

# JULY 2026

*"May the month ahead be filled with an abundance of magnificent miracles, blissful blessings and splendid surprises."* English saying

## Accreditation

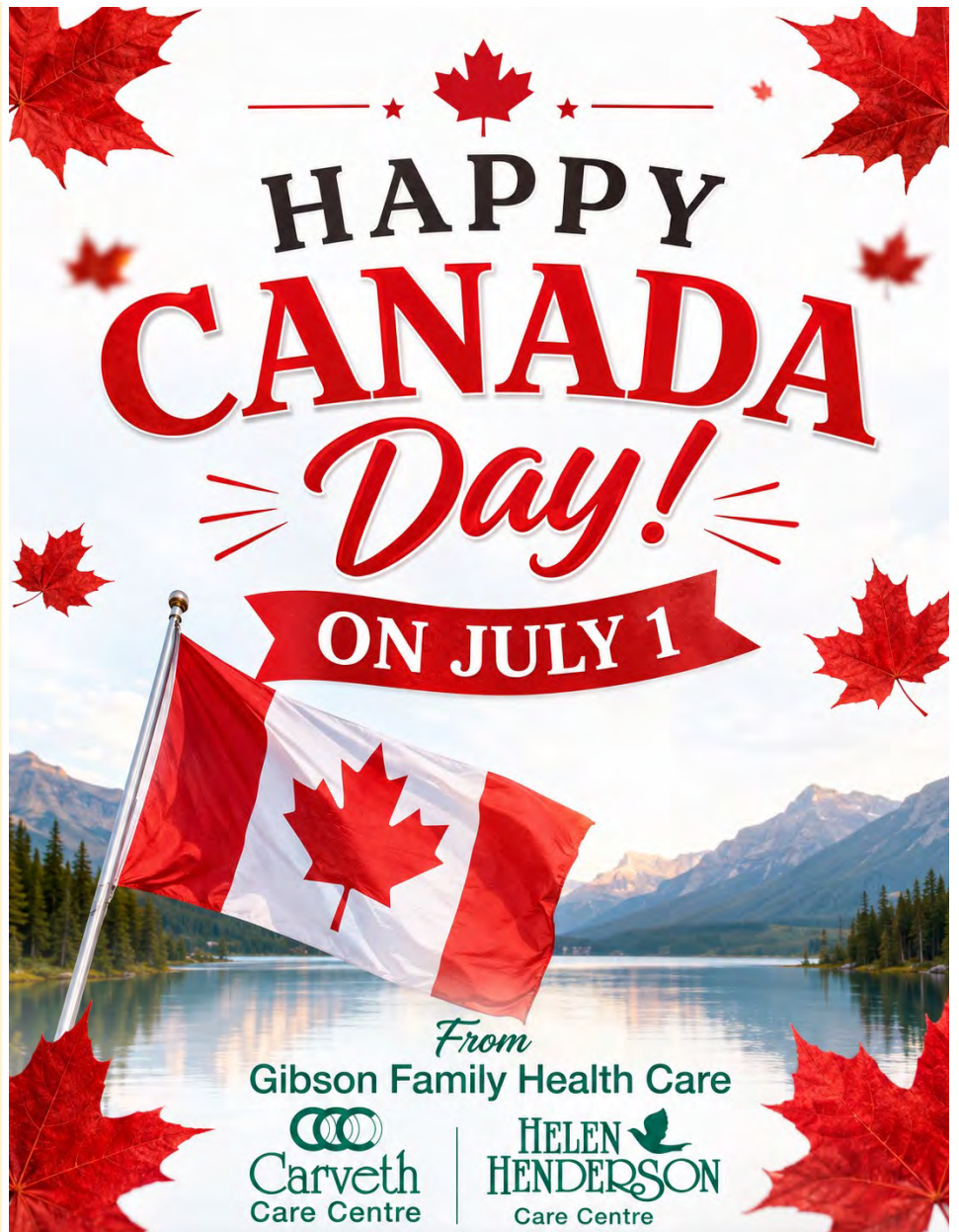
What a pleasure to meet Donna Michaels and Susan Veenstra from Accreditation Canada, last month. This quality improvement process was a huge success for our home.

## Happy Canada Day

Happy 159th birthday, Canada!

## Staff SPOTLIGHT

This month, we featured Ayden, winner of the Gibson Family Health Care Nursing Scholarship. Details on Page 3.



**Only in Canada....**The world's first UFO landing site was built in 1967 in St. Paul, Alberta. 20 per cent of the world's fresh water is in Canada. There are 247 annual car accidents involving moose. The world's largest beaver dam was 850m in Northern Alberta. Canada produces 1.5 per cent of the world's food and only consumes 0.6 per cent. 40.6 is the average age of a Canadian. 77 per cent of the world's maple syrup is from Quebec.

## Happy Canada Day

Canada Day marks Canada's birthday on July 1. On this day (in 1867), the three original British Colonies of Nova Scotia, New Brunswick, and the Province



of Canada united into a single country within the British Empire. People celebrated the newly confederated Nation of Canada with fireworks, military parades, music and food. In 1868, a royal proclamation was issued asking Canadians to celebrate the anniversary of the union as a yearly event, but it was not established as a national holiday until 1879. It was called Dominion Day.

## Eight tips for summer safety

Summer is a great time to think about how to become the best version of you. Use the following tips to help you thrive this summer: get enough sleep; stay hydrated; add fiber to your diet; limit added sugar; keep an eye on alcohol consumption; stay active; enjoy the weather and practice gratitude.

*"I have lived pain, and my life can tell: I only deepen the wound of the world when I neglect to give thanks the heavy perfume of wild roses in early July and the song of crickets on summer humid nights and the rivers that run and the stars that rise and the rain that falls and all the good things that a good God gives."* **Ann Voskamp**

## Tell us what you think

Do you have a story idea or feedback? Contact Catherine Reynolds at 613-382-4752 ext. 114 or [catherinereynolds@gibsonfamilyhealthcare.com](mailto:catherinereynolds@gibsonfamilyhealthcare.com)



## Aging myths and facts

Take this five-minute quiz to determine your knowledge of older adults. *True or False?*

1. The older you get, the less sleep you need.
2. People take more medications as they age.
3. As your body changes with age, so does your personality.
4. Intelligence declines with age.
5. Most older people live alone.
6. Most people get dementia if they live long enough.
7. Senior women have the lowest income of all adult groups.
8. Many older people are preoccupied with death.
9. Most seniors who are new to Ontario speak neither English nor French.

### Answers

1. False. In later life, the quality of sleep may decline, but not the total sleep time. As people age, they are likely to take more naps rather than sleep for long stretches.
2. True. Most older Canadians take at least one kind of prescription or over-the-counter medication.
3. False. A person's personality stays the same throughout life, except when changes result from Alzheimer disease or other forms of dementia, stroke or other serious illness.
4. False. Most people's intellect stays the same or improves with age, although it may take longer for older people to learn something new.
5. False. Most seniors live with a spouse, common law partner, extended family or others.
6. False. Dementia is not a normal part of aging.
7. True. In 2001, 46 per cent of widowed, single or divorced women aged 65 and older lived below the poverty line. This is the highest poverty rate of any family type in Canada.
8. False. Attitudes toward death vary, but often older adults are less anxious and more matter-of-fact about death. As they see others close to them die, they begin to accept their own mortality, and tend to speak more freely about death and dying.
9. True. Of the more than 6,000 senior immigrants to Ontario from 1996 to 1999, 64 per cent of women and 56 per cent of men spoke neither English nor French.

# Staff SPOTLIGHT

The Gibson Family Health Care Nursing Scholarship Committee is pleased to announce that Ayden Belles, a graduate of Gananoque Intermediate & Secondary School, has been selected as the recipient of the 2026 Gibson Family Health Care Nursing Scholarship.

Presented annually by the Gibson family through Carveth Care Centre, the scholarship supports a graduating student who is pursuing a post-secondary education in nursing and demonstrates a commitment to caring for others, community involvement, and academic achievement.

Following his graduation on June 25, Ayden will begin studies at St. Lawrence College, where he will pursue a Bachelor of Science in Nursing with the goal of becoming a Registered Nurse.

Ayden's interest in nursing was inspired by his father, who works in the profession. Through witnessing firsthand the impact nurses have on the lives of patients and families, he developed a deep appreciation for healthcare and a desire to make a meaningful contribution to his community through a career dedicated to helping others.

In addition to his educational goals, Ayden has demonstrated a strong commitment to service and community involvement. He completed a co-operative education placement at Carveth Care Centre and continued to volunteer with the Activation Department, assisting with programs and activities that enhance the quality of life for residents. His compassion, reliability, and willingness to help others made him a valued member of the team.

"Ayden has been a pleasure to work with," says Shannon Buell, Activation Manager at Carveth Care Centre. "He is always willing to learn and eager to take on new experiences. What stood out most was the genuine connection he formed with our residents. He is compassionate, patient, and treats everyone with kindness and respect. Whether helping with activities or simply spending time talking with residents, Ayden consistently demonstrated the caring qualities that are so important in health care. We have no doubt he will make an excellent nurse."

Ayden has also been an active member of the Gananoque community through his participation with the Gananoque Islanders hockey program for 13 years. Through sport, he has developed teamwork, leadership, and perseverance—qualities that will serve him well throughout his nursing career.

The scholarship committee was impressed not only by Ayden's dedication to nursing but also by his strong work ethic, positive attitude, and genuine desire to support others. These qualities reflect the values that the Gibson Family Health Care Nursing Scholarship was created to recognize and encourage.

The committee extends its sincere congratulations to Ayden on this well-deserved achievement and wishes him every success as he begins his journey toward a rewarding career in health care.

*Congratulations, Ayden, and best wishes for the future.*



*Ayden Belles*



**Karaoke**  
with Carrie

SING-ALONG FUN AT  
LODGE DINING ROOM  
AT CARVETH CARE CENTRE

Join us at 2pm on July 2nd!

Everyone welcome!

At Carveth Care Centre,  
375 James St., Gananoque



Live music with  
*Jumpin' Jimmy Leroux*  
at Carveth Care Centre  
Lodge Dining Room

**July 9**  
2 pm




**Crystal Clean**

Enjoy clean glasses by the  
**Crystal clear cleaning crew**  
at Carveth Care Centre



**July 20**  
10:30 am

Carveth Care Centre



**LIVE MUSIC**  
BY  
**ANDY CLARK**

**THURSDAY**  
**JULY 30**

**2 PM**  
IN THE  
LTC MAIN  
DINING ROOM

GREAT MUSIC. GREAT COMPANY.  
EVERYONE WELCOME!

## You know you're Canadian if...

- You put on shorts as soon as it hits plus 10, even if there is still snow around.
- You know how to pronounce and spell Saskatchewan without blinking.
- You know what a tuque (toque?) is.
- You are excited whenever an American television show mentions Canada.
- You make a mental note to talk about it at work the next day.
- You use a red pen on your non-Canadian textbooks and fill in the missing 'u's from labor, honor, and color.
- You have Canadian Tire money in your kitchen drawers.
- Pike is a type of fish, not some part of a highway.
- You drive on a highway, not a freeway.
- You know what a Robertson screwdriver is
- You understand the sentence, "Could you please pass me a serviette, I just spilled my poutine."
- You drink pop, not soda.
- You love your fries with poutine.
- You go to the washroom, not the restroom or bathroom.
- Someone accidently stepped on your foot. You apologize.
- You stepped on someone's foot. You apologize, then apologize for making them apologize.
- You have worn shorts and a parka at the same time.
- "Eh" is a very important part of your vocabulary and you understand all the 1,000 different meanings of "eh", eh?



## I AM CANADIAN

Hey. I'm not a lumberjack or a fur trader  
And I don't live in an igloo,  
Or eat blubber or own a dog sled,  
And I don't know Jimmy, Sally or Suzy  
from Canada, although  
I'm certain they're really, really nice.  
I have a Prime Minister, *not* a President,  
I speak English and French, *not* American  
And I pronounce it "about," *not* "about."  
I can proudly sew my country's flag on my  
backpack.  
I believe in peacekeeping, *not* policing,  
Diversity, *not* assimilation  
And that the beaver is a truly proud and noble  
animal.  
A toque is a hat.  
A chesterfield is a couch.  
And it *is* pronounced zed, *not* zee, ZED!  
Canada is the second largest landmass.  
The first nation of hockey.  
And the *best* part of North America!  
My name is [insert your name here].

**And I AM CANADIAN!**

## Nutrition Corner



**B**lue skies and sunny hot humid days are a favourite time of year for most people.

It is also the time when many seniors suffer from dehydration. Carveth Care Centre has a dehydration plan. The goal is to have cool drinks and treats always available—in addition to the drinks and snacks featured on the Nutrition Cart. This includes popsicles, lemonade and iced tea. (Lodge residents can find these items in the common area.)

Here is advice from Kingston, Frontenac Lennox and Addington Health Unit for hot, humid, smoggy weather:

Hot and humid temperatures increase perspiration to maintain constant body temperature. Normally, as a person perspires, their body cools. This process comes with a loss of body fluids which can lead to dehydration over a long period or intense exposure. High humidity prevents cooling through perspiration and increases the risk of becoming overheated. These two factors, combined with the heat of the sun, can create a dangerous situation. Heat advisories are based on three extreme heat thresholds: Heat Alerts, Heat Warnings and Heat Emergencies.

**Risk factors for dehydration:** Chronic illness | Vomiting | Diarrhea | Anorexia | Laxative abuse | Disability | Consumption of more than four medications/day | Diuretic abuse | Confinement to a wheelchair/bed | Confusion | Incontinence | Chronic infections | Inability to feed self | Cognitive impairment. The need for fluids can never be overstated, especially in the hot humid weather of South East Ontario. Please take time to drink at least six to eight 8oz glasses of fluid throughout the day.



It was bittersweet to say goodbye to Theresa Running who has worked for the Gibson family for 52 years. Our Food Services Nutrition Manger, Theresa has been replaced by Brittany Turner. Here is Theresa enjoying her retirement party on June 12 with Administrator Brett Gibson.

## Home marks retirement of Theresa Running and welcomes new leader

**A**fter more than five decades of dedicated service, Theresa Running is preparing to retire from Carveth Care Centre, marking the end of an extraordinary career that has spanned 52 years with the Gibson family organization.

Theresa's final day at Carveth Care Centre was Friday, June 12. Throughout her career, she worked first in Seeley's Bay before transferring to Carveth Care Centre, where she served as Food Service Nutrition Manager. Reflecting on her career, Theresa says the relationships she built with residents and staff have been the most rewarding part of her work.



"What I liked most about my career was working with the residents and getting to know the staff over the years," she notes.

One of her proudest accomplishments was completing her studies to become a Food Service Nutrition Manager, a relatively new profession at the time.

"It was a brand-new position when I went to school for it," she recalls.

As she prepares to begin retirement, Theresa says she will miss the daily interactions that became such an important part of her life.

"The thing I'll miss most is the daily conversations with the residents — and, of course, talking to Heather every day," she says with a smile about her coworker, Unit Clerk Heather Wilson.

Her retirement plans include home renovations, travelling, and spending more time with friends and family.

Looking back on her career, Theresa expresses gratitude to the Gibson family for the opportunities she received over the years.

"It's been a great joy and privilege to work for the Gibson family, working with three generations. The opportunities given to me, I will be forever grateful for."

For Carveth Care Centre owner and operator Brett Gibson, Theresa's retirement marks the departure of not only a valued employee but a member of the extended family.

"It is hard to put into words what Theresa means to the family and our business," he explains. "After more than 50 years and three generations, she has maintained a level of dedication that is second to none. We will miss her creative menus and the non-stop laughter she brought to the workplace. Theresa is family, and I know she will not be far if needed for mentorship. Enjoy retirement — it is much deserved."

Taking over the role of Food Service Nutrition Manager is Brittany Turner, a familiar face at Carveth Care Centre who began her career with the organization as a student 15 years ago.

Brittany says she has always enjoyed solving challenges and finding ways to improve outcomes.

"The thing I like most about my job is working through a problem and seeing the result. I'm excited when I achieve a positive outcome," she attests.

**continued on Page 12**

# O Canada



The original poem of 1908 by Robert Stanley Weir.

Canada! Where pine and maples grow.

O Canada! Our home and native land! True patriot love, in all thy sons command. With glowing hearts, we see thee rise, the truth north strong and free! And stand on guard, O Canada, we stand on guard for thee.

Great prairies spread and lordly rivers flow. How dear to us thy broad domain, from East to Western Sea, thou land of hope for all who toil! Thou True North, strong and free!

own beloved native land! Our True North, strong and free!

(Refrain)

(Refrain)

(Refrain)

*O Canada, glorious and free!*

O'Canada! Beneath thy shining skies, may stalwart sons and gentle maidens rise, to keep thee steadfast through the years.

Ruler supreme, who hearest humble prayer, hold our dominion within thy loving care; help us to find, O God, in thee, a lasting, rich reward, as waiting for the better day, We ever stand on guard. (Refrain)

We stand on guard, we stand on guard for thee. O Canada, we stand on guard for thee! O

From East to Western Sea, our



## Happy birthday staff

Angela C, July 1  
Rhonda N, July 2  
Donna T, July 5  
Nancy H, July 10  
Vanshika D, July 10  
Cari S, July 11  
Karina M, July 14  
Shelley B, July 15  
Katelyn L, July 16  
Halle M, July 16  
Paramdeep K,  
July 20  
Jade R, July 23  
Gurmeet K, July 23  
Kristi D, July 28

## Happy birthday volunteers

Lynn-Marie P, July 24  
Jean N, July 28



## How to survive a heat wave

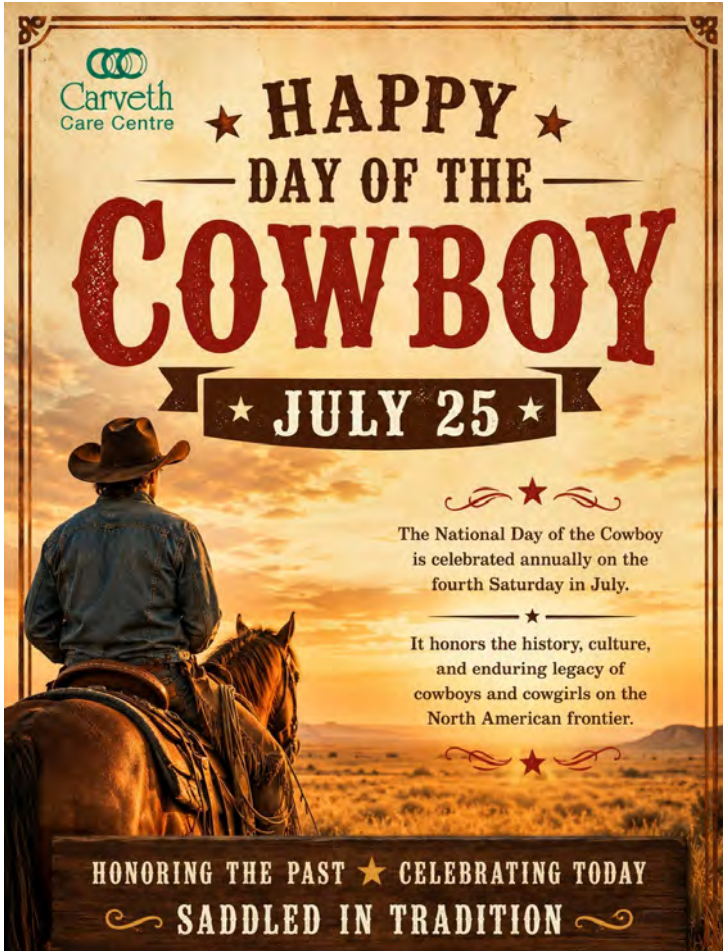


A heat wave is a prolonged period of excessive heat often combined with excessive humidity. Officially, a heat wave is defined as three days of temperatures of 90°F or more.

During a heat wave, the most important thing is staying hydrated. People who have a heart condition, are older than 50, or are overweight, may have to take extra precautions. Our bodies are about 75 per cent water and blood is nearly 80 per cent water, so it is necessary to replenish what is lost every day. When water is not replaced, blood thickens, forcing the heart to work harder and raising the risk of a heart attack. Staying hydrated, then, is essential for heart function, but it also helps with alertness, controlling appetite, and generally improving all activity.

When the temperature and humidity are both above 70°F, we have entered the dehydration danger zone and it becomes necessary to sip water frequently and drink before, during, and after vigorous activity. To maintain a healthy fluid balance while in the dehydration zone, the following suggestions may help:

1. Keep a large water bottle handy to encourage you to drink water wherever and whenever.
2. Be sure to eat fruits and vegetables, which are great sources of water, *daily* not only to stay hydrated, but also to maintain optimal health.
3. Have a glass of water before each meal.
4. After each trip to the restroom, drink a glass of water to replenish your fluids.
5. Set reminders on your phone, watch, or e-mail to drink every hour.
6. Add a slice of lemon, lime, and/or mint to your water to give it some flavor without adding any extra calories.





# Dates to Remember

# Father's Day at Carveth

## Long-Term Care

July 1...Canada Day with Sundaes on the patio at 2 pm  
July 2, 9, 16, 23 and

30...DrumFit at 10:30 am

July 9...Teamific Quiz at 2 pm

July 16...Birthday Diners' Club at noon and music by Vicki Spurrell at 2 pm in Main Dining Room

July 23...Music by Neil Carter at 2 pm in Main Dining Room

July 30...Music by Andy Clark at 2 pm in Main Dining Room

## Retirement Lodge

July 2... Karaoke with Carrie at 2 pm in Lodge Dining Room

July 9... Music with Jumpin' Jimmy at 2 pm in Lodge Dining Room

July 16... Birthday Diners' Club

July 23... Music with Cowboy Mark at 2 pm in Lodge Dining Room



# New Members Wanted

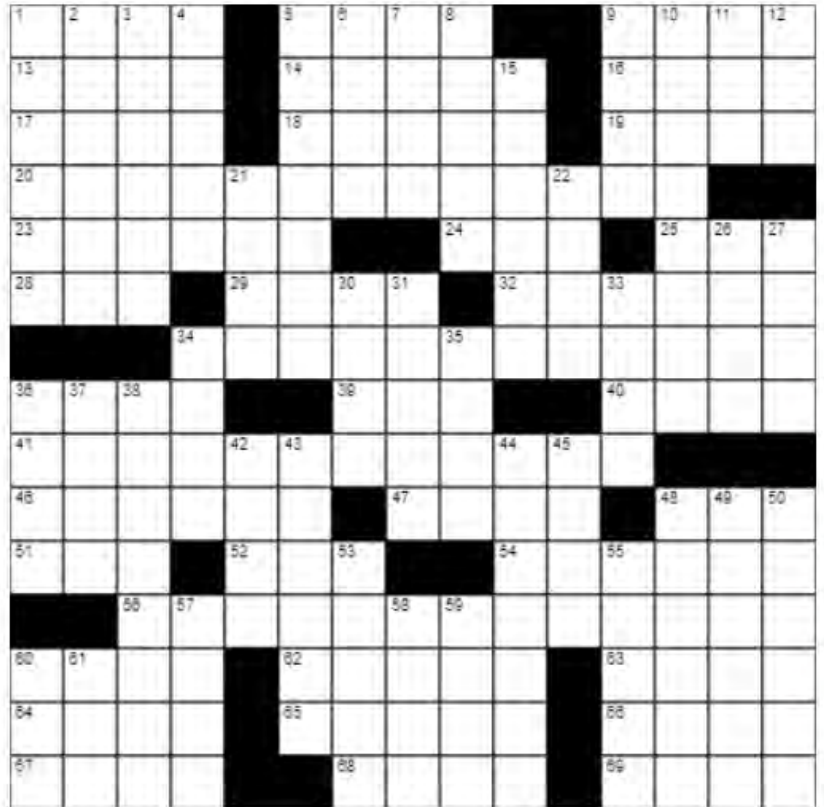


# The Carveth Crossword (Answers on Page 13)

**BestCrosswords.com - "Take the Bait" by Gene Antonio on 6/22/2026**  
**[moderate]**

## Across

1- Hindi word for tea; 5- Hazard to ships; 9- Take great pleasure; 13- Desolate; 14- Illinois watch co.; 16- Irish Gaelic; 17- Jones who recorded "Save Your Love For Me"; 18- Quilty in Nabokov novel "Lolita"; 19- Word with neck or cut; 20- One of many driven at a track; 23- Hebrew month; 24- Wee bit; 25- Holy woman: abbr.; 28- Designation of Chrysler high performance vehicles, as the Dodge Challenger, initially; 29- Patricia \_\_\_\_ (Fanny Flagg's real name); 32- One with a flat, often; 34- Popular folk dance in colonial America; 36- Western Pennsylvania city; 39- This turns a serpent into a stone?; 40- Department of Normandy, France; 41- Relationship addiction often resulting in self-destructive behavior; 46- Hell or hair follower; 47- Love in Spain; 48- Designation of Omaha's airport; 51- Popular card game; 52- Sea bird; 54- Decorative and functional woman's fashion accessory; 56- Military targeting designed to inflict heavy damage over a selected area; 60- Moran of "Happy Days"; 62- Prepare to drive; 63- Erstwhile; 64- Onion-family member; 65- \_\_\_\_ bar; 66- At no time, in a poem; 67- You can catch one at 20-, 34-, 41-, and 56-Across; 68- Hershey candy bar; 69- TV's Hall and Byrnes;



## Down

1- Some office workers; 2- Bluster; 3- Creative sort; 4- With everything added together; 5- Get back; 6- Hollywood's Raines; 7- "Holy Toledo!"; 8- Word before come and served; 9- Partner of call; 10- Device that stops a specified thing, as a spark or lightning; 11- Compass dir.; 12- Site of London's Royal Botanic Gardens; 15- Language of Himalayan mountain range people; 21- Italian Baroque painter, Guido \_\_\_\_; 22- Noodle product?; 26- High schooler, usually; 27- Perry and Della's creator; 30- Opposed, in the back woods; 31- Lavin who starred in TV's "Alice"; 33- Where Achilles was killed; 34- Signs from Churchill; 35- Tropical tree whose oil is used as a pesticide; 36- Grayish yellow color; 37- Horse coat color pattern; 38- Extremely bad ideas; 42- Tree mentioned in a holiday song; 43- Breaks forth; 44- One without a chance of success; 45- Prepare for a final exam, maybe; 48- Weighed in; 49- Cut into very small pieces; 50- Infuriates; 53- Play for \_\_\_\_; 55- Type of traffic accident, slangily; 57- Ancient Egyptian symbol of life; 58- Versatile hardwood tree; 59- Osso \_\_\_\_ (Italian veal dish); 60- Holiday temp; 61- Outdoor recreation equipment co.;



## Home prepares for hot weather

Measures are once again being put into place in the event of an **extremely** warm summer.

Dehydration is our main concern. Extra fluids will be encouraged daily through a variety of means including cold water, juices, fresh fruit, watermelon, Jello, popsicles and frozen slushies. Menus may be changed to include more salads and cold plates as hot meals are not welcome during these times.

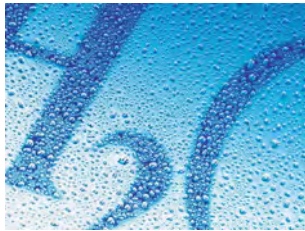
During heat waves, programs will be geared to more passive events, allowing for less exertion. Porterage to and from programs will be offered to those who usually walk themselves.

Air conditioning is available in all dining rooms, the Sunshine Sensory Activity Room, the Multi-Purpose Room, the lounge located at the south end of the Kingsley Earl Wing, as well as our chapel. All residents are encouraged to make use of these areas whenever possible. Fans will be located strategically throughout the home. Lighter clothes, hats and sunscreen are a must.

Residents should limit their time outdoors to no more than 15-20 minutes at a time.

We are prepared for whatever Mother Nature throws our way, but we hope to have a nice warm summer with gentle breezes and plenty of sunshine.

**Shelley Bender, Director of Care**



## Theresa Running Retires

continued from Page 7

While stepping into the position brings new responsibilities, Brittany is eager to build on the strong foundation Theresa leaves behind.

"It will be challenging, but I'm looking forward to seeing great results," she says with a smile. "I'd like to make a few changes, but I also want to keep some of the things Theresa has mastered over the years."

For Brittany, success means embracing growth and continuous learning.

"Success looks like learning from my mistakes, adapting to change, and making a positive impact," she confirms. Brittany credits Theresa with helping shape her career from the very beginning.

"Theresa has been one of the friendliest and most approachable people I've had the opportunity to learn from," says Brittany. "From my days as a nervous student to now taking on the role she has held for so many years, she has always been there to offer guidance, support and encouragement. I will forever be grateful for the years we have spent working together."

Although Theresa is retiring, Brittany doesn't expect the mentorship to end anytime soon.

"I'm sure I'll still be calling her every day with questions," she says with a friendly laugh.

Brett says Brittany's promotion reflects the organization's commitment to developing talent from within.

"We are big believers in internal growth in our homes," he confirms. "Despite her age, Brittany has already put in 15 years of service to the company and has always maintained that this is where she wanted to work. I am very confident that with time she is going to grow into a fantastic manager and help guide our dietary department forward."

## Music by Cowboy Mark

Live in Lodge Dining Room

at Carveth  
Care Centre



**July 23**  
2 pm

# Stay hydrated this summer

The human body is composed of more than 70 per cent water.



This means you need to drink plenty of fluids to maintain and replenish water levels which is vital for things like muscle function, joint and brain protection, immune health, digestion, and even mood. Here are 10 reasons to stay well-hydrated: weight loss, skin elasticity, muscle efficiency, balance mood, temperature control, memory function, joint lubrication, healthy bowel function, aids digestion and better immune health.

## Crossword puzzle answers (Questions on Page 11)

1	C	H	A	I	5	R	E	E	F	9	B	A	S	K			
13	L	O	R	N	14	E	L	G	I	N	15	E	R	S	E		
17	E	T	T	A	18	C	L	A	R	E	19	C	R	E	W		
20	R	A	I	L	21	R	O	A	D	S	P	I	K	E			
23	K	I	S	L	E	V	24	T	A	D	25	S	T	E			
28	S	R	T	29	N	E	A	L	32	L	E	T	T	E	R		
				34	V	I	R	G	I	N	I	A	R	E	E	L	
35	E	R	I	E	36	I	N	E	40	O	R	N	E				
41	C	O	D	E	42	P	E	N	D	E	N	C	Y				
46	R	A	I	S	E	R	47	A	M	O	R	48	O	M	A		
51	U	N	O	52	A	U	K	53		54	H	A	T	P	I	N	
				56	C	A	R	P	E	T	B	O	M	B	I	N	G
60	E	R	I	N	62	T	E	E	U	P	63	O	N	C	E		
64	L	E	E	K	65	S	P	A	C	E	66	N	E	E	R		
67	F	I	S	H	68	S	K	O	R	69	E	D	D	S			

*Live music by Vicki Spurrell*

**2 pm • Thursday, July 16**  
LTC Main Dining Room

★★ MUSIC BY ★★

**Neil CARTER**

CLASSIC HITS YOU KNOW & LOVE!

**THURSDAY JULY 23**

**2:00 PM**

**LTC MAIN DINING ROOM**  
at Carveth Care Centre



**Residents' Council Meeting** *Everyone welcome*  
**July 21**  
 2 pm



www.GibsonFamilyHealthCare.com

**Types of Vegetables**

**Carveth Word Search**  
 (Answers on Page 16)

C	U	A	E	A	P	K	S	E	B	I	U	A	E
A	P	I	K	U	L	G	D	U	R	A	N	L	C
U	A	V	A	S	S	A	C	E	O	B	Z	S	A
L	R	C	L	K	W	E	H	E	C	A	U	B	R
I	R	N	C	E	H	G	E	U	C	U	C	E	R
F	U	I	P	E	C	A	E	R	O	O	C	E	O
L	T	K	G	L	A	B	E	A	L	T	H	T	T
O	A	P	I	P	N	B	D	D	I	A	I	B	U
W	B	M	N	E	I	A	E	I	L	T	N	B	R
E	A	U	G	N	P	C	W	S	G	O	I	I	N
R	G	P	E	A	S	U	S	H	G	P	E	R	I
O	A	A	R	P	B	C	E	L	E	R	Y	R	P
S	A	T	A	R	U	G	U	L	A	L	C	A	I
F	P	I	N	S	R	A	P	G	I	P	E	A	A

- CABBAGE
- RUTABAGA
- PARSNIP
- RADISH
- ARUGULA
- CASSAVA
- CELERY
- ZUCCHINI
- TURNIP
- PEA
- CARROT
- POTATO
- LEEK
- CAULIFLOWER
- BEET
- BROCCOLI
- PUMPKIN
- SPINACH
- GINGER
- SWEDE



THE  
*Redevelopment*  
OF  
**CARVETH CARE CENTRE**



Recent work on our redevelopment project includes the installation of an excavation canopy, completion of the foundation and walls for a new wing, construction of a new electrical room, and the start of roofing work. Every step brings us closer to a modern, comfortable home designed to enhance the quality of life for residents while providing an exceptional environment for families, visitors and staff.



Last month, residents enjoyed a trip to the home of Kelsey, an Activity Aide at Carveth Care Centre. Here we are appreciating her beautiful gardens and savouring delicious ice cream. Kelsey's dog Mya and son Isaac kept us laughing.

teamific

# TEAMIFIC QUIZ!

★

**TIME: 10:30 AM**

**DATE: JULY 9**

**LOCATION: CARVETH CARE CENTRE**

*Join us for fun, friendly competition and great prizes!*




★ Think you've got what it takes? Let's find out! ★

# Birthday *Diners' Club*

at Carveth Care Centre


Noon on July 16

A gourmet meal for every  
resident celebrating a  
birthday in **July**



## Carveth Word Search answers (Word search on Page 14)

C	U	A	E	A	P	K	S	E	B	I	U	A	E
A	P	I	K	U	L	G	D	U	R	A	N	L	C
U	A	V	A	S	S	A	C	E	O	B	Z	S	A
L	R	C	L	K	W	E	H	E	C	A	U	B	R
I	R	N	C	E	H	G	E	U	C	U	C	E	R
F	U	I	P	E	C	A	E	R	O	O	C	E	O
L	T	K	G	L	A	B	E	A	L	T	H	T	T
O	A	P	I	P	N	B	D	D	I	A	I	B	U
W	B	M	N	E	I	A	E	I	L	T	N	B	R
E	A	U	G	N	P	C	W	S	G	O	I	I	N
R	G	P	E	A	S	U	S	H	G	P	E	R	I
O	A	A	R	P	B	C	E	L	E	R	Y	R	P
S	A	T	A	R	U	G	U	L	A	L	C	A	I
F	P	I	N	S	R	A	P	G	I	P	E	A	A

 **Come *move* with us!**  
at Carveth Care Centre



IMPROVE  
MEMORY

HAVE  
FUN!

REDUCE RISK  
OF INJURY

**July 2, 9, 16, 23 & 30**  
**10:30 am**

# The Carveth Garden of Love

*The rose speaks of love silently in a language known only to the heart*



## Welcome

Marlene Rogers (Lodge)

Judy Young (Lodge)

Joan Foley (Lodge)

Bernadette Mulvenna (Lodge)

Deborah Slack

## Birthdays

Margret "Peggy" W (Lodge), July 6

Barry M (Lodge), July 9

Gwen M (Lodge), July 17

Sharon F (Lodge), July 25

Lois "Diane" B, July 3

Dolores G, July 5

Bruce L, July 6

Donna H, July 8

Joan C, July 17

Madelene W, July 22

Maurita "Dianne" K, July 27

## In memory

Rita Cirtwill

Michael King

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>July 2026</h1>						
<b>5</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>6</b> 10:30 Washer Toss 2:00 Bingo	<b>7</b> 10:30 Floral Therapy 2:00 Tetris Tumble	<b>8</b> 10:30 Christ Anglican Church 2:00 Snakes & Ladders	<b>9</b> <b>Music Therapy</b> 10:30 DrumFit 2:00 Teamific Quiz	<b>10</b> 10:30 Manicures 2:00 Bingo	<b>11</b> 10:30 Coffee & Chat 2:00 Movie of the Week "An Unfinished Life"
<b>12</b> 10:30 Virtual Roman Catholic Mass 2:00 Pinegrove Community Church	<b>13</b> 10:30 Bocce Ball 2:00 Bingo	<b>14</b> 10:30 Bowling 2:00 Sheba's Haven Patio Visit	<b>15</b> 10:30 Busy Bodies 2:00 Shut the box	<b>16</b> <b>Birthday Dinners</b> 10:30 DrumFit 2:00 Music w/ Vicki Spurrell 6:30 Card Bingo	<b>17</b> 10:30 Manicures 11:00 RC Mass 2:00 Bingo	<b>18</b> 10:30 Coffee & Chat 2:00 Movie of the Week "Darling Companion"
<b>19</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>20</b> 10:30 Crystal Clear Cleaning 2:00 Bingo	<b>21</b> 10:30 Floral Therapy 2:00 Residents Council	<b>22</b> 10:30 Busy Bodies 2:00 Wheel of Fortune	<b>23</b> <b>Music Therapy</b> 10:30 DrumFit 2:00 Music w/ Neil Carter 6:30 Card Bingo	<b>24</b> 10:30 Manicures 2:00 Bingo	<b>25</b> <b>Day of the Cowboy</b> 10:30 Coffee & Chat 2:00 Movie of the Week "The Searchers"
<b>26</b> 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	<b>27</b> 10:30 Horse-shoes 2:00 Bingo	<b>28</b> 10:30 Easy Listening on the Patio 2:00 Balloon Volleyball	<b>29</b> 10:30 Busy Bodies 2:00 Group Crossword	<b>30</b> 10:30 DrumFit 2:00 Music w/ Andy Clark 6:30 Card Bingo	<b>31</b> 10:30 Manicures 2:00 Bingo	

Sun

Mon

Tue

Wed

Thu

Fri

Sat

# July 2026-LODGE

**5**  
10:30 Virtual  
Roman Catholic  
Mass  
2:00 Virtual  
Worship Service

**6**  
10:30 Washer  
Toss- SS  
2:00 Bingo-  
LDR

**7**  
10:30 Floral  
Therapy-SS  
2:00 Tetris  
Tumble- SS

**8**  
10:30 Christ  
Anglican Church  
-CH  
2:00 Snakes &  
Ladders- SS

**9**  
10:30 DrumFit-SS  
2:00 Music w/  
Jumpin Jimmy-  
LDR  
6:30 Card Bingo-  
SS

**10**  
10:30 Manicures  
2:00 Bingo-  
LDR

**11**  
10:30 Coffee &  
Chat-SS  
2:00 Movie of the  
Week "An Unfin-  
ished Life"-SS

**12**  
10:30 Virtual  
Roman Catholic  
Mass  
2:00 Pinegrove  
Community  
Church-CH

**13**  
10:30 Bocce  
Ball- SS  
2:00 Bingo-  
LDR

**14**  
10:30 Bowling-  
SS  
2:00 Sheba's  
Haven Patio

**15**  
10:30 Busy  
Bodies-SS  
2:00 Shut the  
box-SS

**16 Birthday Diners**  
10:30 DrumFit-SS  
6:30 Card Bingo-  
SS

**17**  
10:30 Manicures  
11:00 RC Mass-  
CH  
2:00 Bingo-  
LDR

**18**  
10:30 Coffee &  
Chat-SS  
2:00 Movie of the  
Week "Darling  
Companion"-SS

**19**  
10:30 Virtual  
Roman Catholic  
Mass  
2:00 Virtual  
Worship Service

**20**  
10:30 Crystal  
Clear Cleaning  
2:00 Bingo-  
LDR

**21**  
10:30 Floral  
Therapy-SS

**22**  
10:30 Busy  
Bodies- SS  
2:00 Wheel of  
Fortune- SS

**23**  
10:30 DrumFit-SS  
2:00 Music w/  
Cowboy Mark-  
LDR  
6:30 Card Bingo-

**24**  
10:30 Manicures  
2:00 Bingo-  
LDR

**25 Day of the  
Cowboy**  
10:30 Coffee &  
Chat- SS  
2:00 Movie of the  
Week "The  
Searchers"-SS

**26**  
10:30 Virtual  
Roman Catholic  
Mass  
2:00 Virtual  
Worship Service

**27**  
10:30 Horse-  
shoes- SS  
2:00 Bingo-  
LDR

**28**  
10:30 Easy  
Listening on the  
Patio  
2:00 Balloon  
Volleyball- SS

**29**  
10:30 Busy  
Bodies-SS  
2:00 Group  
Crossword- SS

**30**  
10:30 DrumFit-SS  
6:30 Card Bingo-  
SS

**31**  
10:30 Manicures  
2:00 Bingo-  
LDR

SS- Sunshine  
Room  
CH- Chapel  
LDR- Lodge  
Dining Room