

SEPTEMBER

September 1st
Labour Day

September 22nd
First Day of Fall

September 22nd
Rosh Hashanah

September 30th
**National Day for
Truth & Reconciliation**



Healthy Aging Month



September is Healthy Aging Month. OSCR supports healthy aging by offering a variety of physical and cognitive Healthy Living Programs, as well as providing well-balanced and nutritious meals prepared by our Food Services department.

Keep Fit: Regular movement is a key factor to staying healthy as we age.

Get Enough Sleep: Ensure you are getting enough sleep at night; aim for 7 to 9 hours.

Eat a Balanced Diet: A proper diet can help maintain a healthy weight, as well as prevent health issues.

Stimulate your Brain: Keep up to date with current events, do puzzles, or read a book.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

September 30th marks the National Day for Truth and Reconciliation. This is a day to honour the resilience, dignity, and strength of survivors and intergenerational survivors. A day to remember and pay tribute to the children who never came home. A day to engage and educate Canadians about our history and how it has and continues to impact Indigenous communities across the country.



Resident Guide Recap:

Falls Prevention

Be Proactive

- OSCR hosts Lifemark falls prevention classes; dates & times can be found on the Healthy Living Programs activity calendar
- Nutritious meals help you to keep up your strength, resistance and balance; skipping meals can cause weakness and dizziness

Enjoy More Freedom with Assistive Devices and Mobility Aides

- Walkers or canes allow you to travel further
- Wearing proper footwear helps with traction, balance, and enhances your foot and ankle stability

Design Your Living Space to Work for You - Not Against You

- Reduce clutter, secure loose power cords and make sure that your space is clear and free of tripping hazards

Healthy Living Highlights

September 4th @ 2:30pm
Performance by
Matt & Heather

September 8th @ 2:30pm
Entertainment by
James Skarnikat

September 11th @ 2:30pm
Brad Boland Concert

September 18th @ 10am
Walk to Tim Hortons

September 23rd @ 6:30pm
The Bareback Riders
Country Music Show

September 30th @ 2:30pm
Birthday Celebration
with Marcus



Happy Birthday To You!



Derryl D.	Giulia C.
Sarah P.	Mike B.
Awatef G.	Penny K.
Mercedes R.	Sara P.
Ed W.	Don H.

Rosh Hashanah

Rosh Hashanah is the Jewish New Year, marking the start of the Jewish High Holy Days.

Rosh Hashanah means “beginning of the year” in the Hebrew language.

It is a time for reflection, prayer, and celebrating the creation of the world.



Families often enjoy special meals with symbolic foods like challah bread and apples dipped in honey.



Staff Spotlight

This month our Staff Spotlight shines on Maricel, who is a Client Services Coordinator for our Outreach program. She began her career at OSCR in 2013 as a PSW, before transitioning to the role of Client Services Supervisor. Maricel began her current position in 2021. We are very grateful for Maricel’s dedication to OSCR & our clients!





**Original.
Social.
Creative.
Recreation!**

