

Leacock Living

Issue 68, June 2019



Thank you to all residents for their help with the cleaning of the parking lot. We were able to successfully complete the parking lot cleaning, and keep Leacock looking wonderful!

Please be advised that on Thursday June 27 and Friday June 28, we will have Alpha Window cleaners here to wash all exterior windows. A notice will also be put in your mailbox closer to the date.

Our next stop is the Philippines!

Join us as we head off to South East Asia, for our June stop in the Philippines! This month will be filled with lots of fun, and new flavours! Check your calendar for all the awesome activities coming this month.

Lunch with Jack at The Grill in Port Severn

Join Jack for lunch on the water at The Grill in Port Severn. From scrumptious salads to pizza, burgers and much more, this waterside dining experience will not disappoint! Please sign up at the front desk as spots are limited!

Father's day Beer tasting

Calling all fathers! (OR anyone who enjoys beer!) Join us in the Private dining room for our second annual Fathers day beer tasting. Tickets are \$5.00 each, and this includes samples of 5 different wines as well as appetizers. Tickets are available at the front desk.

Dinner and Horse Races at Georgian Downs

Join us for dinner and a show! We will leave the Lodge at 4:45pm and head to Barrie to have dinner at Swiss Chalet. Following dinner we will head to Georgian Downs to watch the horse races. Please sign up at the front desk as spots are limited!

Wellness updates!

Keep Your Cool in Hot Weather!

Now is the time to prepare for the high temperatures that summer is sure to bring! Take measures to stay cool, remain hydrated, and keep informed.

Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- High humidity. When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- Personal factors. Age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

Check out the temperature before planning outdoor activities and watch out for hot weather advisories. During the hot weather:

- Limit outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to prevent heat-related illnesses.

Everyone should take these steps to prevent heat-related illnesses during high temperatures:

- Stay in an air-conditioned indoor location as much as possible.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
 - Wear loose, lightweight, light-colored clothing and sunscreen.
 - Pace yourself.
- Check the local news for health and safety updates.

**Stay cool and keep hydrated while enjoying the summer
sunshine!**

Birthdays in June



A very special happy birthday to the following residents:

Joyce Weist

Edith Cornellier

Alfred Horn

Diana Hochmann

Bob Boyle

Dennis Hollands

Stella Brown

Ken Joslin

Come celebrate with us on **Friday June 21st** at 2:00pm!

