

# The Bradley

## Gracious Retirement Living

130 Goulbourn Forced Rd • Kanata, ON K2K 0K6 • Phone (613) 801-3804 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### OCTOBER 2021

#### THE BRADLEY STAFF

Managers..... ROSE & ED PARENT  
Executive Chef..... RONY GRIFFIN  
Community Sales .....PATSY MCCARTHY  
Activity Coordinator ..... ASHLEY AUSTIN  
Bus Driver .....SUE CROSBIE  
Head Housekeeper ..... JOY SALLUTAL

#### TRANSPORTATION

**Tuesday, 8 a.m.-3 p.m.:** Appointment Day

**Thursday, 8 a.m.-3 p.m.:** Appointment Day

HAWTHORN  
SENIOR LIVING

### Welcome Rose and Ed

As some of you already know, Ed and I have four children and eight grandchildren. Our son and his family live the closest to us at the moment. They live in Niagara-On-The-Lake area with their two boys. We have two sons living in Moncton, NB and our only daughter and her family live in Moncton as well. Our youngest grandson lives in the Netherlands and we miss him very much as he is so far away.



When we were asked to come to The Bradley to meet with our Supervisor, we were not sure if we were going to be ready again to get back to work after being retired for 3 years. Well, guess what, after coming for a short visit to meet with our Supervisor, it didn't take us long to realize our heart was still with serving seniors. As we had heard multiple times, once a Manager, always a Manager!

Since we arrived, it didn't take us too long to get to know the great staff and wonderful residents here. After a couple of weeks, Ed and I quickly learned the residents who prefer regular vs. decaf coffee, and what type of tea the tea drinkers prefer.

We are very happy to be a part of the Bradley family and our goal is to make sure we have happy residents and happy staff. We know we cannot please everyone, but if we can make a difference in someone's life each day, then we have accomplished a good deed for that day!

We would like to see the residents feel comfortable in their home and to know that The Bradley team is here for you – from our Culinary team, to Part Time Servers, to our Activity Department. We also want to welcome our newest residents who have chosen to make The Bradley their home within the next few months. It is a pleasure for the team and ourselves to be able to serve each and every one of you!



# OCTOBER 2021

## Birthdays

Rita Davies, 1st  
Erle Parker, 10th  
Gertrude Baader, 12th  
Bruce Daniel, 21st  
Janine Volstad, 25th

## Locations

Activity Room, AR  
Atrium (1st Floor), ATR  
Back Gardens, BG  
Beauty Salon, BS  
Billiards Room, BR  
Bistro, BI  
Chapel, CH  
Computer Room, CR  
Dining Room, DR  
Fitness Room, FR  
Front Entrance, EN  
Library, LI  
Money Required For Scheduled Activity, \$  
Theater Room, TH  
TV Room, TV

“A smile is a curve that sets everything straight.”  
—Phyllis Diller

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>9:00 Woodvale Pentecostal Church Service, TH <b>3</b></p> <p>10:30 Mass From St. Isidore's Parish, BI</p> <p>1:00 Sunday NFL Football, TH</p> <p>2:00 Karaoke with Pat &amp; Gary, AR</p> <p>3:00 Hymns, Bible Reading &amp; Discussion with Moe, CH</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>Active Aging Week 4</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Giant Crossword, AR</p> <p><b>10:00 Dollar Tree Shopping, \$</b></p> <p>10:45 Tea Tray Memory Game, AR</p> <p>11:30 Bring &amp; Brag, AR</p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Tai Chi, AR</p> <p>3:00 Cards Club, BR</p> <p>3:00 Words in Words Whiteboard Challenge, AR</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>Active Aging Week 5</b></p> <p>9:00 Aromatherapy Meditation, AR</p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Beginner Line Dancing, AR</p> <p>11:00 Quarter Bingo \$, AR</p> <p>2:00 Chair Yoga, AR</p> <p>3:00 Fireside Chats with Assortment of Tea</p> <p>3:00 Pressure Points &amp; Hand Massages, AR</p> <p>4:00 Cards Club, BR</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>Active Aging Week 6</b></p> <p><b>Wear Pink Wednesday</b></p> <p>9:30 Line Dancing, AR</p> <p>10:00 Bodies in Motion, AR</p> <p><b>10:30 Fall Colours Scenic Drive, EN</b></p> <p>10:45 Pokeno, AR</p> <p>11:30 Balloon Volleyball, AR</p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Circuit Training, FR</p> <p>3:00 Let's Go for a Walk, EN</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>Active Aging Week 7</b></p> <p>9:00 Balance Exercises, AR</p> <p>9:30 Line Dancing, AR</p> <p>10:15 Quarter Bingo \$, AR</p> <p><b>11:30 Resident, Activity, Culinary and Manager Meeting, DR</b></p> <p>2:00 Pumpkin Spice Social, AR</p> <p>3:00 Mexican Train Dominoes, AR</p> <p>3:00 Cards Club, BR</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>50/50 Fridays! World Smile Day! 1</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Beginner Line Dancing, AR</p> <p><b>10:30 Rideau Carleton Casino, \$</b></p> <p>10:45 Pokeno, AR</p> <p><b>11:30 Where's Smiley?, AR</b></p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Resistance Band Exercises, AR</p> <p><b>3:00 Gratitude Journals and Smile Cupcakes, AR</b></p> <p>7:00 Evening Entertainment, TH </p>	<p>10:00 TV Series: The Queen's Gambit: Ep. 9, TH</p> <p>11:00 Billiards, BR</p> <p>1:00 Darts, BR</p> <p>2:00 Quarter Bingo with Alice \$, AR</p> <p>3:00 Stitching Club, AR</p> <p>7:00 Evening Entertainment, TH</p>
<p>9:00 Woodvale Pentecostal Church Service, TH <b>10</b></p> <p>10:30 Mass From St. Isidore's Parish, BI</p> <p>1:00 Sunday NFL Football, TH</p> <p>2:00 Karaoke with Pat &amp; Gary, AR</p> <p>3:00 Hymns, Bible Reading &amp; Discussion with Moe, CH</p> <p>7:00 Evening Entertainment, TH </p>	<p><b>THANKSGIVING DAY 11</b></p> <p>10:00 Thanksgiving Word Scramble, AR</p> <p>11:00 A Charlie Brown Thanksgiving, TH</p> <p><b>2:30 Moe &amp; Yvon Concert, AR</b></p> <p>7:00 Evening Entertainment, TH</p>	<p>9:00 Aromatherapy Meditation, AR <b>12</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p><b>10:00 Blood Pressure Clinic, AR</b></p> <p>11:00 Quarter Bingo \$, AR</p> <p>2:00 Chair Yoga, AR</p> <p>3:00 Fireside Chats with Hot Cocoa</p> <p>4:00 Cards Club, BR</p> <p>7:00 Evening Entertainment, TH </p>	<p><b>Oktoberfest 13</b></p> <p><b>Wear Pink Wednesday</b></p> <p>9:30 Line Dancing, AR</p> <p>10:00 Bodies in Motion, AR</p> <p>10:45 Pokeno, AR</p> <p><b>11:30 Baking in the Bistro: Soft Pretzels, BI</b></p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Circuit Training, FR</p> <p><b>3:00 German Jeopardy Trivia, AR</b></p> <p>7:00 Evening Entertainment, TH</p>	<p><b>Oktoberfest 14</b></p> <p>9:00 Balance Exercises, AR</p> <p>9:30 Line Dancing, AR</p> <p><b>10:00 Chicken Dance, AR</b></p> <p>10:15 Quarter Bingo \$, AR</p> <p><b>11:30 Craft: German Flower Crowns, AR</b></p> <p><b>2:00 Non Alcoholic German Beer Tasting, AR</b></p> <p><b>3:00 International Set Concert, AR</b></p> <p>7:00 Evening Entertainment, TH</p>	<p><b>50/50 Fridays! Oktoberfest 15</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Beginner Line Dancing, AR</p> <p>10:45 Pokeno, AR</p> <p><b>11:30 Documentary: Germany From Above, TH</b></p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Resistance Band Exercises, AR</p> <p><b>3:00 Beer Stein Minute to Win It, AR</b></p> <p>7:00 Evening Entertainment, TH</p>	<p>10:00 TV Series: The Queen's Gambit: Ep. 11, TH <b>16</b></p> <p>11:00 Billiards, BR</p> <p>1:00 Darts, BR</p> <p>2:00 Quarter Bingo with Alice \$, AR</p> <p>3:00 Stitching Club, AR</p> <p>7:00 Evening Entertainment, TH</p>
<p>9:00 Woodvale Pentecostal Church Service, TH <b>17</b></p> <p>10:30 Mass From St. Isidore's Parish, BI</p> <p>1:00 Sunday NFL Football, TH</p> <p>2:00 Karaoke with Pat &amp; Gary, AR</p> <p>3:00 Hymns, Bible Reading &amp; Discussion with Moe, CH</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>Persons Day 18</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Giant Crossword, AR</p> <p><b>10:00 Walmart Superstore Shopping, \$</b></p> <p><b>11:30 "Famous Five" Gallery, ATR</b></p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Tai Chi, AR</p> <p>3:00 Cards Club, BR</p> <p>3:00 Words in Words Whiteboard Challenge, AR</p> <p>7:00 Evening Entertainment, TH</p>	<p>9:00 Aromatherapy Meditation, AR <b>19</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Beginner Line Dancing, AR</p> <p>11:00 Quarter Bingo \$, AR</p> <p>2:00 Chair Yoga, AR</p> <p>3:00 Fireside Chats with Assortment of Tea</p> <p>4:00 Cards Club, BR</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>Wear Pink Wednesday 20</b></p> <p>9:30 Line Dancing, AR</p> <p>10:00 Bodies in Motion, AR</p> <p>10:45 Pokeno, AR</p> <p><b>11:30 Craft: Cranberry Pine Cone Bird Feeder, AR</b></p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Circuit Training, FR</p> <p><b>2:30 Groove with the Guitars Concert, AR</b></p> <p>7:00 Evening Entertainment, TH</p>	<p>9:00 Balance Exercises, AR <b>21</b></p> <p>9:30 Line Dancing, AR</p> <p>10:15 Quarter Bingo \$, AR</p> <p><b>11:30 Baking in the Bistro: Pumpkin Dog Treats, AR</b></p> <p>2:00 Dumbbell Strength Training, AR</p> <p>3:00 Mexican Train Dominoes, AR</p> <p>3:00 Cards Club, BR</p> <p>7:00 Evening Entertainment, TH </p>	<p><b>50/50 Fridays! 22</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Beginner Line Dancing, AR</p> <p><b>10:30 Visit to the Pumpkin Patch, \$</b></p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Resistance Band Exercises, AR</p> <p><b>3:00 Birthday Bash Social, AR</b></p> <p>7:00 Evening Entertainment, TH</p>	<p>10:00 TV Series: The Queen's Gambit: Ep. 12, TH <b>23</b></p> <p>11:00 Billiards, BR</p> <p>1:00 Darts, BR</p> <p>2:00 Quarter Bingo with Alice \$, AR</p> <p>3:00 Stitching Club, AR</p> <p>7:00 Evening Entertainment, TH</p>
<p>9:00 Woodvale Pentecostal Church Service, TH <b>24</b></p> <p>10:30 Mass From St. Isidore's Parish, BI</p> <p>1:00 Sunday NFL Football, TH</p> <p>2:00 Karaoke with Pat &amp; Gary, AR</p> <p>3:00 Hymns, Bible Reading &amp; Discussion with Moe, CH</p> <p>7:00 Evening Entertainment, TH</p>	<p>9:30 Advanced Line Dancing, AR <b>25</b></p> <p>10:00 Giant Crossword, AR</p> <p><b>10:00 Centrum Shopping, \$</b></p> <p>11:30 Bring &amp; Brag, AR</p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Tai Chi, AR</p> <p>3:00 Cards Club, BR</p> <p>3:00 Words in Words Whiteboard Challenge, AR</p> <p>7:00 Evening Entertainment, TH </p>	<p>9:00 Aromatherapy Meditation, AR <b>26</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Beginner Line Dancing, AR</p> <p>11:00 Quarter Bingo \$, AR</p> <p>2:00 Chair Yoga, AR</p> <p>3:00 Fireside Chats with Hot Apple Cider</p> <p>4:00 Cards Club, BR</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>Wear Pink Wednesday 27</b></p> <p>9:30 Line Dancing, AR</p> <p>10:00 Bodies in Motion, AR</p> <p>10:45 Pokeno, AR</p> <p><b>11:30 Pumpkin Carving, AR</b></p> <p>12:30 Music in the Dining Room, DR</p> <p>2:00 Circuit Training, FR</p> <p>3:00 Let's Go for a Walk, EN</p> <p>7:00 Evening Entertainment, TH</p>	<p>9:00 Balance Exercises, AR <b>28</b></p> <p>9:30 Line Dancing, AR</p> <p>10:15 Quarter Bingo \$, AR</p> <p><b>11:30 Pumpkin Carving, AR</b></p> <p>2:00 Dumbbell Strength Training, AR</p> <p>3:00 Cards Club, BR</p> <p>3:00 Mexican Train Dominoes, AR</p> <p>7:00 Evening Entertainment, TH</p>	<p><b>50/50 Fridays! Wear Your Halloween Costume! 29</b></p> <p>9:30 Advanced Line Dancing, AR</p> <p>10:00 Beginner Line Dancing, AR</p> <p>10:45 Pokeno, AR</p> <p><b>11:30 Halloween Scavenger Hunt</b></p> <p><b>12:15 Costume Parade, DR</b></p> <p>12:30 Music in the Dining Room, DR</p> <p><b>2:00 The Withered Corpse, AR</b></p> <p><b>3:00 Monster Mash Dance &amp; Social, AR</b></p> <p><b>7:00 Classic Horror Movie Night with Treats, TH</b></p>	<p>10:00 TV Series: The Queen's Gambit: Ep. 13, TH <b>30</b></p> <p>11:00 Billiards, BR</p> <p>1:00 Darts, BR</p> <p>2:00 Quarter Bingo with Alice \$, AR</p> <p>3:00 Stitching Club, AR</p> <p>7:00 Evening Entertainment, TH</p>
<p><b>HALLOWEEN 31</b></p> <p>9:00 Woodvale Pentecostal Church Service, TH</p> <p>10:30 Mass From St. Isidore's Parish, BI</p> <p><b>1:30 Halloween Movie Thon, TH</b></p> <p><b>3:00 Jumpin' Jimmy Halloween Concert, AR</b></p> <p>3:00 Hymns, Bible Reading &amp; Discussion with Moe, CH</p> <p><b>7:00 Classic Horror Movie Night with Treats, TH</b></p>						





## October Special Days of the Month

### October 1st — World Smile Day!

Every year on the first Friday in October, the world celebrates Smiley and his message of goodwill. Harvey Ball (1921-2001) of Worcester, Massachusetts, created the world-famous “smiley face” in 1963 for an insurance company that wanted to boost the morale of its employees. Through the years, many people told Harvey Ball how Smiley had brightened their day, so in 1999 he created World Smile Day. To celebrate, we will be having a Scavenger Hunt throughout our community looking for Smiley! We will also

be having smile cupcakes at 3 p.m.

### October 4th-8th — Active Aging Week

### October 11th — Thanksgiving Day

### October 13th-15th — Oktoberfest at The Bradley!

### October 18th — Persons Day

An annual celebration commemorating the 1929 ruling that included women in the legal definition of “persons.” Today, we will learn about the “Famous Five” women who helped bring about the ruling.

### October 31st — Halloween

## Picnic in the Park

Last month, we enjoyed a picnic on the Ottawa River at Andrew Haydon Park! We ordered sandwiches and sweets from Frank’s Deli, found ourselves a lovely spot overlooking the water to eat, and then took a stroll through the park following our meal. It was a lovely outing by the water!



Margaret & Audrey taking a stroll



Enjoying our lunch!

## Wear Pink Wednesdays

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. The last year and a half has been a powerful reminder that we are all in this together, and our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to breast cancer.

To show our support, this month, we will be wearing pink on Wednesdays.

## Oktoberfest at The Bradley

A time-honoured tradition in Germany, and now a beloved holiday around the world, Oktoberfest is perhaps the biggest festival in September/October!

To celebrate, we will have three days full of everything Oktoberfest!

Think soft pretzels, bratwurst, Oompah music, flower crowns, the chicken dance, beer tasting, schnitzel, and more!

Mark your calendars as Oktoberfest will arrive at The Bradley on October 13th. We can’t wait to polka with you!

## Active Aging Week

### What is Active Aging?

Active aging is the process of optimizing opportunities for health, participation, and security with the goal of enhancing quality of life as people age. Active aging applies to individuals as well as group populations.

### Active Aging Week:

Active Aging Week begins October 4th and goes until October 8th. The goal of this week is to promote wellness, and get everyone up and moving! Each day this week, we will be focusing on a different aspect of wellness.

### Our schedule will be as follows:

**Monday, October 4th** — Intellectual Wellness

**Tuesday, October 5th** — Personal Wellness

**Wednesday, October 6th** — Physical Wellness

**Thursday, October 7th** — Social Wellness

**Friday, October 8th** — Bringing it all together! We will end our Active Aging Week with a documentary focused on Healthy Aging.