

# Leacock Living

Issue 71, September 2019



Welcome back Julie!

Please join us in welcoming Julie Malandrino as our General Manager. Julie has worked for Jarlette Health Services for 6 years, 5 of those as the Administrative Assistant at Leacock.

Julie is joining us from her position as General Manager as The Villa Retirement Lodge.

Please help us in giving a warm Leacock welcome to Julie!



## **Ciao! Welcome to Italy!**

Our next stop on our year adventure is to Italy! Keep an eye around the Lodge for Italian themed events, outings and meals!

### **Boat tour and Lunch outing in Penetanguishene**

The first boat trip was such a success, we are going again! Join Jack on Wednesday September 25th at 10:00am for lunch at the Penetanguishene town dock, followed by a relaxing boat cruise. Please sign up at the front desk as spots are limited.

### **Lunch outing to R-Cottage in Washago**

Our lunch outing this month will be to the wonderful town of Washago! R-cottage is a family run restaurant that specializes in smoked meat and delicious sandwiches. The homemade food is not to be missed! Join us on Wednesday September 11th. Please sign up at the front desk as spots are limited.

### **Italian Wine Tasting**

Embracing our stop in Italy, you are invited to join us for an Italian wine tasting! We will feature 5 different varieties of Italian wines, as well as a variety of hors d'oeuvres. Tickets are \$5.00 each and the tasting is open to 12 residents. Please purchase you tickets at the front desk.

## Wellness updates!

Fall is just around the corner and with the change of season we will see some changes in the weather. The long range forecast for September has some sunny periods but there are also quite a few days where they are predicting rain. As it becomes harder to enjoy outside activities, think about what you can do inside of the lodge to keep active and stay fit. Some suggestions include using the hallways to go for a walk, attend the VON exercise program and look at potential van outings that would get you moving, such as the trip to Walmart.

Please join us for our *September Health Presentation*

Who: Chris Woodland from Medigas

What is going to be covered:

- A brief overview of COPD
- Breaking the Myths around oxygen use
- Improved Portability options for oxygen use
  - “The Medigas difference”

When: Tuesday September 24th at 10:00 am

Where: Theater Room

All are welcome to come out and meet Chris. There will be snacks, coffee and tea provided.

# Birthdays in September



A very special happy birthday to the following residents:

Bill Wilson  
Sandra Hamilton  
Isobel Harvey  
Clarence Tschantz  
Barb Bamford  
Alice Bieser  
Dolores Parsons  
Bill Bedford

Come celebrate with us on **Friday September 20**  
at 2:00pm!

