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# *The Tie that Binds*

Internal Newsletter



Holland Christian  
Homes

June 2025

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*“Nations are in an uproar.” Psalm 46:6 ~ Pastor Eric Groot-Nibbelink*

This simple line from Psalm 46 works as a fitting description of what nations around the world are facing in the present moment. As of this writing, Ukraine continues to endure vicious Russian attacks while games are played regarding “peace-talks.” Recently, India and Pakistan, two nuclear powers, living side by side, traded missile strikes. Illustrations of misery in the Middle East appear hourly. The global economy is faltering, aid for the world’s disadvantaged is on the decline, trusted relationships among nations are souring and every day there are new symptoms of looming climate change crises.

Uproar in Psalm 46 is not so much a word that describes noise as it is an image that communicates a devastating upheaval and chaos by which the basics of life itself are threatened. Although we confess that in the beginning God created everything good, the current global uproar sometimes feels like things are being “uncreated.” It can seem like what was once solid in the world is unravelling.

Part of me wants to resist being so heavy but the truth is we are all witnessing “uproar,” essentially everywhere. No doubt, many of us can identify, recalling past uproars from our own lifetimes, both globally and personally.

Psalm 46 can be admired for its honest naming of reality but more importantly for its vision of looking beyond the uproar to God, the God whom the poet addresses as our “rock and our refuge.” It’s the same God who implores the whole universe, “Be still and know that I am God.” (v.10) It’s the same God who ultimately conquers all the powers of darkness, evil, misery and death through the resurrection of his son Jesus Christ.

During the 50-day Easter season, we are invited not to ignore the uproar of our times but to know that beyond our world’s present circumstances, God is moving history toward a time in which God will make all things new. (Revelation 21:1-5) We trust this vision to hold true because of the good news of Easter.

As we move from Easter to Pentecost, we can be encouraged by picturing the Risen Lord Jesus Christ standing among his friends and offering them a personal word, repeating it three times. “Peace be yours.” (John 20:19,21,26) Whatever we may encounter in our lives and times, let us receive personally that same word of assurance, no matter the uproar.

## **From the desk of the CEO**

Dear Holland Christian Homes Community,

It is hard to believe that we are already in the month of June. Mother Nature has been showering us with unseasonably cold weather and rain. A couple of months ago, I was starting to use the fan in my office, and today I had to turn the baseboard heater back on.



Brampton by-law requires landlords of residential buildings to maintain a minimum indoor temperature of 20 degrees between September 15th and June 1st of the following year. We will monitor the weather and make the switch from heat to air conditioning/cooling when appropriate.

The first day of summer in Ontario coincides with the summer solstice. This year, the summer solstice will occur on June 21st at 10:42pm. On this day, the sun reaches its northernmost point in the sky, resulting in the longest daylight hours of the year. It is a time to celebrate the warmth, longer days and the beauty of the season.

On Wednesday May 21<sup>st</sup>, I really enjoyed spending time with tenants on the Grand River Cruise excursion. Despite the cold and rainy weather, the delicious meal served on our boat “the Grand River Belle”, along with a performance by the Blazing Fiddles was a true delight.

In June, we celebrate Seniors Month. I would like to formally recognize and celebrate the work that many of our HCH seniors have done and are doing in our community. Tenant for tenant events have served as a catalyst to keeping our seniors socially connected and engaged in our community. In addition to this, we receive government grant funding for the social activities supported by our Tenant Activities Coordinator (Hadassah). We get special funding through a program called the “Seniors Active Living Centre Program” which is intended to help seniors stay active, become

more involved in their community, and get the services that meet their needs close to home. Please attend the fun and special events we have planned to celebrate Seniors Month!

On Monday May 5th, 2025, we celebrated Dutch Heritage Month and held our traditional Flag Raising Event. This year marked the 80th Anniversary of the Liberation of the Netherlands from Nazi occupation following the Second World War. The rain interrupted our event but did not dampen the mood or the festivities. Master of Ceremonies was Keith Ambtman, Vice Chair of the Board of Directors. Guests included Mr. Harman Idema, Consul General of the Kingdom of the Netherlands and his wife Marissa Maldonado. Also joining us was Mrs. Elizabeth Witmer former Kitchener-Waterloo MPP and Deputy Premier of Ontario; Sonia Sidhu, Member of Parliament for Brampton South; and Regional Councillors for Ward 3 & 4, Dennis Keenan, and Martin Medeiros.

On May 13th, 2025, I attended the Tenant Advisory Committee (TAC) meeting and a summary of the discussion(s) follows my report. As per the TAC Terms of Reference, all current TAC members terms will end in June. Over the summer, we will need to do a call for nominations and hold an election if required to recruit 2 TAC members per Tower. The newly elected TAC members would start their new terms in September 2025. Watch your mailboxes for more information.

We are still waiting for Rogers to start installing the new cable boxes on the Kingknoll side of the street (now delayed to start in late June). They are waiting for all of the equipment to arrive on site. Reminder to those tenants who wish to have Rogers contact a family member first (rather than the tenant themselves) when setting up the install appointment must contact Jemmie Ramprashad, Director of TNO (ext. #5248). Once we have more information about the timing of the Rogers installation, we will communicate this.

National Nursing Week was held May 12<sup>th</sup> to 16<sup>th</sup>, and the theme was “Celebrating nursing action and impact”. Holland Christian Homes hosted various events for staff during this week.

We had a delay in getting the grass cut. This year we went to tender for a new landscaping contract which proved to be a challenge. Companies do not want to take on the liability and complexity of a community such as ours. Fortunately, the landscape company from last year has been retained for another year. The lawn was cut and the planting of flowers is in progress. We anticipate some delays in the annual planting due to the colder weather and rain. As an fyi - the contractor is designated to be at HCH every Thursday to cut the lawn (weather permitting).

Tyndall Nursing Home is nearing completion of the necessary upgrades to Bethany Place and remains on schedule for residents to begin moving in sometime in June.

There is mis-information circulating within the HCH community regarding admission to Tyndall. To clarify, HCH tenants who apply for Long Term Care and list Tyndall as one of their choice homes, do not receive priority placement for moving into Tyndall because they are an HCH tenant. Moving into Tyndall also does not give a tenant priority for moving from Tyndall into Faith or Grace Manor. If you apply to Tyndall and are accepted and move in, then you are now a resident of Tyndall. This means that once their new facility in Mississauga is finished being constructed, you will relocate with all other Tyndall residents to this new building. If your # one chosen home was Faith or Grace Manor, and chose Tyndall as your third choice, and you get placed into Tyndall first, you can still transfer back to Faith or Grace Manor later. You must wait for a bed offer to be made to you for Faith or Grace Manor. The timing of this bed offer would be determined by your choices and in consultation with Ontario Health at Home. Please note that once you are admitted to another LTC home, your application priority for any other choice homes will not be top priority status (i.e. crisis application status is removed). Please feel free to speak to me about this if you need further clarification.

After much discussion with our current snack vendor, they have agreed to install a coffee vending machine on the premises on the Kingknoll side of the street. In addition to the coffee machine, the vendor will relocate one of the snack vending machines to sit beside the coffee machine. The new

location for both machines would be along the wall between the Peace Tower mail area and the Grace Manor entry doors (where the plants are currently located). Plumbing and electrical are currently being installed to accommodate these machines.

The new shuffle board room construction is progressing well. We will be adding a few pieces of gym equipment as well as a viewing area to the shuffle board room. We hope to have this open within the next 2 months.

Please be advised that any personal advertisement is to be posted in the Tower laundry rooms only. If you wish to post on the main HCH lobby boards, you must get prior approval from management.

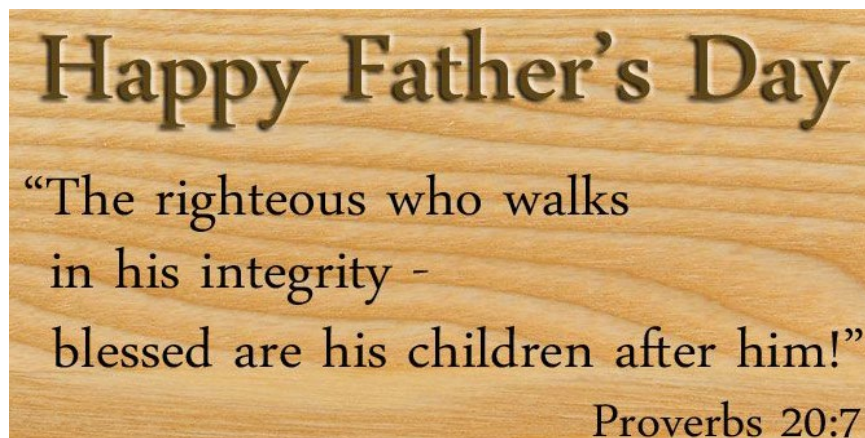
We have heard ongoing concerns regarding the speeding and noise along McLaughlin Rd. In consultation with TAC members, we are looking at doing a petition to present to City Council to install speed cameras along this stretch of road.

We have still not heard back from the Landlord and Tenant Board regarding the rent increase (above the approved guideline) for which we applied. We will notify tenants once we hear back.

We are busy preparing for our Annual General Meeting which will be taking place on June 14th, 2025 starting at 10:00am in Heritage Hall.

***Happy Father's Day!*** Father's Day is observed on the third Sunday of June. On June 15th, we will celebrate Fathers. Father's Day honors all fathers, grandfathers, great-grandfathers, and father figures for their contribution.

Blessings,  
Tracy



## **TENANT ADVISORY COMMITTEE UPDATE (TAC)**

The Tenant Advisory Committee meeting was held on Tuesday May 13th, 2024 at 8:30am. Tracy Kamino, CEO attended the meeting. The following is a summary of our discussion(s):

### **Business arising from last meeting**

- The cigarette butts were cleaned up. The cleaning of cigarette butts has been added to the daily checklist for maintenance.
- Concrete Blocks behind KT have been moved back into place.
- The Tenant Survey action plan has been drafted by staff. Tracy stated that when unfavorable items are identified through the survey, action plans will be developed and implemented to address and correct the concerns. Further discussion and review of the survey results and action plan will take place at the TAC meeting in June.

### **General Discussion**

- Tracy reported that we have had a delay in getting the grass cut. It has been a difficult process in tendering for a new landscaping contract. Companies do not want to take on the liability and complexity of a community such as ours. However, the landscaping company from last year has been retained and will start this week.
- Tracy reported that Tyndall Nursing Home is nearing completion of the necessary upgrades to Bethany Place and remains on schedule for residents to begin moving in sometime in June.
- Tracy stated that there is wrong information circulating within the community regarding admission to Tyndall. HCH tenants who apply for LTC and list Tyndall as one of their choice homes, do not receive priority placement for moving into Tyndall because they are an HCH tenant. Moving into Tyndall also does not give a tenant priority for moving from Tyndall into Faith or Grace Manor. If you apply to Tyndall and are accepted and move in, then you are now a resident of Tyndall. This means that once their new facility in Mississauga is finished being constructed, you will relocate with all other Tyndall residents to this new building. If your # one chosen home is Faith or

- Grace Manor, but you also chose Tyndall as a third choice, and you get placed into Tyndall first, you can still be transferred back to Faith and/or Grace should a bed offer be made to you in the future. This would be determined by your choices and in consultation with Ontario Health at Home. Please note that once you are admitted to another LTC home, your application priority for any other choice homes will not be top priority status (i.e. crisis application status is removed). Please feel free to speak to Tracy about this if you have any questions or need further clarification.
- Members voiced concern over the fact that tenants, residents, staff, visitors, and contractors are smoking all over the complex outside. Tenants have been smoking in areas even though “no smoking” signs are posted like in the gazebo at the back of Bethany Place. There is currently no designated smoking location. There was discussion about whether we can make HCH a “smoke-free” community and what would be involved? Management will look into this. In the meantime, smokers should be smoking off the property - the use of the Municipal sidewalks are considered off HCH property.
- Members thanked Len for enhancing the plant area outside of TNO.
- Tracy mentioned that there is an inquiry about having an outdoor lawn bowling area. This is being looked into.
- Tracy reported that the coffee machine by the Red Tulip has officially been removed, and replaced with a water cooler. Management is in discussions with our current vendor who may be willing to install a coffee vending machine on the premises. In addition to the coffee machine, the vendor has also proposed relocating one of the snack vending machines beside the coffee machine. The suggested location for both machines would be along the wall between the Peace Tower mail area and the Grace Manor entry doors (where the plants are currently located). Members felt that this would be a good location.
- Tracy reported that the shuffle board room is coming along quite well, walls are down and flooring is going in. We will be adding a few pieces of gym equipment as well as a viewing area to the shuffle board room. We hope to have this open within the next 2 months.



- There was a concern brought up about personal notices/ads being posted on HCH communication boards. All personal advertisements are to be posted in the laundry rooms only. If anyone wishes to post on the main lobby boards, they must get prior approval from management.
- An issue was brought up about the speeding and noise along McLaughlin Rd. Members were asking about the possibility of getting speed cameras along this stretch. Tracy suggested that TAC may want to create a petition to send to city council around this issue. Members liked this idea. We will draft a petition statement for approval at the next meeting.
- As per the TAC Terms of Reference, all current TAC members terms will end in June. Over the summer, we will need to do a call for nominations and hold an election if required to recruit 2 TAC members per Tower. The newly elected TAC members would start their new terms in September 2025. It was suggested that a form be developed that candidates sign to confirm their willingness to serve on the TAC, while acknowledging that they understand the Terms of Reference and the responsibilities associated with being a TAC member. The process and forms will all be finalized at the June TAC meeting.

### **Providence Tower**

- The apartments facing McLaughlin Rd. have not had their outside windows washed “ever”. Tenants were told this is due to the inability to install anchors which support the window washer. Tracy will follow up with maintenance to determine what can be done about this issue.
- There are a number of dog concerns in Providence Tower. Pet waste is all over the property. A tenant has been observed walking their dog along the back wall and allowing the dog to pee on tenant flowers. It was requested to purchase pet waste disposal containers to encourage tenants to discard their pet waste correctly. There is also a dog that gets very excited when it sees people and pees on the floor. Excessive barking was also noted as a concern. One specific dog begins barking as soon as its owners leave and continues until they return. Tracy asked



that such concerns be brought to the admissions office. As the landlord, we will and have addressed such issues. Tracy also mentioned that all tenants with pets are required to sign additional documents acknowledging our policies regarding pets.

- Parking concerns have been raised again by several members, with inquiries about the possibility of adding additional underground parking spaces behind Trinity and Hope Towers. Tracy is currently in communication with Condor (College Plaza management) regarding the potential for providing HCH spaces in their underground parking facility for our use in their future development. We will keep everyone updated as this conversation progresses.

### **Trinity Tower**

- The only concern was about the lawn care, but this was answered already in the general discussion.

### **Hope Tower**

- Lawn maintenance (long grass) was mentioned.
- It was mentioned that channel 990 could be clearer by using only a small amount of text - be more direct and with larger font.

### **Covenant Tower**

- It has been observed that some staff members continue to speak in their own language while on duty and in the presence of tenants/residents. This practice is against the HCH Code of Conduct, which requires staff to communicate in English while working and when around residents to ensure inclusivity and transparency. If this behavior is witnessed, please address it with the staff member's direct manager when possible. If you are unsure who to contact, or prefer to escalate the concern, please follow up with Tracy directly.

### **Peace Tower**

- Linens are still not being returned to Horizon Hall after being laundered. Tracy has discussed this with the Laundry Department Manager previously however, will follow up again.
- It was mentioned that some buildings charge an additional fee for tenants who have pets. During the conversation, the question was raised about how such a fee could be used if implemented here? One suggestion was to allocate the funds towards extra cleaning in

apartments as needed due to pet-related wear and tear. Tracy noted that there may be legal concerns surrounding the implementation of a pet fee. Tracy did reassure members that we are following the current city pet by-laws.

- Tenants really enjoy “The Tie that Binds”, but have noticed that it generates a significant amount of paper waste and incurs high printing costs. Tracy mentioned that Administration also shares these concerns. To address this, we're exploring options to reduce the overall size and cost of the newsletter while still providing tenants with the valuable information they appreciate. One idea under consideration is to replace the multiple pages of recurring and new activities with a single Activities Calendar printed on an 11” x 17” sheet. This calendar would accompany the newsletter and help condense the content without sacrificing important updates. The other thought was to start having the Tie that Binds sent electronically. More discussion to follow.
- There was a concern raised around TNO staff not looking professional, a specific concern around them not wearing their name tags. Tracy will follow up.
- A question was raised about whether there is a move-in checklist that is expected to be followed prior to renting an apartment. Tracy confirmed that yes, there is a checklist in place to ensure units are properly prepared for new tenants. A member mentioned a recent move-in where some issues were noted that should have been addressed beforehand. The member will follow up with Tracy to provide the specific unit number, so it can be looked into.

## **King Tower**

- Issue around the fire alarms was brought up again. Tracy has previously addressed this concern and apologized around that specific issue over the Easter long weekend, but it was unavoidable.
- A request has been made to install speed limit signs in the KT/PET underground parking garages. Maintenance will be asked to create and post signage to encourage drivers to reduce their speeds and improve safety in these areas.
- The flooring in the gym is wonderful and everyone who has used the gym is very appreciative.
- Issue with staff beeping their car horns to lock their car doors when coming to work was raised again.

**Next Meeting will be held on  
Tuesday June 10th, 2025 at 8:30am in the Boardroom.**

**Respectfully Submitted on behalf of TAC,  
Leah Lenstra and Cor Buikema, Co-Chairs**

**Tenant Advisory Committee**

If you have any tenant concerns that you wish to be discussed at the Tenant Advisory Committee, please contact your Tower representative.

**Trinity Tower**

Ms. Maria DeMelo TT501

Ms. Sandra Morello TT612

**Hope Tower**

Mr. John Versteeg HT509

Mr. Keith Lohnes HT612

**Covenant Tower**

Ms. Leah Lenstra CT 711

Mr. Len Joosse CT1001

**Providence Tower**

Ms. Lucy Vandersluis PT501

Mr. Simon Riemersma PT904

**King Tower**

Ms. Barbara McMahon KT402

Mr. Cor Buikema KT805

**Peace Tower**

Ms. Liz Terpstra PeT1004

Ms. Trudy Adema PeT1504

## *Tenant Corner*



### **Canada Day Pot Luck Picnic**

Horizon Hall July 1, 2025 11am-3pm



Join us for Fun and Fellowship to Celebrate Canada Day

Suggested food items: Sandwiches, Salads, Cheese and Crackers, Devilled Eggs, Pickles or anything you would bring to a picnic.

Desserts and Beverages available for purchase.

“Crafty” Vendors welcome.

For more information call Lydia Booth 905-456-5284

A note from Patti Milne,

Thank you to everyone who attended the May 24<sup>th</sup> Mother's & Father's Day Dinner. Thank you to Conn Country for a great night.





To those who watch “The Prophetic Connection” feel free to join us for a Meet and Greet with Rev. Dr. John Tweedie and his wife Clare.

Friday June 20, 2025  
Covenant Tower Lounge  
2-4 pm  
Refreshments will be provided.  
Donations are welcome.



Cheers to 50 years!

Congratulations to Sake & Gerda Veenstra on your 50<sup>th</sup> Wedding Anniversary! -From your friends and HCH.



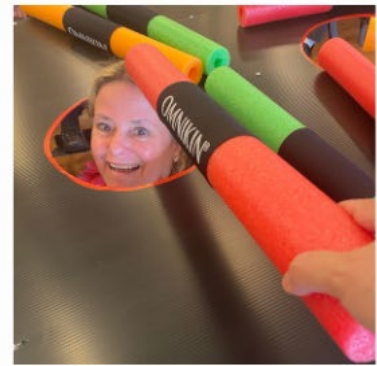
Wishing everyone a blessed month of  
**JUNE**

May your June be awesome,  
blessed, beautiful and filled  
with wonderful moments,  
because you deserve it.



Goal of Culture Change = person-directed care

If you have any questions, feel free to contact me.  
Jacquie #5246



**May was an exciting month of building relationships with residents, celebrating our care partners and making memories throughout the community.**



**Goal of Culture Change = person-directed care**

If you have any questions, feel free to contact me.  
Jacquie #5246



Did you know you can find us on:  
[www.facebook.com/hollandchristianhomes](http://www.facebook.com/hollandchristianhomes)



[www.instagram.com/hollandchristianhomes](http://www.instagram.com/hollandchristianhomes)



## June 2025 - Hello from the Volunteer Office!

Happy June Everyone! It is a beautiful time of the year, the grass is lush and green, trees are in bloom, the annual flowers have been planted in the flower beds around HCH and our community grounds are looking just beautiful!!! A big Thank you to all our volunteers who are involved in and have committed to caring for all our beautiful gardens around us as well as all our lovely indoor plants, you are doing a wonderful job!

**Volunteer Opportunities** - Here is a list of volunteer assignments that are currently available.

- **Bingo Organizer in Harmony Hall** on Monday afternoons and Friday nights?
- **Smile and Serve Team** – helping to prepare & serve coffee/tea for events
- **Meals on Wheels Delivery Team**
- **Friendly Visiting in Faith Manor and in Grace Manor**
- **Library Help**
- **Activation Support in Faith Manor and in Grace Manor**
- **Faith Manor Mealtime Assistance and Grace Manor Mealtime Assistance**
- **Faith Manor Receptionist**
- **Musician-** Do you play a portable instrument? Would you like to go to Grace Manor or Faith Manor and play music for residents in their rooms?

If you are interested in any of these available volunteer assignments and would like a “**Job Description**” with more details or if you have any questions, please contact Glenda in the volunteer office at Ext. 5225 or by email at [glenmc@hch.ca](mailto:glenmc@hch.ca). Also, please feel free to stop by for a chat or to book an appointment, please call to discuss a time that works for you! If you are new to our Holland Christian Homes community and you would like to join our volunteer team, you are most welcome and we look forward to hearing from you!

**“Volunteers Make Waves”**



## NEWS FROM TOWERS ACTIVITIES



### Communications/Events Board

All of our communications/events will now be on these boards, located by the mailboxes/elevators in each building. In addition, there is one by the Towers Nursing Office & Reception. We will no longer be putting posters in the elevators, so please check the boards for all the goings on here at HCH.

#### **Remember to Bring Your Mug!**

As part of good sustainability practices, this is a friendly reminder to please remember to **always** bring your mug to **designated activities with this mug indicator:**



#### **Amount of Walking**

All trips have indicators informing you how much walking is involved on the trips:



Minimal or no walking



Moderate walking



Lots of walking

## **Trips and Event Sign up**

Sign up and make payments for programs, events, and trips at Front Reception after 4pm during the week or during the day on weekends between 9am – 9pm. Please note that each trip must be paid for separately. Please address your cheques to “HCH Towers Activities”. **Please date cheques for the date of the event/trip. Reception only accepts exact cash amount or cheque. If you need change it will be given to you when Towers Activity Coordinator picks up money from Front Reception at the end of the week.**

## **Refund & Missed Activities**

If a tenant does not show up on time for a program, Towers Activities cannot guarantee there will be materials left for them once the activity has finished. Tenants cannot bring materials home for another tenant, unless Towers Activities has been given notice and approved this. **No refunds are given out for activities costing \$15 or less.** Rescheduling and alternate arrangements are done on a case-by-case basis, at the discretion of the Towers Activities Coordinator.

## **Billiards Room**

HCH has two lovely Billiard rooms that are available for use. One is located across from Anne’s hair salon by front reception. The room is kept locked but you can get the key from front reception and return it when you’re done playing. The second billiards room right beside Horizon Hall is kept locked and can be opened using your apartment key. The billiards table in the hallway of Peace Tower is also available free to use.

## Games Nights

Join us Friday nights in Horizon Hall for Games Nights starting at 7pm. Whether you're looking to challenge a friend, try something new, or just enjoy a relaxed night with good company, there's something for everyone! All are welcome!

## Morning Devotions

Morning devotions take place on CH 990 every **Tuesday and Thursday** at 10:00 AM. We look forward to sharing this special time of fellowship, united in faith as we begin the mornings in God's word.

## Fresh Flowers for Purchase!

A friendly reminder, floral pick-up takes place **every three weeks** at a **new time of 11:00 AM in Harmony Hall**. This change will help ensure more tenants have a chance to enjoy these lovely blooms. Each bundle is just **\$2**, with limited quantities available — so be sure to sign up early! Whether for yourself or a friend, treat someone to the simple joy of fresh flowers.



## Nordic Walking Poles

The Nordic pole walking group has now returned on a regular basis! The class will be run by John M. and will be running every Wednesday morning at 10:30am. We will meet at the Billiards room near front reception. We have some Nordic poles for you to try and rent out for FREE, or you can bring your own and learn how to use the proper Nordic pole walking technique.

- Research has shown that Nordic walking can not only increase hand grip strength but also increases muscle activity in the shoulders.
- Nordic walking exercises between 80% and 90% of muscles when done correctly, according to the American Nordic Walking Association, while regular walking and running only use 40%.

## Introducing Tech and Tea!

Did you enjoy our *Tech Corner* sessions from January to April? Still have some tech woes or questions? We're excited to reintroduce a new, improved series just for you: **Tech and Tea!**

These **free, friendly 1-hour and 30-minute sessions** are designed for tenants who want to feel more confident using their phones, tablets, or computers for everyday tasks. There's no pressure or judgment; just a warm welcome, helpful guidance, and a cup of tea!

Each session focuses on a specific topic and includes plenty of time for questions and hands-on practice. Please **review the schedule below** and **remember to bring the listed device(s)** along with your **mug**.

Here is a brief synopsis of what each session will cover:

- **Meet Your Device – The Basics**  
Learn how to turn your device on/off, the difference between phones, tablets, and computers, and how to find and open apps.
- **Passwords, Privacy & Online Safety**  
Tips for creating and storing safe passwords, identifying what not to share online, and how to stay safe.
- **Calling, Texting & Photos**  
Practice making calls, saving contacts, sending texts, and taking/viewing photos.
- **Downloading & Using Apps**  
Learn to access the App Store or Google Play Store, download and organize apps like the Bible app or YouTube.
- **Surfing the Web & Sending Emails**  
Use Google to browse safely, set bookmarks, and send emails with confidence.
- **AI & Fake Media – Truth or Trickery?**  
Learn what AI is, how to spot fake photos and videos, and how to tell real news from fake news.

All sessions will be held in **Harmony Hall**, and **sign-ups for as many sessions as needed are available at Front Reception.**

Looking forward to “*tech-ing*” with you!

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Location</b>	<b>Devices to Bring</b>
<b>Wednesday, June 4<sup>th</sup></b>	10:30 AM – 12:00 PM	Meet Your Device – The Basics	Harmony Hall	Tablets, Phones, or Computers
<b>Tuesday, June 10<sup>th</sup></b>	2:00 PM – 3:30 PM	Passwords, Privacy & Online Safety	Harmony Hall	Any Device
<b>Thursday, June 12<sup>th</sup></b>	2:00 PM – 3:30 PM	Calling, Texting & Photos	Harmony Hall	Phones
<b>Thursday, June 19<sup>th</sup></b>	2:00 PM – 3:30 PM	Downloading & Using Apps	Harmony Hall	Tablets or Phones
<b>Tuesday, June 24<sup>th</sup></b>	2:00 PM – 3:30 PM	Surfing the Web & Sending Emails	Harmony Hall	Computers
<b>Thursday, June 26<sup>th</sup></b>	2:00 PM – 3:30 PM	AI & Fake Media – Truth or Trickery?	Harmony Hall	Any Device

## You're Invited to a Special Musical Afternoon with Smile Theatre!

Join us on **Friday, June 6, 2025 at 2:00 PM in Heritage Hall for Remember That Song** — a heartwarming musical presented by Smile Theatre and written by Grant Tilly.

“Remember That Song is a beautiful love story that follows a man and woman through their childhood, courtship, and life together. With a blend of original compositions and beloved classics, this performance brings to life the powerful role music plays in shaping our most cherished memories. Developed in collaboration with older adults, it’s a touching tribute to love, resilience, and the songs that stay with us forever.” This is a free event, but tickets are required for entry. **Please sign up at Front Reception to secure your ticket. No tickets will be available at the door.** We look forward to seeing you there for an afternoon of joy, nostalgia, and music!



## Movie Matinee

Join us on **Thursday, June 5th at 1:30 PM in Heritage Hall** for a screening of *Grease* (1978), the beloved musical that defined a generation!

*“Experience the friendships, romances, and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of Grease, the most successful movie musical of all time. A wholesome exchange student (Olivia Newton-John) and a leather-clad Danny (John Travolta) have a summer romance—but will it cross clique lines?”* **Cost: \$5 (includes coffee, tea, dessert, and the movie). Please pay at the door.**



## Yoga

Breathe, stretch, and unwind with Yoga at HCH! Join Kathleen Osmond on **Fridays (June 6<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>) at 11 am in Horizon Hall** for a rejuvenating session that nurtures both mind and body. Yoga blends gentle movements, mindful breathing, and meditation to **reduce stress, enhance relaxation, and promote overall well-being**. Plus, it offers incredible health benefits:

- Improves Balance
- Supports Joint Health
- Teaches Better Breathing
- Improves Flexibility

Best of all? **This is completely FREE thanks to the government grant we receive!** No experience is needed - just bring yourself, an open mind, and a willingness to feel great.

## Music at The Towers Special Performance!

Please join us on **Friday, June 6<sup>th</sup>** at **7:00 PM** in **Heritage** as we welcome back the young musicians of **Music at the Towers**



share the result of their dedication, talent, and passion. *“For 12 years, this Brampton-based youth orchestra program has nurtured string players aged 6 to 18, cultivating a legacy of musical excellence and sending alumni into professional*

*orchestras across the country.”* Following the performance, all are invited to enjoy **light refreshments** just outside the hall. We look forward to seeing you there for this special celebration of youth and music.



## Free Grocery/Shopping Bus Trip to Walmart!

Our first of two monthly grocery bus trips will take place on **Tuesday, June 10<sup>th</sup>**. This trip operates on a first-come, first-served basis, so be sure to sign up soon! The bus will depart at 9:30 AM sharp, and pick-up will be at the CT Entrance at 9:15 AM. This trip's destination is Walmart on Steeles Avenue, and we will return to HCH around noon. To sign-up, please visit Front Reception after 4:00 PM on weekdays or anytime between 9:00 AM and 9:00 PM on weekends.

The Walmart logo, featuring the word "Walmart" in white text on a blue background, with a yellow six-pointed starburst icon to the right.

## Music & Movement

Get ready to move and grove with Music & Movement! For June, we will be offering 3 dates. Join Frances Chiappetta on **Tuesday, June 3<sup>rd</sup>, 17<sup>th</sup> and 24<sup>th</sup> at 10 AM in Horizon Hall** for a lively, themed dance experience that's as fun as it is stimulating for the mind. We'll dive into the history behind each song, explore the artist's story, and then let the rhythm take over! Whether you're dancing on your feet or swaying in your seat, this class is all about feeling the music in a way that works for you. Short, upbeat songs and engaging moves will lift your spirits while keeping your brain and body active. **No experience is needed**, just bring your energy!

## Travelogue with The Zinkweg's

Please join us on **Wednesday, June 5<sup>th</sup> in Harmony Hall at 7pm** as we join The Zinkweg's as they show us part 1 of England and Scotland, as well as Thailand & Cambodia. You won't want to miss this! Coffee and tea will be available. Remember your mug!

## Armchair Travels

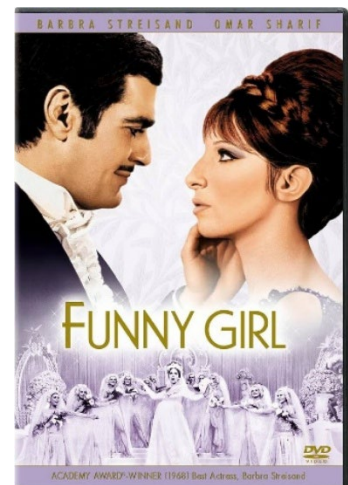
Tune in on **Monday, June 9th** at 11:00 AM on Channel 990 for a trip to **Vienna**, right from your armchair! *“We’ll enjoy a slice of chocolate cake at a traditional café, explore the stunning Gothic cathedral, and stroll through the beautiful Hofburg Palace. Together, we’ll admire the sparkling Habsburg crown jewels, visit the lively Naschmarkt filled with scents of vinegar and sauerkraut, and sway to the music of Johann Strauss in Vienna’s famous City Park.”*

## Speaker’s Corner

Join us for a Speaker’s Corner on **Wednesday, June 11th** at 2:00 PM in Harmony Hall for a helpful and informative session: *“Help with Your Health – Understanding Blood Pressure”* by the **Self-Management Program Presented by William Osler Health Systems**. *“This 1-hour workshop, we’ll learn what blood pressure really means, how to understand your numbers, and explore simple tips for managing high blood pressure, including lifestyle changes and information about medications.”* It’s the perfect time of year to refresh your health knowledge and enjoy a summer of wellness. All are welcome—we hope to see you there! **Light refreshments will be provided.**

## Movie Night

**On Thursday, June 15th** at 7 PM in Heritage Hall, join us for an unforgettable evening with the beloved musical *“Funny Girl”* (1968) starring Barbra Streisand in her Oscar-winning role as Fanny Brice. *“Set in the dazzling world of vaudeville and Broadway, this heartwarming and humorous film follows the rise of Fanny Brice, a spirited and talented performer who defies the odds to become a star—while navigating the ups and downs of love and fame. With*



*iconic songs like “Don’t Rain on My Parade” and “People,” it’s a story full of charm, wit, and unforgettable music.”* **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.**

## **Speaker’s Corner**

Please join us on **Tuesday, June 17th** at 2:00 PM in Harmony Hall for a thoughtful and informative session presented by the Christian Stewardship Services. Whether you're looking to deepen your understanding or make impactful decisions, we invite you to bring your questions and let CSS assist you on the journey.

This session will cover:

- God’s Story, Your Story, Your Response
- Choosing your beneficiaries and impact
- Understanding taxes and effective tools
- Sharing your personal faith and story
- Three aspects to consider: Spiritual, Financial, and Social

Light refreshments will be available. We look forward to seeing you there!

## **Towers Coffee Social!**



Join us in Harmony Hall on **Thursday, June 20th** at 2:00 PM for the Towers Coffee Social. Coffee, Tea and treats will be offered. **Cost: \$3.50.** We look forward to seeing you!

## Bus Trip: The Lion King - at the Princess of Wales Theater

*The time has finally arrived and tickets are **now sold out** Get ready for this highly-anticipated roaring adventure! We're thrilled to announce our upcoming bus trip to see the spectacular Lion King Musical at the Princess of Wales Theatre!*



**When: Wednesday, June 25<sup>th</sup> 2025 ; 1pm showtime**

**Pick Up: 11:00am Covenant Tower Entrance. About 11:30am Departure**

No meal is associated with this trip, please ensure you have a meal before we go or pack a snack/light meal with you to have on the bus there or back as we will be back around 4pm. There will be a concession at the theater for snacks and drinks at your own cost.

## Free Grocery Bus Trip to Food Basics

Our next free bus trip to Food Basics is scheduled for **Thursday, June 26<sup>th</sup>**. These trips take place once a month and operate on a first-come, first-served basis, so be sure to secure your spot! The bus will pick us up at the CT entrance at **9:15 AM** and will **depart at 9:30 AM** sharp, heading to the Food Basics plaza at Derry/McLaughlin. We'll return to HCH around noon. To sign up, visit Front Reception after 4:00 PM on weekdays or anytime between **9:00 AM and 9:00 PM** on weekends. A heartfelt thanks to our wonderful fundraising ladies, Audrey and Ann, for making these free bus trips possible!



## Special Programs & Events

<b>Event</b>	<b>Date &amp; Time</b>	<b>Location</b>
Smile Theatre Performance: “Remember That Song” (Sign-Up)	Monday, June 2 <sup>nd</sup> 2pm	Heritage Hall
Music and Movement with Francis	Tuesday, June 3 <sup>rd</sup> 10am	Horizon Hall
Tech and Tea: Meet Your Device – The Basics	Wednesday, June 4 <sup>th</sup> 10:30am	Harmony Hall
Vendor: Tradition’s Alive	Thursday, June 5 <sup>th</sup> 10am – 2pm	Elevators outside old FM
Movie Matinee: “ <i>Grease</i> ” (1978)	Thursday, June 5 <sup>th</sup> 1:30pm	Heritage Hall
Travelogue with The Zinkweg’s	Thursday, June 5 <sup>th</sup> 7pm	Harmony Hall
Yoga with Kathleen	Friday, June 6 <sup>th</sup> 11am	Horizon Hall
Music at The Towers Special Performance	Friday, June 6 <sup>th</sup> 7pm	Heritage Hall
Armchair Travels with Rick Steeves: “ <i>Vienna</i> ”	Monday, June 9 <sup>th</sup> 11am	Ch. 990
Vendor: Bedding & More	Tuesday, June 10 <sup>th</sup> 10am – 2pm	Elevators outside old FM
Grocery Store Bus- Sign Up Event (Walmart)	Tuesday, June 10 <sup>th</sup> 9:15am	CT Pick up
Tech and Tea: Passwords, Privacy and Online Safety	Tuesday, June 10 <sup>th</sup> 2pm	Harmony Hall
Speaker’s Corner: Blood Pressure	Wednesday, June 11 <sup>th</sup> 11am	Heritage Hall
Vendor: Toni Tupperware	Thursday, June 12 <sup>th</sup> 10am – 2pm	Elevators outside old FM
Tech and Tea: Calling, Texting, and Photos	Thursday, June 12 <sup>th</sup> 2pm	Harmony Hall
Music and Movement with Frances	Tuesday, June 17 <sup>th</sup> 10am	Horizon Hall

Vendor: Simply Pretty Jewelry	Tuesday, June 17 <sup>th</sup> 10am – 2pm	Elevators outside Old FM
Speaker's Corner: Christian Stewardship Services	Tuesday, June 17 <sup>th</sup> 2pm	Harmony Hall
Vendor: Nelly Comfort Shoes	Thursday, June 19 <sup>th</sup> 10am-2pm	Elevators outside old FM
Tech and Tea: Downloading and Using Apps	Thursday, June 19 <sup>th</sup> 2pm	Harmony Hall
Movie Night: “ <i>Funny Girl</i> ” (1968)	Thursday, June 19 <sup>th</sup> 7pm	Heritage Hall
Yoga with Kathleen	Friday, June 20 <sup>th</sup> 11am	Horizon Hall
Towers Coffee Social	Friday, June 20 <sup>th</sup> 2:00pm	Harmony Hall
Music and Movement with Frances	Tuesday, June 24 <sup>th</sup> 10am	Horizon Hall
Vendor: Avon	Tuesday, June 24 <sup>th</sup> 10am – 2pm	Elevators outside old FM
Tech and Tea: Surfing the Web and Sending Emails	Tuesday, June 24 <sup>th</sup> 2pm	Harmony Hall
Bus Trip: The Lion King at The Princess of Wales Theatre	Tuesday, June 25 <sup>th</sup> 11:00am* CT Pick- Up	Elevators outside old FM
Grocery Store Bus- Sign Up Event (Food Basics)	Thursday, June 26 <sup>th</sup> 9:15am	CT Pick up
Yoga with Kathleen Osmond	Friday, June 27 <sup>th</sup> 11am	Horizon Hall
Karaoke!	Friday, June 27 <sup>th</sup> 1:30pm	Harmony Hall

## Reoccurring Programs

<b>Event</b>	<b>Date &amp; Time</b>	<b>Location</b>
Peace Tower Coffee Social	Mondays 10:30am	Horizon Hall
Roman Catholic Mass	Mondays 10am	Harmony Hall
BINGO	Mondays 2pm & Fridays 7pm	Harmony Hall
Let's Sing	Mondays 7pm	Heritage Hall
Hope & Trinity Tower Coffee Social	Tuesdays 10am	Harmony Hall
Current Events	Tuesdays 10:30am	King Tower Library
Fun + Fitness	Tuesdays & Fridays 11am	Heritage Hall
Bridge Club	Tuesdays 1pm	King Tower Library
Covenant Tower Coffee Social	Tuesdays 2:30pm	Covenant Tower Lounge
Bid Euchre	Tuesdays 6:30pm	Providence Tower Meeting Room
Busy Hands	Wednesdays 9am	Trinity Tower Meeting Room
Nordic Pole Walking Group	Wednesdays 10:30am	Billiards Room Near Reception
Hymn Sing and Bible Study	Wednesdays 10am	Horizon Hall
Cribbage Club	Wednesdays 1:30m	Providence Tower Meeting Room
Art Expressions	Wednesdays 1:30pm	Trinity Tower Meeting Room
Operation Mercy Yarn Pick up	Wednesdays 2pm	Harmony Hall



Klaverjassen	Thursdays 1pm	King Tower Library
Tai Chi	Thursdays 10am	Horizon Hall
Prayer Shawl Group	Thursdays 2pm	Covenant Tower Lounge
KTEE Euchre	Thursdays 7pm	Horizon Hall
Games Night	Friday 7pm	Horizon Hall
Providence Tower Coffee Social	Saturdays 10am	Providence Tower Meeting Room
King Tower Coffee Social	Saturdays 10am	Horizon Hall

## UPCOMING EVENTS

### **Music on the Patio Comes to HCH**

Music on the Patio will be live **music every other Tuesday evening from 7-8pm on the NEW Faith Manor Patio**. We will have a different musician each time for you to enjoy. To gain entrance to the new Faith Manor patio we ask you to go through the tenant dining room across from the snack bar. In the back-right hand corner there is a door that leads outside. For this event, please Bring Your Own Chair (walker or lawn chair to sit on). We will also have water and little bags of chips for sale for a \$1 each. In case of bad weather, performances will take place in Heritage Hall.

#### July 8<sup>th</sup> – Cheryl Dueck

On our very first evening of Music on the Patio you will have the opportunity to enjoy a live performance by Cheryle Dueck perform. *Cheryle Dueck is a gospel music singer, songwriter and entrepreneur based out of Mississauga Ontario Canada. Recognized for her distinctive and powerful vocal stylings, Cheryle is a*



seasoned performer whose musical journey in the gospel music realm has seen her excel as a soloist, worship leader, ensemble member, a director of 25-to-100-voice children and youth choirs, and more recently, a recording artist with the successful release of her very first Christmas song entitled "Christmas is Calling".

### Tuesday, July 22<sup>nd</sup>- Vili V

On our second evening of Music on the Patio you will have the opportunity to enjoy a live performance by Vili V. "Miraculous..." – *The Toronto Sun* "Where his art truly resides is in that voice, which is truly gifted ..." – *The Hamilton Spectator* "Get ready to be captivated." – *Honk Magazine* Vili V is an internationally acclaimed singer-songwriter from Hamilton, Canada, who blends soulful roots rock and country with the emotive storytelling of the singer-songwriter genre. Known for his velvet voice, he effortlessly combines versatility and raw emotion, creating music that resonates deeply with listeners. His soul-stirring sound explores themes of resilience, hope, and unwavering spirit, making him a standout in today's music scene. With an impressive career spanning international stages and critically acclaimed recordings, Vili has earned five awards from the UK Songwriting Contest.



### Towers Nursing News

Dates are subject to change. Announcements for date/time changes will be posted on CH990.

- **Denturist clinic:** Call (905) 453-3393 to send your information in for appointment. CARRS will contact you with an appointment time.
- **Mobility Clinic:** Occurs Wednesday, June 18<sup>th</sup>, Clinic starts at 1pm.
- **Hearing Aid Clinic:** Call 905-793-3962 or 416-843-1986 to book an appointment with Wendy Caswell.
- **Foot Care Nurse:** Wednesday, June 4<sup>th</sup> and 18<sup>th</sup>. Please sign up on the list at TNO.
- **Chiropractor:** Call Dr. Douglas Vlaskamp's for an appointment at 905-451-3963. Open Friday afternoons 1:30-3:40pm.
- ❖ **Physiotherapy Department:** Call 647-717-3422 to book an appointment.



# HCH GUESTROOMS

**\$100/night**

**Located in Peace Tower**

**Book Now**

**905-459-3333**

There are three guest rooms all located in Peace Tower (2nd and 3rd floors). Each guest room is equipped with general kitchen items, such as a kettle, dishes, cutlery, microwave, refrigerator, kitchen table, two chairs, a comfortable chair, colored television, a queen bed, and queen pull-out sofa bed, linens, towels, soap and some cleaning products.



## Safety, Security & Respect at HCH

### Elevator usage during fire alarms, Grace, Peace, and King

As you know, Grace Manor, Peace and King Tower are connected on the same fire alarm system. Many times, fire alarms and fire drills resolve without any trouble and the alarm system is able to be reset. Sometimes though, problems arise where a contractor may need to come and fix a part of the system in order to reset it. In this case, the elevators may be out of service while the contractor is on route. What is our plan for this?

The janitor, charge nurse, or maintenance staff may use the elevator with a special key to take people up on an urgent basis. Please note that the priority is to take care of the Grace Manor residents. Many of them cannot be left alone in the atrium so the staff may have to prioritize the elevators to get them back home. Depending on the time of day, the elevators may have to be prioritized to bring food to the residents from the kitchen.

As for King and Peace Towers, staff can only accommodate requests for elevator service for urgent reasons. For example, paramedics may need to get in the building to help someone. Someone may need to go back to their apartment to get medications that they cannot do without. Someone may need to come down from their apartment to go for a specialist medical appointment. While these situations are frustrating, the staff need to prioritize their tasks in order to resolve the incident safely.

Please direct any further questions to:

[Ingrid Malmberg \(She/her\)](#)

*Emergency Management Coordinator*

[Ingrid.Malmberg@hch.ca](mailto:Ingrid.Malmberg@hch.ca)

Office: 905 463 7002 Ext. 5242

Cell: 365 994 3047



## **FROM THE DESK OF THE ADMISSIONS OFFICE**

Following you will find the changes that have taken place at Holland Christian Homes during the month of May.

### **We welcome to the Towers:**

Mr. Wilhelmus & Mrs. Marina Van Veen	PT 1002
Mrs. Carol Ford	PT 1108
Ms. Marcia Stehouwer	TT 411
Mr. Frederick & Mrs. Edith Williams	HT 205
Mr. Douglas & Mrs. Thi Hoai Nhan Phan Brown	PeT 804
Mrs. Luisa Colalillo	CT 608
Mrs. Veronica Gonsalves	PT 1101
Mr. Roderick Clue	CT 701
Mrs. Lynda Gilbert	KT 304
Ms. Ilona Szentes	CT 1206

### **We welcome to Faith Manor:**

Mr. Anthony Nainee	FM 313
Mr. Ali Najibullah	FM 315-1
Mr. Vijayakumar Senathirajah	FM 125-2
Mr. Salvatore Iannone	FM 125-1
Mrs. Helen Pocock	FM 524-2

### **We welcome to Grace Manor:**

Mrs. Shirley Welch	GM 216
Mrs. Nancy Gomboc	GM 215
Mrs. Maria Resende	GM 120S

### **Changes within the facility:**

Mrs. Lilekah Cyrus	GM 111/1S to GM 113S
Mrs. Magdalena Mehta	KT 902 to GM 209N

### **We had to say Good-Bye to:**

Mrs. Afra Huyberts	CT 709
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Our thoughts and prayers are with the loved ones of those that have passed away:

### **We remember:**

Mr. Peter Klarenbeek	FM 320
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Mrs. Barbara Dobell	FM 313
Mrs. Ada Knapton	FM 524-2
Mrs. Glenda Barnes	TT 510
Mr. Gaspare Garisto	PeT 1702
Mrs. Henrietta Wilbrink	FM 114
Mrs. Rhena Hyma	GM 113
Mr. Ronald Kicul	GM 120
Mr. Oscar Dawes	GM 209N
Mrs. Rita Lazet	GM 217N
Mr. David Wenzel	GM 215S
Mrs. Emiko Teramoto	FM 320
Mrs. Kay Allan	FM 523-1
Mrs. Barbara Stehouwer	PT 1302
Mr. Howard Turner	GM 215N
Mrs. Edda Canestrini	GM 219N

*Sincerely,  
Gifty Adjei  
Tenant Business Services*

# WELCOME

## NEW MANAGEMENT STAFF



**Trish Krale**  
CQI & Risk Mitigation  
Specialist

**We're excited to welcome Trish, back to Holland Christian Homes! She previously worked with us and has re-joined the team. We're thrilled to have her back, bringing familiar warmth and valuable experience to our community once again.**



# **Buffet June 4<sup>th</sup> 2025**

**BBQ Pork Ribs**

**Fried Chicken**

**Garlic Mashed Potatoes**

**Sauerkraut**

**Mixed Vegetables**

**Assorted Salads**

**Assorted Dessert/Cakes**

**Vanilla Ice cream**

**Tea/Coffee**

**\$20**

**No take outs or containers from home  
allowed**

***Horizon Hall***

***12PM onwards***



# June Birthdays

KT 1005	Frank VanOfwegan	01-Jun
Pet 1602	Nel Ottevangers	01-Jun
Pet 905	June Young	02-Jun
CT 812	Peter DeBoer	04-Jun
HT 109	Anna Adema	05-Jun
Pet 605	Ina Pelkey	05-Jun
KT 904	Marianne Goertzen	06-Jun
KT 1303	Dan Ligterink	06-Jun
HT 101	Aline Payne	06-Jun
Pet 606	Caroline Nobels	10-Jun
CT 904	Dorothy Carson	11-Jun
TT 310	June Wilson	12-Jun
HT 415	Anita Stone	16-Jun
HT 502	Warren Faulkner	17-Jun
CT PH03	Margrit Gould	19-Jun
Pet 1103	Harry Speelman	20-Jun
TT 613	Kathy Siderius	22-Jun
CT 911	Ginnie Leong	25-Jun
KT 201	Anita Bergs	27-Jun
Pet 1104	Anna DeRooy	29-Jun
PT 104	David Lamb	29-Jun



# July Birthdays

HT 309	Ellen Vanerkooy	01-Jul
TT 206	Helen Reinders	01-Jul
CT 912	Jill Provencher	02-Jul
PeT 1701	Nettie Roelfsema	03-Jul
Pet 1406	Nellie Kamerman	04-Jul
PeT 1102	Miriam Haan	06-Jul
KT 1105	Martin Iedema	06-Jul
KT 204	Mary Versteeg	06-Jul
Pet 1302	Boukje DeRaaf	06-Jul
KT 308	Corrie Vanderhoef	07-Jul
PeT 1305	Robert Visser	07-Jul
PeT 1706	Charles Douma	09-Jul
HT 705	Agnes Kamerman	10-Jul
PT 101	Bev LeDrew	12-Jul
PeT 1305	Marjanne Visser	12-Jul
HT 701	Max DeBruyn	13-Jul
CT 810	Carol Bootsma	13-Jul
HT 301	John Cappon	14-Jul
CT 809	Dina Robichaud	14-Jul
KT 407	Johanna Snoek	15-Jul
PT 903	Geraldine DeCloe	16-Jul
PT1102	Nely Laning	25-Jul
PT 805	Elizabeth Kwong Hing	26-Jul
Pet 1304	Joe Feddema	26-Jul
CT 612	Janny DeVries	27-Jul
CT 1207	Dianne Kersten	29-Jul
PeT 405	Carol Benner	31-Jul
PT 601	Eldon Lehman	31-Jul





# Birds of a Feather

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

## Word list:

BLUEBIRD  
CHICKADEE  
COWBIRD  
CROW  
DOVE  
DUCK  
EAGLE  
EGRET

FINCH  
GOLDFINCH  
GOOSE  
HAWK  
HERON  
KESTREL  
LOON  
MEADOWLARK

NIGHTHAWK  
ORIOLE  
OWL  
PARTRIDGE  
PELICAN  
RAVEN  
ROBIN  
SANDPIPER

SPARROW  
SWALLOW  
SWAN  
THRASHER  
WARBLER  
WOODPECKER  
WREN



## *Editor's Note*

Dear Tenants,

June is a special time across Ontario—it's Seniors Month, a time to honour and celebrate the incredible contributions of older adults in our communities. Here at Holland Christian Homes, we are proud to recognize the wisdom, strength, and spirit our seniors bring to everyday life.

This year's theme, "*Aging with Confidence*", reminds us that growing older is something to embrace with dignity, purpose, and joy. Whether it's through meaningful activities, heartfelt conversations, or quiet moments of reflection, our seniors continue to show us the beauty of a life well lived.

In this issue of *The Tie that Binds*, we highlight programs and meaningful activities that connect, and inspire.

Let's take this month to say thank you—to all the seniors who lead by example and continue to shape our community with grace and generosity.

Warm regards,

*Kelly Pereira*

### **Tie that Binds Feedback Form**

Name:

Comments: