

Your Recreation Department is looking for Volunteers!

If you, or someone you know might be interested, Please contact Kathryn Via Telephone at ext. 155 or Kathryn@AdelaidePlace.com

A Goodbye Note from Becky...

Hello residents of Adelaide Place! After our short time together, the time has come for me to move on to focus on my home Pilates Studio. To those of you who have come to a class with me, whether it be hand therapy, aquafit, Falls Prevention, or exercises, you have truly touched my heart! It has been a pleasure working with such an energetic bunch! You continue to impress me each and every day! I hope to be back to teach some classes in 2019. All the best to you all, and thank you!

Sincerely, Becky Sheehy

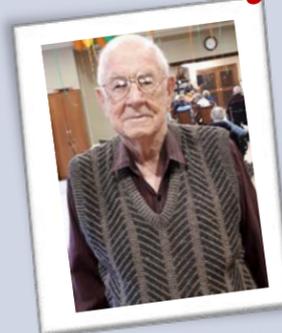
Team Member Highlight

Emma!

Position at Adelaide Place: PSW
 Time with Adelaide Place: Since 2017
 Favourite Colour: Blue
 Favourite Food: Pasta!
 Favourite Music: Country
 Favourite Movie: Walk the Line
 Favourite TV Show: Grey's Anatomy
 Number of Siblings: One sister and one Brother
 Birthplace: Lindsay, Ontario
 Dream Vacation: Costa Rica
 One item to take on a desert island: My Dog, Olive
 Famous person you would like to meet: Shania Twain
 Play any instruments? None
 Favourite Sport: Baseball
 Favourite Team: Toronto Blue Jays
 Favourite thing about working at Adelaide Place: The Residents, of course!!



Resident Highlight: Gord Henry



What is your favourite thing about living at Adelaide Place? The people who live here. They staff are so helpful and everybody is like a big family!
 Where have you lived? I was born in Cameron. I have lived in Glen Arm and in Bowmanville for a time. I have been living in Lindsay for 64 years.
 Family? I have been married to my wife, Irene, for 71 years. We have two daughters, 4 grandchildren & 6 great grandchildren. My Sister also lives at Adelaide Place.
 What do you love to do? Irene and I love to dance and socialize!
 The Best Day Ever? November 22, 1947 - My wedding day!

A Word from your Executive Director

Resolutions

After a joyous season of festive traditions, wonderful family gatherings and celebrations, comes January - the universal time of new beginnings. Many of us look to January as a time to create new goals for ourselves. Often, these resolutions are lifestyle changes that lead to a better quality of life and they can come in many forms. No matter what your resolutions are, the step of making a commitment to yourself is an important one. It is the first step in the right direction of making your goals a reality.

I am so glad you will be starting off 2019 with us, and the rest of your Adelaide Place family.

I wish you all good health and much happiness...

Happy New Year!

Adrienne

Coming Up This Month...

Inservice with Khera: Ambulation Aides & Safety
 January 2nd

Outing to Peterborough Shoreline Casino
 January 4th

Recreation Meeting
 January 7th

Bingo Open Forum
 January 9th

New Years' Brunch Buffet
 January 13th

Birthday Party
 January 17th

Pub Night!
 January 22nd

Ian Mckechnie Presentation on Robbie Burns
 January 24th

Robbie Burns Celebration
 January 25th

Aces of Harmony
 January 27th

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A Few Calendar Highlights...

Happy New Year! This January we have a few exciting extras on the calendar.

Your Chef is looking forward to serving you and your guests on Sunday, January 13th for the New Year's Brunch Buffet to ring in the New Year once all of our residents are back and settled after visiting Family. This will be in the Dining room from 11:00-1:00pm.

Becky will be returning to us to run an evening Meditation class on January 18th at 7:00pm.

Big Shot Bingo returns on December 20th. Cards will be \$1.00 each, and players have a chance to win either cash prizes or a free lunch!

Come out on January 22nd at 6:30pm for our Pub Night with great musical entertainment and fresh popcorn!

We will be having a Robbie Burns Celebration on January 25th, complete with haggis, should you like to try it.

Catholic Communion dates will be posted shortly. They have not been confirmed in time for the January Calendar due to holidays.

Recreation Reminders...

Calendars are printed and handed out in the dining room prior to the beginning of the new month. If you would like more than one, please ask Recreation, or Reception and you will be given extra copies.

As unforeseen circumstances can occur, some changes to the calendar may need to be made after it has been given out. To ensure you are up to date, you can call 200 on your telephone to hear the daily activities, or you can check the Daily Poster - located in the front lobby near the television (normally where the Christmas tree is currently set up). This poster is kept up to date with all changes, even if they occur in the middle of that day; such as an entertainment cancellation or inclement weather.

Daily programs are also announced during lunch each day. If you have trouble hearing these announcements, as the dining room can sometimes be quite loud, please ask someone from the Recreation team, or front desk to read them for you.

Our Recreation Meeting will take place on January 7th at 2:00pm in the Activity Room, please come and hear what is coming up in February, and feel free to voice your opinions, suggestions and any questions to your Recreation team at that time. As always, you can also leave a comment in the Suggestion box located in the Activity Room.

Welcome Home!

Please help us give a warm welcome to the following people joining the Adelaide Place Family this month:

Ralph Wood
Earle Gray
Stan McCormack
Helen Moore



Make sure you're reading your calendar, newsletter and event posters! If you find the mistakes, you get a prize from the Activity Department! Good Luck!!



A Note from Residents' Council

Welcome to the New year! January is named after the Roman God Janus, who was said to have two heads. One always looked forward, supposedly to new times, while the other looked back. What a great way to start the New year with new resolutions for the future, based on the past!

Forward to the end of last year, Residents' Council discovered that many residents do not know just what this council does. This is because we are pretty good at getting things done, but not so good at telling residents about it. So, in 2019, we are going to use this column to tell everyone. This means we are going to "Blow our own horn!"

Perhaps the best place to start is with our Mission Statement. Residents' Council does not have any jurisdiction over the day-to-day operations and management of Adelaide Place, This Includes items such as staffing, building maintenance, etc. This is entirely up to Greenwood Properties. We do, however, protect the interests of all of the residents living here.

We provide advice and recommendations to management regarding ideas for the improvement and comfort to our lives here at home. We work co-operatively with management to do this, as future columns will show.

Residents' Council consists of 9-12 residents who meet monthly. Most of you know about our popular 50/50 draws and as 2019 unfolds, we will be filling you in on our other accomplishments. Some of the best of these come from you! Feel free to come to any of your Council members with ideas and suggestions.

Finally, did you know that our Saxon forefathers called January "Wulfmonath" This was the time when hungry wolves were found scavenging inside villages. A new look at the phrase "the wolf at our door"!

Happy New Year! Keep brining suggestions and ideas to your Residents' Council!

New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing "Auld Lang Syne," and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these traditions year after year?

Bubbly champagne is the drink of choice on New Year's. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland's national poet Robert Burns penned the words to "Auld Lang Syne" in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to "for old times' sake," and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year's celebration in New York's Roosevelt Hotel.

No New Year's party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year's masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year's has been a time of celebration, nostalgia, and hope.