

The Queens Pioneer

A Message from Tom ...

Welcome to July. Summer has rolled in with its wonderful sunshine and heat.

With the warmer weather it is important to stay cool. Here are some tips to stay cool during this hot weather

1. Drink plenty of cool water throughout the day (don't rely on feeling thirsty!)
2. Keep your room comfortable and cool by keeping the shades closed during the hottest part of the day.
3. Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers.

With July's hot weather comes Canada Day! Canada Day is to celebrate the anniversary of the Constitution Act of 1867 which united the three separate colonies of Canada, Nova Scotia and New Brunswick into a single Dominion within the British Empire called Canada. A fun fact is that Canada Day was originally called Dominion Day. That name later changed to Canada Day in 1982.

Everyone is working hard to keep your home looking beautiful. The gardens have now been planted with beautiful new flowers. We are looking forward to seeing the colours flourish. By popular request, we now have two patio swings for you to enjoy – one in the front gardens and one on the B2 Patio.

As always, continue to check out the July Activities calendar with Spencer. Please look for "Ice Cream Tuesdays", as well as our BBQ lunches for all to enjoy on July 10th and July 24, 2019.

On behalf of the whole Queens Avenue team, enjoy July, stay cool and stay active!

Tom



Your Management Team

General Manager
Tom Ahlin

Facility Services Manager
Darlene Kerr

Administrative Receptionist
Veronica McDowell

Nurse Manager
Gretel Wallace-Skuce

Executive Chef
Carol Stevenson

Housekeeping Supervisor
Tatjana Kajic

Activities Coordinator
Spencer Wong

Maintenance Coordinator
Andrew Costley

If you wish to receive an electronic version of the Newsletter and Activities Calendar, please send an email with the words

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A Message from Activities...

Hello All!

This month we will be having two happy hours. Steve Angel on July 19, and Caledonia Duo July 26.

We will not be doing a lunch outing for this month. This is because we will be having two BBQ lunches for the month (July 10 and July 24).

Judy will be back on Wednesday July 17. As per the suggestion of your fellow residents, I will have a box for collection in the Activities room. Anything collected will be given to Judy for the purpose of ingredients for the cookies she bakes. This Tea party will be on the B2 Patio (weather permitted of course) which will give us a nice change of scenery.

With the warmer weather coming, it's good to be active and going out in the fresh air. The walking program has officially started and will continue for the whole summer. The days are Monday and Friday at 1:00 PM. We will be meeting in the front lobby for those who are interested in walking for that day.

We also will be welcoming two new co-op students for the month of July. Lara and Rachel will be joining the Activities Department for the duration of July and apart of August. If you see them, don't be shy to welcome them to Queens Avenue.

On behalf of the Queens Avenue Activities team, let's continue to make the changes necessary to make the Activities Department successful.

Spencer



July Birthdays

Marlene T. July 3

John J. July 6

George B. July 6

Lydia N. July 9

Maria S. July 10

Lois W. July 28

Featured Events:

July 10 BBQ

July 10 Dancing w/Derek AR

July 12 St. Michael's Mass

July 14 Faith Baptist Church Service

July 17 Tea w/Judy

July 19 Happy Hour w/Steve Angel LR

July 21 Mississauga Baptist (Church Service)

July 23 Community Meeting CR

July 24 BBQ

July 26 Happy Hour w/Caledonia Duo LR

July 28 Hymn Sing