

The Tie that Binds

Internal Newsletter



Holland Christian
Homes

August 2026

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Car Wash & BBQ Fundraiser

Thank you to everyone who participated in our Car Wash & BBQ Fundraiser in July. Please see Tracy's note below for more information on the day.

Enjoy some photos from this wonderful event!



Blessed Be the Tie That Binds: A Reflection for a Christian Seniors' Community – by Rev. David Tigchelaar

"Blessed be the tie that binds our hearts in Christian love." Those lyrics were written in 1782 by the English Baptist minister **John Fawcett** after he and his wife decided not to leave their small and humble congregation in Wainsgate, England. They made that decision to stay in the congregation despite receiving an invitation to pastor a larger, wealthier and more prestigious church in London. The hymn was born out of that experience, celebrating the enduring spiritual bond that unites Christians in love, fellowship, and faithful service to one another.

These cherished words remind us that what makes this community special is not simply that we live in the same building or share the same hallways. We are bound together by something far greater: the love of Jesus Christ. He has called us to live as a community where every person is valued, every story is honoured, and every life bears witness to God's faithfulness.

From that familiar opening line, the lyrics sing of this precious gift of Christian community. We hear the words, "the fellowship of kindred minds is like to that above." Here we gather for coffee socials, celebrate birthdays and anniversaries, welcome new neighbours, and support one another through illness, loss, and change. A smile in the hallway, a visit, a helping hand, or a quiet prayer offered for a neighbour are all simple acts through which Christ's love is made visible. Community is built not only through grand gestures, but through daily faithfulness and ordinary kindness.

The lyrics of the song express a depth of shared life that encompasses all of life's experiences. "We share our mutual woes, our mutual burdens bear, and often for each other flows the sympathizing tear." As we share our stories, our prayers, and our hope, we encourage one another to keep our eyes fixed on the One who has been faithful every step of the journey.

The tie that binds us also stretches far beyond this residence. "From sorrow, toil and pain, and sin we shall be free; and perfect love and friendship reign through all eternity." Even when we grieve the loss of dear friends, we do so with hope, knowing that our fellowship in Christ is never broken and that one day we will be reunited in the new creation.

As we continue to live together, may God strengthen the bonds of Christian love among us. May this place be known not simply for excellent care or comfortable homes, but as a community where Christ is present, where neighbours become friends, where friends become family, and where God's love is experienced every day. **Blessed indeed is the tie that binds our hearts in Christian love.**

From the desk of the CEO

Dear Holland Christian Homes Community,

Happy August! Happy Summer!

This summer has brought challenging weather conditions. Prolonged heat and wildfire smoke from northern Ontario have limited opportunities to enjoy the outdoors and required our Emergency Management Team to implement Code Grey and Code Yellow communications to help protect the health and safety of our residents, tenants, staff, and visitors.



We are pleased to see that air quality in our area has improved. The health and well-being of our residents / tenants remains our highest priority. We will continue to monitor weather and air quality conditions closely and will reinstate Code Grey measures if conditions return to high-risk levels. For the latest updates, please visit the HCH website and Channel 990.

As the exceptionally warm summer weather continues, we encourage everyone to stay well hydrated, limit prolonged exposure to the heat when possible, and make use of our cooling areas as needed.

There was no Tenant Advisory Committee (TAC) meeting updates this month as the Committee does not meet during the months of July and August.

Pardon the inconvenience as we improve Covenant Tower. Work has begun on exterior building repairs and enhancements. The project includes resurfacing and waterproofing balcony concrete, replacing balcony railings, cleaning and repairing brickwork, and replacing the sealant around windows.

A project timeline and updates will be posted on the green information board in the Covenant Tower lobby. Please check this board regularly for the latest information on the schedule and progress of the work. If you have any questions or concerns, please visit the Maintenance Department. We appreciate your patience and cooperation while these improvements are underway.

On July 8th, the HCH Social and Wellness Committee hosted a successful Car Wash and BBQ fundraiser to raise funds for planting two memorial trees in honour of two staff members who passed away last year. The event was made even more special through the support of our partners at BrokerLink, our insurance provider, whose team joined us in making the day a success.

We were also honoured to welcome Mayor Patrick Brown and Regional Councillors Dennis Keenan and Martin Medeiros. In addition to supporting the fundraiser, they have generously committed to donating the two memorial trees, helping us create a lasting tribute to our fellow care partners.

Thank you to everyone who volunteered their time, contributed to the event, and came out to have their car washed or enjoy a BBQ sausage. Your support and generosity helped make this fundraiser a meaningful success.

The flower beds around the property look amazing! A heartfelt thank you to our volunteer gardeners for all your hard work and dedication. Your care and effort have made the property look absolutely beautiful and full of vibrant blooms.

As previously reported, we successfully applied to Service Canada for funding to support the hiring of 12 students over the summer. Most of these students have now completed their placements with us. It has been a pleasure to witness their enthusiasm and commitment as they learned, developed new skills, and contributed to the work of HCH. We are grateful for their efforts and wish them every success as they pursue future educational and career opportunities.

For those of you who are tech-savvy, please follow HCH on Facebook or Instagram, please “like” the social media posts, so we get more traction.

Stay cool! Enjoy the rest of your summer.

Blessings,

Tracy

A Note From the Maintenance Corner

Over the past 2 weeks we've noticed an increase in the number of homeless people entering HCH. They gain entry by following tenants, visitors and staff as they enter the building. As a gentle reminder, please be careful when entering our buildings, making sure not to allow strangers into the buildings. If someone is attempting to enter the building behind you, please ask them kindly to use the enter phone to call up to the person they are here to visit and gain access that way. If they are not sure who they are here to see, please ask that they walk around from outside to Front Reception to gain access that way.

Every morning we have Maintenance staff walking the property to pick up litter. Lately, we have been finding a lot of needles left on the ground around the property, some are even filled with a substance. There is no specific area, they are on both sides of the road. Please if you find a needle, **DO NOT** touch it, let Front Reception know so they can contact Maintenance for removal.

Maintenance has been getting a lot of calls regarding wildlife on the HCH property. Unfortunately, there isn't a lot we can do with regards to birds, squirrels, fox, coyotes, raccoon, skunks or other wildlife that cross our property. There are by-laws to protect these types of wildlife, which prohibit HCH from dealing with the issues they cause. Please, if you have a concern about wildlife on our property, I encourage you to call Brampton Animal Services, they have many more resources and information on how to deal with wildlife.

Faith Manor – Donation Request



Faith Manor is looking for Christian worship CDs. These will be used to play for residents during activities or other times to provide calming background music.

If you have any that you would be willing to donate, please bring them to the Faith Manor reception desk, or to either of the Pastors' offices in Hope Tower or Peace Tower. Thank you!

Exciting News for all the HCH Grocery Bus Supporters

We will be having a sale to celebrate the summer and the upcoming fall season.

Thursday August 20, 2026

10:00 a.m. till Elvis has left the building!

We will start in the Covenant Tower Lobby and will move outside later in the day if weather permits.

ALL MONEY RAISED will go to support the HCH GROCERY BUS!

Thank you to all and we are looking forward to seeing you and enjoying the performance by ELVIS!

God Bless,

Audrey Schreuders and Anne Pennells

Operation Mercy- Hat Gathering (2026)

The Lord willing, on Wednesday, September 23, all knitted hats will be collected.

Please bring your hats to Harmony Hall between 1:45pm and 2:30pm and know how many hats you are handing in.

Come for tea and a dessert, and please bring your own mug.

If you need help bringing in your hats, let me know so I can pick them up a day or two beforehand. Regardless of the number of hats, picking them up will be no problem.

Thank you and see you there!

Jennifer 874-6230

**** Also, the yarn shop will be closed on Wednesday, August 19 and will reopen on Wednesday, September 2 ****

Bhutan Monks Visit Faith Manor

We were honoured to welcome a group of monks from Bhutan to Faith Manor for a tour of Faith Manor in July.

Their visit was part of an inspiring journey to learn more about long-term care as they explore the possibility of opening a long-term care home in Bhutan. It was a privilege to share our approach to resident-centred care, our community, and the values that guide everything we do.

We wish them every success as they work to bring compassionate, quality care to older adults in Bhutan.



FM Resident Council Summer Fun Activity Basket – Winner

Congratulations to Patti from Covenant Tower, the lucky winner of our Summer Fun Activity Basket for Kids!

This special fundraiser was organized by our Faith Manor Resident Council in support of Senior's Month and this year's theme, "Let's Get Moving!" A special thank you to Margaret from Rainbow Ridge for drawing the winning ticket.

Thanks to the incredible support of our community, \$481 was raised for the Faith Manor Resident Council. These funds go directly back to the Resident Council, where residents decide how the money will be used to enhance life in our home.



Thank you to everyone who purchased tickets and supported this resident-led initiative. Stay tuned for our next fundraiser—the Annual Family Fun Day Basket, coming up on August 20!

Tenant Dinners

I would like to personally thank everyone who came out for the wonderful dinner and the entertainment by Linda and Dennis of Conn Country. Thank you to all the volunteers who helped with the dinner to make it a great success.

Our next dinners will be:

- August 15 – performance by Joe Tucker, doors open at 4:15pm
- September 5 – Labour Day weekend BBQ

Tickets are on sale now for both events, and are going fast. Tickets must be paid for in advance.

Patti Milne



Community Thanksgiving Dinner

There will be a turkey dinner on Sunday, October 11th in Horizon Hall. The cost will be \$15.00.

Further information will be in the September Tie that Binds.

Holland Christian Homes Investment Program

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Spring Garden Word Scramble

Race to see how quickly you can unscramble
the following mixed-up, gardening-themed words?

- | | |
|-----------------------|------------------------|
| 1. Flodfaid _____ | 11. Snubine _____ |
| 2. Rolfew Top _____ | 12. Morewraths _____ |
| 3. Gelsnide _____ | 13. Ziterrlife _____ |
| 4. Stufreblite _____ | 14. Shindbrimmug _____ |
| 5. Depas _____ | 15. Salezaa _____ |
| 6. Slitup _____ | 16. Dahn Stool _____ |
| 7. Grinetaw Nac _____ | 17. Bludgay _____ |
| 8. Orwk Slegov _____ | 18. Brelowerhaw _____ |
| 9. Stablegeve _____ | 19. Chuml _____ |
| 10. Druibshoe _____ | 20. Lapsgin _____ |

OPEN HOUSE



Tuesday, August 18 at 10:30am-12pm & 2pm-3:30pm



Peace Tower 45 KingKnoll Drive, Brampton,
Your Home Away From Home Starts Here!

Come explore our newly upgraded Guest Rooms!

Guest Room 3A will be open for viewing during our Open House.

Directions to the guest room will be posted on the day of the event.

We look forward to seeing you!

Care Partner

WHO AM I?

This month, we are featuring our Grace Manor Leadership Team, which includes the Administrator, Director of Resident Care and Assistant Director of Resident Care. This team is responsible for overseeing the whole Grace Manor care partner team and ensuring that the residents in Grace Manor receive a high level of care, that is delivered with a resident-focussed approach to care. Please enjoy getting to know them a little better.



From left to right: Ashima, Justine and Priyanka

Justine Dudziak – Administrator

I'm the Administrator at Grace Manor and a member of the senior leadership team at Holland Christian Homes. My role is to support our teams in providing person-centred care that reflects our mission, values, and Christian faith. My role includes overseeing quality care, regulatory compliance, continuous improvement, fiscal responsibility, and collaborating with residents, families, care partners, volunteers, and community partners to ensure we continue delivering high-quality care while helping shape the future of our organization.

I've been part of the Holland Christian Homes family for seven years. I started as an Activity Coordinator, then became Director of Programs and Services, and have been the Administrator at Grace Manor for the past four years. It's been a rewarding journey, and I'm grateful and feel truly blessed for the opportunities I've had to grow within this amazing community.

My favourite part of working at HCH is the people! Building relationships with residents, families, volunteers, and care partners is what makes this work so meaningful.

I'm proud of our Eden Philosophy journey. We're seeing more joy, purpose, and meaningful engagement while working to eliminate the three plagues of loneliness, helplessness, and boredom. This has also contributed to fewer falls, fewer critical incidents, and reduced use of antipsychotic medications. It's inspiring to see the difference a person-centred approach can make.

I also love spending time in the neighbourhoods, connecting with residents and care partners, listening to new ideas, discussing challenges and celebrating successes.

I enjoy spending time with my husband, Steve, of 26 years, our three sons—Peter, Paul, and Jonathan—and our family and friends. Whether we're travelling, playing pickleball, going for walks or attending church. I also enjoy writing and am currently working on a book.

I live each day with gratitude and purpose. Finding ways to encourage others, make someone smile, or brighten a resident's day brings me joy and reminds me why I love what I do!

Priyanka Sharma – Director of Resident Care

I am the Director of Care in Grace Manor and I have worked here since April 2025.

I love to support my team and ensure residents receive compassionate and quality care. I enjoy mentoring care partners, working collaboratively, and creating a positive environment for both residents and employees.

In my spare time I enjoy gardening and planting flowers and vegetables. I find it relaxing to spend time outdoors, take care of plants and watch things grow. It helps me unwind and brings me peace.

Small things that bring me joy are seeing flowers bloom, enjoying nature, and seeing residents and care partners smile. I also appreciate simple moments with family and friends after a busy day.

Ashima Chhabra – Assistant Director of Resident Care

I am the interim Assistant Director of Care in Grace Manor.

I started here as a SPEP RN student in March 2024 and then I joined as a Registered Nurse in Grace Manor. In October 2025, I got an opportunity for the ARDC position and am now working in this position.

I love to support both residents and care partners while helping to provide safe and quality care. I enjoy teamwork, problem solving, and making a positive difference in resident's daily lives.

In my spare time, I enjoy spending time with family and friends, relaxing, shopping, and trying different foods/recipes.

Small things that bring me joy are seeing positivity around, having chit-chats with my buddies, spending time with loved ones, and enjoying peaceful moments after a busy day.



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to stay up to date
on what's happening
at HCH!

**OUR
COMMUNITY**

**RESIDENT
STORIES**

**EVENTS &
PROGRAMS**

**BEHIND THE
SCENES**



Holland
Christian Homes
Here to Care ❤️

 Thank you for being part of our community! 

Tidings from the Towers Landlord Office

Progress is being made with the Covenant Tower balcony work. You can see the scaffolding has been erected, and we now have the building permits in place. Affected tenants have been advised, and any changes to the schedule will be updated by the entrance foyer to Covenant Tower.

For tenants with motor vehicles, please **check that your parking tag has the 2026 sticker**. We are still having to follow up with tenants who have not yet updated their parking information.

We are reviewing a Mobility Scooter Policy. As a heads-up, we are looking to prohibit scooters from being stored in common element areas of the buildings. Further details will follow.

Starting September 1, 2026, there will be some price increases to the following monthly services:

Care Fee: The last Care Fee increase was in 2021. A letter will be sent to tenants advising of the increase.

Dining Room Fee: A letter will be sent to tenants on the current plan.

Cable Fee: This will affect King and Peace Tower residents only, as the new installation has been completed. A letter will be sent to tenants.

Poem – by Ge Steinginga

HCH was recently given a collection of poems that were written by a former tenant, Ge Steinginga. Please enjoy this poem from that collection:

TAKE A LITTLE TIME

Take a little time today
To mend a broken heart
Or gather up the pieces
Of a dream that's torn apart
Take a little time today
To graciously extend
An outstretched hand to someone

Who really needs a friend...
Take a little time today
To help make life worthwhile
For a stranger who can use
An understanding smile...
Reach for heaven and reflect
The sunshine from above
Take a little time today
To radiate God's love.



Save the Date!

5th Annual Family Fun Day Event

Get ready for an afternoon of fun, entertainment, and community connection! We invite all residents and families to join us for our 5th Annual "Family Fun Day Event" featuring activities and entertainment for everyone to enjoy.

 Thursday, August 20th

 1:00 PM- 4:00 PM

Event Locations

You'll find us set up:

 **Faith Manor:** In the parking lot by the main entrance and DUCA by Trinity Tower.

Alternate Rain Location: Heritage Hall

&

 **Grace Manor:** Outside the Grace Manor entrance.

Alternate Rain Location: Grace Manor Atrium

Enjoy a fun-filled afternoon featuring:

-  Elvis Presley Performance featuring Cameron Caton
-  Ice Cream Truck
-  Critter Visits
-  Local Vendors
-  Kids Corner
-  Raffle Prizes

Bring your family and friends and join us for a wonderful day of celebration, laughter, and community fun.

We look forward to seeing you there!

BBQ & SPLASH DROP

August 7th 2026 | 10am - 4pm

Join us for a fun filled day of Food, Music, Laughter
and Big Splashes!

DUNK THE CEO, POLITICIANS,
BOARD OF DIRECTORS, DUCA
BRANCH MANAGER AND
OTHER CARE PARTNERS IN
THEIR FUNNY OUTFITS



Sponsored by our
**Social and
Wellness
Committee**

PRICES

Dunk Tank Challenge:

1 Toss - \$2

3 Tosses \$5

Combo Sausage (Meat) &
Drink - \$10

Combo Sausage (Veggie) &
Drink - \$10



Schedule will be posted
in advance



Greetings from the Volunteer Office!

Happy August Everyone! We hope everyone is enjoying the summer.

Interested in joining our Volunteer Team? You are very welcome to join us. For more details or current available volunteer assignment job descriptions, please contact **Glenda** in the Volunteer Office: (905) 463-7002 Ext. 5225 or email glenmc@hch.ca

 **Smile & Serve Team** - Help prepare and serve coffee at special events while connecting with residents and guests.

 **Folk Songs Sing-Along (Garden Grove – FM1)** - This program will resume in September. Would you like to share your voice and brighten someone's day? This program takes place on Monday mornings as we sing classic fun songs.

 **Monday Afternoon Bingo (Harmony Hall)** - Be part of the excitement! We're looking for callers, runners, and helpers to keep the fun going.

 **Meals on Wheels Team** - We currently have an opening for a regular Wednesday lunch delivery route in Covenant and Providence Towers. Pickup is at 11:15 am from the Grace Manor Kitchen (approximately a 1-hour per week commitment).

 **Faith Manor Reception Desk** - Join our friendly Front Reception Desk Team. Greet visitors, provide directions, and be a welcoming presence. Various time slots available.

 **Artwork Donations Welcome** - Have artwork you would like to pass along? Consider donating it to Holland Christian Homes. Our team curates and maintains artwork displayed throughout our community. Drop-offs can be made at the Volunteer Office or contact Glenda for more information.

Join us in **SHARING & CELEBRATING** the hard work of our many dedicated volunteers.

Did you know? - "Fun Facts"

The second quarter – April 2026 to June 2026:

We had 22 new volunteers join our team.

Faith Manor received 805 hours of donated volunteer time.

Grace Manor received 808 hours of donated volunteer time.

Towers received 1,199 hours of donated volunteer time.

Volunteer Office received 1,696 hours of donated volunteer time.

The Total Volunteer Hours donated this last quarter was: 4,510 hours.

AMAZING! Thank you to all our Volunteers!

Looking ahead to September, it's time for our Mandatory Annual Volunteer Training Sessions. This is for all our current, active volunteers to update our records and sign the required documents.

Please choose a session that is most convenient for you! Please contact Glenda to reserve your spot & please enter it on your calendar! Training sessions will be held in Harmony Hall on:

- Thursday, September 10 at 10:00am
- Monday, September 14 at 6:30pm
- Wednesday, September 16 at 2:00pm

We offer 3 sessions on various dates and times of the day to be as accommodating as possible for everyone. Pick the session that works best for you—we look forward to seeing you there. It will be fun (including some surprises) and refreshments will be available. Thank you for understanding the importance of this training.

Ignite Volunteerism ✨

AUGUST

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 across **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

Sign up and make payments for programs, events, and trips at Front Reception during Reception's working hours. Please note that each trip must be paid for separately. Please address your cheques to "*Holland Christian Homes*". **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.

There is a second Billiards room is right beside Horizon Hall. It is kept locked and can be opened using your apartment key.

If we have any Billiards enthusiasts please feel free to utilize this room or get a group together to play.

Community Programs

We are excited to share information about Movement Matters; a new program offered at Sheridan College's Davis Campus designed to support the functionality of people with Parkinson's disease through tailored exercise sessions. We welcome individuals at any stage of Parkinson's who are looking to start or continue with exercise to improve mobility, strength, and daily function. Guided exercise sessions are instructed by students with direct supervision from a Registered Kinesiologist.

Program Details:

📍 Location: Sheridan College - Davis Campus (Right across the street from HCH)

👤 Format: One-on-one sessions

💻 Delivery: In-person and virtual appointments available

🕒 Appointment hours: Tuesdays and Thursdays, 10:00 am - 2:00 pm

 by appointment only

Are you interested in taking a Brampton Club 106 Trip?

Scrabble Club



Music & Movement

This class is perfect for everyone at any age, you are free to challenge yourself or modify the movement as you like.

It's social, it's fun, it's guaranteed to leave you feeling energized all day long!
The cost of this program will be \$5. If attendance continues to be low, this class is at risk of being cancelled.

Speakers Corner

Please join us on Wednesday, August 5th at 1:30pm in Harmony Hall for a chat about Movement Matters. *"Movement Matters is a partnership between Sheridan College and Parkinson Canada designed to improve the strength, confidence and quality of life for people living with Parkinson's disease.*

This community-focused, educational and therapeutic program leverages Sheridan's expertise in kinesiology to provide vital support for individuals with Parkinson's disease while offering students crucial real-world experience." Hope to see you there!

Travelogue with the Zinkwegs

Please join us on Wednesday, August 5th in Harmony Hall at 7pm. We will have the opportunity to join the Zinkwegs as they show us the beautiful sites of Florida (Key West, State/National Parks, Animals, Snakes, Alligators, Birds and Flowers), Alaska – Part 2, and British Columbia on the way home. Along with a special presentation on the HCH Fashion Show. Hope to see you there!

Free Grocery/Shopping Bus Trip

Thursday, August 6th – Food Basics

Tuesday, August 18th – Walmart

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, pick-up will be at the CT Entrance at 9:15 AM, and we will return to HCH around noon. To sign-up, please visit Front Reception during working hours. **A heartfelt thanks to our wonderful fundraising ladies, Audrey and Anne, for making these free bus trips possible.**

Movie Matinee

On Thursday, August 6th, you will have the opportunity to watch “Someone like You” at 1:30pm in Heritage Hall. *Shocking news hits after young architect Dawson loses his best friend London. In his heartbreak, Dawson is compelled to launch an impossible search for London’s secret sister, twins separated as embryos. But along the way, Dawson never planned to fall in love.* **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.**

Monday Afternoon Bingo

Monday afternoon Bingo will take place on the below dates in Harmony Hall at 2pm:

- Monday, August 10th
- Monday, August 24th

Music on the Patio comes back to HCH

We will have 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 it will be **Bring Your Own Chair (walker or lawn chair to sit on)**. We will also have water and some snacks for sale for a \$1 each - *Please consider buying, it’s what will help support this event.*

In case of bad weather, performances will take place in Heritage Hall.

Tuesday, August 11th - Tina Michele

Tina Michele Weidelich’s heart is to encourage you today. She is a singing psychotherapist who writes songs and books and speaks about Christian faith and mental health topics on TV, radio, and at conferences, retreats and churches internationally. Tina Michele has a passion to support people and couples going through challenging times and who are on a journey of becoming mentally and spiritually healthier. She practices as a psychotherapist online and in person in Richmond Hill and Newmarket. She and her husband of 33-years are empty nesters and live in Richmond Hill with their 16-year-old Cockapoo. Please welcome Tina Michele.

Tuesday, August 25th – Ruth Ann Onley

On our last evening of Music on the Patio you will have the opportunity to hear Ruth Ann Onley. She lives in Toronto and is a gospel recording artist, author and mother of three grown sons.

While her late husband, The Honourable David C. Onley, was Lieutenant Governor of Ontario, Ruth Ann served for seven years supporting his mandate of accessibility for the disabled and Aboriginal communities.

Today, her greatest joy is being Nana to seven beautiful grandchildren and singing for the Lord!

Chair Yoga

Breathe, stretch, and unwind with Chair Yoga at HCH! Join Kathleen Osmond on **Friday, August 14th, 21st, & 28th** at 11am in Horizon Hall for a rejuvenation session that nurtures both mind and body. Chair Yoga incorporates both seated & Standing exercises for breathing, meditation and poses designed to encourage relaxation and reduce stress. Some other health benefits include:

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

The cost of this program will be \$5. If attendance drops, this class could be at risk of cancellation.

Cool Crescendo

Escape the summer heat and treat yourself to an afternoon of refreshing fun and unforgettable music in Heritage Hall!

Join us on Wednesday, August 12th at 1:30pm for a freezie to help you cool down while enjoying a spectacular symphony concert *Symphonic Suites from Andrew Lloyd Webber featuring Evita, Sunset Boulevard and The Phantom of The Opera* on the big screen.

Whether you're a music lover, a film enthusiast, or simply looking for a cool way to spend a warm day, Cool Crescendo promises to be a delightful

afternoon. Cool off. Tune in. Enjoy the crescendo. **Cost: \$2 (Includes a Freezie & the movie Concert). Please pay at the door.**

Community Karaoke Afternoon *Double Feature*

Join us for an unforgettable afternoon of music, connection, and joy at this month's Community Karaoke Afternoon! This event will take place on Friday August 14th & 28th, at 1:30 PM in Harmony Hall. Whether you're ready to belt out your favourite tune or prefer to sit back and enjoy the performances, this event is for everyone. **Light refreshments will be provided.**

A Love Song to Italy at Casa Loma (Sign-up event)

Coach Trip / Cost: \$110

Experience an unforgettable summer evening at the spectacular Glass Pavilion on Monday, August 17, as the Casa Loma Symphony Orchestra presents "A Love Song to Italy" under the artistic direction of Maestro Paolo Busato.

Surrounded by breathtaking views of the city skyline, the majestic castle, and the estate's beautiful gardens, you will enjoy a magical outdoor concert under the stars. Returning to the stage are the extraordinary Joey Niceforo and Sara Papini, performing beloved Italian classics including Nessun Dorma, O Sole Mio, Funiculì, Funiculà, and a lively Tarantella.

Relax with an affogato, take in the fragrance of the gardens, and let the timeless music of Italy transport you. A variety of al fresco food and beverage options will be available for purchase onsite; *however, these are not included in the ticket price and will be at your own expense.*

This promises to be a perfect summer evening of music, culture, and romance in one of Toronto's most iconic settings.

The cost of the trip includes the coach ride there and back, and the cost of your ticket to attend the concert.

Please keep an eye on your mailboxes, itineraries will be going out soon.

That the World May Know

Join us at 11AM Wednesday mornings throughout the summer on Channel 990 or in Heritage Hall (DOORS OPEN AFTER 10:55 SHARP!) to explore the land and the words of the Bible with Rev. Ray VanderLaan in “That the World May Know” videos. For more detailed information sheet on these videos, contact Pastor Bodini or see Ashley Blair in the Tenant Activities office.

August 19 “Join the Journey” and “It’s Hot Here and There’s No Way Out” and “Help is Here”

August 26 “When Your Heart Cries Out” and “They Were Not Wandering”

August 27 “Ears to Hear” and “There’s Hope in the Desert”

Movie Night

On Wednesday, August 19th, you will have the opportunity to watch “Fun in Acapulco” with Elvis at 7pm in Heritage Hall. **Cost: \$5 (Includes coffee/tea/dessert and movie). Please pay at the door.**

Annual Family Fun Day/ Elvis Day

Get ready—our annual Elvis Day/ Family Fun Day is back!

Join us on **Thursday, August 20th** 1-4pm (Elvis performance 1:30-2:30pm) for an afternoon of fun. Be sure to mark your calendars!

You'll find us set up in the parking lot between **DUCA** and the **Trinity Tower entrance**.

Some of your favourite attractions will be back this year, including:

- ❖ Animals
- ❖ Kids' Corner
- ❖ And, of course, the Ice Cream Truck!

We look forward to seeing you there!



Paint Night Comes to HCH



On Monday, August 31st at 7pm in Harmony Hall paint night comes to HCH, and the team from ART FUNdamentals will be here to help. You'll enjoy some good music, snacks, refreshments and share some laughs & new memories with your friends and guests around you.

There's absolutely NO EXPERIENCE NECESSARY & All supplies are provided - so you can focus on just having a good time!

This event is designed to be fun, non-competitive and stress-free. We don't take ourselves too seriously here and you'll be amazed at what you can create with a little guidance and encouragement! The cost of this event is \$30 per person. This includes everything you will need to create "Lavender Buzz" the picture above and snacks & refreshments. **Please Sign up at Front Reception. Staff/Families welcome to Sign up as well.**

DEADLINE FOR SIGN UP AUGUST 24th

VENDORS 10AM TO 3:30PM

Thursday August 6th – Avon ~ **Location:** Across from the Faith Manor elevators

Thursday August 13th – Dickies Scrubs ~ **Location:**
Across from the Faith Manor elevators

Tuesday August 18th– Mary Kay Cosmetics ~ **Location:** Across from the Faith Manor elevators

Thursday August 20th – Bijoux Treasures ~ **Location:** Across from the Faith Manor elevators

Reoccurring Programs

Event	Date & Time	Location
Peace Tower Coffee Social	Mondays 10:30am	Horizon Hall
Roman Catholic Mass	Mondays 10am	Harmony Hall
Let's Sing	Mondays 7pm	On hold for the summer
Hope & Trinity Tower Coffee Social	Tuesdays 10am	Harmony Hall
Current Events	Tuesdays 10:30am	King Tower Library
Fun + Fitness	Tuesdays & Fridays 11am	On hold for the summer
Bridge Club	Tuesdays 1pm	King Tower Library
Covenant Tower Coffee Social	Tuesdays 2:30pm	On Hold for the Summer
Bid Euchre	Tuesdays 6:30pm	Providence Tower Meeting Room
Busy Hands	Wednesdays 9am	Trinity Tower Meeting Room
Nordic Pole Walking	Wednesday 9am	Meet at Billiards Room across Front Reception
Hymn Sing and Bible Study	Wednesdays 10am	On hold for the summer
Art Expressions	Wednesdays 1:30pm	On hold for the summer
Cribbage Club	Wednesdays 1:30pm	On hold for the summer
Operation Mercy Yarn Pick up	Every other Wednesdays 2pm	Harmony Hall

Poetry Appreciation Night	Wednesday's 7pm	On Hold for the summer
Prayer Shawl Group	Thursdays 10am-11pm	King Tower Library
Tai Chi	Thursdays 10:30am	On hold for the summer
Klaverjassen	Thursdays 1pm	King Tower Library
Line Dancing	Thursdays 2pm	On hold for the summer
KTEE Euchre	Thursdays 7pm	Horizon Hall
Chair Yoga Cost: \$5	Fridays 11am	Horizon Hall
BINGO	Fridays 7pm	Harmony 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/Trips

Classic Cars come to HCH



Join us on Wednesday, September 2nd from 6:30 – 8:00pm in front of Covenant Tower to admire a beautiful collection of antique and classic cars presented by the Antique and Classic Car Club of Canada. We hope to see you there!

Bus Trip - Wednesday September 23rd



Lunch Bus Trip- Pick up 9:15am CT entrance

Grand River Cruise + Live show by the Blazing Fiddles

Cost:150



Begin your day at “The Landing” near Caledonia. Upon arrival enjoy a complimentary snack and refreshment from the Dockside Café.

Shortly after, we’ll gather in the auditorium to enjoy a marvellous show featuring The Blazing Fiddles. After the show we will then embark on a 2 1/2 hour cruise (Fingers crossed with a chance for

some beautiful Fall colours) featuring a delicious 3 course meal (Your choice of roast beef or oven baked chicken breast) served to your private window table and enjoy the river scenery. During the cruise the captain gives intermittent commentary about the area. **Deadline for tickets will be September 2nd.**

Toronto Sinfonia Returns to HCH

On Friday, November 6th at 7pm in Heritage Hall you will have the opportunity to watch The Toronto Sinfonia Orchestra perform. Doors open at 6:30pm. This event is a ticketed event (*Performance will NOT be on Channel 990*), and can be purchased at Front Reception (**\$50 a ticket**). Light refreshments will be provided.

Irmina Trinkos Violinist

Weinberg - Concertino for Violin Op. 42

Montero - Violin Concerto

Mozart - Divertimento K 137

Sharafyan - Theatrical Suite

Warlock - Capriol Suite

The Weinberg is a modern-Romantic mini-concerto with Eastern European folk melodies. The Montero is by an Argentinian woman composer; it won a Latin Grammy award. Warlock's Capriol Suite is one of the most famous and favourite suites for string orchestra - typically English, with choir-like and folk-like melodies. Irmina Trynkos is a Polish virtuoso who has played brilliantly with the Toronto Sinfonia before; she is known for always wearing something glamorous.

“Sinfonia Toronto has toured twice in Europe, South America, China, United States and Canada. In Canada it tours regularly throughout its home province of Ontario. Sinfonia Toronto has enjoyed great critical acclaim both at home and in international tours. The Toronto Star noted “a remarkable range of colour,” “ample eloquence” and “gripping authority,” La Scena Musicale wrote “Nurhan Arman and his orchestra literally conquered us.” Its 2008 tour in Germany drew headlines like “A world-class ensemble”, and “Sinfonia Toronto Thrilled the Audience.” Its 2010 tour of Spain was greeted with calls for encores at every concert, including a thrilling four encores demanded by the audience at the renowned hall l’Auditori in Barcelona. The orchestra’s every concert in South America received standing ovations, demands for multiple encores, superb reviews and requests to return. The Musical Tribune in Buenos Aires hailed Sinfonia Toronto’s performances in the Centro Cultural Kirchner as “definitive performances” and went on to say, “Here we were able to appreciate not only the high technical quality of the instrumentalists but also the unity of phrasing the director has achieved and his musicality.” **Deadline for tickets will be September 11th.** **With the orchestra having a busy schedule, we need to give them lots of notice.**

Towers Nursing News

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

- ❖ For Denturist clinic please call (905) 453-3393 to send your information in for appointment. CARRS will contact you with an appointment time.
- ❖ **Mobility Clinic:** August 19th, Clinic starts at 1pm.
- ❖ **Hearing Aid Clinic:** Call 416-843-1986 to book an appointment with Wendy Caswell.
- ❖ **Foot Care Nurse:** August 5th & 19th. Please sign up on the list at TNO. **Please note that Achieva Health has increased their rate for foot care from \$40 to \$45 per session, effective September 1, 2026.**
- ❖ Dr. Douglas Vlaskamp’s **Chiropractic** open Friday afternoons 1:30-3:40pm, please call his office for an appointment at 905-451-3963
- ❖ **Physiotherapy Department:** Open. Please call 647-717-3422 to book an appointment.

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 July.

We welcome to the Towers:

Mr. Wayne & Mrs. Gwyn Matthews	PeT 1503
Mr. John & Mrs. Mary Ann Short	TT 213
Mr. Paul & Mrs. Retinella Grove	PeT 1405
Ms. Lynn Wood	TT 408
Ms. Marylou Drygas	CT 605
Mr. Allan Gordon	TT 411
Mr. Samah Rehan	HT 501
Mr. Peter & Mrs. Joyce Rawes	PT 908

We welcome to Grace Manor:

Mrs. Hilda Silva	GM 208/1
Mrs. Marie Hebert	GM 309

We welcome to Faith Manor:

Mr. Frank Juristic	FM 113
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Changes within the facility:

Mrs. Margaret Jones	TT 205 to FM 323-2
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Moved out of HCH:

Ms. Fatima Almeida	TT 415
Ms. Carol Ford	PT 1108

Our thoughts and prayers are with the loved ones of those that have passed away:

We remember:

Mrs. Nella Lisi	GM 208/1N
Mrs. Bibi Halima Ally	FM 323-2
Ms. Patricia Allen	PT 906
Mr. Da Costa Humberto	GM 309S

*Sincerely,
Gifty Adjei
Tenant Business Services*



August Birthdays

KT 609	Willemina Vrieling	01 – Aug
PeT 804	Douglas Brown	02 – Aug
HT 308	Johanna Nolte	02 – Aug
PT 907	Sadie Vanmanen	02 – Aug
KT 508	Grant Pypker	07 – Aug
KT 301	Peter Hoekstra	07 – Aug
PeT 807	Lydia Booth	09 – Aug
TT 602	Willemina Vandekemp	10 – Aug
PeT 1202	Cornelia Jansen	11 – Aug
TT 505	Jose Viveiros	13 – Aug
CT 501	Robert Willis	17 – Aug
PeT 1006	Richard Watson	18 – Aug
KT 908	Jane Knol	21 – Aug
TT 213	John Short	21 – Aug
TT 613	Weit Siderius	23 – Aug
KT 902	Beverly Lynn Hintzen	24 – Aug
PeT 903	Ann Elizabeth Davis	30 – Aug
PeT 1004	Jack Terpstra	31 – Aug



September Birthdays

KT 203	Willempje Vanmarrum	01 – Sept
KT 1007	Hendrik Vanbodegom	02 – Sept
CT 711	Leah Lenstra	04 – Sept
PT 1303	Adrianus Bax	04 – Sept
HT 205	Frederick Williams	06 – Sept
HT 315	Gertrude Vandebeek	08 – Sept
KT 1101	John Decloe	09 – Sept
TT 207	Susan Roe	09 – Sept
HT 605	Carol Ufkes	09 – Sept
CTPH 02	Dean Cluett	11 – Sept
TT 513	Norma Lewis	11 – Sept
HT 707	Catharina Vanleeuwen	11 – Sept
HT 312	Gladys Allan	12 – Sept
PT 1002	Marina VanVeen	13 – Sept
TT 206	Mary Tremblett	14 – Sept
KT 1403	Klaaske Bijl	15 – Sept
TT 411	Allan Gordon	15 – Sept
CT 1008	Mary Macleod	17 – Sept
HT 509	John Versteeg	17 – Sept
CT 305	William Milne	17 – Sept
CT 608	Luisa Colalillo	20 – Sept
KT 1206	Sylvia Kaldeway	21 – Sept
KT 1503	Freda VanZeumeren	21 – Sept
HT 612	Keith Lohnes	24 – Sept
PeT 404	Betty Miedema	26 – Sept
CT 805	Sandra Johnson	26 – Sept
PT 807	Jacqueline Woodwark	28 – Sept
CT 1204	Anne Marie Tobin	30 – Sept

Editor's Note

Dear Tenants,

Welcome to August! I hope everyone has been enjoying their summer. Even when the weather doesn't cooperate, there are always lovely ways to fill your days at HCH – coffee with a friend, taking part in one of the many activities, or taking a walk through the tunnels to stay active. And of course, reading the Tie that Binds 😊.

Next month we will be transitioning the Editor role of the Tie over to the Tenant Business Services team, led by Garry Mercer. If you would like to include anything in the Tie going forward, please reach out to Garry.

It has been a pleasure!

Trish Krale

Tie that Binds Feedback Form

Name:

Comments:

Animals 2

Find and circle all of the animals that are hidden in the grid.
The remaining letters spell the name of an additional animal.

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

ANTELOPE
BAT
BEAVER
BOBCAT
BUFFALO
CHEETAH
CHICKEN
COYOTE
CRANE
DEER
DOLPHIN
DUCK

ELEPHANT
EMU
FLAMINGO
FROG
GAZELLE
GIRAFFE
GOOSE
GORILLA
HEDGEHOG
HORSE
HUMMINGBIRD
IMPALA

JAGUAR
KANGAROO
KOALA
LAMPREY
LEMMING
LYNX
MARLIN
MOCKINGBIRD
MONKEY
MOUSE
OCTOPUS
ORANGUTAN

ORCA
PANTHER
PARAKEET
PARTRIDGE
PENGUIN
PORPOISE
PUMA
RABBIT
RATTLESNAKE
RHINOCEROS
ROBIN
SHEEP

SHREW
STORK
TURTLE
WALLABY
WALRUS
WEASEL
WHALE
YAK
ZEBRA

Feel free to use this blank calendar to keep track of any HCH events or activities that you would like to participate in this month. You can track them in one easy place, below. We hope you find this helpful 😊

august
2026

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					