

SEPTEMBER 2017

Hastings Manor
476 Dundas Street
West
Belleville, Ontario
K8N 5B2
Phone: 613-968-6467
Fax: 613-967-0128

Printed 350 copies. The Manor Times is produced monthly by the Hastings Manor Auxiliary and in cooperation with Administration and Activation staff. Printing costs are funded wholly by the Auxiliary. The Manor Times is distributed to residents, spare copies are available at the reception desk.

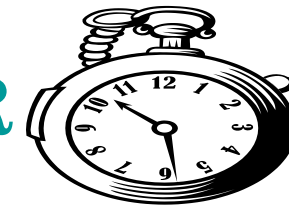
MISSION STATEMENT
Commitment to Excellence

Getting Old

| | | |
|--|--|---|
| <p>Good friends are like quilts—they age with you yet never lose their warmth.</p> | <p>glances from the jet set. They too, will get old. I know I am sometimes forgetful. But, there again, some of life is just as well forgotten. And, eventually, I remember the important things.</p> | <p>to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. As you get old it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've earned the right to be wrong.</p> |
| <p>I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.</p> | <p>Sure, over the years, my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding and compassion. A heart never broken is pristine, what could have been, or and sterile, and will never know the joy of being imperfect.</p> | <p>I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it!)</p> |
| <p>Whose business is it, if I choose to read, or play on the computer, until 4am or sleep until noon?</p> | <p>I will dance with myself to those wonderful tunes of the 50s, 60s, 70s and if I, at the same time, wish to weep over a lost love, I will.</p> | <p>I am so blessed to have lived long enough to have my hair turning gray, and</p> |
| <p>I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying</p> | | |

SEPTEMBER 2017

MANOR TIMES



CHAT FROM THE CHAIR—Jack Press

Aah – Hastings think of a cute floor and had a go back many Manor – my name for them terrific time. We many years of home away from due to all of their also had a service. Aah, home. Always activities – pleasant Yes, The look forward to especially with surprise. It was Manor – Home visiting whether it regard to revealed that Away From is for business or ‘portering’. Getting Doris, our Angel Home Don’t pleasure! Happy residents around of the keyboard, forget to be greetings at the the building. My was quietly SASI – Stay door from Betha-ny or Ann and “HASTINGS birthday – Involved! then, on any HUSTLERS” and something a little given afternoon, then realized that over 80 years of a few words with some people age. She was Fern – The might consider treated to an A Queen of the that inappropriate. capella version Courtyard Café So, after much of Happy and one of the thought, I came up Birthday. It longest-term with “MANOR should be noted residents at the MOVERS”. Will be that Dear Doris Manor. And, in all working on some has been playing the years of kind of signage to the piano on Radio station convey that Daze for over Daze with Jack message! They eleven years, in and Doris, she had to do a lot of addition to other seldom misses a “moving” on performances at broadcast. Thank Saturday, August the Manor. One you Fern! The 5th due to one of last accolade – staff in general: the ‘lifts’ being out to the terrific particularly the of commission. As members of the Activation Group. it turned out, we Auxiliary—and I was trying to met on the third some of them

Inside this issue:

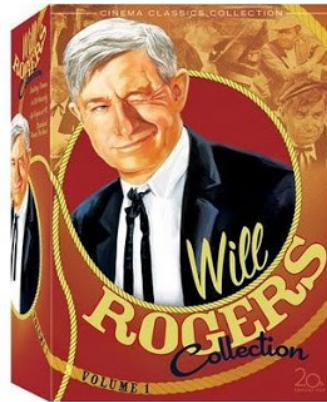
| | |
|--------------------------|-----|
| Will Rogers Sayings | 2 |
| About Growing Old | 3 |
| September Calendar | 4/5 |
| Liltte Alex & the Priest | 6 |
| Just for Laughs | 6 |
| Odd Teachings | 7 |
| Getting Old | 8 |

WILL ROGERS SAYINGS

Never slap a man who is chewing tobacco.
 Never kick a cow chip on a hot day.
 Never miss a good chance to shut up.
 Always drink upstream from the herd.
 If you're riding ahead of the herd. Take a good look back now and then to make sure it's still there.
 If you find yourself in a hole, stop digging.
 There are two theories to arguing with a woman.

Neither works.
 Letting the cat out of the bag is a lot easier than putting it back in.
 There are three kinds of men: The ones that learn by reading; the few who learn by observation; The rest of them have to pee on the electric fence and find out for themselves.
 After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter

came along and shot him.
 The moral: When you're full of bull, keep your mouth shut.



Deceased Residents—August, 2017

| | | | |
|------------------|-------|---|--|
| Doris John | Birch | GO NOW | Go now in Love and show you believe. |
| Victoria McKenna | Birch | Go now in Peace. Never be afraid. | Reach out to others, so all the world can see. |
| Louise Schaap | Oak | God will go with you each hour of every day. | God will be there, watching from above. |
| | | Go now in Faith – steadfast, strong and true. | Go now in Peace, in Faith, and in Love! |
| | | Know God will guide you in all you do. | |

Instrument of Peace

| | | |
|--|---|---|
| where there is hatred, let me bring love | Where there is despair, let me bring hope | To be seen, but to see |
| Where there is doubt, let me bring faith | Where there is blindness, let me bring sight | To be loved, but to love |
| Where there is falsehood, let me bring truth | Where there is darkness, let me bring light | For, when we give love, we will receive |
| Where there is pain, let me comfort you | And, with these words I speak, | When we forgive love, we'll find reprieve |
| Where there is silence, let me sing praise | Grant that I may not seek: To be heard, but to hear | And, it is in dying, we'll be renewed! |
| | | Make me an instrument of PEACE! |

ODD TEACHINGS

We are born naked, wet and hungry, get slapped on the behind, and then things get worse.
 Always remember – you are unique, just like everyone else.
 Never test the water with both feet.
 If at first you don't succeed, skydiving is not for you.
 If you tell the truth, you don't have to remember anything.

Some days you are the dog and some days you are the tree.
 A closed mouth gathers no foot.
 You aren't learning much when your lips are moving.
 Experience is something you don't get until just after you need it.
 There are two excellent theories for arguing with women. Neither one works.

Good judgment comes from bad experience, and most of that comes from bad judgment.
 If you think nobody cares whether you're alive or dead, try missing a few mortgage payments.
 Before you criticize someone, you should walk a mile in their shoes. Then, when you criticize, you're a mile away and you have their shoes.

FAMILY PARTY= FAMILY FUN!

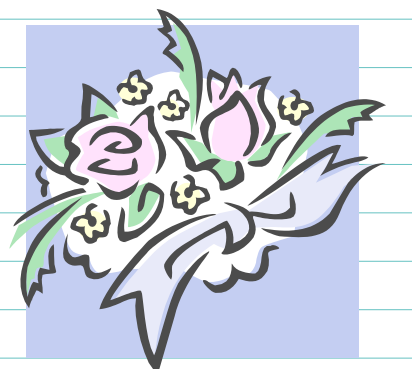
On Tuesday, September 5th at 2:00 p.m., family members and friends of the residents at Hastings Manor are invited to a corn roast in the outdoor Pavilion.
 Music, refreshments and a 50/50 draw will be held as we celebrate the last days of summer together.
 Guests are invited to bring

their own lawn chairs and sit outside under the shade trees or the Pavilion.
 Everyone can enjoy a cob of corn and a cold drink.
 Fun and fellowship awaits you! Mark your calendar and plan to be there!
 RSVP at the reception desk
 613-968-6467 ex. 2221



Wedding Anniversaries—September, 2017

| | |
|----------------------------|----------------|
| Bob & Gail Cruickshank | September 14th |
| Peter Tonge & Terry Shorey | " 17th |
| Dorothy & Graham Neiman | " 22nd |
| Debbie & Lou Vigna | " 25th |



LITTLE ALEX & THE PRIEST

One Sunday afternoon, Father O’Boyle Kelly noticed little Alex standing in the foyer of the church staring up at a large plaque. It was covered with names with small Canadian flags mounted on either side of it. The seven-year old had been staring at the plaque for some time, so the priest walked up to stand beside the little boy and said quietly ‘Good morning Alex’. ‘Good Morning Father’ he replied, still focused on the plaque. ‘Father, what is this?’ he asked the priest. The priest said ‘Well, son, it’s a memorial to all the young men and women who died in the service!’ Soberly, they just stood together, staring at the large plaque. Finally, little Alex’s voice, barely audible, and trembling with fear, asked ‘Which service – The 9.00 or the 11.00?’.

JUST FOR LAUGHS

Two brooms were hanging in the closet and after awhile they got to know each other so well, they decided to get married. One broom was, of course, the bride broom, the other the groom broom. The bride broom looked very beautiful in her white dress. The groom was very handsome and suave in his tuxedo. The wedding was lovely. After the wedding, at the wedding dinner, the bride broom leaned over and said to the groom broom “I think I’m going to have a little dust broom!” “Impossible!” said the groom broom. “We haven’t even swept together!”

Notice

A fundraising Euchre Party will be held Saturday, September 30th from 1:00 to 4:00 pm in the multipurpose room. Cost is \$5.00 per person sign up at Reception Desk Refreshments will be available and prizes for top 3 scores and most lone hands Hosted by Hastings Manor Fundraising Committee



Birthdays—September

Do not count the years but Count the blessings they’ve bestowed, And the many friends that you’ve made along the road. Do not count the birthdays—let them come and let them go. Time is not your enemy, unless you make it so.

| | | | |
|----------------|---------------|--------------------|--------|
| Albert Cheval | September 2nd | Dorothy Neiman | “ 20th |
| Tom VanDusen | “ 3rd | Ralph Pohlman | “ 22nd |
| Dennis Huth | “ 9th | Marie MacKay | “ 24th |
| Betty Harrison | “ 11th | Elsie Walker | “ 25th |
| Hal Mischka | “ 12th | Robert Palmer | “ 27th |
| Peter Tonge | “ 14th | Peter Nicholas | “ 28th |
| Mary Baxter | “ 18th | Elizabeth Rashotte | 29th |
| Rosalind Jones | “ 18th | Fred Newman | “ 30th |
| Nellie Smith | “ 19th | | |

Welcome New Residents—August, 2017

| | |
|--------------|------------|
| Carolyn Cone | Oak Villa |
| Pat Fargey | Pine Villa |
| Eileen Howey | Oak Villa |

*Welcome to your new home!
Enjoy and make it yours.*

Remembering My School Days—Hilary Clinton

I loved school growing up. I’m a proud product of public schools, and I was lucky to have so many smart, dedicated teachers. I can still recite their names and something about each and every one of them today. It’s funny what school memories have stuck with me over the years: Miss Taylor reading to my first-grade class from Winnie-the-Pooh every morning. Miss Cappuccio, my second-grade teacher, challenging us to write from one to one thousand. It was an impossible task for our tiny hands, but the exercise taught me what it meant to follow through on big projects. I was a classic tomboy all through elementary school. My fifth-grade class had the school’s most incorrigible boys, and when Mrs. Krause left the room, she would put me or one of the other girls in charge. As soon as the door closed behind her, the boys would start acting up. I got a reputation for being able to stand up to them, which may be why I was elected co-captain of the safety patrol for the next year. Then there was my sixth-grade teacher, Mrs. King, who drilled us in grammar, but also encouraged us to think and write creatively. She would say “Hillary, don’t put your light under a bushel basket.” It took me a while to learn what that meant, but it has stayed with me. It was an assignment from Mrs. King that led me to write my first autobiography, which I later found in a box of papers after I left the White House. My teachers helped to shape my childhood—and my future. When it was time to make one of the biggest decisions of my adult life—where to attend college—I got much needed guidance from two teachers, Misses Fahlstrom and Altman. Had it not been for their mentorship, I would not have considered “going East” to Wellesley. But they encouraged me to enroll in a college that would stretch my wings and my mind, and I’ll always be glad that I did. Beginning in kindergarten and all the way through high school and college, my teachers were among the biggest influences in my life. I have always been grateful for all they did to challenge and support me. I’ll be thinking about them, and every teacher returning to the classroom, on the first day of school.

September 2017



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | | |
|---|---|--|--|---|---|---|--|
| <p>The Activity calendar is subject to change after the time of printing. Outings on the bus are planned throughout the month to a variety of venues. The outings are preplanned to ensure resident safety and sufficient staffing to support the number of people in the group. The activation department must be contacted at least one day in advance if a resident would like to attend an outing. Hear an announcement of daily activities by dialing "1111" on your telephone</p> | | | | | | <p>1 9:45 Montessori*^{5,4,3} 10:00 Rosary Prayer 11:00 Yoga 1:30 Outing:Senior's Tea At Quinte Exhibition</p> | <p>2 10:00 Body & Brain Fit All Villas 2:00 Bowling</p> |
| <p>3 Am Crosswords All 2:00 One to Ones 5th 2:15 Church Service Salvation Army</p> | <p>4 LABOUR DAY 9:45 Body & Brain Fit All 2:00 Pet Therapy 3rd 2:00 Outdoor Enjoyment 6:45 Trivia Maple</p> | <p>5 10:00 Pet Therapy 5th 2:00 Western Corn Roast on the Patio</p> | <p>6 9:45 Body & Brain Fit ^{5,4,3} 10:00 Jehovah Witness Bible Study 2:00 Music with Eileen On the Patio</p> | <p>7 10:00 Fiddler & Friends 1:30 Outing: Drive 2:00 Protestant Communion 6:45 Name That Tune 3E</p> | <p>8 9:45 Outing: Walmart 11:00 Yoga 1:30 Montessori*^{5,4,3} 2:00 Bible Study</p> | <p>9 10:00 Baking 2:00 Loonie Bingo</p> | |
| <p>10 Am Crosswords All 2:00 One to Ones 4th 2:15 Church Service Eastminster Team</p> | <p>11 9:45 Body & Brain Fit All 2:00 Pet Therapy 2nd 2:00 Manicures ^{5W,4W,3W} 6:45 Short Stories Oak</p> | <p>12 9:45 Body & Brain Fit^{5,4} 10:00 Pet Therapy 3rd 2:00 Chatterbug Club</p> | <p>13 10:00 Jehovah Witness Bible Study 10:15 Group Exercise^{MPR} 1:00 City Bus Trip to Quinte Mall</p> | <p>14 10:00 Fiddler & Friends 2:00 Ladies Sunshine Club 6:45 Ring Toss Maple</p> | <p>15 9:45 Montessori*^{5,4,3} 10:00 Rosary Prayer 11:00 Yoga 2:00 Popcorn & Movie</p> | <p>16 10:00 Fun & Fitness 2:00 Radio Daze with Jack & Doris</p> | |
| <p>17 Am Crosswords All 2:00 One to Ones 3rd 2:15 Church Service Quinte Alliance</p> | <p>18 9:45 Body & Brain Fit All 2:00 Pet Therapy 4th 2:00 Bunko 6:45 Chat & Nibble Café Pine</p> | <p>19 9:45 Body & Brain Fit^{5,4,3} 10:00 Pet Therapy 2nd 2:00 Resident's Council Meeting—MPR</p> | <p>20 SCRABBLE DAY 9:45 Body & Brain Fit^{5,3} 10:00 Catholic Mass 10:00 Jehovah Witness Bible Study BOOK EXCHANGE 2:15 Birthday Tea 7:00 Lion's Club Bingo</p> | <p>21 10:00 Fiddler & Friends 1:30 Activity Planning Meeting 6:45 Name That Tune 5E</p> | <p>22 9:45 Montessori*^{5,4,3} 11:00 Yoga 1:30 Outing: Giant Tiger 2:00 Anglican Communion</p> | <p>23 10:00 Body & Brain Fit All Villas 2:00 Manicures ^{5E,4E,3E}</p> | |
| <p>24 Am Crosswords All 2:00 One to Ones 5th 2:15 Church Service St. Thomas' Anglican</p> | <p>25 9:45 Body & Brain Fit All 2:00 Pet Therapy 5th 2:00 Campbell's Orchard 6:45Musical Twister4E</p> | <p>26 9:45 Body & Brain Fit 10:00 Pet Therapy 4th 2:00 Paint Therapy^{MPR} 2:00 Bible Study</p> | <p>27 10:00 Hymn Sing 10:00 Jehovah Witness Bible Study 2:00 Resident Dietary & Nursing Meeting 7:00 Tim Horton Night</p> | <p>28 10:00 Fiddler & Friends 2:00 Men's Club 6:45 Sing a Long Pine</p> | <p>29 9:45 Montessori*^{5,4,3} 10:00 Rosary Prayer 11:00 Yoga 2:00 Scattegories</p> | <p>30 10:00 Baking for Bazaar 1:00 Euchre Party \$5.00 Per person 2:00 Crafts for Bazaar</p> | |