

# 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)



### JANUARY 2022

#### GUELPH LAKE COMMONS STAFF

Managers..... CURT & JACKIE BERTELSEN  
Assistant Managers .....KANDY & DAVE MILLER  
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

### All Aboard the Hawthorn Jewel!

Ciao, Yassas, Zdravo! Get ready, Guelph Lake Commons, we are packing our bags and hitting the open ocean for an adventure you won't soon forget! On Friday January 17th through February 4th, Guelph Lake Commons will be boarding the Hawthorn Jewel Luxury Cruise Ship, where you will enjoy three weeks cruising the iconic shores of the Mediterranean. The Hawthorn Jewel will be docking in:

- Italy
- Greece
- Croatia

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Bon Voyage party on Friday, January 14th, at 2 p.m., where you will receive all of your travel information and try some of the foods while listening to a steel drum and guitar duo to get you in the mood! If you have any additional questions, like what to pack or weather conditions, be sure to check in with your Cruise Director, Sarah, for all the details!



**HAWTHORN JEWEL**  
ESTD. 2018

### January Highlights

- 1/1st:** Happy New Year! "We've got CLA22!" We got a head start after our last busy bucks auction with our new funny money. Attend programs to earn this money; ask your Activity Coordinator for more information.
- 1/3rd:** Mondays at 11 a.m. is our writing and discussion group.
- 1/4th:** Mondays at 3 p.m., we will be painting beautiful canvases.
- 1/6th:** Country Classics band is back! 2 p.m.
- 1/7th:** He's on the loose again! Come see our resident Show (Gary) at 3:15 p.m.
- 1/11th:** Show N' Tell. Bring memoirs you would like share/want to brag about; eg: Photo albums, keepsakes, stories of your childhood or any of your hobbies you would like to share. 2 p.m.
- 1/12th:** The Autumn Tones perform for us at 11 a.m. (A group of three women, four men and a keyboard)

(Continued on back.)

# JANUARY 2022

## Birthdays

Lois Rougeau, 2nd  
 Molly Van Roon, 3rd  
 Ross Couling, 4th  
 Bunny From, 5th  
 Marilyn Armitage, 11th  
 Cassandra Finlay, 15th (Employee)  
 Kelly Goulden, 16th (Employee)  
 Bill Winstanley, 17th  
 Ruth Anne Moyer, 21st  
 Aine Gordon, 24th  
 Marg Synnott, 25th  
 Emily Harloff, 30th (Employee)

## Locations

Activity Room, AR  
 Atrium, AT  
 Chapel, CH  
 Dining Room, D  
 Exercise Room, ER  
 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

**“All our dreams can come true, if we have the courage to pursue them.”**

**—Walt Disney**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							
<p>10:00 Coffee Break with Friends, AR 2</p> <p>11:00 <b>Chapel Service with Mike Gordon, AR</b></p> <p>2:30 Cribbage Club, AR</p> <p>7:00 Movie: Residents' Choice, AR </p>	<p>9:30 Exercises, AR 3</p> <p>11:00 <b>Writing Group, AR</b></p> <p>2:00 Bingo, AR</p> <p>3:00 Painting Group, AR </p>	<p>9:30 Exercises, AR 4</p> <p>10:15 <b>Beanbag Baseball, AR</b></p> <p>3:30 Card Bingo, AR </p>	<p>9:30 Exercises, AR 5</p> <p>10:00 Coffee Break with Friends!, AR</p> <p>2:00 Scenic Drives, FD</p> <p>2:00 Bridge Club, TV</p> <p>2:00 Movie Matinee, AR </p> <p>3:30 <b>Book Club, L</b></p>	<p>9:30 Exercises, AR 6</p> <p>10:15 Bingo, AR</p> <p>2:00 <b>Country Classics Band!, AR</b></p> <p>3:00 Euchre, AR</p> <p>3:00 St. John Therapy Dog Visits, AT</p> <p>7:00 Netflix: Heartland Series, TV</p>	<p>9:30 Exercises, AR 7</p> <p>10:00 Coffee Break with Friends, AR</p> <p>2:00 Bingo, AR</p> <p>3:00 Bridge Club, TV</p> <p>3:15 <b>The Red Green Show (Impersonator), AR</b></p> <p>7:00 Friday Night at the Movies, AR</p>	<p><b>NEW YEAR'S DAY</b> 1</p> <p>9:30 Exercises, AR</p> <p>10:00 Coffee Break with Friends, AR</p> <p>2:00 <b>Bid Euchre, AR</b></p> <p>3:00 Pool Games, PR</p>	
<p>10:00 Coffee Break with Friends, AR 9</p> <p>11:00 <b>Chapel Service with Mike Gordon, AR</b></p> <p>2:30 Cribbage Club, AR</p> <p>7:00 Movie: Residents' Choice, AR</p>	<p>9:30 Exercises, AR 10</p> <p>10:00 Smoothies and Chats, AR</p> <p>10:00 Tuck Shop, AR</p> <p>11:00 <b>Writing Group, AR</b></p> <p>2:00 Bingo, AR</p> <p>3:00 Painting Group, AR</p>	<p>9:30 Exercises, AR 11</p> <p>9:30 <b>Bookmobile, FD</b></p> <p>10:15 <b>Beanbag Baseball, AR</b></p> <p>11:00 Cameron Cards Vendor, AT</p> <p>11:15 Sarah &amp; Davy's Rehearsal, AR</p> <p>2:00 <b>Show N Tell, AR</b> </p> <p>3:30 Card Bingo, AR</p>	<p>9:30 Exercises, AR 12</p> <p>10:00 Coffee Break with Friends!, AR</p> <p>11:00 <b>Autumn Tones Perform!, AR</b></p> <p>2:00 Chair Yoga, AR</p> <p>2:00 Scenic Drives, FD</p> <p>2:00 Bridge Club, TV</p> <p>3:00 Ice Cream Sundae Social, AT</p>	<p>9:30 Exercises, AR 13</p> <p>10:15 Bingo, AR</p> <p>11:15 Tuck Shop, AR</p> <p>2:00 Hand Waxing, AR</p> <p>3:00 Euchre, AR</p> <p>3:00 St. John Therapy Dog Visits, AT</p> <p>7:00 Netflix: Heartland Series, TV</p>	<p>9:30 Exercises, AR 14</p> <p>10:00 Specialty Coffee Social, AR</p> <p>11:00 Make a Tie Dye Shirt!, AR</p> <p>2:00 <b>Hawthorn Adventure Kick Off Party!, AT</b></p> <p>2:00 Steel Band Duo, AT</p> <p>3:00 Bridge Club, TV</p> <p>7:00 Friday Night at the Movies, AR </p>	<p>9:30 Exercises, AR 15</p> <p>9:30 Exercises, AR</p> <p>10:00 Coffee Break with Friends, AR</p> <p>2:00 <b>Bid Euchre, AR</b></p> <p>3:00 Pool Games, PR </p>	
<p>10:00 Coffee Break with Friends, AR 16</p> <p>11:00 <b>Chapel Service with Mike Gordon, AR</b></p> <p>2:30 Cribbage Club, AR</p> <p>7:00 Movie: Residents' Choice, AR </p>	<p>Welcome to Italy! 17</p> <p>9:30 Exercises, AR</p> <p>10:00 Tuck Shop, AR</p> <p>10:00 <b>Italian Coffee Experience, AR</b></p> <p>11:00 Italian Travel Agency (Info Packet), AR</p> <p>2:00 (Win a Pizza Party) Bingo, AR</p> <p>3:00 Venice Canvas Painting, AR </p>	<p>9:30 Exercises, AR 18</p> <p>10:15 <b>Beanbag Baseball, AR</b></p> <p>11:15 Sarah &amp; Davy's Rehearsal, AR</p> <p>2:00 <b>Build Your Own Pizza, AR</b></p> <p>3:30 Card Bingo, AR</p>	<p>9:30 Exercises, AR 19</p> <p>10:00 Italian Coffee Experience, AR</p> <p>11:00 <b>Lunch Outing: Ennios Pasta House, FD</b></p> <p>2:00 Chair Yoga in the Vineyards, AR</p> <p>2:00 Bridge Club, TV</p> <p>3:00 <b>Gelato Taste Test!, AT</b></p>	<p>9:30 Exercises, AR 20</p> <p>10:00 <b>Italian Coffee Experience, AR</b></p> <p>10:15 (Win a Pizza Party) Bingo, AR</p> <p>11:15 Pasta Train Challenge, AR</p> <p>2:00 Toga Party/Wear White!, AR</p> <p>2:00 Italian Music: Violin &amp; Accordion, AR</p> <p>3:00 Euchre, AR</p> <p>3:00 St. John Therapy Dog Visits, AT</p> <p>7:00 Netflix: Heartland Series, TV</p>	<p>9:30 Exercises, AR 21</p> <p>10:00 Italian Coffee Experience, AR</p> <p>11:00 <b>Movie: Under the Tuscan Sun, AR</b></p> <p>12:30 <b>Private Dining: Pizza Party Winners, D</b></p> <p>2:00 Bingo, AR</p> <p>3:00 Bridge Club, TV</p> <p>7:00 Friday Night at the Movies, AR </p>	<p>9:30 Exercises, AR 22</p> <p>9:30 Exercises, AR</p> <p>10:00 Coffee Break with Friends, AR</p> <p>2:00 <b>Bid Euchre, AR</b></p> <p>3:00 Pool Games, PR</p>	
<p>10:00 Coffee Break with Friends, AR 23</p> <p>11:00 <b>Chapel Service with Mike Gordon, AR</b></p> <p>2:30 Cribbage Club, AR</p> <p>7:00 Movie: Residents' Choice, AR</p>	<p>Welcome to Greece! 24</p> <p>9:30 Exercises, AR</p> <p>10:00 Tuck Shop, AR</p> <p>10:00 <b>Greek Frappes, AR</b></p> <p>11:00 <b>Writing Group, AR</b></p> <p>11:00 Greece Travel Agency (Info Packet), AR</p> <p>2:00 (Win a Greek Dinner) Bingo, AR</p> <p>3:00 Paint N' Sip in Santorini, AR </p>	<p>9:00 Sew on the Go (Beryl), AT 25</p> <p>9:30 Exercises, AR</p> <p>9:30 <b>Bookmobile, FD</b></p> <p>10:15 <b>Beanbag Baseball, AR</b></p> <p>11:15 Sarah &amp; Davy's Rehearsal, AR</p> <p>12:30 Robbie Burns Day Lunch, D</p> <p>2:00 <b>Baking: Baklava!, AR</b> </p> <p>3:30 Card Bingo, AR</p>	<p>9:30 Hearing Clinic (Lynn McCurdy), TV 26</p> <p>9:30 Exercises, AR</p> <p>10:00 <b>Greek Frappes, AR</b></p> <p>11:00 <b>Greek Gardens Lunch Outing, FD</b></p> <p>2:00 Scenic Drives, FD</p> <p>2:00 <b>Yoga in Greece, AR</b></p> <p>2:00 Bridge Club, TV</p> <p>3:00 <b>Hot Spring Spa Hour!, AR</b></p>	<p>9:30 Exercises, AR 27</p> <p>10:15 (Win a Greek Dinner) Bingo, AR</p> <p>11:15 Olive Tasting, AR</p> <p>2:00 Resident/Manager/Chef Meeting, AR</p> <p>3:00 Euchre, AR</p> <p>3:00 St. John Therapy Dog Visits, AT</p> <p>7:00 Netflix: Heartland Series, TV</p>	<p>Pub Night!, AR 28</p> <p>9:30 Exercises, AR</p> <p>10:00 <b>Greek Frappes, AR</b></p> <p>11:00 <b>Movie: My Big Fat Greek Wedding, AR</b></p> <p>12:30 <b>Greek Dinner Winners (Private Dining), D</b></p> <p>2:00 <b>Traditional Greek Dancing, AR</b></p> <p>3:00 Bridge Club, TV</p> <p>7:00 Friday Night at the Movies, AR</p>	<p>9:30 Exercises, AR 29</p> <p>9:30 Exercises, AR</p> <p>10:00 Coffee Break with Friends, AR</p> <p>2:00 <b>Bid Euchre, AR</b></p> <p>3:00 Pool Games, PR</p>	
<p>10:00 Coffee Break with Friends, AR 30</p> <p>11:00 <b>Chapel Service with Mike Gordon, AR</b></p> <p>2:30 Cribbage Club, AR</p> <p>7:00 Movie: Residents' Choice, AR </p>	<p>Welcome to Croatia! 31</p> <p>9:30 Exercises, AR</p> <p>10:00 Tuck Shop, AR</p> <p>10:00 <b>Kava Experience in Croatia, AR</b></p> <p>11:00 <b>Writing Group, AR</b></p> <p>11:00 Croatian Travel Agency (Info Packet), AR</p> <p>2:00 Bingo, AR</p> <p>3:00 <b>Stained Glass Project, AR</b></p>						



## January Highlights

### (Continued)

**1/14th-2/4th:** Join us in the Atrium for your entire itinerary of our exciting adventure coming! You will receive a detailed itinerary of what fun things Sarah has planned for you during the Hawthorn Adventure to Italy, Greece and Croatia! There is even Mediterranean music (steel drum/guitar).

**1/25th:** Robbie Burns Day Lunch and service. We will be serving a Scottish meal along with some traditional Haggis.

## Baby Pool – Guess Sarah’s Due Date

Your Activity Coordinator will be going on maternity leave on February 4th, her last day at the Commons, and will return in a year’s time. Last time, we put together a Baby Pool for the residents and staff to enter their guess of when they think the baby will be due and the weight.

Last year, Anne made the closest guess and won the pot of money! Sarah’s due date is February 22, 2022, and for \$2 you can enter the date and weight on the large calendar in the Activity Room. If it helps you, Claire came one day early for her first pregnancy. What will it be this time? One old wives’ tale said this: A full moon can put you into labor. We like to blame the moon’s phases for weird happenings, personality and behavior changes, good luck and bad, and even babies deciding to be born.

Common myths about second time births dispelled:

### 1. Second time labour will be faster

They certainly can be but do not assume this is always the case. The first stage of labour is often quicker second time round, but remember, babies make their own rules and often break them!

### 2. Second time babies arrive earlier than their due date

Many second time parents have actually found the opposite with baby number two, and they tend to arrive an average of three days after their due date. But as always with babies, they will arrive when they’re ready and not a moment sooner.

### 3. Second babies are heavier than first

Actually quite often the case but again, there’s no rule. Older mums do tend to have heavier babies, so it is no surprise your second may weigh more than your first, as you will naturally be older when you give birth.

### 4. Second labours are always easier

This is certainly not always the case. The truth is, some second time mums can consider a quicker birth an easier birth, but this isn’t necessarily the case. Just because it doesn’t last as long, doesn’t mean it is easier.

## Oh, What Fun At Christmas Time!

Santa and Mrs. Claus gracefully arrived at Commons during our annual Christmas Bazaar event. Residents, families and guests received free photos taken by the Activity Coordinator Sarah, and there were even props to use too.

One evening after decorating our Christmas tree, we couldn’t wait to see our Christmas tree light up while these classically-trained Christmas carolers filled the room with their angelic voices. We served hot chocolate, apple cider, Christmas cake and cookies all around.

On another evening, the bus driver Eileen took a full bus load of residents to see “The Gift of Lights.” We spent 20 minutes driving through Bingaman’s Amusement park to see all the Christmas lights, including driving through a lit up tunnel. It was so much fun, they let us drive through a second time; we got the best bang for our buck!



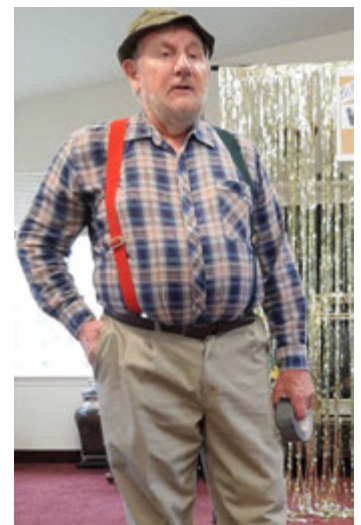
*The junior servers wanted a photo with Santa.*



*The Victorian Christmas Carolers*

## He’s on the Loose Again and Returning to Guelph Lake Commons!

“Over 20 years ago I started impersonating TV personality Red Green, much to my family’s chagrin. I have had the pleasure of appearing from coast to coast (well, from the coast of Lake Michigan to Prince Edward Island) and many points in between. I have been a ‘speaker’ at formal banquets, fundraisers, Christmas parties, stand up comedy shows and hunt camps, anywhere people like to laugh. I believe real humor does not depend on coarse language; you can bring your grandmother to this show.”



*Join us in the Activity Room on Friday, January 7th, at 3:15 p.m.!*