

JANUARY 2025

OAKCROSSING RETIREMENT LIVING NEWSLETTER

1238 Oakcrossing Road | 519-641-3131 | www.peoplecare.ca
London, ON



This month's Inspiration

"Never regret anything that
made you smile."

– Mark Twain



A Message from Our General Manager

Happy New Year!

As we welcome 2025, we want to extend our warmest wishes for a happy and healthy new year to all our residents and their families.

A Big Thank You

I am incredibly grateful to our hardworking team members and management for their dedication throughout a very busy December. Your efforts brought the holiday spirit to life with wonderful activities and amazing food from our kitchen. Thank you for making the season so special for everyone.

Looking Forward to 2025

This year, our focus is on movement and wellness. We are excited to introduce new classes to get everyone involved and active. We will be piloting Tai Chi, Seated Tap Classes, Bone Fit, and other activities designed to build stronger bodies. Additionally, we will continue to bring more music into our home and encourage spending more time outdoors.

Community Engagement

We are also planning to be more active in the community with intergenerational programming opportunities and outings using our bus. We look forward to these new experiences and the joy they will bring.

Thank You for Your Support

Thank you for your continued support in keeping our home healthy and vibrant. Wishing everyone a fantastic new year!

Sincerely,

Heather Grey
General Manager



Food Meeting
Wednesday January 22nd
11:00am
Blackfriars Pub

Town Hall Meeting
Wednesday January 29th
4:00pm
Sunningdale Cafe



IPAC Corner

As we quickly approach the cooler fall weather, we also quickly approach respiratory season. Which makes it time to remind all families and friends of our residents about the importance of the team effort that it takes to keep residents and staff safe and healthy. As always, we are working hard to maintain an exceptional level of infection prevention and control. A part of our IPAC measures includes encouragement of vaccination for all our residents, staff, families and visitors to Oakcrossing Retirement.

Older adults are at a higher risk for complications from Influenza, RSV and COVID infections. This is why it is extremely important for everyone to be protected from seasonal infections.

Washing hands often with soap and water or alcohol based hand sanitizer is another great way to ensure we are staying safe against harmful bacteria and viruses.

Masking in the home, coughing and sneezing into tissues or your sleeve are also ways to prevent the spread of infection in our home.

Keep up to date with all things IPAC in the newsletters and in the home!

Birthdays



Phyllis C. January 1st

Eleanor A. January 5th

Wes K. January 17th

Ted P. January 21st

Marion H. January 30th

Morris J. January 30th



Socials



Wednesday January 1st
New Year's Social

Wednesday January 8th
Elvis Social

Tuesday January 14th
Glow Party

Tuesday January 21st
January Birthday
Celebration

Tuesday January 28th
Chinese New Year Social

Leadership Team

Contact Info

General Manager,
Heather.....ext. 722

Office Manager,
Lyuba.....ext. 721

Director of Health & Wellness,
Sue.....ext. 741

Assistant Director of Health & Wellness,
Chelsey.....ext. 801

Director of Community Relations,
Shelby.....ext. 723

Director of Lifestyle & Leisure,
Flavia.....ext. 701

Director of Environmental Services,
Will.....ext. 810

Dining Room Supervisor,
Monica.....ext. 821

Building Service Coordinator,
Raja.....ext. 810

This Months Events

Wednesday January 1st
 New Year's Day Social
 &
 Musical Entertainment with The Goldies

Saturday January 4th
 Musical Entertainment with Traci Kennedy

Wednesday January 8th
 Musical Entertainment with George Fulop

Sunday January 12th & 26th
 Resident Hymn Sing

Saturday January 18th
 Sutherland Hyland Dancers

Sunday January 19th
 Musical Entertainment with Taryn Rose

Wednesday January 22nd
 Musical Entertainment with Craig Hancock

Last Month's Memories



HAPPY NEW YEAR!



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

Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers



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