

# Your Hazelton Place Family

## General Manager

Ron Khan

## Health and Wellness Team

Health and Wellness Manager  
Irina Sharipova

## Environmental and Housekeeping Team

Environmental Manager  
Mary Lyon

Environmental Supervisors  
Joseph Zolukorneev  
&  
Igor Sadovyi

**Office Manager**  
Mimi Wafula

## Life Enrichment Team

Life Enrichment Manager  
Daniel Ranjbar

Life Enrichment Supervisors  
Andrei Kvasha, Harlan Munoz  
Life Enrichment Assistant:  
Ellyne Joyce

## Community Relations Team

Community Relations Manager  
Leslie Westlake

Community Relations Manager  
Chula Lhamo

## Dining Services Team

Dining Services Manager  
Tryston Palmer  
Dining Room Supervisors  
Carly Sztern;  
Karen Pacipanci

*Hazelton Place Management team has an open door policy! If you need to talk with them at any time please reach out to them.*



INSPIRED SENIOR LIVING



# Hazelton Place Newsletter December 2023



**Health & Wellness Clinics****Hearing Clinic***Thursday, December 28<sup>th</sup>***Dental Clinic***Saturday, December 16<sup>th</sup>***Wheelchair & Walker Clinic***Every other week, check with Front Desk for exact dates***Please sign up for all clinics in advance at Reception****December Outings****Christmas Lights Drive***Wednesday, December 6<sup>th</sup> at 5:00pm***Fairview Mall Christmas Shopping***Wednesday, December 13<sup>th</sup> at 1:00pm***Distillery Christmas Market***Wednesday, December 20<sup>th</sup> at 1:00pm***Casa Loma Christmas Tour***Wednesday, December 27<sup>th</sup> at 1:00pm**Please sign up at reception for all outings and arrive 10 minutes before departure.***December Activities****Wreath making***Monday, December 4<sup>th</sup> at 3:30pm in the Art Studio***Christmas Cards Making***December 1<sup>st</sup>, 2<sup>nd</sup>, 8<sup>th</sup> at 2:00pm in the Art Studio***Living Loving Local:****Arts & Crafts– Cranberry***Friday, December 22<sup>nd</sup> at 2:00pm in the Art Studio***Clay Sculpting***Wednesday, December 6<sup>th</sup> at 2:00pm in the Art Studio***Living, Loving, Local: Cranberry**

Join the Cranberry Presentation & Tasting on Thursday, December 6<sup>th</sup> at 2:00 PM in the Movie Theatre.

Additionally, the Arts and Crafts Cranberry event will take place on Friday, December 15<sup>th</sup> at 2:00 PM in the Art Studio.

**Living, Loving, Local: Cranberry**

Get ready to usher in the holiday spirit with our upcoming event, Living, Loving, Local: Cranberry Cocktails!

We're thrilled to invite you to join us on December 22<sup>nd</sup> and 29<sup>th</sup> at 5:00 pm in the Annex Bar for an evening of joyous celebrations in a company of your fellow neighbours and friends.

**Go 4 Life Walking Club***Physical and Social Wellness*

Go4Life is a fitness program, including walking, that encourages adults to incorporate exercise and physical activity into their daily lives. The National Institute on Aging (NIA) leads the efforts in conducting and supporting research on aging and the health and well-being of older adults. They created Go4Life to try and make a difference by providing information and motivational tools to assist with physical activity and by working with organizations to provide an environment that support their efforts. A daily walking club was one of the key exercise programs. Go4Life also emphasizes the importance of resistance exercise for the overall goal of achieving overall brain health.

**New Programs:****Christmas Cards Making**

*December 1st, 2nd, 8th at 2:00pm  
in the Art Studio*

**Clay Sculpting Class**

*Wednesday, December 6<sup>th</sup> at 2:00pm  
in the Art Studio*

**Euchre Night with David**

*Thursday, December 14<sup>th</sup> at 7:00pm  
in the Bridge Room*

**Fitness Classes***Physical Wellness*

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need: At least **150 minutes a week** (for example, 30 minutes a day, 5 days a week) of **moderate intensity activity** such as brisk walking. Or they need 75 minutes a week of **vigorous-intensity activity** such as hiking, jogging, or running.

**Novo Health Classes**

*Dear Residents, There will be no novo health exercise classes with Abtin over the holiday break beginning Monday, December 25<sup>th</sup> until Monday, January 1<sup>st</sup>; The classes will resume on Tuesday, January 2<sup>nd</sup>*

*Please refer to the calendar for the timing of the replacement classes by Life Enrichment Department.*

**December Highlights****December Special Events****Classical Piano Concert**

*Friday, December 1<sup>st</sup> at 3:00pm  
in the Lower Lobby*

**Royal Conservatory Students Concert**

*Saturday, December 2<sup>nd</sup> at 3:00pm  
in the Lower Lobby*

**Royal Conservatory Students Concert**

*Sunday, December 3<sup>rd</sup> at 3:00pm in the  
Lower Lobby*

**Royal Conservatory Students Concert**

*Monday, December 4<sup>th</sup> at 3:00pm  
in the Lower Lobby*

**Hanukkah with Jordan Klapman**

*Friday, December 8<sup>th</sup> at 3:00pm  
in the Lower Lobby*

**Classical Piano Concert**

*Monday, December 11<sup>th</sup> at 5:00pm  
in the Lower Lobby*

**Shaya Petroff Concert**

*Wednesday, December 20<sup>th</sup> at 4:30pm  
in the St. George Lounge*

**Residents & Families Holiday Party**

*Wednesday, December 20th at 6:00pm in  
the Lower Lobby*

**Birthday Party with Patricia Duffy**

*Friday, December 26<sup>th</sup> at 3:00pm  
in the Lower Lobby*

**December Special Events****High Tea with Shaya Petroff**

*Thursday, December 28<sup>th</sup> at  
3:00pm in the Lower Lobby*

**New Years' Eve****with Patricia Duffy**

*Sunday, December 31<sup>st</sup> at  
7:30pm in the Lower Lobby*

**Instructor Programs****Yoga with Karusia**

*Every Thursday at 10:00am  
in the Meeting Room*

**Bridge with David**

*Every Thursday at 7:00pm  
In the Bridge Room*

**Art with Lynn**

*December 8<sup>th</sup> and 22<sup>nd</sup> at  
2:00pm in the Art Studio*

**December Meetings****Residents' General Meeting**

*Tuesday, December 19<sup>th</sup> at  
11:00am in the Movie Theatre*

**Movie Selection Meeting**

*Saturday, December 9<sup>th</sup> at  
2:00pm in the Movie Theatre*

**Residents' Food Meeting**

*Tuesday, December 12<sup>th</sup> at  
11:00am in the Movie Theatre*



Elevator Inservice Training Session for the residents will be hosted by Mary Lyon in the Movie Theatre at 11:00am on Friday, December 8<sup>th</sup>

**December Clothes & Jewelry Vendors**

December 5<sup>th</sup> at 9:00am  
 December 6<sup>th</sup> at 9:00 am  
 December 12<sup>th</sup> at 9:00am  
 December 14<sup>th</sup> at 9:00am  
 December 21<sup>st</sup> at 9:00am  
All vendors are located in the Lower Lobby

**Advent Services:**

December 3<sup>rd</sup> – Candle of Hope  
 December 10<sup>th</sup> – Candle of Peace  
 December 17<sup>th</sup> – Candle of Joy & Love  
In St. George Lounge at 2:00pm

**Communion Service**

Dear Residents, we invite you to a special communion service with a minister from Church of the Redeemer.

***The service will be held on December 12<sup>th</sup> and 20<sup>th</sup> at 3:00pm in the St. George Lounge***

**Our Signature Programs**

**Fit Minds**

*Intellectual and Social Wellness*

Fit Minds programs are evidence-based Cognitive Stimulation Programs based on Language and Music, Visual/ Spatial Orientation, Working & Long Term Memory, Critical Thinking and Computation skills. Because of the concept of brain plasticity, we know the brain can continue to grow as we age. It's important that we continue to challenge our brains every day.

***Every Tuesday & Friday at 3:00pm in the Meeting Room***

**Drumfit**

*Physical and Emotional Wellness*

A Music, Memory & Motion is a program that is fun, physical, and social. Using drumsticks and a yoga ball, either standing or sitting, participants drum to the beat of popular upbeat music while getting your exercise physically and intellectually.

***Every Thursday at 2:00pm in the Movie Theatre***

**Art Programs**

*Emotional and Intellectual Wellness*

**Meet Me at the MoMA**

Meet Me at the MoMA is an art program utilizing prints, sketches and photography from the Museum of Modern Art. An art lecture series will accompany all art modules in the Meet Me at the MoMA program. You will enjoy working with art in different mediums and have the opportunity to engage in intellectual conversations about art history, the artists and their works.

***MoMA Artist Presentations: Thursdays–October 5<sup>th</sup> & 19<sup>th</sup> In the Movie Theatre at 2:00pm***

***MoMA Art Sessions: October 12<sup>th</sup> & 26<sup>th</sup> In the Art Studio at 2:00pm***

**Artful Enrichment**

High-quality art programs that promote creative expression, social connectivity, and lifelong learning.

***Every Tuesday and Friday at 2:00pm in the Art Studio***