

Hearing & Balance Clinic

Next Clinic Date at Adelaide Place will be
on **Tuesday, August 12th**
Call our Clinic to book an 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



*Celebrate
In July*

Canada Day!

July 1st

**Summer
Carnival**

July 8th

**Lucy Gray
Alterations**

July 7th

**5th Avenue
Jewelry Shop**

July 9th

Pampered Chef

July 18th

**Bank
Transportation**

July 9th & 23rd

Van Trips

Classics on

Kent

July 20th

Wutai Shan

Buddhist

Temple

July 17th

*Call 8155 for
details*



You are invited to the second annual Adelaide Place Summer Carnival! We are hosting this Carnival on **July 8th from 1-5pm** for all the residents and team of Adelaide Place.

We would love for you to invite your family and friends to join us for this afternoon of fun!

Here's what's going on

- Petting zoo with a variety of small farm animals plus mini donkey, Delilah, and inflatable bouncers and obstacle course, just outside the Retirement Community entrance
- All your favourite lawn games like bean bags, ladder ball, axe throwing and more on the Terrace
- Carnival games like potato sack race, egg and spoon race, three-legged race, water balloon toss and more outside on the North Patio and North Lawn
- Popcorn and frozen treats in the Activity Room
- BBQ on the East Patio, just off the Retirement Community Dining Room. The BBQ starts at 1pm and residents are welcome to eat lunch at the BBQ.

Please see the insert inside the newsletter for your personal invitation. We hope to see you and your family there!



What's Inside...

Bliss Beauty Nail Services Page 4
Canada Day Page 4

Stay Heat Safe this Summer Page 5
Grove Theatre – Canadian Music Legends Page 5
Foot Care and Blood Pressure Clinic Page 5

Resident Poetry Spotlight Page 6

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 outings, ask questions, become a volunteer, or anytime you need to speak to someone in the Recreation Department.

Programs in July You Don't Want to Miss!

Costco Membership Event Costco Peterborough is coming to Adelaide Place to offer a one-day-only deal on new memberships. Friday, July 11th from 1:30-4:30pm in the Retirement Community Lounge. This is open to all residents as well as family members! Existing Costco members are welcome to stop by and be entered into a prize draw. For more information, please call Jess at ext. 8155.

Summer Camp Kids The City of Kawartha Lakes summer camp kids will be joining us from July 15-18th at 2:15pm for a variety of activities. See the activity calendar for more details.

Trip to Wutai Shan Buddhist Garden On Thursday, July 17th we will be taking the van to visit the Wutai Shan Buddhist Garden and Temple. The cost is \$2 per person. We plan on spending some time inside the main temple and driving around the property to see some of the statues and gardens. Departure time and duration of the trip will depend on how many people attend, call ext. 8155 to sign up.

Outing to Classics on Kent We will be taking the van downtown to visit the Classic Car Show on Sunday, July 20th. There will be classic cars, as well as local vendors and shopping. The van will be leaving at 1:30pm, if you are on the late seating for lunch, we can arrange for you to eat your lunch at the early seating so you are not too rushed or missing lunch. Call 8155 to sign up.

Soap Making Please join us in the Activity Room Monday, July 21st at 3pm for a soap making craft. You can customize the colour, scent, and shape of your soap. We provide all the materials, no sign up required.

Where in the World Have YOU Been? Niagara Falls Edition

In honor of Canada Day, where in the world will be visiting another amazing Canadian destination, Niagara Falls. Join us in the Activity Room on Monday, July 28th at 3:15pm. We will learn about the history, best places to visit and sample some food and drink from the region. As always, we encourage you to share your stories, and bring any photos or keepsakes you may have from travels to Niagara Falls.



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



HOMESTEAD
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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**

Earlier this year, a few residents of Adelaide Place entered the Senior’s Literary Contest put on by the Royal Canadian Legion. Two of our residents, Ken and Diane H entered their poetry in the contest and won 2nd and 3rd place, respectively. Below are their poems for your reading enjoyment. Congratulations Ken and Diane!

BEAGLES by Ken Hall

I’ve always liked Beagle hounds
And I’ll try to tell you why
They’re clever, cute and stubborn
And hardly ever shy.

They rarely come when called
And have a mind of their own
The best way to get their attention
Is to offer them a bone.

There’s been three Beagles in my life
Suzie, Floozy and Spike
All three were very good dogs
The kind I’m sure you’d like.

They need a lot of exercise
To keep their bodies sleek
If they get the scent of a rabbit
They could be gone for a week.

Sometimes they come back home
With quills stuck in their snout
This means a trip to the Vet.
To get the damn things out.

I’ve never met the perfect dog
But the Beagle comes pretty close
They can be a pain in the neck
But I still love them the most.

Proud by Diane Hall

I’m so happy I live in Canada
A land of diversity
Oceans, rivers and lakes
And most kinds of tree.

Forests, plains and mountains
Such varied geography
Rural towns and village
Big cities of industry.

White winters of snow
Skiing, sledding and skating
I love to do these
It’s the shoveling I’m hating.

The green fields of spring
Put a zip in my step
Bird song in the morning
Butterflies in my net.

The summer is fun
Golfing, swimming or fishing
Or relax, get a tan
What more could we be wishing.

Fall is so pretty
The colors amaze
Brisk winds whip around
Bringing cooler days.

All of this is mine
I treasure each day
I hope there is never a time
When it is taken away.

July Birthdays						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Colour Legend:</div><div>Retirement</div><div>Community</div><div>Senior Living</div><div>Community</div><div>Team Members</div></div>		Marilyn H	Marlene H	Kathy G Madeline P	Maureen C John P Marlene M	
		1	2	3	4	5
Frank B	Charles B	Ralph E				Elaine S Alex K Myranda B
6	7	8	9	10	11	12
Abee Z	Doreen B				Amy J Karleigh T	Alex F Colleen D
13	14	15	16	17	18	19
Cam H Liz W	Louise H	Donna D Megan D			Barb D Jack S	Daphne S Bailey B
20	21	22	23	24	25	26
			Mark B	Doris C		
27	28	29	30	31		

Bliss Beauty Nail Services

We are happy to announce Lindsay from Bliss Beauty Services will be offering in-suite nail services at Adelaide Place on Friday, July 18th. Please see the price list below. Prices do not include HST. Debit/credit or cash payment accepted.

Shellac	
Shellac Only (Hands or Feet) -----	\$30
Shellac Manicure -----	\$45
Shellac Manicure and Toes -----	\$70

Regular Polish	
Regular Polish Only (Hands or Feet) -----	\$25
Regular Polish Manicure -----	\$40
Regular Polish Manicure and Toes -----	\$60

If you are interested in booking an appointment with Lindsay or have questions about her services, please give her a call at 705-230-9234. Lindsay may not be able to answer if she is with another client so, please leave a message if you can't get through to her.

Canada Day – Tuesday, July 1st

Show your Canadian pride by wearing your Canada gear, or red and white.

Picnic Lunch on the Terrace

Come enjoy a cold picnic lunch on the terrace on Canada Day. We will be serving up salads, cold cut sandwiches, dessert and refreshments. There is no cost to attend and no sign up required. If you have any questions about this event, please contact Dining Room Manager Dawn at ext. 8172 or Executive Chef Mark at ext. 8154.

Canada Day Party with Live Music by Jay Franco

During the evening, we will be hosting our Canada Day party on the Terrace from 7-8pm. Jay Franco will be there to provide some amazing entertainment! He sings, plays the keyboard and the violin, and he has a lineup of all Canadian music prepared for us. If the weather is not co-operating we will move the party inside to the Retirement Community Lounge, keep an eye on the whiteboard outside the Activity Room or call the recreation department at ext. 8155, if there is no answer, listen to the outgoing message to hear if the location has changed.

Stay Heat Safe!!!

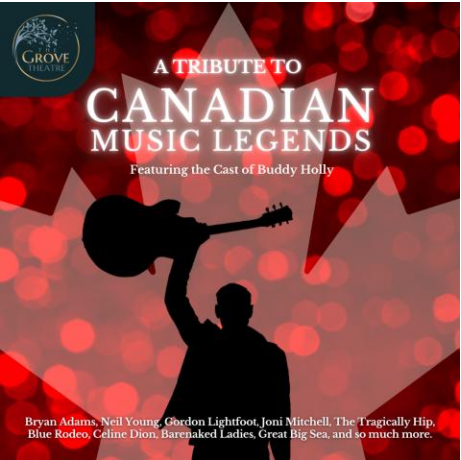
Here are some tips to help you stay hydrated this summer:

1. Drink smaller volumes of liquids frequently and throughout the day. Try to avoid alcohol and caffeinated drinks which can dehydrate you.
2. Carry a water bottle with you, in your bag, or on your walker. Bring it with you to activities, especially when exercising.
3. Focus on high water content snacks, like fresh fruits and vegetables, ice cream, sherbet, soup, and jello all contribute to hydration.
4. Be mindful of air quality. Hot humid air can decrease air quality and make breathing outside more difficult.
5. Watch for signs of heat illness: swelling, rash, cramps, fainting, heat exhaustion and heat stroke.

We lose almost 2L of fluids just from being alive every day. When it's hot outside, we sweat out even more water. All this fluid needs to be replenished every day. Unfortunately, the risk for dehydration tends to increase as people age. Seniors typically experience a reduced thirst sensation, and certain medications can have similar impacts. Adequate hydration provides many health benefits. Water helps regulate our body temperature, boosts our immune system, and increase energy. Every day we can benefit from adding a little extra water into our diet!

A Tribute to Canadian Music Legends at the Grove Theatre

Join the ultimate celebration featuring some of the most iconic and unforgettable music of all time! Sing along and rock out to hits by Canada's finest, including Steppenwolf, Gordon Lightfoot, Joni Mitchell, The Guess Who, Neil Young, The Tragically Hip, Blue Rodeo, Celine Dion, Barenaked Ladies, Great Big Sea, and so much more. The Grove Theatre is an outdoor ampitheatre located in Fenelon Falls. The van will depart at 6:45pm on Thursday, July 24th, the show starts at 7:30pm. Tickets are \$70 each. Because this is an outdoor venue we will not purchase tickets until the week of the show, so we know the weather forecast. In the case of inclement weather or low ticket availability we will try to reschedule for Wednesday, August 6th. If you are interested in attending, please call the recreation department at ext. 8155.



Foot Care and Blood Pressure clinic at Adelaide

Footcare Nurse, Marie, set up shop monthly in the Dr's Office for convenient in-house footcare treatments. Call the Wellness Dept. (ext 8185) for information, or to book your in-house footcare appointment.



Blood Pressure Clinic in the Wellness office is on the 4th Thurs. of every month. This month that falls on July 24th. Sign up through the Wellness Team at ext. 8185.

July Recreation Calendar

Retirement
Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Hymn Sing and Inspirational Talk with Pastor Jesse (TH) 2:15 Name That Tune (AR) 3:15 Spiritual Reflection (TH) 3:15 Cranium Crunches (AR) Dinner Time Music in the Dining Room 7:00 Poker (PR) 7:15 The Proposal (TH)	Trip to Dollarama/Food Basics 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (AR) 3:15 'Axe' Throwing (AR) 7:15 Concert: Gordon Lightfoot (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service (TH) 10:45 Crochet and Knit w Jess (AR) 2:00 Euchre (AR) Euchre (L2) 2:15 Lawn Games with Summer Camp Kids (TR) 3:15 Chair Yoga (TH) 7:15 Wheel of Fortune (AR) 7:15 My Girl (TH)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: Virgin River (TH) 2:15 Nature Scavenger Hunt with Summer Camp Kids (NP) 3:00 July Birthday Party with Craig Brtnik (L1) 7:15 Bruce Almighty (TH)	Trip to the Lindsay Mall 9:45 Strength Exercise (AR) 10:30 United Church Service (TH) 10:45 Hand Wax Therapy (AR) 2:15 Puzzles, Games and Colouring with Summer Camp Kids (AR) 3:15 Tai Chi (TH) 7:15 Stand by Me (TH)	Pampered Chef 11am-2pm (L1) Bliss Beauty Nail Services call 705-230-9234 for an appointment 9:45 Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: Island of the Sea Wolves Ep 3 (TH) 2:15 Crafting with the Campers (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Good Grief (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 Dollar Bingo-1\$ to Play (AR) 3:15 Scrabble and Board Games (AR) 7:15 The Whole Truth (TH)
20	21	22	23	24	25	26
Church Transportation 10:30 Spiritual Reflection (TH) 1:30 Classics on Kent Car Show 2:00 Spiritual Reflection (TH) 3:00 Sing Along with Grace (AR) 7:00 Poker (PR) 7:15 The Vow (TH)	Trip to Whitney Town Centre/LCBO 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (TH) 3:00 Soap Making Craft (AR) 7:15 Concert: Paul Anka (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Crochet and Knit w Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Patio Mocktail Social (NP) 7:15 Word Games (AR) 7:15 A Simple Twist of Fate (TH)	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 Netflix Series: Virgin River (TH) 2:15 Pokeno! (AR) 3:00-4:00 Drop in for Ice Cream Social! (D2) 7:15 Inception (TH)	9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) Activity Room Closed 1-4pm for Team Meeting 2:15 Tai Chi (TH) 6:45 Grove Theatre: Canadian Music Legends 7:15 Robin Hood: Prince of Thieves (TH)	9:45 Strength Exercise (AR) 10:45 Washer Toss (AR) 2:00 Documentary: Explosion 1812 (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Hockey Night (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) 7:15 Twelve Angry Men (TH)
27	28	29	30	31	LOCATION	LEGEND
No Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Finish the Lyrics (AR) 3:15 Tabletop Curling (AR) 7:00 Poker (PR) 7:15 Double Happiness (TH)	Trip to Wutai Shan Buddhist Garden 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (TH) 3:15 Where in the World Niagara Falls (AR) 7:15 Concert: Michael Bublé (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Anglican Church Service (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Patio Mocktail Social (NP) 7:15 Art with Adrienne (AR) Call 8155 to sign up 7:15 Miss Congeniality (TH)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: Virgin River (TH) 2:15 Pokeno! (AR) 7:15 The Grand Seduction (TH)	Trip to Loblaws 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Music on the Terrace with John Pebble (TR) 7:15 Three Amigos (TH)	<u>Senior Living Locations</u> L2- Senior Living Lounge D2- Senior Living Dining Room PR- Party Room TR- Terrace	<u>Retirement Locations</u> AR- Activity Room D1- Retirement Dining Room L1- Retirement Lounge NP- North Patio TH- Theatre

July Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>Every Day</u> <u>in the Party Room</u> 10am Coffee Social – bring your own mug 2pm & 7pm Cards and Board Games	1 Canada Day Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Canadian Trivia (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Patio Mocktail Social (NP) 7:00 Canada Day Party with Live Music by Jay Franco (TR) 7:15 Stories We Tell (TH)	2 9:45 Strength Exercise (AR) 10:45 Name that Canadian Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: Virgin River (TH) 2:15 Pokeno! (AR) 3:00-4:30 Nail Painting with Jaiden (AR) 7:15 Passchendaele (TH)	3 Trip to Shoppers Drug Mart 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:15 Activity Planning Meeting – All Are Welcome (AR) 7:15 Back to the Future (TH)	4 9:45 Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: Island of the Sea Wolves Ep 1 (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Brotherhood (TH)	5 No Aquafit Classes 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) 7:15 Indian Horse (TH)
6 Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Charades! (L1) 3:00 Hymn Sing with Grace (AR) 7:00 Poker (PR) 7:15 North of Normal (TH)	7 Trip to Giant Tiger Lucy Gray Alterations 1-4pm (L1) 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (TH) 3:15 Word Games – Definition Edition (AR) 7:15 Concert: Celine Dion (TH)	8 Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Book Club Meeting – New Members Welcome (PDR) 1-5pm Summer Carnival BBQ on the East Patio Lawn Games on the Terrace Petting Zoo & Bouncers in the RC driveway Treats in the Activity Room Carnival Games on the North Patio 7:15 Jeopardy! (AR) 7:15 The Eagle has Landed (TH)	9 Bank Transportation Fifth Ave Jewelry 11am-2pm (L1) 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: Virgin River (TH) 2:15 Pokeno! (AR) 7:15 Men with Brooms (TH)	10 Trip to Lindsay Farmer's Market 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Music on the Terrace with Rob Murray (TR) 7:15 La La Land (TH)	11 9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) 1:30-4:30 Costco Membership Deal Sign Up (L1) 2:00 Documentary: Island of the Sea Wolves Ep 2 (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Woman in Gold (TH)	12 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) 7:15 Knives Out (TH)
		Van Trips Call 8155 to sign up. <u>You MUST sign up for all trips a minimum of 48 hours in advance!</u> Those who have signed up will be called to confirm departure and pick up times. <i>Trips may be cancelled without advance notice.</i>	Contact Us To contact the Recreation Department, dial extension 8155, or email Jess, Recreation Manager directly, jgibbs@levliving.com	Tuck Shop Hours: Wednesday, Friday and Sunday 1:00-3:00pm Call 8200 to hear the most up-to-date hours, or speak with a Tuck Volunteer during open hours.	LOCATION <u>Senior Living Locations</u> L2- Senior Living Lounge D2- Senior Living Dining Room PR- Party Room TR- Terrace	LEGEND <u>Retirement Locations</u> AR- Activity Room D1- Retirement Dining Room L1- Retirement Lounge NP- North Patio TH- Theatre