



Notable Quotable

"Any woman can fool a man if she wants to and if he's in love with her."

~ Agatha Christie, mystery writer, born Sept. 15, 1890

September Horoscopes and Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats.

Kislon J	Sep 02,
Dianne S	Sep 02,
Barbara C	Sep 04,
Michael C	Sep 05,
Richard P	Sep 12
Mary H	Sep 19,
Josie R	Sep 20
Lynne R	Sep 23
Ziva T	Sep 23
Armande T	Sep 24
Susan S	Sep 25
Marion G	Sep 27
Darlene L	Sep 28
Sandra F	Sep 29
Noor A	Sep 29

Welcome Home

We welcome Lillith & Jeannie



In Memory Of

*Stella M
Kathryn P
Carlos S*

Our deepest thoughts and sympathies go out to the family and friends

"He spoke well who said that graves are the footprints of angels."

~Henry Wadsworth Longfellow



Hilltop Herald



Platinum member

September 2026

**Celebrating
September**

**Classical Music
Month**

Courtesy Month

**Newspaper
Carrier Day
September 4**

**Labor Day
(U.S.)
September 7**

**Chocolate
Milkshake Day
September 12**

**Line Dance
Week
September
14-19**

**International
Day of
Democracy
September 15**

**Fall Equinox
September 22**

**Love Note Day
September 26**

**peopleCare
communities**

peopleCare Hilltop | 42 Elliott St |
519-868-5521 | visit peoplecare.ca

From the Executive Director

September is here, and with it comes a wonderful season filled with opportunities to celebrate, connect, and enjoy time together at Hilltop Manor!

We are especially excited for peopleCare Camp, September 8-11. We are so happy to see so many of our residents able to participate. It is always a special time filled with fun, friendship, and new memories.

We also look forward to welcoming families and residents to the MEDA and OLTC Family & Resident Presentation on September 18. We would love to see as many of you as possible come out and join us. Our MP representative, MPP Brian Riddell, City Councillor Adam Cooper and Reginak Councillor Candidate Salman Arefin will also be in attendance, making this a wonderful opportunity to connect with our community leaders.

A New Dining Research Partnership

We are excited to share that Hilltop Manor has partnered with a University of Waterloo research study group focused on improving pleasurable dining for our residents and making mealtime experiences more relationship-centred.

The study will begin in September, with Preston Home Area selected as the cohort.

We are very excited about this opportunity to learn more about how we can make mealtimes even more enjoyable, meaningful, and social for our residents.

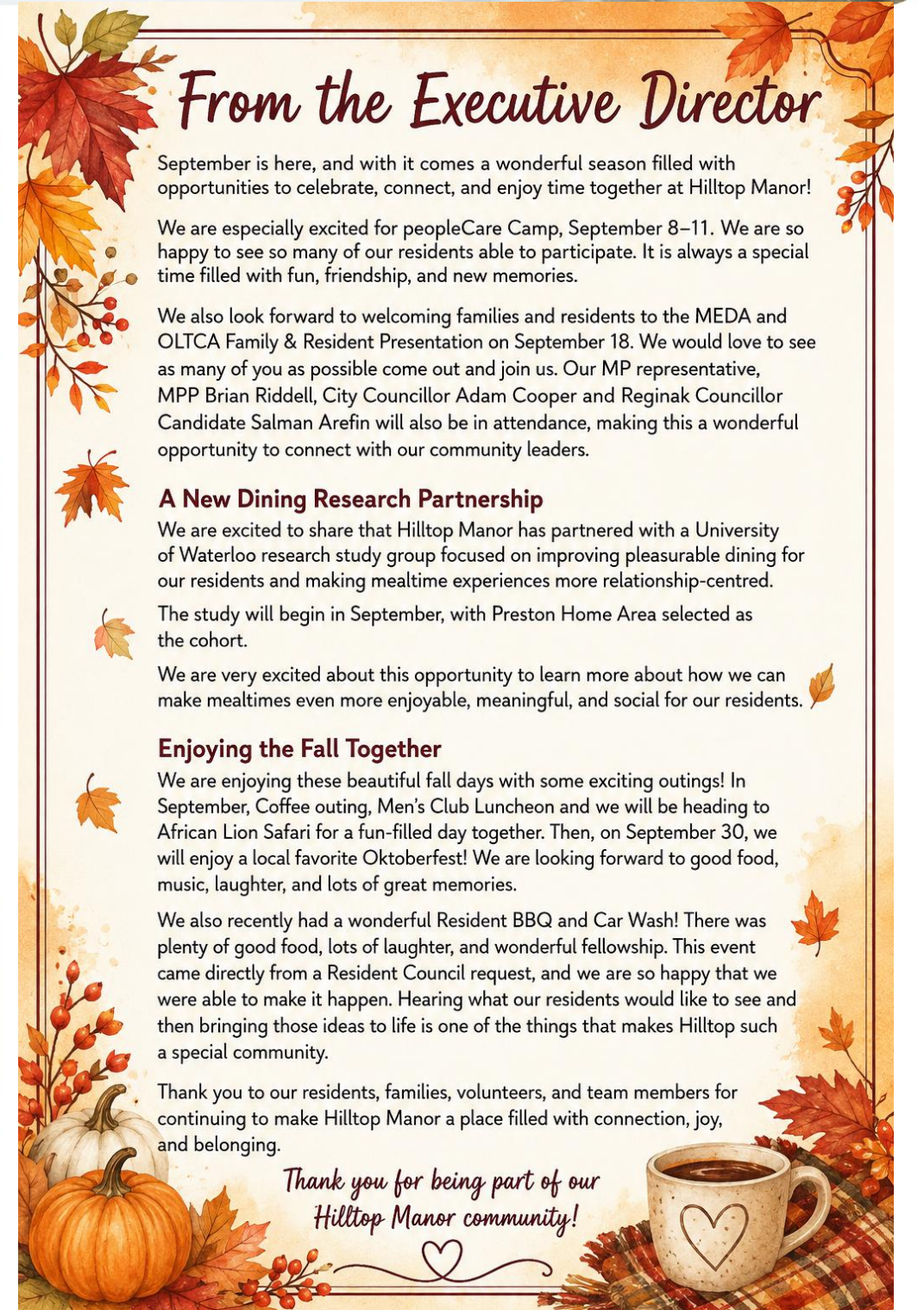
Enjoying the Fall Together

We are enjoying these beautiful fall days with some exciting outings! In September, Coffee outing, Men's Club Luncheon and we will be heading to African Lion Safari for a fun-filled day together. Then, on September 30, we will enjoy a local favorite Oktoberfest! We are looking forward to good food, music, laughter, and lots of great memories.

We also recently had a wonderful Resident BBQ and Car Wash! There was plenty of good food, lots of laughter, and wonderful fellowship. This event came directly from a Resident Council request, and we are so happy that we were able to make it happen. Hearing what our residents would like to see and then bringing those ideas to life is one of the things that makes Hilltop such a special community.

Thank you to our residents, families, volunteers, and team members for continuing to make Hilltop Manor a place filled with connection, joy, and belonging.

*Thank you for being part of our
Hilltop Manor community!*



IPAC CORNER

As we approach respiratory season, it is time to prepare with one of the most effective tools we have - vaccinations. Vaccines are a safe way to protect our residents from viruses such as influenza, COVID-19, and RSV. This year our home will offer the mentioned vaccinations as recommended by public health and based on availability. The likely schedule, for all those who have given consent, will be the influenza vaccine in October followed by the COVID-19 vaccine in November. As of now RSV is a one time vaccine and will be administered to those who have not already received it.

WHY GET VACCINATED?

Protect our Residents! Many of our residents are at high risk for severe illness. When residents are vaccinated this can lower the risk of serious illness and further complications such as pneumonia. It also provides herd immunity throughout the home, protecting those residents who cannot be vaccinated because of their medical conditions.

Protect yourself! The best way to keep infection out of our home is not to bring it in. Vaccination lowers your chance of catching influenza or COVID-19 or serious complications and a healthy visitor is a safe visitor.

Reminders from Your IPAC Team:

- Monitor yourself for any respiratory symptoms such as new/worsening cough, sore throat, hoarse voice, runny nose ect. and please stay home if you are feeling unwell.
- Ensure proper hand hygiene and respiratory etiquette while visiting the home
- When wearing a mask please ensure this is worn appropriately, covering both your nose and mouth.



Any further questions please reach out to the IPAC Coordinator at your home

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Hilltop Manor

Calling All VENDORS!

HILLTOP'S FALL MARKET

 **SATURDAY, OCTOBER 3RD, 2026**

We're excited to invite local vendors and artisans to be part of our Fall Market here at Hilltop Manor!



What We Offer:

- A welcoming community of residents, families and staff
- A great opportunity to showcase your products
- **No cost** to reserve your table!



We Kindly Ask For:

A donation for our raffle (suggested value of \$20+) to help support our programs and events.

Thank you! 

Your support helps us continue to enrich the lives of our residents.

Reserve Your Spot Today!

Spaces are limited.
Contact Recreation at:

 519-621-3067 ext. 114
 mstretton@peoplecare.ca

Let's make this a wonderful fall together!



Splitting Perennials this Fall?

Donate your plants to
peopleCare
Hilltop Manor

Help us beautify our gardens
and bring color, *joy* and *life*
to the residents we serve.

- Share your extra *perennials*
- Support your *community*
- Grow *kindness* together

Your donations make
a difference!

Thank you
for helping
our gardens
thrive!

September

A Season of Change,
Reflection & Hope

As September arrives, we find ourselves standing at the doorway between summer and autumn. The days slowly become shorter, the evenings a little cooler, and the leaves begin to hint at the beautiful colours just around the corner.

A Time to Reflect

There is something meaningful about this change of season. September reminds us that life is always moving and changing. Summer gives way to autumn, one chapter closes and another begins.

For many of us, September brings memories—children returning to school, harvests, family gatherings, or simply the familiar rhythm of September that has been part of our lives for so many years.

Every season offers us an invitation to pause and reflect. We can look back with gratitude for the summer months and look ahead with hope for what the new season may bring.

Even when life changes in ways we did not expect, there can still be moments of beauty, connection, friendship, and grace.

Learning Together at Hilltop

Throughout September, during our Spirit Circles on each of the home areas, we will be learning more about Truth and Reconciliation through a variety of resources and activities.

We invite residents, families, and team members to join us as we learn, remember, listen, and reflect together.

September 30

NATIONAL DAY FOR TRUTH AND RECONCILIATION

Orange Shirt Day

September also invites us to remember that our lives are connected to the stories of others. On September 30, we honour Residential School Survivors, their families and communities, and remember the children who never returned home.

It is a day to:

- LISTEN
- LEARN
- REMEMBER
- REFLECT

The orange shirt has become a symbol of remembrance and the message:

♥ **EVERY CHILD MATTERS** ♥

Wearing orange, learning about Indigenous histories and cultures, listening to the stories of Survivors, and treating one another with dignity and respect are all ways we can participate in this important work.

Reconciliation is not something accomplished in a single day. It is a continuing journey that calls us toward greater understanding, compassion, and respect.

Learn More

- National Day for Truth and Reconciliation – Government of Canada
www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html
- National Centre for Truth and Reconciliation
<https://trw-svr.nctr.ca/>

A Thought for September

As one season changes into another, may we make room for reflection, gratitude, hope, and new beginnings.

PeopleCare COMMUNITIES

Peace be with you,

Chaplain Cheryl



Last Month Notes

Stella Annan, our ED shared with us the latest follow-up from the Ministry, updated us with the on-going changes with peopleCare Communities

Upcoming events:

Walk to Wellness
Resident Council Week & Events
Resident and Family Recognition

Jinal - Director of Food Services- updated us on a new initiative working with the University of Waterloo to help improve the various aspects of the dining experiences within our home. One of our home areas along with an advocate team combined of staff, volunteers and residents will work over the 18 month term and will take the findings to improve how the processes work within our home. For more information reach out to either Jinal or Stella.

Tina Cunningham - Chair of the Family Council welcomed everyone to the meeting. A warm welcome to Aggie, a representative from Resident Council of Hilltop.

Family Council will host a resident and family Clothing Swap n Shop at our upcoming Fall Market being held on October 3rd. If you have some clothing items or winter wear to donate please reach out to Tina Cunningham at the family council email.

We are also hosting a Family Resident DINER'S CLUB

October's Club Night - Oct 16: - Fish n Chips from OFF THE ROCK

Tickets are limited due to space. Watch for our link to register

Wednesday, SEPTEMBER 23rd - AGENDA

- Lower Level Training Room 3067* B for elevator

- 5:30 pm - Welcome and Meet and Greet-
◦ Refreshments available
- 5:45 pm - Settle in and take your seats
- 6:00 pm - Start Meeting

LOOKING TO LEARN MORE ABOUT Hilltop Manor & How You Can Further Support Your Loved Ones?

Please JOIN Us!

MEET YOUR FAMILY COUNCIL & RESIDENT COUNCIL MEMBERS

Upcoming topics:

Working along side our local government to help improve the allocation of funds,
Education on What is All Involved with Living in Long Term Care

What exactly are my loved ones rights compared to my rights as a family member?



Contact: Tina Cunningham - for any questions: 519-240-1418
familycouncilhilltopmanor@gmail.com

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Caring Through Memories

♥ CREATING MEMORY BOOKS TOGETHER ♥

Join us for a joyful program where residents and caregivers come together to celebrate life stories, treasured memories, and meaningful relationships.

Through conversation, photographs, keepsakes, and creativity, we will work together to create a personalized memory book that celebrates each resident's unique journey.

Every
Memory
Matters



What We'll Do

- ♥ Share stories and favourite memories
- ♥ Look through photographs and keepsakes
- ♥ Create personalized memory book pages
- ♥ Decorate with colourful materials, stickers, and images
- ♥ Strengthen connections through meaningful conversations
- ♥ Celebrate a lifetime of experiences



Who Can Attend?

Residents and their:



Family
Members



Friends



Caregivers



Volunteers
(where applicable)

♥ No artistic experience is needed—just bring your stories, smiles, and creativity! ♥

Benefits



Encourages
meaningful
conversation



Preserves
treasured
life stories



Strengthens
resident and
caregiver
relationships



Promotes
creativity and
self-expression



Creates lasting
keepsakes for
families



JOIN US!

DATE: **Wednesday September 16**

TIME: **1:30 pm**

LOCATION: **Preston Lounge**

DATE: **Wednesday September 30**

TIME: **1:30 pm**

LOCATION: **Preston Lounge**

PLEASE BRING:
Favourite photos, copies of meaningful pictures, or small mementos you would like to include (optional).

We look forward to caring, connecting, and creating memories together!

READY, SET, ENGAGE

RESIDENT COUNCIL WEEK

SEPTEMBER 14TH–18TH



MONDAY

Get to Know Your Resident Council
Front Lobby 10 am and 2pm



TUESDAY

Resident Council
2 PM in the Preston Dining Room
Cake will be served



WEDNESDAY

Birthday Party & Webinar Wednesday



THURSDAY

Ice Cream Truck / Ice Cream Social

FRIDAY

Walk to Wellness for MEDA & Presentation of the OLTCA Family and Resident Rewards.

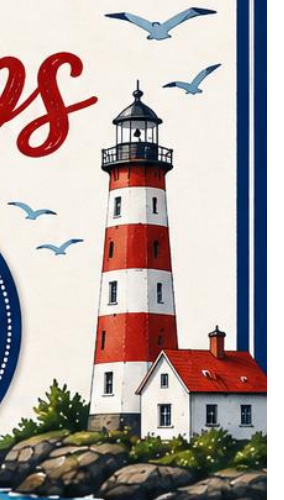
FAMILY COUNCIL DINER'S CLUB

Fish & Chips



FROM
off the
ROCK
SEAFOOD • WINE • SPIRITS

Good food,
great company,
memorable
evening!



SATURDAY,
OCTOBER 16, 2027



5:00 PM



BOARD ROOM

15 SPACES ONLY!

Spots are limited,
so sign up early
before they're gone! ♥

♥ Family is ♥
encouraged to join!



RSVP TO MEGAN

DIRECTOR OF PROGRAMS

mstretton@peoplecare.ca

♥ We look forward to a fun and delicious evening together! ♥

Button up Your Overcoat

Fill in the missing lyrics and then find the words in the puzzle. Search vertically, horizontally, diagonally, forward, and backward.

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



____ up your overcoat
When the ____ is free
Take good care of yourself
You ____ to me

Eat an ____ every day
Get to ____ by three
Oh, take good care of ____
You belong to me

Be careful crossing ____, ooh, ooh
Cut out sweets, ooh, ____
Lay off ____, ooh, ooh
You'll get a pain and ruin your
tum-tum

Wear your ____ underwear
When you climb a ____
Oh, take good ____ of yourself
You belong to me

Button up your ____
When the wind is ____
Oh, ____ good care of yourself
You belong to me
Boop-boop-a-____

When you sass a traffic ____
Use diplomacy
Just take ____ care of yourself
You belong to me

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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



ASTER	INDEPENDENCE (Day, Mexico)	SAPPHIRE
CANNING	LABOR DAY	SCALES (Libra)
COLORFUL	LIBRA	SCHOOL
FARMERS	NINTH	VIRGIN (Virgo)
GRANDPARENTS (Day)	OKTOBERFEST	VIRGO
HARVEST MOON	ROSH HASHANAH	YOM KIPPUR



RESIDENT

BBQ



RESIDENT

BBQ

