

## Word Scramble

1. daehiyr 1. \_\_\_\_\_
2. sruenwfol 2. \_\_\_\_\_
3. rrqusile 3. \_\_\_\_\_
4. seleva 4. \_\_\_\_\_
5. kare 5. \_\_\_\_\_
6. derci 6. \_\_\_\_\_
7. nmutua 7. \_\_\_\_\_
8. pape 8. \_\_\_\_\_
9. rseebpnte 9. \_\_\_\_\_
10. uipnkpm 10. \_\_\_\_\_
11. nroca 11. \_\_\_\_\_
12. ycilhl 12. \_\_\_\_\_

## Sudoku puzzle

				7				
			5				9	
			4		9			8
	1	9		5			8	
2			6	1		7		9
		4						3
				6			5	2
	8		7			9		
		3		8	5	6		

D H O B S H N E P T U N E Y  
 U E J I H U N Y S T H A O R  
 D N A U U E E E M A E N W A  
 W N A I P L U T O N A O D H  
 A G H P L I Z O O E R U S U  
 R D E I H C T M N W T N S H  
 F H Y H O P B E O Q H I U E  
 R A C O E A A R R T E O A E  
 U S A T U R N C P L A N E T  
 R T A E H F T U E U L E E E  
 I E U C U F A R O V C E I O  
 A R F A I R A Y A O E I R H  
 T O A I N I A B E A R N A E  
 O I A T E O E N A A E H U A  
 E D I D D O E D U T S E T S  
 E S Z E E H O P H S L U M S

VENUS  
 EARTH  
 MARS  
 CERES  
 ASTEROIDS  
 JUPITER  
 SATURN  
 NEPTUNE  
 URANUS  
 PLUTO  
 DWARF  
 PLANET  
 MOON

# Oakcrossing Free Press

Oakcrossing Retirement Living  
 a peopleCare community

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## July 2020

Summer has officially arrived. This month some of the Covid - 19 restrictions are starting to ease. We are now able to have 10 people in an activity. This has allowed us to re-open our fitness studio as well as the Blackfriars Pub. We are also able to have up to 10 people in our Grand Theatre. In all areas we need to continue to practice physical distancing, which means we need to maintain 6 feet or 2 m between each person.

Please note as guidelines continue to change our Leisure Choices schedule may change as well. We will continue to provide you with updates as we get them and we will ensure that the daily posters are accurate. Here's to a fun month!

Emily Skelly

*Director of Lifestyle and Leisure*



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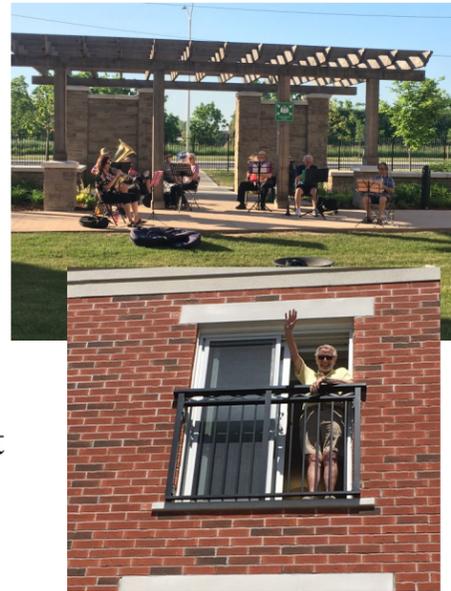
Puzzle page

# June Highlights



We Tested our brains and played Words in Words

There was Live entertainment that we could enjoy from our windows



Our Crafters kept themselves busy sewing up a storm.



The residents took on a “Rocks of Kindness” project that has put a smile on everyone’s face



We even had our first Bonfire of the year! Even if it was a little windy.



Dear Residents and Family Members;

We are pleased to share that Oakcrossing Retirement remains COVID-19 free at this time and our long-term care home is no longer in outbreak. The wellbeing of our residents and staff members remains our number one priority and we continue to be vigilant in our efforts to keep everyone healthy and safe.

In particular as the province begins to ease restrictions for the general public, it is important that enhanced precautions stay in place at Oakcrossing, and for us to take cautious steps towards connecting our residents with their loved ones in a safe and supported way.

Based on Ministry directives, our short absence guidelines have been adjusted. Effective July 2, 2020:

- Short absences can be up to a maximum of 12 hours (no overnights).
- Oakcrossing will provide residents with a mask to wear while out. All must practice physical distancing, refrain from large gatherings and observe hand hygiene and cough etiquette.
- Residents are asked to please inform the nursing team no less than 12 hours in advance of the scheduled appointment – and to share where they are going, who will escort them, and how long they will be absent.
- Family/friends escorting residents on short absences must pass active screening and attest to staff they have tested negative for COVID-19 within the previous 2 weeks (The home is not responsible for providing the test).

Our current visitors’ guidelines remain in place to ensure maximum resident and staff safety. Because Oakcrossing Retirement is co-located with a long-term care home, we are required to follow the long-term care visitation policies, which are more cautious. As a result, there are no changes to our current visitors’ guidelines at this time, and visitors remain limited to one person during the visit. Please connect with Emily Skelly at [eskelly@peoplecare.ca](mailto:eskelly@peoplecare.ca) or call 519-641-3131 to arrange an outdoor visit.

If you have any questions about the information above, please feel free to call me at any time.

Sincerely,  
Robin Cassidy  
General Manager

# Standing Strength

No matter your age, it's never too late to get fit. A recent study found that physical activity was the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years. But getting active is not just about adding years to your life, it's about adding life to your years.

Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory. Join our new exercise class with some seated and some standing components. All fitness levels are welcome in this class that will be held 3 times a week downstairs in the Fitness Studio. Ask Emily if you have any questions about this class.

**Mondays, Wednesday's and Fridays starting at 9:00am**



# Seated Exercise

Join us for a fully seated exercise program to be held in the Stoneybrook Lounge on the second floor. See what a great work out you can get from the safety of a chair. In this class we will work on strength, flexibility, cardiovascular health as well as balance.

All fitness levels are welcome!

**Tuesdays and Thursdays in September at 10:15am in The Stoneybrook Lounge**

# Canada Day



Start your Canada day celebrations with a painting party in the pub, where Emily will lead you through a Canadian themed painting, then Celebrate Canada Day with a pub hour before dinner, but save some room for S'mores and hot dogs cooked right over the fire. On July 1st at 7:00pm we will have our second Bon Fire of the year. This will be accompanied by Music from Jeremy Smith! Be sure to wear your red and white!



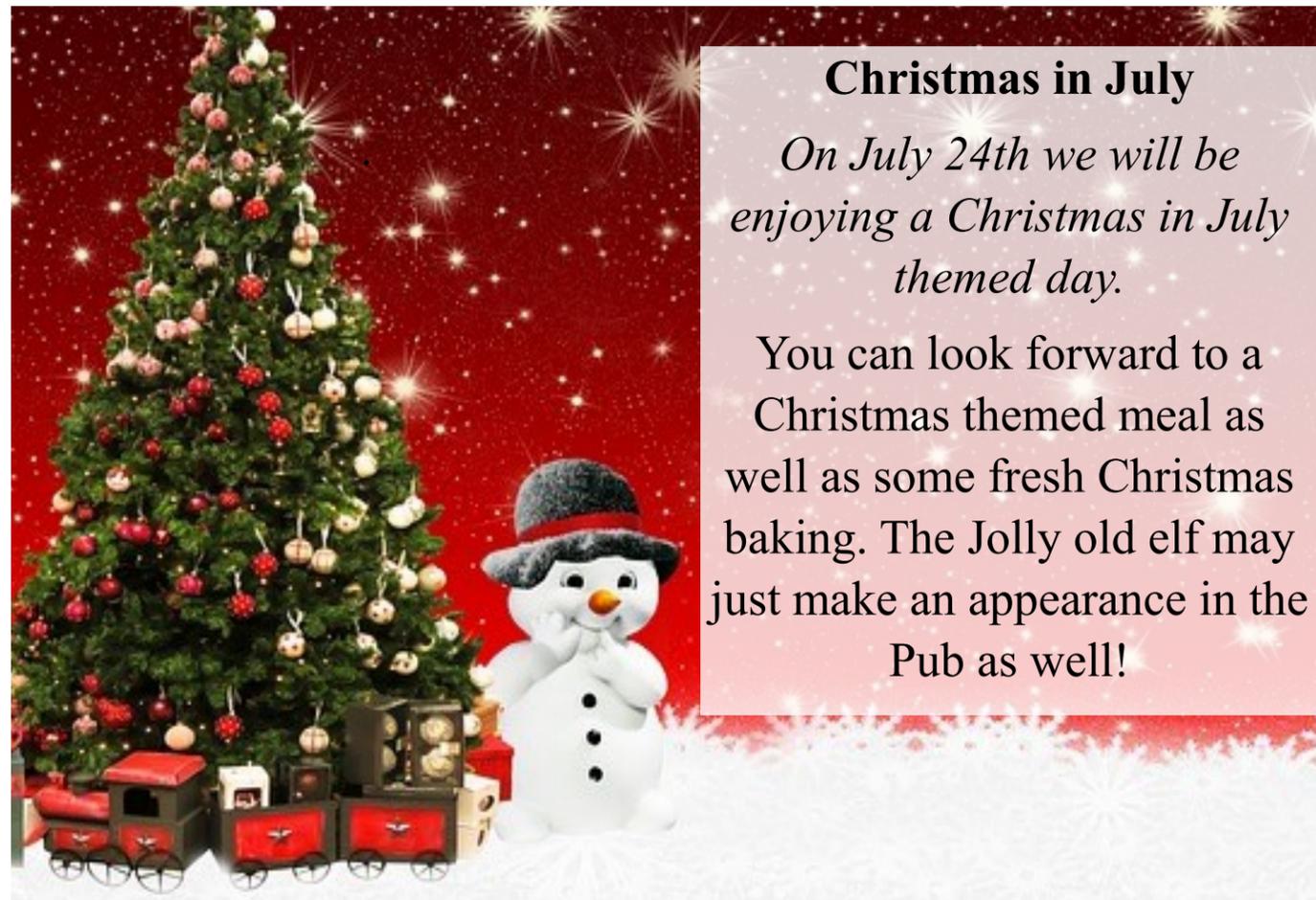
# July Birthdays

- Harold Sharpe**  
July 2nd
- Deanna Saucier**  
July 6th
- Audrey Cunningham**  
July 12
- Molly Mills**  
July 14th
- Shirley Ross**  
July 16th
- Doris Gard**  
July 19th
- Ron Wilkinson**  
July 20th
- Margaret Kobes**  
July 26th
- Lily DeHoog**  
July 31st



### Fresh Produce in our kitchen

As we look forward into the summer months you will start to see a change in our menus here at Oakcrossing Retirement! Look forward to some fresh summer salads, BBQ favourites and of course local produce when it's possible.



### Christmas in July

*On July 24th we will be enjoying a Christmas in July themed day.*

You can look forward to a Christmas themed meal as well as some fresh Christmas baking. The Jolly old elf may just make an appearance in the Pub as well!

## Where's Wally



Wally's adventures continue. He will be exploring all of the common areas in the building on Thursday's this month, when you find Wally Report to Emily and win a prize!

## Maintenance Work orders

If you are in need of some repairs or assistance in your suite, please submit a work order at Concierge. This is the best way to ensure that Dave has the opportunity to get the work completed for you, while allowing him to complete his other duties without interruption.



## Line Dancing

Join in on Wednesdays to learn some fun an basic line dances. Dancing is a great way to keep yourself active and a smile on your face!

No previous experience required.

Join in the fun Wednesdays at 2:00pm

In the Blackfriars Pub