

# GUELPH LAKE COMMONS

## Gracious Retirement Living



520 Victoria Road North • Guelph, Ontario N1E 0E6  
Phone (519) 780-5253 • Fax (519) 780-5065 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### NOVEMBER 2021

#### GUELPH LAKE COMMONS STAFF

Managers..... CURT & JACKIE BERTELSEN  
Assistant Managers .....KANDY & DAVE MILLER  
Executive Chef .....DON RALPH  
Community Sales ..... MARY BETH CARTER  
Activity Coordinator .....SARAH SHARINA  
Maintenance .....RICK WALLACE  
Bus Driver ..... EILEEN BOYS

#### TRANSPORTATION

**Monday, Wednesday & Friday, 8:30 a.m.-noon and 2-4 p.m.:** Errands and Shopping

**Tuesday & Thursday, 8:30 a.m.-noon and 2-4 p.m.:** Medical Appointments Only

**HAWTHORN**  
SENIOR LIVING

### Honour and Remember

The Remembrance Day Ceremony has played a major role in Remembrance since 1931. Every year, at the 11th hour of the 11th day of the 11th month, we gather in memorial parks, community halls, workplaces, schools and homes to stand in honour of all who have fallen.



Pandemic restrictions have meant smaller ceremonies or their outright cancellation. Other gatherings are being replaced with virtual ceremonies.

Nevertheless, the tradition of Remembrance will continue, and Canada's fallen will not be forgotten. Guelph Lake Commons invites all residents to observe a moment of silence on November 11th, to mark the sacrifice of the many who have fallen in the service of their country and to acknowledge the courage of those who still serve. The service will be held in the dining room at 10:45 a.m. and following will be coffee/tea/snacks in the activity room.

### November Highlights

**November 1st:** "My Life Story Journal" at 11 a.m. every Monday (New chapters weekly)

**November 2nd:** Acoustic jam with Joe and Desi on guitar 2 p.m. (They welcome you to bring your instruments and voices.)

**November 3rd:** Craft: Poppy Wreath Door Hanger at 11 a.m. Christmas shopping at Cambridge Centre 2 p.m.

**November 4th:** National Candy Day (Try a variety of candies!)

**November 9th:** Baking for the Busy Bucks Auction 2 p.m. (Bring your favourite dessert recipe.)

**November 10th:** Baking: Edible Kindness Rocks (Give to a friend.)

**November 11th:** Remembrance Day Service at 10:45 a.m., Coffee/Tea in the AR to follow

**November 16th:** Busy Bucks Auction 2 p.m. (Come spend all your busy bucks you have earned on some lovely gifts!)

**November 17th:** Craft: Christmas Candles (Make these for Xmas gifts) and live music with Sandy MacDonald 7 p.m.

**November 19th:** Lunch at Captain Jack's Restaurant at 11 a.m.

**November 23rd:** The Generation Gap Show (monthly performance) 2 p.m.

*(Continued on back.)*



# NOVEMBER 2021

## Birthdays












Leela Pachai, 2nd  
 Chuck Armitage, 6th  
 Ted Wells, 7th  
 Bob Caudle, 15th  
 John Skinner, 15th  
 Betty MacGregor, 22nd  
 Katie Didwick, 24th  
 Jim Young, 25th  
 Connie Mutter, 28th

## Anniversaries

Carlo & Beverly Dalzilio, 11/26/1960

## Locations

Activity Room, AR  
 Atrium, AT  
 Chapel, CH  
 Dining Room, D  
 Exercise Room, Second Floor, ER  
 Front Driveway, FD  
 Hallway Beside Activity Room, HW  
 Library, Second Floor, L  
 Lobby, LBY  
 Patio, P  
 Pool Room, Second Floor, PR  
 TV Room, Second Floor, TV

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Exercises, AR 10:00 Tuck Shop, AR 10:00 Smoothies and Chats, AR 11:00 <b>My Life Story in My Words Journal, AR</b> 2:00 Bingo, AR 3:00 <b>Chair Zumba, AR</b> 3:00 <i>Knitting Group, TV</i> 4:00 <i>Singalong with Suzie Q, AR</i>	9:30 Exercises, AR 9:30 <b>Bookmobile, FD</b> 10:15 <b>Beanbag Baseball, AR</b> 11:15 Sarah & Davy's Rehearsal, AR 2:00 <b>Joe &amp; Desi Acoustic Jam, AR</b> 3:00 Painting Group, AR 3:00 <i>Knitting Group, TV</i> 3:30 Card Bingo, AR 	9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 11:00 <b>Craft: Poppy Wreath Door Hanger, AR</b> 2:00 Chair Yoga, AR 2:00 <b>Christmas Shopping: Cambridge Centre, FD</b> 3:00 Ice Cream Sundae Social, AT 3:00 <i>Knitting Group, TV</i> 3:30 <b>Book Club, L</b>	<i>National Candy Day</i> 9:30 Exercises, AR 10:00 Bingo, AR 11:15 <b>Gingerbread House Construction, AR</b> 2:00 Hand Waxing, AR 3:00 <i>Euchre, AR</i> 3:00 <b>St. John Therapy Dog Visits (Outside), P</b> 3:00 <i>Knitting Group, TV</i> 7:00 <b>Netflix: Heartland Series, TV</b>	9:30 Exercises, AR 10:00 <i>Specialty Coffee Social, AR</i> 11:00 <b>Sarah &amp; Her Guitar, AR</b> 2:00 Bingo, AR 3:00 Bridge Club, PR 3:00 <i>Balloon Volleyball, AT</i> 3:00 <i>Knitting Group, TV</i> 4:00 <i>Singalong with Suzie Q, AR</i> 7:00 <b>Friday Night at the Movies, AR</b>	9:30 Exercises, AR 10:00 <i>Coffee Break with Friends, AR</i> 2:00 <i>Netflix, AR</i> 3:00 <i>Pool Tournament, PR</i> 3:00 <b>Ice Cream Social with Managers, AR</b> 3:00 <i>Knitting Group, TV</i> 7:00 <i>Netflix, AR</i> 
<b>DAYLIGHT SAVING TIME ENDS</b> 10:00 <i>Coffee Break with Friends, AR</i> 11:00 <b>Chapel Service with Mike Gordon, AR</b> 2:30 Cribbage Club, AR 7:15 Movie: Residents' Choice, AR 	9:30 Exercises, AR 10:00 Tuck Shop, AR 10:00 Smoothies and Chats, AR 11:00 <b>My Life Story in My Words Journal, AR</b> 2:00 Bingo, AR 3:00 <b>Chair Zumba, AR</b> 3:00 <i>Knitting Group, TV</i> 4:00 <i>Singalong with Suzie Q, AR</i>	9:30 Exercises, AR 10:15 <b>Beanbag Baseball, AR</b> 11:15 Sarah & Davy's Rehearsal, AR 2:00 <i>Baking: For Auction, AR</i> 3:00 Painting Group, AR 3:00 <i>Knitting Group, TV</i> 3:30 Card Bingo, AR	9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 11:00 <b>Baking: Edible Kindness Rocks, AR</b> 2:00 Chair Yoga, AR 2:00 <i>Scenic Drives, FD</i> 3:00 Ice Cream Sundae Social, AT 3:00 <i>Knitting Group, TV</i>	<b>REMEMBRANCE DAY</b> 9:30 Exercises, AR 10:00 Bingo, AR 10:45 <b>Remembrance Day Ceremony, D</b> 2:00 Hand Waxing, AR 3:00 <i>Euchre, AR</i> 3:00 <b>St. John Therapy Dog Visits (Outside), P</b> 3:00 <i>Knitting Group, TV</i> 7:00 <b>Netflix: Heartland Series, TV</b>	9:30 Exercises, AR 10:00 <i>Specialty Coffee Social, AR</i> 11:00 <b>Sarah &amp; Her Guitar, AR</b> 2:00 Bingo, AR 3:00 Bridge Club, PR 3:00 <i>Knitting Group, TV</i> 3:00 <b>Entertainment by Eric Lunni, AR</b> 4:00 <i>Singalong with Suzie Q, AR</i> 7:00 <b>Friday Night at the Movies, AR</b>	9:30 Exercises, AR 10:00 <i>Coffee Break with Friends, AR</i> 2:00 <i>Netflix, AR</i> 3:00 <i>Pool Tournament, PR</i> 3:00 <b>Ice Cream Social with Managers, AR</b> 3:00 <i>Knitting Group, TV</i> 7:00 <i>Netflix, AR</i>
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<b>HANUKKAH BEGINS AT SUNSET</b> 10:00 <i>Coffee Break with Friends, AR</i> 11:00 <b>Chapel Service with Mike Gordon, AR</b> 2:30 Cribbage Club, AR 3:00 <b>November Birthday Celebrations, AR</b> 7:15 Movie: Residents' Choice, AR 	9:30 Exercises, AR 10:00 Tuck Shop, AR 10:00 Smoothies and Chats, AR 11:00 <b>My Life Story in My Words Journal, AR</b> 2:00 Bingo, AR 3:00 <b>Chair Zumba, AR</b> 3:00 <i>Knitting Group, TV</i> 4:00 <i>Singalong with Suzie Q, AR</i>	9:00 <b>Sew on the Go (Beryl), AT</b> 9:30 Exercises, AR 9:30 <b>Bookmobile, FD</b> 10:15 <b>Beanbag Baseball, AR</b> 11:15 Sarah & Davy's Rehearsal, AR 2:00 <b>Craft: Christmas Cards, AR</b> 3:00 Painting Group, AR 3:00 <i>Knitting Group, TV</i> 3:30 Card Bingo, AR 7:00 <b>Christmas Tree Lighting &amp; Carolers, AT</b>				





## November Highlights (Continued)

**November 24th:** Resident/Manager Meeting 11 a.m.

**November 25th:** Chef/Resident Meeting 10 a.m.

**November 26th:** Pub Night: Best of Friends Band 7 p.m.

**November 28th:** November Birthday Celebrations 3 p.m.

**November 30th:** Craft: Christmas Card making at 2 p.m., Christmas Tree lighting at 7 p.m. and Carolers

## My Life Story

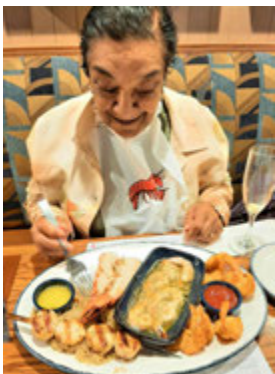
We will be embarking on a journey towards sharing our life stories. This will be a six-week-long project called “My Life Story.” Each week, you will be given one chapter with inspiring prompts to spark memories, anecdotes and wisdom gained over the years — all the things that make up the story of your life. At the end of the six weeks, you will have an entire booklet filled with amazing memories and stories you can share with each other and your loved ones. We will be holding meetings every Monday at 11 a.m. in the Activity Room. Be sure to mark your calendars!

## The Story of Red Lobster

We took a group of 14 residents out to Red Lobster for one of our outings!

Before there was Red Lobster, there was Bill Darden, a man passionate about making delicious, high-quality seafood available and affordable to everyone, including people who lived far

from the coast. What was once a single, family-owned restaurant in Lakeland, Florida, now has over 700 locations around the world. In 1983, they opened their first Canadian restaurant, in Ontario.



*Leela ordered a delicious feast!*

## It's a Boy!

On October 4th, we invited the residents for a “Touchdowns or Tutus” gender reveal party. We had live music, delicious side line snacks and a football filled with the surprise colour. Our resident Aine was the kicker for smashing the football. Our resident Marg S. helped out with making a diaper cake and some of the other decorations we had. Sarah, the Activity Coordinator, is due with baby No. 2 on February 22, 2022. Closer to the due date, we will do another baby pool to guess the birth date and weight.



## Five Facts About Canada's Remembrance Day

### Red Poppies

In the battlefields drenched with blood, the Flanders poppy was the first plant to bloom.

### The Number 11

Every year, Canadians observe a moment of silence on the 11th hour of the 11th day of the 11th month to pay their respects to the Canadian men and women who served the country and lost their lives.

### Strength in Numbers

More than 2,300,000 Canadians served throughout Canada's history to maintain peace.

### Replica Poppies

Replica poppies are sold on Remembrance Day by the Royal Canadian Legion to provide assistance to Veterans.

### The National Ceremony

The national ceremony takes place at the National War Memorial in Ottawa, which is attended by state officials, veterans' organizations, diplomatic representatives and citizens.

## Welcome Managers & Assistant Managers

### Curt and Jackie Bertelsen, Managers

Until we retired, we managed Cedarview Retirement in Woodstock for five years. Prior to that, we managed several buildings for Holiday Retirement, which was also founded by the Coulson Family. Bart Colson used to say, “We care about you, first of all, because you are a person deserving of our care and respect.” That is the philosophy we manage by. We are looking forward to our time in your community and hopefully make a difference.

### Dave and Kandy Miller, Assistant Managers

Hello, we are the Assistant Managers. Although we have been here only a short time, we are enjoying getting to know all of you and looking forward to continuing to get to know you all better. Most of you have met our little dog Chico, and he likes all his new friends he has made. We come from a very different background than Curt and Jackie, but both of us do have supervisor experience and look forward to learning all we can from them.



*Kurt and Jackie, Kandy and Dave*