

News from Home

HELEN
HENDERSON

Care Centre

Gibson Family Health Care Newsletter — *Our family caring for your family*

AUGUST 2026

"Breathe the sweetness that hovers in August." -Denise Levertov

Foot care services

Does your loved one require advanced foot care? Tanya Williams is an RPN who provides services at a reasonable price. Book this service through the charge nurse or Lodge RPN.

Gardens in bloom

Our gardens are producing cucumbers, pumpkins, zucchini and corn on the cob. We can't wait to eat what we grow!

Accreditation Canada

What a pleasure to announce we have earned *Accreditation with Commendation* for the next four years. Great job, team!

Resident Spotlight

This month, Resident John Storms is going to talk to us about his love of music and time playing in the band, Sound of Storms. You can read more on Page 3.



Family Day at HELEN HENDERSON CARE CENTRE

*Summer Memories
THROUGH THE YEARS*

*Bringing Generations Together
Through Summer Memories.*

Celebrating the moments, traditions, and stories that bring us together. Today, we honour the summers we remember and the memories we continue to create.

CLOTHESLINE OF SUMMER PICTURES
Families, please bring in your summer photos ahead of time to be displayed!

SUMMER MEMORIES WALL
Share your favorite memories with us!

OLD-FASHIONED GAMES
Fun for all ages!

WEDNESDAY, AUG. 26
2 to 4 pm

ENJOY:

- ★ Visit from the Fire Department
- ★ Fire Truck Spray Foam
- ★ Ice Cream Sundae Bar
- ★ Homemade Lemonade & Iced Tea Stand
- ★ Watermelon Stand
- ★ Corn on the Cob Station
- ★ Hot Dogs & Hamburgers
- ★ Popsicles
- ★ Old-Fashioned Outdoor Games
- ★ Antique car show
- ★ *Live Music*

Civic Holiday—The Civic Holiday (Monday, Aug. 3) is celebrated the first Monday of August. It's a public holiday in some provinces and territories. The Civic Holiday is *not* a statutory holiday. The Civic Holiday is commonly referred to as the August long weekend. It is probably the busiest day on highways as tens of thousands of families go camping and to cottages.



Amherstview Daycare

We LOVED watching a group of children walk around our home, recently, waving to residents and saying hello. Thank you Amherstview Daycare (Tiffany Satterley, Infant Teacher) for introducing us to these sweet children.

Dog days of summer

Traditionally the hottest month in the northern hemisphere, **August** is called the dog days of summer. The phrase refers to Sirius, of the Dog Star. The dog days are when the Dog Star rises and sets at about the same time as the sun, which is roughly between July 3 and Aug. 11.

Weather or not

As the summer nears its end and we inch closer to fall, let's use August weather lore to try to predict what the next winter will be like.

Pay attention to the first week of this month. If it is unusually warm, it means that the coming winter will be snowy and long. Was this month cold? If so, it means that the following winter will be harsh and dry.

"August creates as she slumbers, replete and satisfied." — **Joseph Wood Krutch**

Tell us what you think

Do you have a story idea or feedback?

Contact Catherine Reynolds at 613-384-4585 ext. 251 or catherinereynolds@gibsonfamilyhealthcare.com



On this date in history

Aug 1—The eleventh **Olympic Games** opened in Berlin in 1936. In 1774, Joseph Priestley discovered **oxygen** in the lab at Bowood House, Wiltshire, England.

Aug. 2—First **roller skating rink** opened in the UK in 1875.

Aug. 3—**Columbus** set sail on his first voyage in 1492. He made his way to the Canary Islands.

Aug. 4—**WW1**; August 1914 – 11th November 1918.

Aug, 6—The **sandwich** was named after the Earl of Sandwich. It is said that in 1762, the Earl of Sandwich asked for meat to be served between slices of bread, to avoid interrupting a gambling game.

Aug. 8—The **Great Train Robbery** of 1963.

Aug. 12—The **Model T Ford**, known as the Tin Lizzie and the first mass-produced car, went on sale in 1908 and the first communications Satellite, **Echo 1**, was launched in 1960 from Cape Canaveral in Florida.

Aug. 13—Josef Jakob, a German spy during World War II, is the last person to be executed at the **Tower of London** in 1941.

Aug. 14—End of **WWII**.

Aug. 21—The **Mona Lisa** by Leonardo de Vinci was stolen from the Louvre Gallery in 1911 and not recovered until 1913.

Aug. 24—Mount Vesuvius erupts near **Pompeii** in southern Italy. Although roughly half the citizens of Pompeii escaped toward the sea, more than 2,000 people were buried under seven feet of molten lava, ash, and pumice. (79 AD)

Aug. 28—**Martin Luther King** (1929-1968), American civil rights campaigner, made his famous "I have a dream" speech in 1963.

Aug. 31—**Princess Diana** was killed in a car accident in France in 1997.

Spotlight



John Storms, Resident

Residents, families and staff at Helen Henderson Care Centre are invited to enjoy an afternoon of music, memories and storytelling as John Storms takes the spotlight during the next Resident Spotlight presentation on Thursday, Aug. 13 at 2:30 pm in the Fireside Room.

John has called Helen Henderson Care Centre home since May and says he has quickly fallen in love with the community.

"I have been at Helen Henderson for four months and I love it here," said John. "I love the residents, the staff and all the bells and whistles that go with my new adventure here."

Music has been a lifelong passion for John, inspired by his father, who introduced him to performing and helped shape his musical journey.

"I learned music and entertaining from my dad," he said. "He was a very big influence in my musical experiences and career as a guitar and banjo player."

For more than 30 years, John entertained audiences throughout the Picton and Kingston areas with his group, *Sound of Storms*. The band performed primarily in retirement homes, bringing familiar melodies and cherished memories to countless seniors.

While John enjoyed performing many songs over the years, one instrumental piece has always held a special place in his heart.

"My favourite was Sleep Walk," he said.

More than anything, John treasures the joy music brought to others.

"My special memories of playing were always making my audience happy by playing their favourite tunes and seeing their smiles that projected energy and enthusiasm," he recalled. "Sound of Storms left many memories in people's hearts."

As he reflects on a lifetime of performing, John hopes to inspire others who share a love of music.

"Never stop changing the world with musical noise," he said. "It makes the world go around happier."

Everyone is welcome to attend this special Resident Spotlight presentation and learn more about John's remarkable musical career, hear his stories from the stage and celebrate the lasting impact music has had on his life and the lives of so many others.

To learn more about living or working at Helen Henderson Care Centre, please visit www.gibsonfamilyhealthcare.com or call 613-384-4585.

Spiritual CARE

Nurturing the spirit.
Building community.



ROMAN CATHOLIC MASS

Monday, Sept. 21
at 11:00 am in the Chapel



WELCOME BACK BLESSED SACRAMENT CHURCH!

with Rev. John Morrison



All are welcome.
We hope you will join us.

Resident Spotlight

Celebrating Talent

This month, we are proud to shine the spotlight on

John Storms

Join us as John shares stories from his *musical career*.

It's sure to be an afternoon filled with memories, music, and inspiration!

Hear John speak at
2:30 pm on Thursday, Aug. 13
in the Fireside Room!

HELEN
HENDERSON
Care Centre

Live Music by Neil Carter

HAPPY HOUR
at
2:30 PM
LODGE LOUNGE
at
Helen Henderson Retirement Lodge
HELEN
HENDERSON
Care Centre
FRIDAY, AUG. 21

LUNCH OUTING to McKINNON — BROTHERS — BREWERY

GOOD COMPANY.
GREAT FOOD.
GREAT TIME.

Join us for a delicious
lunch and great
conversation!

WHO:
RESIDENTS OF
HELEN HENDERSON
CARE CENTRE

TIME:
11 AM

DATE:
WEDNESDAY,
AUG. 19



August is a Time to Shine

"Every day is a new opportunity to share kindness, create memories, and celebrate the wonderful people who make our home special."

A Little Sunshine for Your Day

"May your August be filled with warm smiles, happy moments, friendship, and the simple joys that make each day meaningful."



Celebrating Our Residents

"Each resident brings a lifetime of stories, wisdom, and experiences that make our community unique. Thank you for sharing your journey with us."



Kindness Corner



"A kind word, a friendly smile, or a helping hand can brighten someone's entire day. Small acts of kindness create a caring community."



Summer Blessings

"May the sunshine remind us to enjoy the beauty around us, appreciate today's moments, and treasure the memories we make together."



Growing Together

"Like a garden, our community grows stronger when we nurture one another with compassion, respect, and friendship."



Happiness Is...

"Happiness can be found in a good conversation, a favourite song, a shared laugh, and time spent with friends."



Thank You Staff & Volunteers

Thank you to our amazing staff, volunteers, families, and community partners for bringing warmth, joy, and compassion to our home every day.



Resident Appreciation Quote

"Age is not measured by years, but by the love shared, the memories created, and the lives touched along the way."



August Reminder

Take time to enjoy the little things: a sunny afternoon, a refreshing drink, a beautiful flower, or a smile from a friend."



Wishing everyone a wonderful August



Happy Birthday STAFF

Danielle A, Aug. 2

Amola C, Aug. 4

April J, Aug. 4

Julia M, Aug. 6

Cindy S, Aug. 15

Scott S, Aug. 18

Heather F, Aug. 18

Deah M, Aug. 19

Kelly B, Aug. 23

Jayden K, Aug. 24

Taylor W, Aug. 25

Cory H, Aug. 28

Sarika T, Aug. 28

Kathy W, Aug. 30

Stay HEALTHY

With busy schedules and lifestyles, keeping the mind, body and soul healthy can be a major challenge. Here are a few tips to help you live a happy, healthy, safe and balanced life:

Get physical – Exercise not only helps you build muscle, lose weight and gain self-confidence, but it's vital in maintaining a healthy heart.

Stress is a mess – Over time, stress can lead to serious health issues such as obesity, depression and even death. Wellness experts suggest that when you start seeing red, instead think blue – as in blueberries.

LOL, laugh out loud – Build your immune system through laughter! Health-increasing hormones like endorphins are released into your body when you laugh. Additionally, laughter works your abdominal muscles.

Eat healthy – We know we should eat healthy, so let's do it. Buy food located on the perimeter walls of your grocery store. That's where you'll find vegetables, dairy, whole wheats and protein.

The right to recreation – You schedule meetings and appointments each week, so why not schedule time for recreation? Be sure to set time each week for activities you enjoy.

Get plenty of zzzzzz's – Between work, family and extra activities, it's sometimes difficult to get the necessary six to eight hours of sleep per night. Be sure to avoid caffeine or exercise right before bed. Instead, try reading a book or mediating.

What's up, doc? – Going to the doctor only when you're sick isn't going to cut it. For both your physical and mental well-being, it's wise to have a routine annual physical examination.



Residents' CHOICE OUTING

SECOND CHANCE RANCH
— A PLACE OF HOPE —

Join us for a visit to
SECOND CHANCE RANCH

1:30 pm
Monday, Aug. 17

*Enjoy the peaceful surroundings,
meet the animals and experience
a place of hope and compassion.*

BY
Helen Henderson
Care Centre

HELEN HENDERSON
Care Centre



Live MUSIC
by **Piano Man Ron**

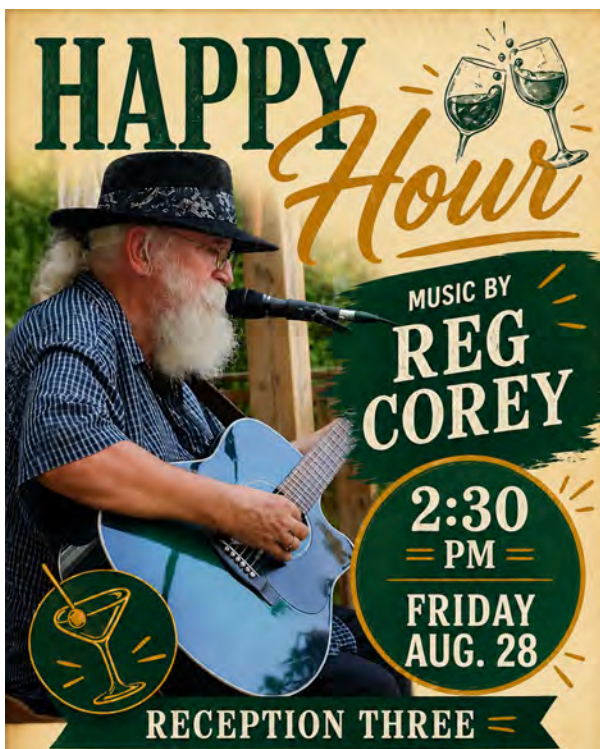
In celebration of
this month's birthdays!

WEDNESDAY, AUG. 5
2:30 PM
FIRESIDE ROOM
Helen Henderson
CARE CENTRE
Our family caring for your family



Aug. 20

Wine and steak night
5 pm in Lodge Dining Room | Steak, Baked Potato, Wine

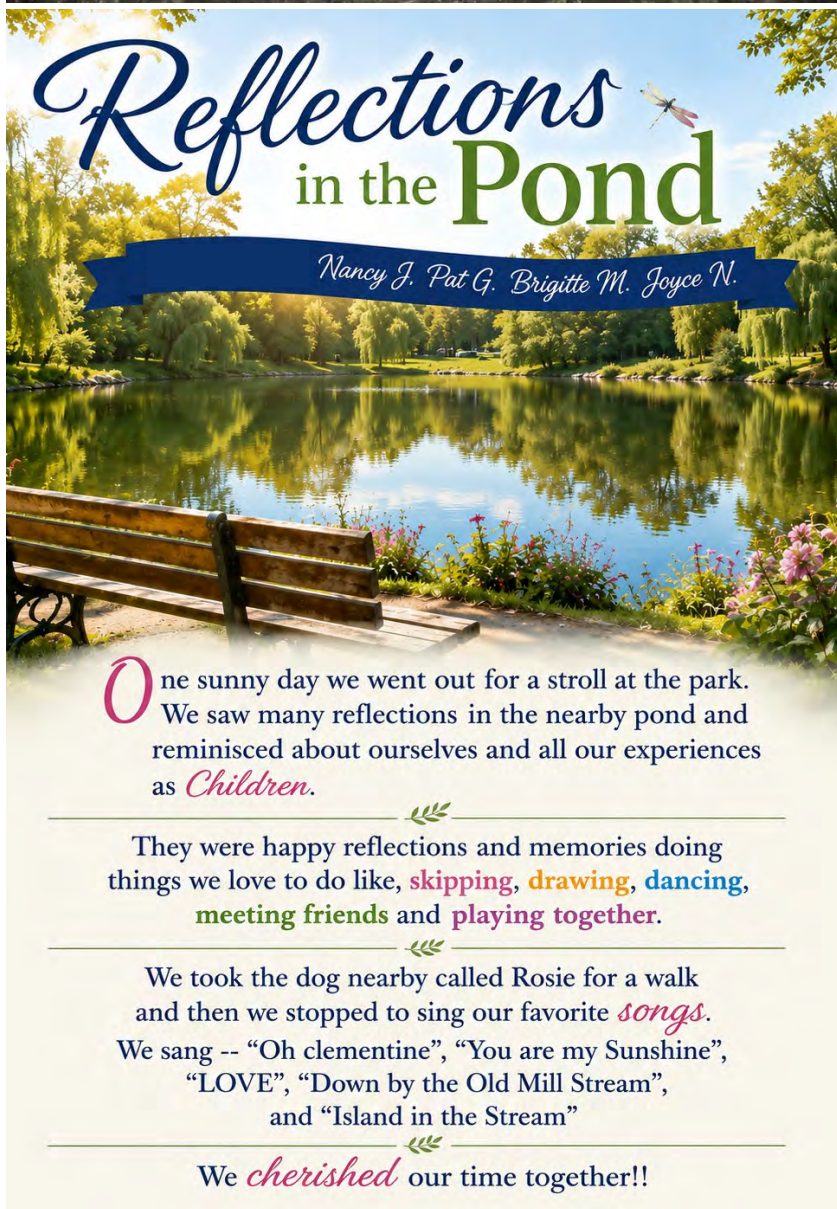


HAPPY Hour

MUSIC BY
REG COREY

2:30 PM
FRIDAY AUG. 28

RECEPTION THREE



Reflections in the Pond
Nancy J. Pat G. Brigitte M. Joyce N.

One sunny day we went out for a stroll at the park. We saw many reflections in the nearby pond and reminisced about ourselves and all our experiences as *Children*.

They were happy reflections and memories doing things we love to do like, **skipping**, **drawing**, **dancing**, **meeting friends** and **playing together**.

We took the dog nearby called Rosie for a walk and then we stopped to sing our favorite *songs*. We sang -- "Oh clementine", "You are my Sunshine", "LOVE", "Down by the Old Mill Stream", and "Island in the Stream"

We *cherished* our time together!!



Music Therapy
AND
BELL CHOIR
with *Rebecca*

AUG. 4 | **AUG. 18**
on Reception Three

SPECIAL ENTERTAINMENT BY
Jon McLurg
HELEN HENDERSON CARE CENTRE



The good ol' days

In August 1947, the average annual income was \$3,456 and minimum wage was 40 cents per hour.

The average cost of a new house was \$13,000. A loaf of bread was 12 cents, a dozen oranges were 49 cents and postage stamps were three cents each.

A ticket to a movie was 35 cents. A car cost \$1,500. But best of all, gasoline was 23 cents per gallon-even cheaper than a gallon of milk, which was 80 cents.

The value of \$1 in today's currency would have been worth \$5.92 in 1970. The value of a dollar today, is worth *less* than it was in the past due to inflation. To offer further perspective, that same dollar was worth \$23.63 in 1913.



Stay hydrated this August

August is typically the hottest month of the year in Canada. As such, it is important to hydrate yourself daily.

There is always a refreshing drink available at each reception area. In addition, popsicles and special mock-tail hours are available throughout the day.

We also encourage residents and visitors to use the water coolers located throughout the home. If you go outside, make sure to wear sun screen and a hat. If you need one of these items, please contact Activation.

Have a wonderful summer!

"The brilliant poppy flaunts her head amidst the ripening grain, and adds her voice to swell the song that August's here again." - Helen Maria Winslow

Birthday Party!
LIVE MUSIC!
 Featuring
Penny & Steve
 — ENTERTAINING MUSIC LOVERS —

WEDNESDAY, AUG. 19
 ★ **2:30 PM** ★

HELEN HENDERSON RETIREMENT LODGE
★ Lodge Lounge ★



Happy Hour
 with
LIVE MUSIC
 — BY —
PAT KENNEDY

2:30 PM
FRIDAY, AUG. 14
RECEPTION THREE

HELEN HENDERSON
 Care Centre



Live Music at
HELEN HENDERSON
CARE CENTRE

HELEN HENDERSON
 Care Centre

Larry Hachey
FRIDAY, AUG. 14
2:30 PM

LODGE LOUNGE

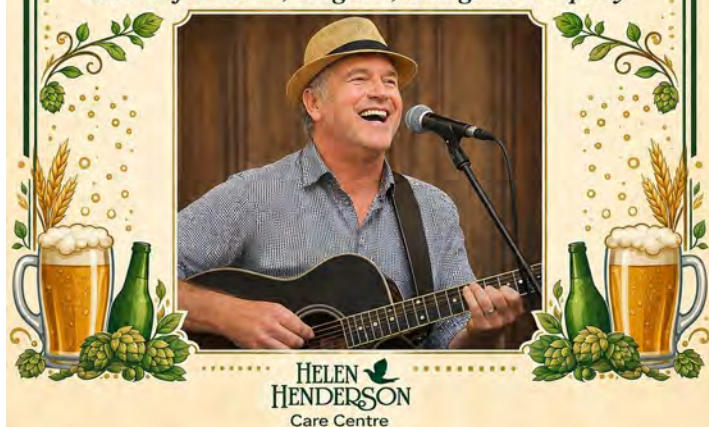


HAPPY HOUR
 on
RECEPTION THREE

2:30 PM • FRIDAY, AUG. 7

ENJOY LIVE MUSIC AND REFRESHMENTS WITH OUR
 NEW ENTERTAINER
DEREK MEREDITH
 Join us for music, laughter, and good company!

HELEN HENDERSON
 Care Centre



NEWS in our home

Meal increase for staff and visitors — Due to increased costs of food and beverage items over the past few years, our home has made the difficult decision to increase the price to purchase meals. Effective Aug. 1, 2026, lunch is \$10 pp and dinner is \$15 pp. This only applies to staff and visitors who wish to purchase a meal from the kitchen, this does not impact residents. Thank you in advance for your cooperation and understanding.

Thanks—A special thanks to Blessed Sacrament Church for providing cupcakes to our home for our July Birthday Party. What a treat!

August is a month filled with sunshine, laughter, and opportunities to enjoy the simple pleasures of summer. This month we celebrate friendships, special moments, outdoor activities, and the many stories that make our home a wonderful place to live. Thank you to residents, families, volunteers, and staff for bringing kindness and joy to each day.

Tips to stay well during summer:

- Drink plenty of fluids
- Enjoy time outdoors when possible
- Wear comfortable clothing
- Protect yourself from the heat
- Keep moving with safe exercises

Small Acts of Kindness Make a Big Difference—A smile, a conversation, a helping hand, or simply taking time to listen can brighten someone's day. Thank you to everyone who helps create a caring and welcoming home.

"Those who bring sunshine into the lives of others cannot keep it from themselves."



Crafts
on Reception Three

Citrus Stamping
Aug. 10

Sun-Sational Coasters
Aug. 18

on Reception Three
at Helen Henderson Care Centre

Recipe OF THE MONTH

Fresh Peach & Berry Yogurt Parfaits

A cool, refreshing, and nutritious treat that's perfect for warm August days. This recipe is easy to prepare, colorful, and can be adapted for residents who require texture-modified diets.

Serves: 4

Ingredients

- 2 cups vanilla yogurt (or Greek yogurt)
- 2 ripe peaches, peeled and diced
- 1 cup fresh blueberries
- 1 cup sliced strawberries
- 1 cup granola (optional, serve separately if needed)
- Honey (optional, to taste)
- Fresh mint leaves for garnish (optional)

Directions

1. Wash and prepare all fruit.
2. Spoon a layer of yogurt into each glass or bowl.
3. Add a layer of peaches and berries.
4. Repeat the layers until full.
5. Top with granola just before serving to keep it crunchy.
6. Garnish with a mint leaf if desired.

Texture-Modified Option

- Puree or finely chop the fruit as appropriate.
- Omit granola or substitute with crushed graham crackers if suitable.
- Use smooth yogurt for an easy-to-swallow consistency.

Why It's Great for Seniors

- Rich in vitamins and antioxidants.
- Good source of calcium and protein.
- Easy to prepare and visually appealing.
- A refreshing snack or light dessert during hot summer weather.

Enjoy a taste of summer—cool, colorful, and delicious!



Meet Freddy Carpenter, our new Student Volunteer. Freddy is the son of James Klymchuk. Welcome Freddy!



Everyone welcome Residents' Council MEETING

Aug. 18

10:30 am in Lodge Lounge

Aug. 17

10:30 am in Fireside Room
...with refreshments
www.GibsonFamilyHealthCare.com



An exercise routine for everyone

Progressive muscle relaxation is an exercise routine where you relax your body and mind by progressively tensing and relaxing your muscles from head to toe. The technique was first described by Edmund Jacobson in the 1930s and is based on a premise that mental calmness is a natural result of physical relaxation. Throughout the years, Jacobson's techniques have been modified in many different ways. Even the Department of Veteran Affairs recommends it.

General guidelines:

- When you tense a particular muscle group, do it vigorously, but without straining, and hold it for five seconds.
- Concentrate on what is happening.
- Throughout the exercise, maintain your focus on your muscles.
- Remember to breathe, even as you are holding the position.
- When you release the muscles, do so quickly and then relax.



Sunny Days & Summer Smiles Welcome

August is a wonderful time to enjoy warm sunshine, beautiful gardens, fresh fruit, and time spent with family and friends. Our Recreation Department has planned a month full of opportunities to stay active, creative, and connected. We invite everyone to participate at their own comfort level and make the most of the summer season.

Lifelong Learning—The Benefits of Staying Engaged

Participating in recreation programs helps maintain physical health, supports memory, reduces loneliness, and promotes emotional well-being. Whether it's attending a discussion group, enjoying music, exercising, or creating artwork, every activity contributes to a healthier and happier lifestyle.

Did you know?

- August is named after Emperor Augustus Caesar.
- The birth flowers for August are the Gladiolus and Poppy.
- Watermelon is over 90 per cent water, making it a refreshing summer treat.
- Honey never spoils and has been found edible in ancient tombs.
- Sunflowers can grow over three metres (10 feet) tall.

Wellness Corner

Even a few minutes of movement each day can improve balance, flexibility, and mood. Join us for:

- Gentle Exercise
- Stretch & Flex
- Chair Yoga
- Walking Club
- Dance to the Music

Every movement counts! Watch for these programs on your monthly calendar.

Community Matters—Visits from family, volunteers, and community partners bring joy and meaningful connections to our residents. Thank you to everyone who helps make our home a welcoming and caring place.

"Every day may not be perfect, but there is something wonderful in every day."

Life lessons that have stood the test of time

Life is now. We keep waiting for that amazing thing to happen in the future that will be the key to our happiness. But this is it. Right now. Life continues to be a series of right nows. So learn to love right now, and you'll have an amazing life.

Fear is an illusion (mostly). Most of the things we fear never happen. Or if they do happen, they are rarely as bad as we fear they will be. For most of us, fear is the worst thing that will happen to us. Reality isn't as painful.

Relationships rule. At the end of the day, what matters most are the people in our lives. Put them first every single day. Before work. Before the computer. Before your hobbies. Treat them like they are your everything. Because they are.

Debt isn't worth it. Nothing is more draining and humiliating than being in debt. Buying things you can't afford might give you a short-term buzz, but in the long run, it's extremely stressful. Spend below your means. Save money. Wait until you can afford it. Live free.

Your kids aren't you. You are the vessel to bring your children into the world and their caretakers until they can care for themselves. You can teach them, love them, and support them, but you can't change them. They are unique individuals who must live their own lives and learn from their own mistakes. Let them.

Things gather dust. Time and money spent accumulating material things will one day irritate you. You have to clean, maintain, store, and move stuff. The less stuff you have, the freer you are. Purchase mindfully. Simplify.

Fun is underrated. How much of

your day is fun? Really fun Life is short. You should enjoy it. Don't make things serious that don't have to be. Create more fun in your life. Don't worry about what other people think of your fun. Just enjoy it.

Failure is good. We try so hard to avoid failure, but failure is the real evidence that we've had the courage to try. If you avoid failure, you avoid taking action. Expect and accept that failure is part of the experience. Learn from it, grow from it, and move on.

Friendships need care. One of the top five regrets of the dying is that they let their friendships fade away. Friendships need time and attention. They need to be prioritized not just in word but in deed. Nurture them like a prized garden. The payoff is so worth it.

Prioritize experiences. The pleasure and positive memories afforded by great experiences far outweigh material things. If you're trying to decide between the new sofa or the family trip, take the trip every time. Save and plan for new adventures and meaningful experiences. Don't just dream about them — make them happen.

Anger isn't worth it. The feel-good release of anger lasts a few minutes. The repercussions last far longer. Regret, stress, and unhappiness are the by-products of angry outbursts. Learn healthier ways to communicate your feelings, and when anger arises, step away until it dissipates.

Kindness matters. Small expressions of kindness have an enormous positive impact on other people and on your own happiness. It doesn't take much to be kind. Practice it every day, in every situation, until it's your natural way

of being.

Age is a number. When you're twenty you think fifty is old. When you're fifty, you feel thirty. When you're seventy, fifty looks like adolescence. Our chronological age doesn't have to define us. Don't allow a number to hold you back or prevent you from being the person you are inside. Just be the person you are inside.

Vulnerability heals. Being real, open, and vulnerable invites people in and allows them to relate to you on a much deeper and more intimate level. Vulnerability, practiced with safe and loving people, can heal emotional pain and strengthen relationships. Let down your walls and connect. It's surprisingly liberating.

Posturing builds walls. Creating a persona to impress or shield yourself from pain diminishes intimacy and authenticity. People generally see through this, and it pushes them away. And you look like a fool.

Exercise is power. Exercise should be a daily priority for everyone. It makes you physically, mentally, and emotionally stronger. It improves your health and your outlook. It is the panacea for just about everything.

Grudges cause pain. Holding on to a grudge is like injecting poison into your body every day. Forgive and let go. There's no other way.

Passion upgrades life. When you find that thing you love to do with all your heart, every day feels like a gift. If you haven't found your life passion, make it your mission to find it. The joy it brings you spills over into all aspects of your life.

Travel expands you. Travel makes you a more interesting person.



How to be healthy & happy

Advice from residents of Helen Henderson Care Centre on ways to stay healthy and to take care of yourself...

- Eat Well – Proper foods veggies, fruit and yogurt
- Eat smaller meals throughout the day
- Exercise daily / 30 minutes a day
- Remember to drink your milk everyday
- Hydrate everyday with water
- Do not eat too much fat but you can have a little
- Don't wait until your too hungry then you will eat too much
- Do not smoke
- Do things you enjoy everyday to relax
- Eat a lot of chicken good protein
- Always think positively
- Educate yourself – keep learning
- Try not to have any stress if you can
- Find ways to laugh and love
- Do not overdrink – one is okay though
- Find yourself a good hobby that keeps your mind busy

THE MONTH OF August

AT
Helen Henderson Care Centre

Things are really heating up for the month of August as we have themed the month *"Summer memories through the years."*
Watch your calendars for the following programs:

- ✧ Celebrating our Community Together Summer Memories Social with Summer Trivia
- ✧ Sunny Summer Day Outdoor Celebration with Popsicles and Lemonade
- ✧ Exploring Tai Chi with Ocean Sounds
- ✧ Happy Hour with the Summer Greatest Hits
- ✧ Summer Memories Discussion Group
- ✧ Old Fashion Picnic Social with Outdoor Games
- ✧ Outdoor Lawn Games
- ✧ Memory Lane Craft Summer Scrape Booking
- ✧ Gentle Yoga Summer Stretch and Relax with Fresh Orange Juice
- ✧ Fishing Stories and the Fishing Game – Win a Prize
- ✧ Family Vacation memories Road Trip Stories
- ✧ Guess the Vacation Destination
- ✧ List what you would bring to camp
- ✧ Sweet Shop with Summer Trivia Games
- ✧ Resident Choice Luncheon with Captain George's Fish and Chips – Residents Choice
- ✧ Sand and shell sensory game with fresh Berry Yogurt Parfait's
- ✧ Summer Vacation Movie – Resident's Choice
- ✧ Summer Scent Guessing Game
- ✧ Nature Scavenger Hunt – Win a Prize
- ✧ **Family Day Theme: "Summer Memories through the Years"**

Making Memories Every Day!

Baking

PROGRAM

Join us for some delicious baking fun!

Let's bake, share and enjoy together!

	Baking Chocolate Chips Muffins	Aug. 4
	Baking Healthy Chocolate Brownies	Aug. 14
	Baking Cranberry White Chocolate Chips cookies	Aug. 22
	Baking Short Bread Cookies	Aug. 27

ON RECEPTION THREE

HELEN HENDERSON Care Centre

Pub Night

with Chris Murphy

Aug. 26

7 pm

Lodge Lounge at Helen Henderson
Care Centre

**Live
Music**



Chris Murphy

Finally Coming Home

BIRTHDAY PARTY

with music by
Jon McLurg



WEDNESDAY
AUG. 19
★ 2:30 PM ★

RECEPTION THREE

at

**HELEN HENDERSON
CARE CENTRE**

**HELEN
HENDERSON**
Care Centre



Happy Hour

with Live Music by

KEVIN ADAMS



**Helen Henderson
Care Centre**

Reception Three

Friday,
AUG. 21
~ 2:30 PM ~



Join us for an afternoon of
music and refreshments!

**HELEN
HENDERSON**
Care Centre

LIVE MUSIC BY

SCOTT CARSON

2:30 PM

FRIDAY,
AUG. 7

★
FRIDAY,
AUG. 28

**HELEN
HENDERSON
RETIREMENT
LODGE**



**HELEN
HENDERSON**
Care Centre

Helen Henderson Garden of Love

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

Welcome

Michael Lott (Lodge)
Dudley Mathews (Lodge)
Shirley Laframboise (Lodge)
Dennis and Marilyn Sinclair (Lodge)
Diane Brewer
David Nelson
San Phan Heng

Birthdays

Diane Brewer Aug. 2
Heather S (Lodge), Aug. 5
Maria D, Aug. 7
Ivan M (Lodge), Aug. 18
Reginal C, Aug. 20
Helen E, Aug. 24
Mary J, Aug. 25
Shirley S (Lodge), Aug. 25
Janie L, Aug. 30
Helen R, Aug. 31

In Memory

Tressa Struthers
Peter Mutton
Janet Bettschen
Mary "Gail" Fokes
Thomas Tomkow
Richard David
Shirley Whitmarsh
Catherine Davis
Nancy Nixon
Harold Roberstson
Barbara-Louise Palmas

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 Hymn Sing in the Chapel 11:00 Virtual Catholic Mass With Tea and Coffee - FR 1:30 St. Peter Ecumenical Church Service 2:30 Afternoon Tea Social with homemade goodies- Fireside Room	10:15 Celebrating Our Community Together - Summer Memories Social/Summer Trivia with Iced Tea and Cookies - FR 10:30 Exercises with Jack - LL 2:30 Sunny Summer Day Outdoor Celebration with Popsicles/Lemonade - Outdoor Courtyard 6:30 Bingo Game with Jack Pot - LL	10:15 Name that Summer Tune - FR 2:30 Happy Hour with Piano Man Ron with the Summer Greatest Hits - FR Chess Game *New Program* Library Program	9:30 Coffee Break with Lisa - LL 10:15 Summer Memories Discussion Group - FR 10:30 VON Exercise Program - LL 10:45 Exercise Program with Physio - FR 11:30 Online Laughter Healing Circle - GR 2:30 Birthday Party with Piano Man Ron - FR	10:15 Reviewing Newsletter and Monthly Calendar / Resident Program Planning for next month!! - FR 1:30 Resident Choice Shopping Trip Outing - Giant Tiger 2:30 Summer Ice Cream Social with Ice cream Word Spaghetti - FR	10:15 Exploring Tai Chi with Ocean Sounds - FR 10:30 Von Exercise Program - LL 10:45 Exercises with Physio - FR 12:00 Old Fashion Picnic Social with Lemonade and Watermelon Outdoor Courtyard 10:45 Exercises with Physio-LL 2:30 Happy Hour with Scott Carson-LL	10:15- Bingo Game with Refreshments FR 2:00 - Old Fashion Games Afternoon with Rosie- Courtyard/Ice Cream Cones Decorate for Summer Theme
10:15 Hymn Sing in the Chapel 11:00 Virtual Catholic Mass With Tea and Coffee - FR 1:30 St. Peter Ecumenical Church Service 2:30 Afternoon Tea Social with homemade goodies- Fireside Room	10:30 Exercises with Jack - LL 10:15 EARLYON/Grand Friends Program - FR 11:00 Exercises with Physiotherapy - FR 2:30 High Tea with Piano Music with Ron with Travelling Tuck Shop - LL 6:30 Bingo Game with Jack Pot - LL	10:15 Gentle Yoga Class with Rosie Summer Stretch and Relax with Fresh Orange Juice- FR 2:30 Happy Hour with Piano Man FR Chess Game - Library Program	9:30 Coffee Break with Lisa - LL 10:15 Fishing Stories with the fishing game win a prize - FR 10:30 VON Exercise Program - LL 10:45 Exercise Program with Physio - FR 11:30 Online Laughter Healing Circle - GR 2:30 Family Vacation Memories- Road Trip Stories with Fresh Lemonade FR	10:15 Guess the Vacation Destination - FR 2:30 Resident Spotlight Program Featuring Resident John Storms with Refreshments - FR 5:00 Rib Night - Dining Rooms	10:15 - List what you would bring to camp Game enjoy smores - FR 10:30 Von Exercise Program - LL 10:45 Exercises with Physio - FR 2:30 Happy Hour with Larry Hachey LL	10:15- Bingo Game with Refreshments - FR 2:00 Dancing in Chairs Program with Rosie with Summer Mocktails - FR
10:15 Hymn Sing in the Chapel 11:00 Virtual Catholic Mass With Tea and Coffee - FR 2:00 Hand Spa relaxation with Tropical lotion - Room to Room	10:30 Resident Council Meeting 10:30 Exercises with Jack - LL 1:30 Second Chance Ranch Outing Therapeutic Program 11:15 - Exercises with Physiotherapy - FR 2:30 Sweet Shop with Trivia Summer Games and Travelling Tuck Shop- LL Win a Prize	10:15 Men's Building Program with Assorted Coffee's *new program* - FR 10:30 Resident Council Meeting 2:30 Happy Hour with Piano Man FR Chess Game - new program Library Program	9:30 Coffee Break with Lisa - LL 10:30 Von Exercise Class - LL 10:45 Exercise Program with Physio - FR 11:00 McKinnon Brothers Brewery Outing with Lunch 11:30 Online Laughter Healing Circle - GR 2:30 Birthday Party with Steve and Penny-LL 6:30 Bingo Game with Jack Pot - LL	10:15 The Parachute Game- FR 2:00 Taste of Culture Traveling to Italy with Pick me Up Dessert-Tiramisu 5:00 Steak and Wine Night - LL	10:15- Garden Therapy 10:30 Von Exercise Program - LL 10:45 Exercises with Physio - FR 12:00 Resident Choice Take out - Captain Georges Fish and Chips - FR 2:30 Happy Hour with - Neil Carter -LL	10:15- Bingo Game with Refreshments - FR 2:00 Sand and Shell Sensory Game with Fresh Berry Yogurt Parfait's - FR
10:15 Hymn Sing in the Chapel 11:00 Virtual Catholic Mass With Tea and Coffee - FR 1:30 St. Peter Ecumenical Church Service 2:30 Afternoon Tea Social with homemade goodies- Fireside Room	10:15 Poetry and Reflection Class for Monthly Newsletter 10:30 Exercises with Jack - LL 11:00 Exercises with Physiotherapy - FR 2:30 - Sweet Shop with Tim Hortons Donuts and Bingo Game with Jack Pot -LL	10:15 Making Decorations for Family Day 1:30 Setting up for Family Day Tomorrow!!	9:30 Coffee Break with Lisa - LL 10:15 Summer Vacation Movie - FR 10:30 VON exercise Class - LL 10:45 Exercise Program with Physio - FR 2:00-4:00-Family Day-Summer Memories through the Years Theme 7:00-Pub Night with Chris Murphy LL	10:15 Summer Scent Guessing Game - FR 2:30 Welcome Tea for Our New Residents with Goodies and Iced Tea - FR	10:15 Nature Scavenger Hunt - FR - Win a Prize 10:30 Von Exercise Program - LL 10:45 Exercises with Physio - FR 2:30 Happy Hour with Scott Carson - LL	10:15 - Bingo Game with Jackpot and Refreshments- FR 2:00 Resident Choice Afternoon Movie Matinee with Fresh Popcorn and Pop! - FR
10:15 Hymn Sing in the Chapel 11:00 Virtual Catholic Mass With Tea and Coffee - FR 2:30pm Outdoors afternoon stroll in The Courtyard (weather permitting)	10:15 Summer Travelogue - FR 10:30 Exercises with Jack - LL 11:00 Exercises with Physiotherapy - FR 2:30 Sweet shop with Unscramble the summer word- LL 6:30 Bingo Game with Jack Pot - LL	Monthly Theme/FAMILY DAY "SUMMER MEMORIES THROUGH THE YEARS" "Every Summer has a story let's share the memories that make us smile" Gibson Room is located in the nursing home!! LDR= Lodge Dining Room FR = Fireside Room LL= Lodge Lounge Chapel located in the nursing home NH - Nursing home				

Helen Henderson Health Care Centre. If you have any suggestions for programs, please let the recreation department know!! Your input is very important to us!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 AUGUST 2026 Joyce Faye Terrace						
2 10:15 Virtual Ecumenical Church service - FI 11:00 Virtual Catholic Mass - FI 1:30 St. Peter Ecumenical Church service with Rev. John Morrison (TV) - FR 2:30 Afternoon Tea Social - with homemade goodies - FR	3 10:15 Monthly Calendar Reading and Newsletter Review with Homemade cookies and Iced Coffee - FI 10:15 Enjoy the Beautiful Outdoor: Stroll in Courtyard 11:00 Sit and Fit Exercise - FI 2:30 Sweetshop - Enjoy the special goodies - FI Happy Civic Day Holiday	4 10:15 Baking Chocolate Chips Muffins - Friendship Room 10:15 Word Game "Name 10" - Library 2:00 Sorting and Sequencing Activities with chocolate chips Muffins - FI 2:30 Happy Hour with Ron - FR 3:00 Music Therapy and Bell Choir with Rebecca	5 10:15 Painting Class - Friendship Room 10:15 Gardening Discussion 11:00 Sit and Fit Exercise - FI 2:30 Nursing Home Birthday Party with Piano Man - FR 2:30 Lifelong Learning: History of Bread with Homemade Cookies - FI	10 10:15 Balloon Volleyball with Ron 1:30 Resident Choice Shopping Trip Outing - Giant Tiger 2:30 Crafty Corner - Sunny Day Door Décor with chocolate chips Muffins - FI 2:30 Sorting and Sequencing Activities with Ron	7 10:15 Outdoor Fun Games with Chill Lemonade - Courtyard 11:00 Sit and Fit Exercise - FI 12:00 Outdoor old fashion picnic - Courtyard 2:30 Happy Hour with Derek Meredith with Milkshakes - FI Happy Birthday Maria Demelo -FI	8 10:15 Saturday Bingo with Amazing Prizes - Friendship Room Inn 2:00 Outdoor Watering Program - Courtyard 2:30 Word Game "A TO Z" -FI
9 10:15 Virtual Ecumenical Church service - FI 11:00 Virtual Catholic Mass - FI 1:30 St. Peter Ecumenical Church service with Rev. John Morrison (TV) - FR 2:30 Afternoon Tea Social - with homemade goodies - FR	10 10:00 Early on Grand Friends program 10:15 Art Corner: Citrus Stamping - FI 11:00 Sit and Fit Exercise - FI 2:30 Sweetshop - Enjoy the special goodies with Ice Coffee and Jeopardy Afternoon (Animal Trivia) - FI	11 10:15 Fun Games with Ron - FI 2:30 Happy Hour with the Piano Man Ron - Fireside	12 10:15 Nail Painting and hand massages - FI 10:15 Reminiscing about Childhood Games with Refreshment - Courtyard 11:00 Sit and Fit Exercise - FI 2:30 Mini golf with Refreshment - FI	13 10:15 Watermelon social with True and False Game - FI 2:00 Balloon Badminton -FI 2:30 - Resident Spotlight Program Featuring Resident John Stoms - FR	14 10:15 Baking Healthy Chocolate Brownies - FI 11:00 Sit and Fit Exercise - FI 2:30 Happy Hour with Pat Kennedy with Brownies Ice cream - FI	15 10:15 Saturday Bingo with Amazing Prizes - Friendship Room Inn 2:00 Outdoor Watering Program 2:30 Serenade with Ron - FI
16 10:15 Virtual Ecumenical Church service - FI 11:00 Virtual Catholic Mass - FI 1:30 St. Peter Ecumenical Church service with Rev. John Morrison (TV) - FR 2:30 Afternoon Tea Social - with homemade goodies - FR	17 10:15 Short Stories with Fresh Refreshment - Courtyard 10:30 Resident Council Meeting - FR 10:15 Coloring - FI 11:00 Sit and Fit Exercise - FI 1:30 Resident Choice Outing - Second Chance Ranch 2:30 Sweetshop - Enjoy the special goodies with Ice Coffee- FI	18 10:15 Crafty Corner: Sun-Sational Coasters - FI 2:00 Guess the music - FI 2:30 Happy Hour with Ron - FR 3:00 Music Therapy and Bell choir with Rebecca - FI 6:30 Bowling - FI	19 10:15 Bowling- FI 11:00 Sit and Fit Exercise - FI 11:00 McKinnon Brothers Brewery Outing with Lunch 2:00 Movie Afternoon - FR 2:30 Preparation for Family Day	20 10:15 Beach Volleyball with Ron 2:00 Taste of Culture Travel to Italy with Pick me up - Tiramisu 2:30 Memory Match Game with Ron	21 10:15 Ring Toss with special Drink - Courtyard 11:00 Sit and Fit Exercise - FI 12:00 Resident Choice Take - Captain George's Fish and Chips 2:30 Happy Hour with Kevin Adam with Assorted Ice- cream- FI	22 10:15 Saturday Bingo with Amazing Prizes - Friendship Room Inn 2:00 Outdoor Watering Program 2:30 Baking Cranberry White Chocolate chip cookies -FI
23 10:15 Virtual Ecumenical Church service - FI 11:00 Virtual Catholic Mass - FI 1:30 St. Peter Ecumenical Church service with Rev. John Morrison (TV) - FR 2:30 Afternoon Tea Social - with homemade goodies - FR	24 10:15 Finish the Phrase Game - Courtyard 11:00 Sit and Fit Exercise - FI 2:30 Sweetshop - Enjoy the special Tim Hortons' Donuts with Ice Coffee- FI Happy Birthday Helen	25 10:15 Fun Games with Ron 1:30 Setting Up for Family Day	26 Family Day Celebration 10:15 Sing A-Long 11:00 Sit and Fit Exercise - FI 2:00-4:00 - Family Day - "Summer Memories" through the Years Theme - Outdoors 7pm Pub Night with Chris Murphy	27 10:15 Travelogue to Scotland with Delicious Short Bread cookies 2:30 Men's Social Events: Talk about Baseball with Root Beer Float - FI	28 10:15 Travelogue to Italy with Tiramisu Moose - FI 11:00 Sit and Fit Exercise - FI 2:30 Happy hour with Reg Corey with - FI	29 10:15 Saturday Bingo with Amazing Prizes - Friendship Room Inn 2:00 Outdoor Watering Program 2:30 Serenade with Ron
 Theme: FAMILY DAY "SUMMER MEMORIES THROUGH THE YEAR THEME"						
30 10:15 Virtual Ecumenical Church service - FI 11:00 Virtual Catholic Mass - FI 1:30 St. Peter Ecumenical Church service with Rev. John Morrison (TV) - FR 2:30 Afternoon Tea Social - with homemade goodies - FR	31 10:15 Sing A-Long - FI 11:00 Sit and Fit Exercise - FI 2:30 Sweetshop - Enjoy the special goodies with Ice Coffee- FI					

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