

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

DECEMBER 2021

GUELPH LAKE COMMONS STAFF

Managers..... CURT & JACKIE BERTELSEN
Assistant ManagersKANDY & DAVE MILLER
Executive ChefDON RALPH
Community Sales MARY BETH CARTER
Activity CoordinatorSARAH SHARINA
MaintenanceRICK 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

Resident Variety/Talent Show

An amazing talent show was put on by the residents last month.

Anne recited a poem which was about the magic of the first snowfall of the season; the child within us is in awe.

Frank has been playing harmonica since he was 12 years old. (He performed on a six-sided mouth organ.) He played a variety of songs from Slovenia. Some of the lyrics went like this, "Up in the mountains sun is shining, up in the mountains flowers blooming, up in the mountains birds are singing."

Darlene spoke from the heart with her memoirs, sharing two of her stories she had been writing during Covid.

Betty and Shirley sang a sweet duet, "Abba Dabba Honeymoon."

Gary has been a big part of the Evergreen Christmas Show, and we were so honoured to have him do his act of "Red Green."

Aine sang a song that has a lot of meaning in her life called "Let It Go," a song from the Disney movie "Frozen."

"The First Snow"

The first snow has come, a heavenly recipe,
sprinkling down an icing sugar, silently
These flakes, nature's promised sign
announce the advent, of wintertime

Soon a rug of crystal like broadloom
wall to wall spans a shabby vista
left by lingering fall

The child within us smiles at the sight
we thrill again to the wonder of winters white

— Anne Hood



Anne, Frank, Darlene, Betty, Shirley, Gary & Aine

Christmas/Holiday Cards

We have cards available in the Activity Room if you would like to send your loved one a greeting. Come see Sarah in the Activity room. Each card is 25 cents or 4 for \$1.

DECEMBER 2021

Birthdays










Lorna Vose, 11th
 Natalina Cristiano, 19th
 Harm Krol, 25th
 Bill Pitchard, 27th
 Anne Borrow, 28th
 Betty Galloway, 29th
 June Redmond, 31st

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, LB
 Patio, P
 Pool Room, Second Floor, PR
 TV Room, Second Floor, TV

“A good way to remedy a cold morning is to have a warm heart.”

—Keith Wynn

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 11:00 Craft: Reindeer Hot Chocolate, AR 2:00 Chair Yoga, AR 2:00 Scenic Drives, FD 3:00 Ice Cream Sundae Social, AT 3:00 Knitting Group, TV 3:30 Book Club, L	9:30 Exercises, AR 10:15 Bingo, AR 11:15 Gingerbread House Construction, AR 2:00 Hand Waxing, AR 2:00 Country Classics Band!, AR 3:00 Euchre, AR 3:00 Knitting Group, TV 3:00 St. John Therapy Dog Visits, AT 7:00 Netflix: Heartland Series, TV	9:30 Exercises, AR 10:00 Specialty Coffee Social, AR 11:00 Sarah & Her Guitar, AR 2:00 Bingo, AR 3:00 Bridge Club, PR 3:00 Knitting Group, TV 3:00 Life Short Stories, AR 4:00 Singalong with Suzie Q, AR 7:00 Friday Night at the Movies, AR	9:30 Exercises, AR 10:00 Christmas Craft Bazaar!, AT 3:00 Knitting Group, TV 3:00 Pool Games, PR
5 10:00 Coffee Break with Friends, AR 11:00 Chapel Service with Mike Gordon, AR 2:30 Cribbage Club, AR 7:00 Movie: Residents' Choice, AR	6 9:30 Exercises, AR 10:00 Smoothies and Chats, AR 10:00 Tuck Shop, AR 11:00 My Life Story in My Words Journal, AR 2:00 Bingo, AR 3:00 Knitting Group, TV 3:00 Balloon Volleyball, AR 4:00 Singalong with Suzie Q, AR 7:30 Gift of Lights (Sign Up), FD	7 9:30 Exercises, AR 10:15 Beanbag Baseball, AR 11:15 Sarah & Davy's Rehearsal, AR 2:00 Craft: Santa's Sleigh, AR 3:00 Knitting Group, TV 3:00 Painting Group, AR 3:30 Card Bingo, AR	8 9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 11:00 Baking: Candy Cane Bark, AR 2:00 Chair Yoga, AR 2:00 Scenic Drives, FD 3:00 Ice Cream Sundae Social, AT 3:00 Knitting Group, TV	9 9:30 Exercises, AR 10:15 Bingo, AR 11:15 Gingerbread House Construction, AR 2:00 Hand Waxing, AR 3:00 Euchre, AR 3:00 Knitting Group, TV 3:00 St. John Therapy Dog Visits, AT 7:00 Netflix: Heartland Series, TV	10 9:30 Exercises, AR 10:00 Specialty Coffee Social, AR 11:00 Sarah & Her Guitar, AR 2:00 Bingo, AR 3:00 Bridge Club, PR 3:00 Balloon Volleyball, AT 3:00 Knitting Group, TV 4:00 Singalong with Suzie Q, AR 7:00 Friday Night at the Movies, AR	11 9:30 Exercises, AR 10:00 Coffee Break with Friends, AR 2:00 Dublin Handbell Choir, AR 3:00 Knitting Group, TV 3:00 Pool Games, PR 
12 10:00 Coffee Break with Friends, AR 11:00 Chapel Service with Mike Gordon, AR 2:30 Cribbage Club, AR 7:00 Movie: Residents' Choice, AR	13 9:30 Exercises, AR 10:00 Smoothies and Chats, AR 10:00 Tuck Shop, AR 11:00 My Life Story Journal, AR 2:00 Bingo, AR 3:00 Knitting Group, TV 3:00 Balloon Volleyball, AR 4:00 Singalong with Suzie Q, AR	14 9:30 Exercises, AR 9:30 Bookmobile, FD 10:15 Beanbag Baseball, AR 11:15 Sarah & Davy's Rehearsal, AR 2:00 Craft: Ugly Christmas Sweaters, AR 3:00 Knitting Group, TV 3:00 Painting Group, AR 3:30 Card Bingo, AR	15 9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 11:00 Baking: Rudolph Cupcakes, AR 12:30 Ugly Christmas Sweater Parade!, D 2:00 Chair Yoga, AR 3:00 Ice Cream Sundae Social, AT 3:00 Knitting Group, TV	16 9:30 Exercises, AR 10:15 Bingo, AR 11:15 Gingerbread House Construction, AR 2:00 Hand Waxing, AR 3:00 Euchre, AR 3:00 Knitting Group, TV 3:00 St. John Therapy Dog Visits, AT 5:30 Candlelight Dinner (Paul Schalm Piano), D 7:00 Netflix: Heartland Series, TV	17 9:30 Exercises, AR 10:00 Specialty Coffee Social, AR 11:00 Sarah & Her Guitar, AR 2:00 Bingo, AR 3:00 Life Short Stories, AR 3:00 Knitting Group, TV 3:00 Balloon Volleyball, AT 3:00 Bridge Club, PR 4:00 Singalong with Suzie Q, AR 7:00 Friday Night at the Movies, AR	18 9:30 Exercises, AR 10:00 Coffee Break with Friends, AR 2:00 Bid Euchre, AR 3:00 Knitting Group, TV 3:00 Pool Games, PR 7:00 Memories with DJ Dick Taylor, AR
19 10:00 Coffee Break with Friends, AR 11:00 Chapel Service with Mike Gordon, AR 2:30 Cribbage Club, AR 3:00 December Birthday Celebrations, AT 7:00 Movie: Residents' Choice, AR 	20 9:30 Exercises, AR 10:00 Smoothies and Chats, AR 10:00 Tuck Shop, AR 11:00 Secret Santa Exchange, AR 2:00 Bingo, AR 3:00 Knitting Group, TV 3:00 Balloon Volleyball, AR 4:00 Singalong with Suzie Q, AR	21 WINTER BEGINS 9:30 Exercises, AR 10:15 Beanbag Baseball, AR 11:15 Sarah & Davy's Rehearsal, AR 2:00 Generation Gap Xmas Show!, AR 3:00 Knitting Group, TV 3:00 Painting Group, AR 3:30 Card Bingo, AR	22 9:30 Exercises, AR 10:00 Coffee Break with Friends!, AR 11:00 Christmas Jeopardy, AR 2:00 Chair Yoga, AR 2:00 Scenic Drives, FD 3:00 Ice Cream Sundae Social, AT 3:00 Knitting Group, TV 7:00 Sparkles in the Park Scenic Drive, FD	23 9:30 Exercises, AR 10:15 Bingo, AR 11:15 Gingerbread House Construction, AR 2:00 Country Classics Band!, AR 3:00 Euchre, AR 3:00 Knitting Group, TV 3:00 St. John Therapy Dog Visits, AT 7:00 Netflix: Heartland Series, TV	24 CHRISTMAS EVE 9:30 Exercises, AR 11:00 Sarah and Her Guitar, AT 2:00 Bingo, AR 3:00 Bridge Club, PR 3:00 Knitting Group, TV 4:00 Singalong with Suzie Q, AR 7:00 Acoustic Christmas by Jim Young, AR	25 CHRISTMAS DAY 9:30 Exercises, AR 10:00 Coffee Break with Friends, AR 2:00 Bid Euchre, AR 3:00 Knitting Group, TV 3:00 Pool Games, PR 
26 BOXING DAY 10:00 Coffee Break with Friends, AR 11:00 Chapel Service with Mike Gordon, AR 2:30 Cribbage Club, AR 7:00 Movie: Residents' Choice, AR	27 9:30 Exercises, AR 10:00 Smoothies and Chats, AR 10:00 Tuck Shop, AR 11:00 Writing Group, AR 2:00 Bingo, AR 3:00 Knitting Group, TV 3:00 Balloon Volleyball, AR 4:00 Singalong with Suzie Q, AR 	28 9:00 Sew on the Go (Beryl), AT 9:30 Exercises, AR 9:30 Bookmobile, FD 10:15 Beanbag Baseball, AR 11:15 Sarah & Davy's Rehearsal, AR 2:00 Craft: Wine Glass Penguins, AR 3:00 Knitting Group, TV 3:00 Painting Group, AR 3:30 Card Bingo, AR 	29 9:30 Exercises, AR 9:30 Hearing Clinic (Lynn McCurdy), TV 10:00 Coffee Break with Friends!, AR 11:00 Wheel of Fortune: New Year's, AR 2:00 Chair Yoga, AR 2:00 Scenic Drives, FD 3:00 Ice Cream Sundae Social, AT 3:00 Knitting Group, TV 	30 9:30 Exercises, AR 10:15 Bingo, AR 11:00 Handwaxing, AR 2:00 Resident/Manager/Chef Meeting, AR 3:00 Euchre, AR 3:00 Knitting Group, TV 3:00 St. John Therapy Dog Visits, AT 7:00 Netflix: Heartland Series, TV	31 NEW YEAR'S EVE 9:30 Exercises, AR 10:00 Specialty Coffee Social, AR 11:00 Sarah & Her Guitar, AR 2:00 Bingo, AR 3:00 Bridge Club, PR 3:00 Knitting Group, TV 4:00 Singalong with Suzie Q, AR 5:30 New Year's Supper, D 7:00 New Year's Entertainment by Monty & Joel, AR 	



October Festivities!

We had such an eventful Halloween, starting our morning off with Pumpkin Spice Lattes, followed by the Halloween Dog Show. At lunch, all the residents and staff showed off their amazing costumes. The haunted house engaged the residents to dig their hands in each bowl that represented a real haunted house experience. The Record Day Brass Band came in costume and performed for the rest of our evening.



Gary & Edith touring our very own Haunted House



Heidi showed off her dog, Sandy, for our Halloween Dog Show.

Spread Christmas Cheer!

Elf on the Shelf

It's almost Christmas, and it has become a tradition. Each night, the elf flies back to the North Pole and reports to Santa Claus who has been naughty or nice. The elf then returns before the seniors wake and settles in a new part of the building, creating a hide and seek game each day. December 1st-December 24th, there will be a little 5 inch elf hidden somewhere new each week around the building. Once you have spotted the elf, make a mental note and come to the Activity Room, where you can fill out a ballot and place it in the box on the desk. A name will be drawn from the box on Fridays for a prize and (2022) busy bucks! This will also get you more steps in your day and you could meet people along the way.

Adopt-a-Family

We have adopted one small family of three this year. The due date for the donations is December 3rd.

Stay Warm Mitten Tree

Please donate: mittens, hats and scarves by placing them on the Christmas tree in the TV room. All proceeds go to the children of Guelph who need them. Thank you!

Remembrance Day

We wear a poppy
On Remembrance Day
And at eleven
We stand and pray
Wreaths are put
Upon a grave
As we remember
Our soldiers brave.



Resident Veterans: Ron, Bill, Frank, David, Norman and Ross.

(Not in photo) Bruce and Assistant Manager Dave

December Highlights

12/1st: Craft: Reindeer Hot Chocolate Gift idea, 11 a.m.

12/2nd: Music by The Country Classics Band, 2 p.m.

12/3rd: Life Short Stories-Zenia will be reading amazing stories from the book "Chicken Soup for the Soul," 3 p.m. (also 12/17th)

12/4th: Christmas Craft Bazaar, 10 a.m.-3 p.m. (Over 15 local vendors!) and a visit from Mr. & Mrs. Claus

12/6th: Sign up to take a bus tour to the "Gift of lights" at Bingemans, 7:30 p.m.

12/7th: Craft: Santa's Sleigh Gift idea, 2 p.m.

12/8th: Baking: Candy Cane Bark, 11 a.m.

12/12th: Dublin Handbell Choir, 2 p.m. (Melissa, housekeeper and member, will be performing)

12/13th: Craft: Wine Glass Penguins, 11 a.m., take home a cute souvenir

12/14th: Craft: Create your own Ugly Christmas Sweater (Wear it in our parade the next day to show it off!)

12/15th: Grandma's Kitchen: Baking Rudolph Cupcakes, 11 a.m. (make yours to take home) & Ugly Christmas Sweater Parade through dining room, 12:30 p.m.

12/16th: Resident Candlelight Dinner, music by Paul Schalm 5:30-6:30 p.m.

12/18th: Memories with DJ Dick Taylor (Designed for you to enjoy!)

12/19th: December Birthday Celebration (Cake in the Atrium), 3 p.m.

12/20th: Secret Santa Exchange (\$10 limit, this is really fun to swap!)

12/21st: Generation Gap Christmas Show (Sarah + Davy), 2 p.m.

12/22nd: Christmas Jeopardy Game, 2 p.m., & sign up to take our bus to "Sparkles in the Park"(Christmas lights drive-through), 7 p.m.

12/23rd: The Country Classics Band are back, 2 p.m.!

12/24th: Christmas Eve acoustic music by Jim Young on his guitar, 7 p.m.

12/25th: Merry Christmas to all the residents from the staff of Guelph Lake Commons. Have a safe & happy holiday with your loved ones!

12/27th: We are keeping the writing group going, please join us for a new program every Monday, 11 a.m.!

12/28th: Sew On the Go (Beryl) will be here to mend any clothing by donation, 9:30 a.m.-12 p.m.

12/29th: White board Wheel of Fortune, 11 a.m. (New Year's and the Holidays)

12/30th: Resident/Chef/Manager Meeting, 2 p.m., Get all your questions answered, but be sure to write it in our suggestion box a week prior!

12/31st: New Year's Party! Dinner, 5:30-6:30 p.m., Entertainment by Joe & Monty, 7:30-9 p.m.