



Oakcrossing Free Press

Oakcrossing Retirement Living
a **peopleCare** community

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Happy October!

October 2022

Fall is in the air. The cooler days are definitely amongst us. This month we will be celebrating Thanksgiving- there is always something to be grateful for. Our amazing chefs will be putting on our annual turkey dinner.

The month will kick off with Applefest, an excursion to Heeman's for cider tasting, and a Thanksgiving Tea Social.

We are also celebrating Halloween this month. There will be many opportunities for socializing, engaging and some good old fun! I'm looking forward to seeing everyone dressed up for the 7 Days of Halloween and the Halloween Party on October 31st.

Flavia Hladysh

Director of Lifestyle and Leisure

Upcoming events:

Cider Tasting (Heeman's)

October 1st

Apple Picking

October 3rd

Applefest

October 5th

Thanksgiving Tea Social

October 9th

Tree Trunk Tour

October 25th

The 7 Days of Halloween

October 25th– 31st

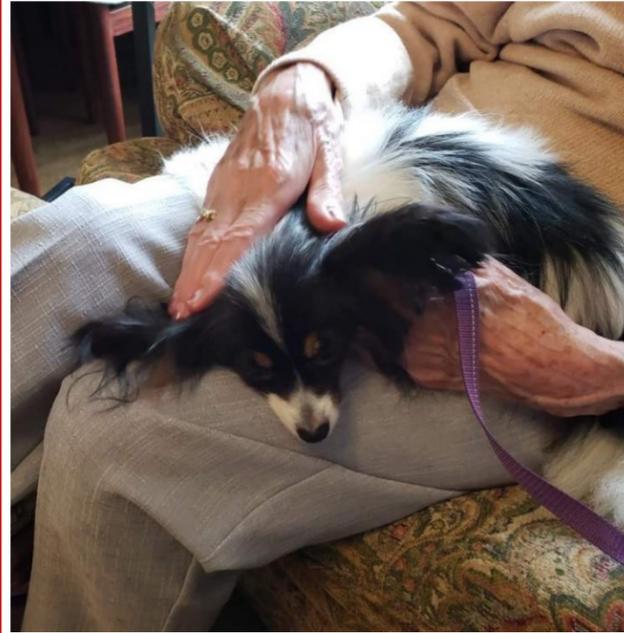
Halloween Party

October 31st



September Highlights

- Back to School Fashion Show
- Grandparent's Day
- Eldon House Presentation: School Days & In The Kitchen
- Donuts for Dementia
- Watermelon Afternoon
- St. John's Pet Therapy Visits



Fitness at Oakcrossing

No matter your age, it's never too late to get fit. 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 one of our fantastic exercise classes:

Standing Fitness

Seated Fitness

Drum Fit w/Diana

Zumba w/ Michelle

Fitness w/ Sharon

Yoga w/ Jaime



FALL

WORD SEARCH PUZZLE

- BIRDS
- BRISK
- CHANGING
- CLOUDS
- COAT
- COLD
- COLORS
- CORN
- CROPS
- FOOTBALL
- FROST
- GOURD
- HARVEST
- HEATER
- JACKET
- LEAVES
- MIGRATE
- NOVEMBER
- OCTOBER
- PUMPKINS
- RAKE
- SCARECROW
- SEASON
- SWEATER
- TREES
- WIND

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



October Birthstone

Opal • Pink Tourmaline



Because **opal** has the colors of other gems, the Romans thought it was the most precious and powerful of all. The Bedouins believed that opals contained lightning and fell from the sky during thunderstorms. The ancient Greeks believed opals gave their owners the gift of prophecy and guarded them from disease, while Europeans have long considered the gem a symbol of hope, purity, and truth.



Very few gems match **tourmaline's** dazzling range of colors. From rich reds to pastel pinks and peach colors, intense emerald greens to vivid yellows and deep blues, the breadth of this gem's color range is unrivalled. The confusion about the stone's identity is even reflected in its name, which comes from "Toramalli", which means "mixed gems" in Sinhalese (a language of Sri Lanka).

Sunday Televised Church services

9:00 am ~ Living Truth ~ channel 16

9:00 am ~ in Touch ~ Channel 174

10:00 am~ St. Peters Evangelical ~ Channel 12

10:30 am ~ Sunday Mass ~ Channel 16

11:00 am ~ Turning Point ~ Channel 174

8:00pm ~ In Touch ~ Channel 16

8:00 pm ~ Turning Point ~ Channel 27



October Birthdays

Jack Stuart

October 7th

Bill Holland

October 16th

Jacque Rahbek

October 23rd

Lloyd Switzer

October 25th

Deanna Smith

October 27th



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**Thursday October 27th
2:30pm in the Sunningdale Café**

**Grab a coffee and Timbits to go
or stay and visit with friends!**

WORD SEARCH
puzzle

HERBS & SPICES

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

CORIANDER

| | | | |
|--------|----------|---------------|--------|
| BASIL | OREGANO | BAV LEAVES | GINGER |
| CLAYE | ROSEMARY | SPRING ONIONS | ONION |
| OLIVE | SHALLOT | LEMONGRASS | CHILI |
| GARLIC | CHIVES | TURMERIC | MINT |

*words are hidden across, up, down, diagonally & there are backward words

WORD SEARCH WEDNESDAYS

Studies have shown that word search puzzles can help improve memory, focus, vocabulary, and overall mental acuity.

Each and every Wednesday word search puzzles will be available in the Sunningdale Café.



Monday Manicures

To get your nails painted please sign up for a time in the binder on Ana's desk!

Please note: we will only be removing and applying fresh polish

Messages from the Management Team

I have begun working on the Fall/Winter menu! I am always happy to hear your ideas of what you would like offered throughout the seasons. Have an idea? Something you didn't like? Something you loved? Something you miss and want it again? Come to Food Council to discuss. See you there!

~ Chef Jeff

Thank you to everyone for the warm welcomes this past few weeks. I have really been enjoying my new role. As a reminder the most efficient and quickest way to get your suite items fixed or looked at is by contacting the front desk and placing a work order. This helps me prioritize the most urgent and work efficiently.

Thank you again for the warmest welcome!

~ Ashley

October 21st, 2022 is my last day in the building.

Thank you again for everything.

~ Melissa

With the cooler weather upon us, please make sure that all flammable items are removed away from your baseboard heaters before turning on your heat. If you have any questions about your thermostat, heating or fire concerns please let me know and I would be happy to answer any questions.

~ Wil

Messages from the Management Team

Continued

This October and November I am happy to bring back the “refer a friend” incentive. Each time you refer a friend to move into Oakcrossing you AND your friend both get \$1500 off your next months rent! See me for details today! Based on suite availability.

~ Jasmine

John is taking a leave of absence for a few months to focus on his education. I would like to wish John great success in his studies this semester. John will be missed, and I look forward to his future return. Please join me in welcoming Nancy to our concierge team.

~ Lyuba

The Flu virus is unpredictable and the best line of defense is the flu shot every year.

This October Susan and I will be hosting a flu clinic for any residents and staff who wish to have this extra layer of protection. Stay tuned for dates soon!

~ Danielle

The best way to keep everyone health this fall is effective hand-washing techniques, it significantly reduces the spread of infectious diseases and offers greater protection for most vulnerable populations who are older and have weakened immune systems. Wash your hands with warm water, rub together for 30 seconds and pat dry! Keep yourself and everyone safe this fall.

~ Susan

October is a month of gratitude. I am very thankful for all the wonderful memories I have created here at Oakcrossing. I am thankful for each and everyone of you. I am thankful for the position I hold and truly enjoy creating more opportunities for new memories.

Happy Thanksgiving!

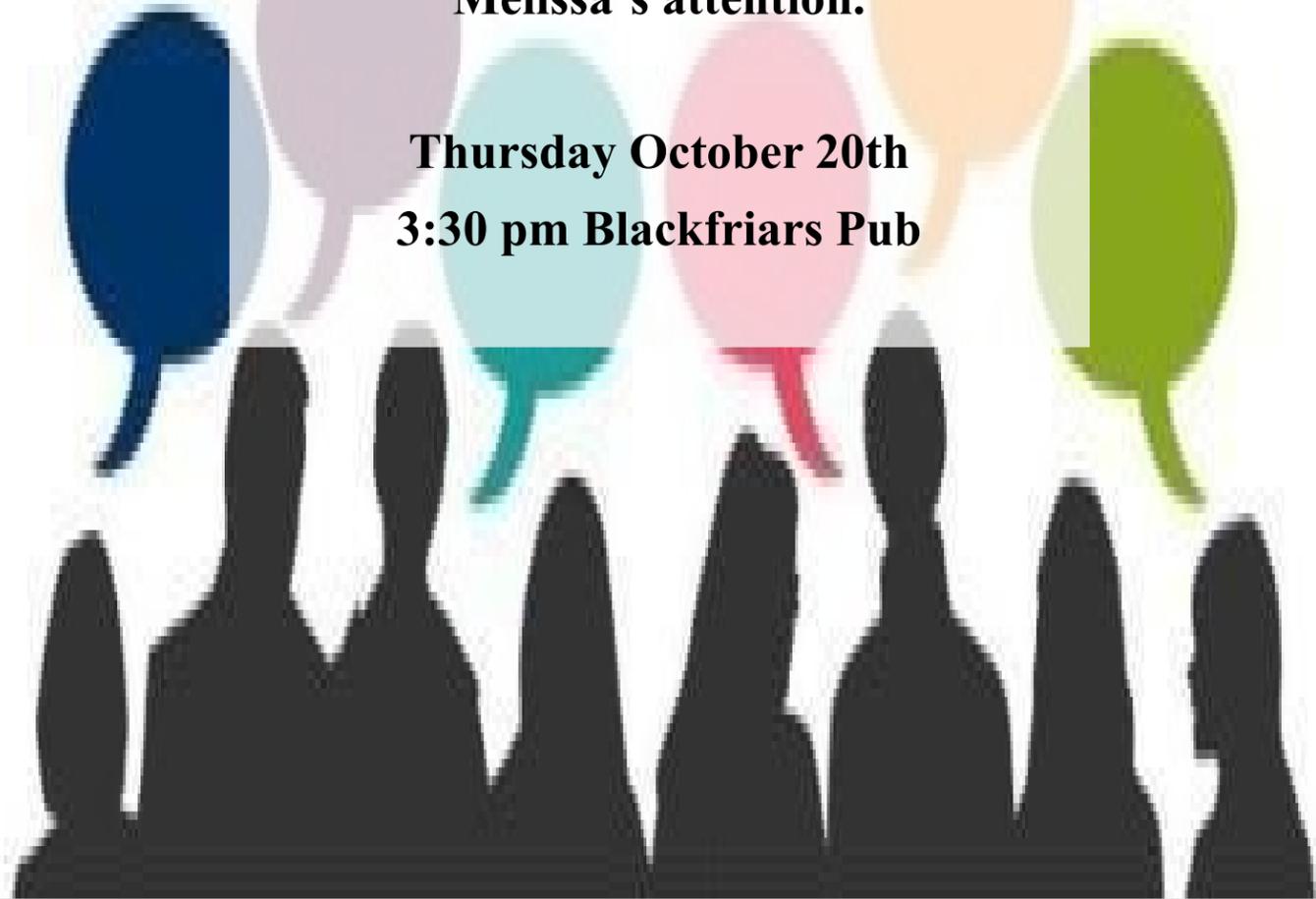
~ Flavia



Town Hall Meeting

Your chance to be involved in our community! Please submit questions ahead of time at the front desk to Melissa's attention.

Thursday October 20th
3:30 pm Blackfriars Pub





APPLE PICKING

9:30AM MONDAY OCTOBER 3

***PLEASE SIGN UP AT ANA'S DESK :)**

Blood Pressure Clinic
Tuesday October 11th 2pm—3pm
at the nursing station on second floor.
****Please sign up for an appointment in the binder****
on Ana's desk



TUESDAY OCTOBER 11

**ELDON HOUSE PRESENTATION:
WOMEN'S WORK**

10:00AM GRAND THEATRE



THE 7 DAYS OF HALLOWEEN

**TUESDAY OCTOBER 25-
MONDAY OCTOBER 31**

DRESS UP FOR A WHOLE WEEK!

Hear Well BeWell™

Life sounds good!

When did you last have your Hearing Aid checked and cleaned?

Hear Well Be Well is going to be visiting us on
October 12th from 10am to 12pm

Sign up at Ana's desk for an appointment to have your hearing aids checked and cleaned. An in ear inspection can also be performed.



Book Club

STARTING FRIDAY OCTOBER 7th

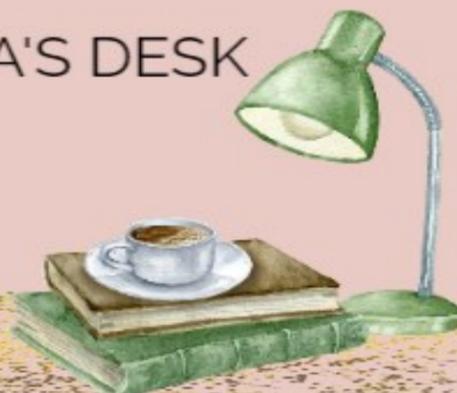


BOOK: THE HELP
AUTHOR: KATHRYN STOCKETT



*BOOKS WILL BE PROVIDED

*PLEASE SIGN UP AT ANA'S DESK



ILDERTON APPLE GROWERS ASSOCIATION

Most wild apple trees bear bitter, astringent apples but the occasional one has tasty fruit. As pioneer settlement moved west from the coast, farmers took cuttings, called scions, from superior trees with them. Many varieties, like Ben Davis, bore the name of the discoverer. The origin of Rhode Island Greenings, Long Island and St. Lawrence is obvious. John McIntosh found a good tree on his farm in Dundas, Upper Canada in 1811 and named the apples after himself. It is still a favourite variety.

Wild trees that produced poor quality fruit but grew in a convenient location, had their branches cut back to stubs and the scions of good varieties inserted around the edge just inside the bark. The joins were covered with beeswax to keep them from drying out. This was called frame grafting. In a few years these scions grew into fruit producing branches. One tree could provide several different apples or just one, depending on the scions inserted. Apple trees do not come true from seed so pioneer farmers often planted apple seeds from any apples available, set the seedlings out in rows. After several years' growth they cut the stem back to a stub and set a scion in it, thus making a tree of a single variety.

As the trees matured there were more apples than demand. In 1904 apple growers in Middlesex County, Ontario formed an association based in Ilderton, to market their apples. Membership fee was twenty-five cents per year. Members had to follow spraying regulations and orchards were inspected just before harvest to be sure there was no codling moth larvae in the fruit. Growers were required to cut down any unsprayed or wild trees within 200 yards of their orchards to prevent infection of their sprayed trees. Apples shipped to Great Britain had to be certified free of apple maggot.

In October of 1905, *The Strathroy Age* newspaper reported the Ilderton Apple Packing Co. had sold their entire year's output of approximately 1000 barrels for \$2.10 a barrel for seconds and \$2.60 for firsts.

From *The Age* 1906:

November 1 - "The Ilderton Apple packing Company have three gangs of packers" (my teen-aged father among them) "working for all they are worth and putting up first class stock. Apple trees that have been sprayed are about the only ones worth picking."

November 22 - "The Ilderton Apple Company has shipped eight carloads of apples and will likely fill four more." (one railroad car held approximately 200 barrels.) "The executive has trouble getting enough refrigerator cars and it has taxed their powers to handle all the fruit of new members."

The Ilderton Association disbanded around 1920. The war and its aftermath had destroyed the British market and customers on the prairies could buy apples more cheaply from the emerging orchards in British Columbia. Orchards were abandoned or cut down to make more cropland and apple orchards became a specialized crop.

Ruth Zavitz



HAUNTINGS IN LONDON

Halloween is upon us again, a time to reflect on some of the spectral occasions in our own town! THE GOAST OF THE GRAND: The grand theatre is a fine example of theatre life in London in the 19th century and as such it has its own ghostly tale! Small, owner of the Grand decided to sell to a group of entrepreneurs in Toronto. The deal concluded gave him the 19th century of a million dollars! Small set out on return to London but somewhere along the return, disappeared! Several searches were not successful, even to turning out the contents of the furnace at the Grand! Since then, however several happenings convinced witnesses that Small's ghost still remains in the theatre. The box seating high in the front corner of patron's seating has given the feeling that someone or something still views the on-stage production, yet nothing can be seen! Several reports of meeting a stranger in various places, an example was the tale told by Jay Campbell former weatherman on London's nightly news of meeting a silent stranger on the lower level of the theatre! The unanswered question is does Small still haunt the theatre Ken and Eleanor Davis had no foreshadowing of that struggle when they moved into their north London home in July 1967 with their three young children. At first, the entire family was delighted with the red brick Victorian house - except for Kemo. The family's Belgian Husky began guarding the head of the double staircase at night, growling at something unseen. Then the Davis family learned about Beatrice Sims. Beatrice Sims had served as a deaconess at the London Gospel Temple. According to a friend, the Sims family had lived in the house during the late 1920s. After the father's death the family was forced to move into a cramped apartment. Beatrice was supposedly bitter about losing the house and vowed to return to it one day. She died in 1962 without realizing that dream. A year later Free Press columnist Joe McClelland turned out an article on the Sims ghost. Beatrice Sim 6 HAUNTINGS IN LONDON.

By: Doug Teeter

