

THE VILLAGE NEWS

Friday, April 5, 2024



ANNOUNCEMENTS & SPECIAL EVENTS

SOLAR ECLIPSE LIVE STREAM AT NIAGARA INA GRAFTON

Monday, April 8, 2024
Lower Level, Auditorium
1:30 pm

Join us in our safe viewing space to watch online. Phases start at 2:04 pm and continue until darkness at 3:18 pm

Niagara will be one of the best places in Canada to see the solar eclipse and thousands of people are expected to visit, causing huge crowds and traffic. Be prepared, make sure you have groceries in the house and avoid travel!

Although this is a spectacular phenomenon, it's dangerous to look directly at the sun during this time. Eclipse glasses are required for proper viewing and protection. We have a small supply of glasses available at the Administration Desk. They will be handed out on a first-come, first-serve basis.

The best view will be captured by the Evening News and social media!

MADE OPTICAL OPTICIAN SERVICES

Tuesday, April 9, 2024

1 – 3 pm
Village Centre, Atrium

STARTING APRIL POOL EXERCISE CLASSES

Every Monday, Wednesday & Friday
10 am – 11 am
Lower Level, Pool



IT'S HERE!!!! EVERY WEDNESDAY & FRIDAY CHAIR & HATHA YOGA

"D" Multipurpose Room
11-11:30 am

Sign up & purchase passes at Administration Office. All levels welcome! Look for detailed information on bulletin boards and TV systems throughout the Village property.

FREE INCOME TAX CLINIC INCOME ELIGIBILITY QUALIFICATIONS APPLY

Have your taxes completed by a certified CRA Consultant on Tuesday, April 23, 2024. Drop off your income tax papers no later than Monday, April 22, to Mary Gordon in the Volunteer Office in "B" Bldg. Mary can be contacted at 905-935-6080 ext. 224 to register for this service.

NEW VON EXERCISE PROGRAM Formerly Lifemark

Starting April 1, 2024, VON will be taking over the exercise program hosted in both the "D" Multipurpose Room and the Cedar Room. A new schedule will be available at the Administration desk. Schedules have been posted on bulletin boards in all Village buildings as well as on the TV system.

APRIL SPRING FLING Wednesday, April 17, 2024

Lower Level, Auditorium
1:30 pm



SATELLITE MEAL PROGRAM (SMS)

If you wish to obtain details about our take-home frozen meal program, please pick up the information package at the Administration Office.

CLIENT SERVICES

TIMELESS HAIR SALON

Hair care services are available to all residents at Ina Grafton. Call (905) 935-6080, Ext. 229 (A/B Bldg.) or Ext. 253 (D/E Bldg.) to make personal arrangements.

ALIGN HOME HEALTH CARE MOBILITY EQUIPMENT SERVICES

Mobility equipment repair is available by individual arrangements within your unit by calling (289) 786-0088, Ext. 1 and asking for a service representative.

NIAGARA MOBILE FOOT CARE SERVICES

In-home visits are currently available for a fee of \$45 to all residents of Ina Grafton. Personal arrangements can be made by calling (905) 708-9817. Clinic dates are available. Clinic fees are \$35 per visit. A foot care nurse will assess your foot care needs, book you an appointment and provide the required care.

The Nifty Nook Gift Shop – Spring has Sprung!! Hours of operation: 10 am to 2 pm, Monday to Friday.

The Nifty Nook Café – OPEN 7 DAYS A WEEK. Monday to Friday from 10 am to noon, Saturday & Sunday Noon – 2 pm.

PROGRAM UPDATES

Sip 'n' Chat occurs daily from 2 – 4 pm in the "A" Lounge for residents living in "A/B" Bldgs. Coffee & tea are provided, so remember to bring your own mug!

Bible Study Class occurs every Tuesday at 10:15 am in the "A" Lounge. Everyone welcome.

Brockview Bible Chapel will be represented the 1st Thursday every month in the chapel at 10:30 am with Wendel DeVries! Welcome back Wendell.

Trillium United will be represented the 2nd Thursday of every month in the chapel at 10:30 am.

St. George's will be represented the 3rd Thursday of every month in the chapel at 10:30 am.

Catholic Mass occurs on the 3rd Friday of every month in the chapel at 10:15 am by St. Alfred's Church.

Wiggle Wednesdays occurs every Wednesday from 1:30 – 2:30 pm in the "B" Bldg., 2nd Floor Card Room.

Movie Night occurs the 1st Thursday of every month at 6:30 pm in the lower-level Auditorium.

Bingo occurs every Friday from 2 to 3:30 pm in the lower level, Elm Room. Come on out for some fun with friends and your chance to win.

Saturday Evening Bingo occurs every Saturday in the "D" Bldg. Multipurpose Room from 7 – 9 pm.

Pool Exercise occurs every Monday, Wednesday & Friday from 10 – 11 am in the lower

Pool is open Monday to Friday from 8 am to 4 pm for your swimming and exercise needs. For use by persons 18 years or older. Must be at least 2 people in the pool at all times.

Recreation/Fitness Centre lower level "B" Bldg. is open to all residents. For a one-on-one orientation, please contact Doug Lynn at 905-935-8064.