



VILLAGE NEWS 2025

June 27, 2025

ANNOUNCEMENTS & SPECIAL EVENTS

BRAIN GAMES
With Mary Gordon
June 25, 2025
1 – 2 pm
"A" Lounge

CANADA DAY
VILLAGE BBQ & MUSIC SOCIAL
Tuesday, July 1, 2025

11 am – 12:30 pm
Village Centre, Outside Patio
Cost: \$6 (pay at event)
Hamburger, Potato Salad, Cookie & Drink



ADMINISTRATION OFFICES
CLOSED

CANADA DAY
Tuesday, July 1, 2025

MUSIC WITH JANE
Every Tuesday
1:30 – 2:30 pm
Village Centre Atrium

NEW CORNHOLE GAMES NIGHT

Every Tuesday Night
(Weather Permitting)
6 – 7 pm
Outside Patio of
"A" Lounge
Everyone Welcome!



RESIDENT 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 calling (289) 786-0088, Ext. 1 and asking for a service representative.

VON EXERCISE PROGRAM

Schedules are posted on bulletin boards and are available at Administration. Program Advisor: Emily Eastman emily.eastman@von.ca

SATELLITE MEAL PROGRAM (SMS)

Details about our take-home frozen meal program available at Administration Office.

The Nifty Nook Gift Shop – 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.





COMMUNITY CORNER SHARING GARDEN AT TRILLIUM UNITED CHURCH

Tucked behind Trillium United Church, something beautiful is growing – a Sharing Garden! Recently planted and lovingly tended, it features a mix of vegetables and herbs, including lettuce, beans, peppers, zucchini, tomatoes, and some newly planted rhubarb. Residents of Ina Grafton have been invited to share in the delights. You are meant to help yourself and feel free to stop by and take what you need. Enjoy!



GENTLE REMINDER

Please ensure that the flat bed carts purchased for multiuse and placed in the atrium are returned immediately after use to this central location, so that everyone might be able to enjoy their convenience. Thank you in advance for your cooperation.

PROGRAM UPDATES

Bridge Club occurs every Monday at 1 pm in D Multipurpose Rm. All welcome. Contact Ann 905-934-0886

Cornhole occurs every Tuesday at 6 pm at the outside patio of "A" Lounge

Let's Bowl occurs every Tuesday at 6:30 pm in the bowling alley, lower level – **paused for summer**

Bible Study Class occurs every Wednesday at 10:15 am in the "A" Lounge **No July or August**

Brockview Bible Chapel will be represented the 1st Thursday every month in the chapel at 10 am **No July or August**

Trillium United will be represented the 2nd Thursday of every month in the chapel at 10 am **No July or August**

St. George's will be represented the 3rd Thursday of every month in the chapel at 10 am **No July or August**

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

Movie Night occurs the 1st Thursday of every month at 6:30 pm in the lower-level Auditorium. **No July or August**

Digital Fridays contact Liz 905-246-6327 for more information **No July or August**

Bingo occurs every Friday from 2 to 3:30 pm in the Village Centre Café as well as every Wednesday from 6 to 7:30 pm in the A Lounge. 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 – 8:30 pm.

Pool Exercise occurs every Monday & Wednesday at 10 am. **No June, July or August**

Pool is open Monday to Friday from 8 am to 4 pm for your swimming and exercise needs. 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. To book a one-on-one orientation, please contact Doug Lynn at 905-935-8064.

SUMMER SAFETY TIPS For Seniors

- Stay away from direct sun exposure from 10 am to 4 pm
- Avoid strenuous activities & stay rested
- Wear light-coloured loose clothing & sunglasses
- Place a cool washcloth on the back of your neck
- Take cool showers and baths
- Use fans & air conditioning units or spend time in air-conditioned spaces
- Use sunscreen to avoid sunburn
- Drink plenty of water & eat fresh food

