soon!

Adrienne West

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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!

A Message from Your Resident's Council

Hello To All Residents.

Thank you for your generosity during the Christmas Staff Appreciation Collection in December.

Your contributions came very close to a total of \$6,000.

You showed the true spirit of the Season by being so generous to the staff who serve us so well with friendliness and dedication all year long.

Well done.

FROM YOUR RESIDENT'S 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

Information on Van Outings

How Do I Sign Up For Outings- All outings are in **Blue** on the calendar. Call 8155 to sign up, **48 hours or more in advance**. While we try to accommodate everyone, we cannot guarantee you a spot on the van if you give us less than 48 hours' notice. We will confirm the departure time with you the day before or the morning of the outing. Departure time is dependent on the number of people signed up for the outing. **What if I signed up, but now I can't go-** Easy! Just call 8155 and let us know you have to cancel your trip. Things come up, and it's okay to cancel!

Where Does the Van Go?

Medical Transportation

Medical transportation is every Tuesday. We drive from 9am-4pm. We ask you to make your appointments no earlier than 9:15-9:30am and no later than 3:00-3:30pm to accommodate transportation time. We will drop you off at your appointment with a business card with the driver's phone number on it. When you are ready to be picked up please ask the receptionist to call us and we will come back to pick you up.

Bank Transportation

Bank transportation is every other Wednesday. Typically, we leave at 9:30am and go to all the banks downtown (we do not go to Kawartha Credit Union in the mall). We drop residents off at each bank. Once the last passenger has been dropped off, we go back to each bank in the same order to pick everyone up. You have 15-20 minutes of time in the bank. If you have an appointment or require more than 20 minutes to do your banking you will need to arrange for another ride home either by taxi, community care, or friend/family member.

Shopping/Community Outings

Time and date may vary. Typically shopping outings are on Mondays and Thursdays after lunch. We will drop you off at the shopping location and come back to pick you up at an agreed upon time usually 1-1.5 hours later. The exact time and location of pick up will be confirmed with you upon drop off.

Church Transportation

Church transportation is every Sunday for in town church services beginning at or after 10am. We will drop you off and come back to pick you up at an agreed upon time.

How Do I Know If the Van is Right for Me?

If you are interested in using the van for the first time (or the first time in a long time), call 8155 to speak with a recreation team member. We can arrange for you to try getting on and off the van with a team member present who can give you individualized instructions on the best way for **you** to get in and out of the van. There is no one "right" way that works for everyone, we can help you find the right way for you.

Reminder: the van is NOT an accessible vehicle. To use the van, you must be able to get in and out with little assistance and navigate independently when we arrive at our destination as a team member will not be able to accompany you on the outing.

Birthdays

February

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Barb B
2	3	4 Jackie M	5 Margaret M Shirley P	6	7	8 Ray V
9 Teri M	10	11	12 Kevin G	13 Bonnie T Margot S	14	15
16 Ron G Keira D	17	18 Ron M	19	20 Linda M	21 Dawn A	22
23	24 Ruth M ^{ac}	25	26	27	28	

Making Clay Hearts Craft & Tree of Love

Join us in the activity room on Thursday, February 6th at 3pm to make clay hearts. We will be dying the clay then rolling it out into sheets and cutting out hearts (like cookies) and leaving them to dry. Once dry everyone will have an opportunity to write the name of a loved one on a heart and hang it on a 'Tree of Love' which will be on display in the lounge.

Pen Pals – Writing & Responding to Letters from Ms. Richard's Grade 4/5 Class

Through the months of February and March we will be teaming up with Ms. Richard's Grade 4/5 class for a pen pals' program. These students are just beginning to learn the art of letter writing and need some experienced pen pals to correspond with! Our first round of letters will be arriving February 4th and need to be returned by February 18th. If you would like to write in a group setting, please join us on Sunday, February 9th and/or Monday the 17th in the activity room at 3:15pm. If you would prefer to write on your own, please see a recreation team member any time after February 4th to pick up a letter from one of the students. We can supply any stationary supplies needed.

Food For Thought!

We will be having a general meeting to discuss all things Culinary! Join Dining room manager Dawn and Executive Chef Mark the activity room at 2:00pm on Monday, February 24th. All residents are welcome to attend. This will be an open forum meeting to follow up the survey that was conducted recently.

Valentine's Nail Painting

Nail painting with Jaiden is back by popular demand! Just in time for Valentine's Day, drop by the activity room any time between 2:30-4:00pm on Thursday, February 13th for a fresh coat of nail polish.

More Alcohol Information

- We are not permitted sell liquor for delivery (i.e.: resident suites) or for take-out orders.
- We have a 2-drink maximum in effect and we will be following all Smart Serve Ontario guidelines to ensure safe serving practices. Anyone who demonstrates signs of intoxication will not be sold an alcoholic beverage in line with these guidelines.
- Residents or family members who rent space and want to have alcohol at that event can either:
 - Have one of our certified team members serve alcohol (cost for service and alcohol) OR
 - Obtain a Special Occasion permit which must be approved by Adelaide Place prior to event. <https://www.agco.ca/alcohol/special-occasion-permits-private-event>

MARCH 10TH at the Academy Theatre:

OH WHAT A NIGHT – FRANKIE VALLI & THE FOUR SEASONS TRIBUTE

OH WHAT A NIGHT! Is a blockbuster musical revue that continues to thrill audiences around the world. *Sherry, Big Girls Don't Cry, Walk Like A Man, Can't Take My Eyes Off You*, are just some of the many hits you'll enjoy from the dynamic songbook of those boys from Jersey, FRANKIE VALLI & THE FOUR SEASONS. **OH WHAT A NIGHT!** is more than just a concert. It's a flashy all-around feel-good experience that leaves audiences on their feet *Beggin'* for more.

Show starts at 7:00pm. the van will leave around 6:00pm. If you are on a late dinner seating we can arrange for you to eat earlier. Tickets are \$75 each and will be purchased for you in advance. Please call 8155 to reserve your ticket!

THE SHOW IS SELLING OUT FAST! DON'T WAIT TO CALL US FOR YOUR TICKET!

NEW! Electronic Magnifier in the Lounge.

Those of you who visit our library often may have noticed a new piece of equipment, an electronic magnifier. The machine provides extra light and can magnify print up to 16 times. There is an instruction sheet beside the machine, or speak with a recreation department team member and we can show you how to use it.

Tips for Dementia Friendly Interactions and Communication

In January we were very fortunate to have a wonderful presentation by Talia from our local Alzheimer's Society. At the presentation she provided the following tips we can all use to help when we are interacting with someone who has dementia.

1. Be kind. A person with dementia is suffering from a physical injury to their brain. We already know and practice kindness when we interact with someone who has an external physical injury. The same kindness should be afforded to those with an internal (brain injury).
2. Enhance communication. Speak slowly and clearly with a pleasant tone of voice. Make eye contact. Speak very literally and try to avoid using metaphor or idioms. Ask closed questions (yes/no questions). Allow the person time to process what you have said and respond.
3. Support their reality. Try to enter the person with dementia's world. Even if they are giving information you know to be incorrect, what they are saying is their reality. Try to connect emotionally, rather than correcting facts. Their reality cannot be changed by reasoning or arguing with them.
4. Be patient. A person with dementia may repeat the same stories or start the same conversations more than once, so you may need to repeat yourself too.

These simple tips can help everyone at Adelaide Place feel more comfortable and welcome in their home.

February Recreation Calendar

Retirement
Community


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tuck Shop Hours Sunday, Wednesday and Friday 1-3p.m Call ext. 8200 for up-to-date Shop open hours or speak to a Tuck Volunteer during open hours.	Program Retirement Community AR - Activity Room D1 - Retirement Dining Rm L1 – Retirement Lounge TH - Theatre	Locations Senior Living Community BR – Billiards Room L2 – Senior Living Lounge, D2 – Senior Living Dining Room PR - Party Room	Make Sure you Signup! All outings are in BLUE . Residents must call 8155 to sign up for any outing, at least 48 hours in advance. We will call those who signed up to confirm timing with you the morning of the outing.	Aquafit 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.		1 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) 3:30 Drop in Sing Along (L2) 7:15 The Swearing Jar (TH)
2 Groundhog Day	3	4	5	6	7 Wear Red Day	8
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Groundhog Day Trivia (AR) 3:00 Hymn Sing with Grace (AR) 7:15 Groundhog Day (TH)	Trip to Vicky's Values 9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (TH) 3:00 TV Series: All Creatures Great and Small (TH) 3:00 Live Music by Darlene and the Shamrocker (L1) 7:15 Concert: Andy Williams (TH)	Medical Transportation 9-4p.m 9:45 Modified Strength Exercise (AR) 10:00 A Time of Prayer with St Mary's Volunteers (TH) 10:45 Activity Planning Meeting (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Activity Planning Meeting (L2) 7:15 Jeopardy! (AR) 7:15: Overboard (TH)	Bank Transportation 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 TV Series: Virgin River (TH) 2:15 Pokeno! (AR) 3:15 Virtual Standing Drumfit (L2) 7:15 Ticket to Paradise (TH)	Trip to Shopper's Drug Mart 9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 TV Series: Carol Burnett Show (TH) 3:00 Valentine's Craft: Making Clay Hearts (AR) 7:15 Mrs. Harris Goes to Paris (TH)	9:45 Modified Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: Life Off Grid (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:15 The Six Triple Eight (TH)	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) 3:30 Drop in Sing Along (L2) 7:15 Hidalgo (TH)

Please note: Some programs will be slightly modified while we are taking precautions to help prevent an enteric outbreak. These modifications include increased social distancing, and no food and drink being served in activities. Masking and frequent hand washing is highly recommended.

If we are to enter an outbreak, more modifications will be made to programs, and a weekly calendar will be posted in the elevators and lobby with the most up to date activity information. Thank you for your understanding and stay well!

February Recreation Calendar

Retirement
Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9 Superbowl Sunday</p> <p>Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Hymn Sing and Inspirational Talk with Pastor Jurgen Rausch 2:15 Name That Tune (AR) 3:00 Spiritual Reflection (TH) 3:15 Pen Pals: Writing Letters to Ms. Richard's Grade 4/5 Class (AR) 7:15 Superbowl 59 (TH)</p>	<p>10</p> <p>Trip to Giant Tiger 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:15 Stretch Exercise (TH) 3:00 TV Series: All Creatures Great and Small (TH) 3:00 Happy Hour with Bill Dickenson (L1) 7:15 Concert: Celine Dion (TH)</p>	<p>11</p> <p>Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Book Club Meeting w/ Deb (PDR) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (L2) 2:15 Chair Yoga (TH) 3:30 Mocktail Social (L1) 7:15 Finish the Lyrics (AR) 7:15 Unstoppable (TH)</p>	<p>12</p> <p>9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: Virgin River (TH) 2:15 Pokeno! (AR) 3:15 Virtual Standing Drumfit (L2) 7:15 Romeo and Juliette (TH)</p>	<p>13</p> <p>Trip to Loblaws 9:45 Strength Exercise (AR) 10:30 United Church Service (TH) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 2:30-4:00 Drop in for Valentine's Nail Painting with Jaiden (AR) 3:00 TV Series: Carol Burnett Show (TH) 7:15 The Vow (TH)</p>	<p>14 Valentines Day</p> <p>9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) 2:30 Valentine's Day Party with Carling Stephen and Rob Phillips (L1) 7:00 Skip-Bo (AR) 7:15 Casanova (TH)</p> 	<p>15</p> <p>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) 3:30 Drop in Sing Along (L2) 7:15 Pretty Woman (TH)</p>
<p>16</p> <p>Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Charades! (AR) 3:00 Sing Along with Grace (AR) Dinner Time Music in the Dining Room 7:15 Boynton Beach Club (TH)</p>	<p>17 Family Day</p> <p>9:45 Video Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:15 Video Stretch Exercise (AR) 3:00 TV Series: All Creatures Great and Small (TH) 3:15 Last Call for Pen Pals: Writing Letters to Ms. Richard's Grade 4/5 Class (AR) 7:15 Concert: Kenny Rogers (TH)</p>	<p>18</p> <p>Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service (TH) 10:45 Knit and Crochet with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:30 Mocktail Social (L1) 7:15 Word Games (AR) 7:15 Far from the Madding Crowd (TH)</p>	<p>19</p> <p>Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series Virgin River (TH) 3:00 February Birthday Party with Don van Haltren (L1) 7:15 Water for Elephants (TH)</p>	<p>20</p> <p>Trip to Dollarama/Food Basics 9:45 Strength Exercise (AR) 10:30 United Church Service (TH) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 TV Series: Carol Burnett Show (TH) 3:15 Where in the World Have You Been? China Edition! (AR) 7:15 Elton John: Never too Late (TH)</p>	<p>21</p> <p>Nelly's Comfort Shoes 11am-4pm (L1) 9:45 Strength Exercise (AR) 10:45 Washer Toss (AR) 2:00 Documentary: Joan Baez: I Am Noise (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Love Birds (TH)</p>	<p>22</p> <p>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) 3:30 Drop in Sing Along (L2) 7:15 The Six Wives of Henry LeFay (TH)</p>
<p>23</p> <p>Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Finish the Lyrics (AR) 3:00 Riddles and Brain Teasers (AR) 7:15 An Englishman in New York (TH)</p>	<p>24</p> <p>Trip to the Lindsay Mall 9:45 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) 2:00 RC General Food Meeting - All are invited! (AR) 3:15 Stretch Exercise (AR) 7:15 Concert: Tony Bennett & Lady Gaga (TH)</p>	<p>25</p> <p>Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Anglican Church Service (TH) 10:45 Knit and Crochet with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:30 Mocktail Social (L1) 7:00 Art with Adrienne (AR) Call 8155 to sign up 7:15 The Music of Silence (TH)</p>	<p>26</p> <p>9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series Virgin River (TH) 2:15 Pokeno! (AR) 3:15 Virtual Standing Drumfit (L2) 7:15 The Song of Lunch (TH)</p>	<p>27</p> <p>Trip To Whitney Town Centre/LCBO 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Happy Hour with Jay Franco (L1) 7:15 Father of the Bride (TH)</p>	<p>28</p> <p>9:45 Strength Exercise (AR) 10:45 Balloon Badminton (AR) 2:00 Documentary: Bluefin (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Father of the Bride 2 (TH)</p>	<p>1</p> <p>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) 3:30 Drop in Sing Along (L2)</p>