



HEARTHSTONE
BY THE BAY

Hearthstone Spirit *April 2024*

It's up to you
to see the beauty
of everyday things.



HEARTHSTONE
BY THE BAY

Hearthstone Directory

Hearthstone by the Bay

3 Marine Parade Drive, Etobicoke, Ontario, M8V 3Z5

416-503-3332 Fax: 416-503-3320

www.hearthstoneetobicoke.ca

Call our 24 Hour Hotline - 416-503-3332 Ext. 9

For information on dining features, virtual activities, weather and club news from the Hearthstone Spirit Newsletter

Clubhouse Departments

Managing Director - Norma Jean Sittler.....njsittler@hearthstone.ca
General Manager - Maureen Malone Ext. #2.....mmalone@hearthstone.ca
Director of Wellness - Deanna Brophy Ext. #3.....dbrophy@hearthstone.ca
Recreation Director - Joe Moniz Ext. #6.....jmoniz@hearthstone.ca
Finance & Admin. Coordinator - Victoria Gershon Ext #5.....vgershon@hearthstone.ca
Dining Room Manager - Savio DaCosta Ext. #7.....sdacosta@hearthstone.ca
Concierge Ext #0.....hearthstone2078@gmail.com
Nurse on Duty Ext. #4.....wellnessbythebay@hearthstone.ca
Housekeeping - Maureen Malone Ext. #2.....mmalone@hearthstone.ca
Dining Room Reservations - Ext. #1

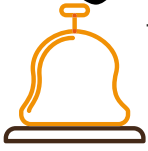


Do you have a helpful comment or suggestion?

We received a comment about reducing junk mail in the mail room.

**Please put a note on your mail box saying
"No Junk Mail"
Hopefully that will do the trick.**

Concierge & Administration



What's available at the Concierge desk?



Dry Cleaning



Exclusive Dry Cleaning offers free pick up and delivery of your dry cleaning.

Take your items to the Concierge desk.

Pick up and drop off is Tuesdays and Fridays. Easy, quick and convenient!

They also clean drapes, duvet covers or small area rugs!

Transportation & Companion Services

Friendly, professional and reliable transportation service will take you door to door to appointments, to run errands or other engagements.

\$35.00/hour (25 km included)

The shuttle has an added plexiglass protection partition.



Angelo is leaving for Mexico for 6 months so we have Ashley and Lorrie who will be driving our residents to their desired destinations. Call Concierge to secure bookings for any medical appointments you may have, places you would like to visit, or people you would like to see! Safe travels!

Concierge Services: Wake-up calls, reservations, shuttle sign-ups

Print, Copy and Services

We offer scanning, typing, faxing, e-mails.

\$0.25/page, black & white

\$0.50/page for colour

See Maureen for assistance.

Shredding Service

See Maureen for assistance.

Hearthstone Club Cards

Gift cards can be used anywhere in the club and they have no expiry date!

They can be used for any service provided by Hearthstone, including events or entertainment, or massage or hair styling or esthetician or the dining room and more.

Hearthstone Club cards are re-loadable and available in \$20 denominations.

Please contact Victoria, or visit her on the 3rd floor.



Your concierge team:

Monday to Friday

Dianna MacFarland - Day shift

Richard Low - Evening shift

Rod Rogers - Night shift

Saturday & Sunday

Zekey Badane - Day Shift

Simo Becarevic- Evening Shift

Moustafa Al-Khalidi- Night shift

Concierge & Administration



An Egg-cellent way to give back!

Sending a big thank you to Karen Lambie for picking up empty egg cartons while Betty Lyons was out of the country.

The egg cartons are being donated to the food bank who use them to distribute eggs to those in need.

Please donate your empty egg cartons at the Concierge desk.

Thank you.



Thank you to Carole Wilson for displaying her beautiful poems and photographs during the month of March.

GOODNESS FOR THE SOUL

- When you find peace within yourself, you become the kind of person who can live at peace with others.
- Being positive in a negative situation is not naïve. It is leadership.
- All that really matters is that the people you love are happy and healthy. Everything else is just sprinkles on the sundae.
- Make your heart the most beautiful thing about you.
- It's nice to be important, but it's more important to be nice.
- Joy is what happens to us when we allow ourselves to recognize how good things really are.
- Happiness depends upon ourselves.
- When we seek to discover the best in others, we somehow bring out the best in ourselves.
- Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts.
- Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it is called the present.

Wellness Services



If you wish to use our third party services, please reach out to the contacts listed below.



Registered Chiropodist , Zach Atlin

Tuesday, April 23

Foot Care - Nail, Callus, Corn Care and so much more.

Call Deanna or wellness to book your appointment ext. 2224 or ext. 2204



Foot Care Nurse, Jennifer

April 2, 11, 18 and 24

Nail care - hands and feet in your suite.

Call 905-928-1724 to book an appointment.



Certified Reflexology - Asad Samuels (Sam)

Wednesdays

Call Wellness at x 2224 to book appointment.



Audiology - Hearing Life

Monday, April 29th

Please call them directly to book an appointment 1-855-563-2505

Located in the Solarium on the 2nd floor



Dr. Ni

Thursdays 5:00pm-7:00pm

Call Jomar at ext 2203 to make an appointment or jeley@hearthstone.ca



Life Labs Testing On Site

Mondays

Just bring your Doctors' requisition to the Wellness Centre.

Lab fees applicable.



Esthetician services with Claudia

Wednesdays 10:00-2:00pm

Located on the 2nd floor in the solarium



Massage Treatments with Donna

April 4, 18 and 23

Located on the second floor. For any new clients please call Deanna.



DirectSmiles Dental Hygienist

Friday, May 3.

A professional mobile dental hygiene service.

Call Jomar at ext 2203 to make an appointment or jeley@hearthstone.ca



Unique Cuts Hair Salon

Natasha **Wednesday April 3, 10 and 17**

12:00pm - 5:00pm

Michelle **Tuesday April 2 and 23**

8:00am - 2:00pm

Call Concierge to book appointment at ext. 2222



EMU Monitoring

Floors 4, 5, 6, 7, 8 and 9

The Wellness team will also be updating your medical and contact information during their visit.

Wellness Services

Wellness Committee Social

The Wellness Committee

invite you to join in for some fun and games and activities such as Name that Tune, Memory Platter, and Wheel of Fortune.

Hosted by your Wellness Committee (Deanna Brophy, Yvonne Perry, Sue Tucker, Marjorie Ellis and Mina Shillaber)

When: Tuesday, April 9, 2024 3-4pm

Where: PUB



Laughter makes us feel better!



BP Clinic

Thursday, April 18, 10:00-11:00 a.m. in the PUB.

Memory Care

Programs and activities for Alzheimer's and Dementia

If you are living with someone who is struggling with Alzheimer's or dementia, and you would like a break for yourself, or you have a family member that you think would benefit from attending our classes, then please consider our workshops for your loved one. Please call Deanna at ext #3 to register.

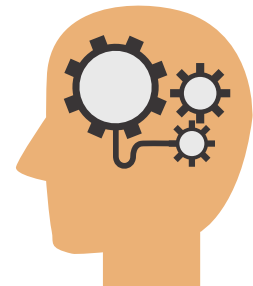
Tuesdays and Thursdays in the Library from 2:00-4:00 p.m.

Cost \$40/session

Light refreshment provided.

Please call Deanna at ext #3 to register.

Activities include; bingo, word search, bowling, axe throwing, ball toss, and sorting games , chair yoga , to name a few.



Please be reminded that Covid and influenza are still out there. Over the last two weeks we have had 4 cases of Covid brought to our attention.

Please, if you are feeling unwell, stay in your suite, and report any concerns to the Wellness station.

Wellness Services

Why Are **Personal Support Workers** So Important?



Because of ageing, illness, and other circumstances, people sometimes have difficulty completing the everyday tasks that we often take for granted. A Personal Support Worker can help.

The Value of Personal Support Workers

PSW's Assist with Daily Living

Let a PSW assist you with:

- preparing meals
- laundry
- housekeeping
- personal care
- personal hygiene
- bedside care
- and more....

PSW's can help you enjoy
a better quality of life.
To find out more about
what our PSW's can do
for you,
please call Deanna at ext.
2204. 7

Wellness Wednesday

Women and Dementia

When : Wednesday, April 24, 2024

Time: 1:30pm

Where: Theatre

Presented By Laura McGill

Alzheimer
Society



Seniors Store

Wheelchair and Walker Clinic

Friday, April 12, 2024

2:00pm

in the Library

Ken will assess your equipment for any issues.



When: Friday, April 5 9:00-5:00pm

In the Theatre

Contact Deanna to make an appointment.

Reflexology Rate Change effective March 1st, 2024

45 Min single session \$69.99 (4 session : \$214.95 (\$45.99 each)
and 5th Session only \$30.99

60 Min single Session \$89.99 (4 session : \$314.95 (\$65.99 each)
and 5th Session only \$50.99

All above charges are before taxes.

Contact us : Please contact Deanna at ext. #3 to book your appointment





In The Dining Room

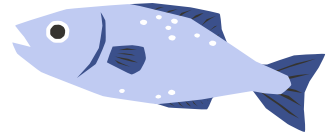


FRIDAY NIGHT FISH SPECIALS

Enjoy crispy haddock Fish and chips
or watch the weekly menu for other delicious fish dinners!

Join us for a cocktail before dinner!

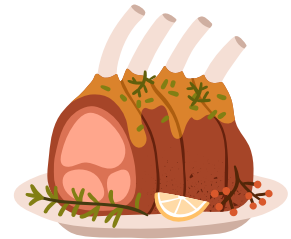
April 5th: Fish 'n Chips or Shrimp
April 12th: Fish n' Chips or Halibut
April 19th: Fish n' Chips or Citrus Salmon
April 26th: Fish n' Chips or Mussels



SATURDAY NIGHT SPECIALS

Join us on Saturdays for our Roast dinner specials.

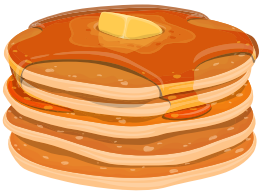
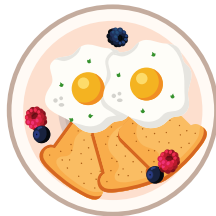
April 6th: Pork Loin
April 13th: Stuffed Chicken Breast
April 20th: Rack of Lamb
April 27th: Prime Rib



Top off your meal with a specialty coffee.
Ask your server for details.

SUNDAY BRUNCH BUFFET

Don't miss out on one of our tasty buffets!
Rotating menu with Eggs Benedict, Pancakes,
Eggs (fried or scrambled), French toast
plus bacon, sausage, muffins and pastries!



In The Bar

Enjoy a variety of bar snacks when you order your drinks.

Options include: popcorn shrimp,
bruschetta, sweet potato fries, onion rings,
or ask your server for other delectable appetizers.



DRINKS WITH DEAN

Join us every Tuesday for special drinks and appetizers
or after dinner specialty coffee and liqueurs
from 4:00 - 8:00 p.m.

Try the drink of the day \$7 or the Appetizer of the day \$5



In The Dining Room



Interactive Pasta Bar

Wednesday April 17th

Choose your pasta type

Choose your sauce

Choose your toppings



Baked Pie Sale

Order your individual 4" pie at ext. #1

by **Saturday April 20th**

and we will deliver to you
on Wednesday April 24th.

Choose your flavour:

Apple, Peach, Strawberry Rhubarb and Blueberry

\$7 each



FRIENDSHIP DINNER #1

Wednesday, April 10th

Veal Schnitzel

FRIENDSHIP DINNER #2

Wednesday, April 17th

Arctic Char



Friendship Tables

The Friendship Tables are designed to target the importance of socialization.

Watch for your invitation and “Let’s get to know one another!”

Invitations will be sent to 12 people this month,
but you are also welcome to make your own friendship table too!

Recreation



Calling all writers, we would like to get the Writer's Club going again but we are looking for a volunteer to lead the group. If you are interested in taking on this role, then please contact Joe.

BINGO

Monday at 1:30pm
Wednesday at 2:30pm
Saturday at 2:00pm
Location: Card Room

B-I-N-G-O! Everybody loves Bingo! Come join in on the fun and socialize with other homeowners.



KNITTING CLUB



Come out to the Card Room on Fridays at 1:00pm and get your knitting game on!



YOGA

Saturdays at 9:30am
in the Fitness Center!

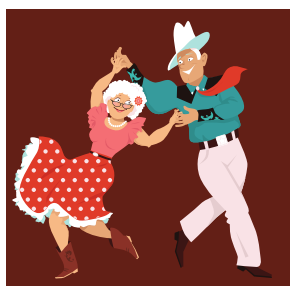
THE BOOK CLUB

Discover the fun in reading and discussing popular books. Last **Wednesday** of each month
11:00 am in the Library.

Anglican Church Service
Tuesday April 16th 4:00pm
Hearthstone Theatre



Catholic Church Service
Wednesday April 10th 4:00pm
Hearthstone Theatre

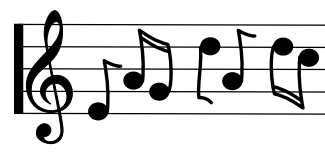


LINE DANCING

Friday at 10:15am in the gym
Dance like nobody is watching!
If you've had the urge to get up and groove, we highly suggest you come to one of our line dancing classes.

MUSICAL NIGHTS

Join us in the Theatre every Tuesday at 7:00pm for a wonderful musical video experience!



It's Back!

We need a minimum of 6 people to keep it going

Wii Bowling

Wednesdays at 1:00pm
in the Theatre!



EDUCATIONAL SERIES

Join us in the Theatre every Wednesday at 7:00pm for an educational video experience!



Recreation

VOLUNTEERS MAKE HEARTHSTONE A BETTER PLACE

April is National Volunteer Month

Thank You to all the Hearthstone volunteers
who make our lives better every day.

It is said that being a volunteer improves the quality of life
for our family, friends and neighbours
and returns many benefits to the giver.

We ♥ our
Volunteers



Dancing with your Walker
Sundays
from 2:00 - 2:30pm in the gym.



Join Hearthstone Resident, **Honey Ross**, for a fun half-hour of dancing with your walker to upbeat tunes, and get moving with joy.

This dance class is designed for people with walkers but all abilities are welcome including those in wheelchairs or those who need no walking aids.

*Honey Ross has a background in ballet, modern dance, folk and flamenco. She has taught both children and adults.

Recreation

Humber Bay Shore Wildlife Presentation and Slide Show by Janet Bartlett

Our very own Hearthstone Resident Janet Bartlett, has been walking around Humber Bay Park since the day she moved to Hearthstone in 2009. Janet always has her a camera in her pocket and her husband, Morris, carries the binoculars. Janet will be talking about the variety of wildlife she has seen and will present a slideshow of the various wildlife they have encountered along the waterfront.

Wednesday April 17 @ 3:00 pm
Location: Theatre



The Toronto Banjo Band

The Toronto Banjo Band was formed in January 1986 in Scarborough, just east of Toronto.

Since 1986, the TBB has performed at hundreds of venues including festivals, boat and cruise events, dinner shows, park concerts, municipal and town fairs, banquets, street fairs, event attractions, business functions, parades and many more. Some of their more memorable and repeatable performances are the RBC Seniors' Jubilee held at Roy Thomson Hall, the annual Markham Fair and CITY TV's "Breakfast Television" amongst others.

Monday April 22, 2024 3:00pm
Admission fee \$12.50 Location: Pub





Specialty Channels

MOVIES

LECTURE SERIES



Join us in the Theatre Mondays at 2:45pm and Tuesdays at 7:00pm for a wonderful movie experience! New! Sundays 1pm

Join us in the Theatre every Wednesday at 7:00pm for an educational video experience!

“Wonka” Crave Channel Friday April 5th 2:30pm

Willy Wonka is the mastermind behind some of the most delicious and innovative chocolate creations the world has ever seen. But before shaking up the chocolate industry and making a name for himself as a confectionery genius, the ambitious young creator had to defy all odds.



“House of Gucci” Crave Channel Friday April 12th 2:30pm

House of Gucci is inspired by the family empire behind the Italian fashion house of Gucci. When Patrizia Reggiani (Lady Gaga), an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately...murder



“The Sisterhood of the Traveling Pants” Friday April 19th 2:30pm

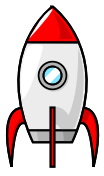
The movie is based on the young adult book, The Sisterhood of the Traveling Pants, by Anne Brashares. As four best friends spend their first summer apart from one another, they share a magical pair of jeans. Despite being of various shapes and sizes, each one of them fits perfectly into the pants. To keep in touch they pass these pants to each other as well as the adventures they are going through while apart.



“Argo” Crave Channel Friday April 26th 2:30pm

After Iranian militants stormed and took control of the U.S. Embassy in Tehran in November 1979 taking 56 Americans as hostages, six Americans managed to get away and took refuge in the home of Canadian Ambassador Ken Taylor. After two months of the Canadians putting their lives on the line everyday, the CIA and the US State Department try to come up with a plan to get their people out.





Shuttle Trips



Date	Destination	Departure Time
Tuesday, April 2	Erin Mills Town Centre	1:00
Thursday, April 4	Starsky's Supermarket	1:00
Tuesday, April 9	Len's Mills Store	1:00
Thursday, April 11	Dixie Outlet Mall	1:00 & 1:30
Tuesday, April 16	T & T Supermarket	1:00
Thursday, April 18	Metro Supermarket	1:00 & 1:30
Tuesday, April 23	Brandt's Meat Market	1:00
Thursday, April 25	Stratford Festival "Something Rotten"	10:00am
Tuesday, April 30	Cloverdale Mall	1:00 & 1:30

If you wish to stay longer on an outing that has two departure times, please book the first shuttle leaving, and the last shuttle returning.

Call Joe Moniz at ext #6 for details regarding all Theatre shuttle outings.

Theatre tickets are non-refundable.

Theatre Shuttle Trips



Stratford Festival Theatre

"Something Rotten"

Thursday April 25th 2:00pm

The Bottom brothers, two struggling playwrights in Renaissance London, need a hit. That's easier said than done when your chief competition is William Shakespeare. The Bottom brothers' plan: write the world's first musical! This is a rollicking song-and-dance extravaganza that sends up the Bard and Broadway and everything in between.

St. Jacobs Country Playhouse

"Rock of Ages"

Thursday May 30th 2:00pm

Fans of '80s arena hard rock music will dig this awesomely hilarious musical comedy that wails with big chords, big hair ... and an even bigger heart.



Shaw Festival Theatre

"My Fair Lady"

Thursday June 27th - 2:00pm Show

This timeless classic has been dazzling audiences since its debut on Broadway in 1956. Based on the play Pygmalion by Bernard Shaw, it's the story of Eliza Doolittle, a cockney flower girl caught in the middle of a bet between Henry Higgins, a professor of phonetics and Colonel Pickering, a fellow linguist.



Call Joe Moniz at ext #6 for details regarding all Theatre shuttle outings.

Theatre tickets are non-refundable.

Housekeeping/Maintenance

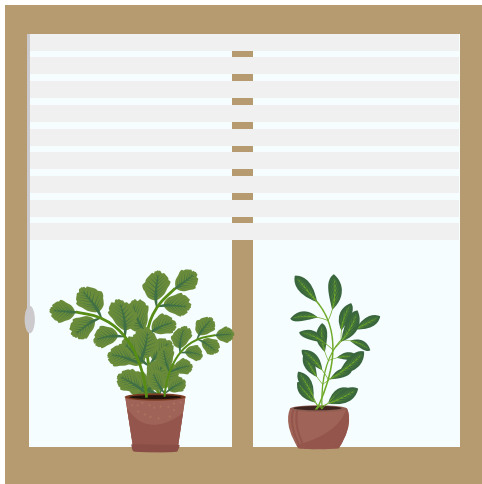


Maintenance and repairs

Do you need help with general handyman services, such as furniture assembly and repair, shower and bath caulking, lightbulb changes and much more.

Herman is here to help. Herman has been fixing things for over 50 years and is here on Saturdays.

Please call Maureen at 2219 for more information or to book an appointment.

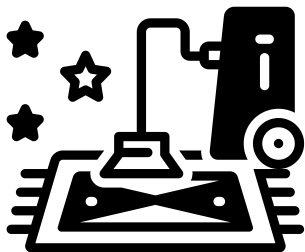


Window Washing

We are starting to create our list of those wanting to have their inside, and outside accessible windows cleaned.

We will begin as soon as the weather gets a little warmer.

Call Maureen at ext. 2219 to add your name to the list.



Carpet & Upholstery Cleaning

Refresh your carpets and upholstery in the New Year! Carpets attract and capture airborne dust, dander, dirt, pet hair, mold and mildew.

Carpet cleaning helps to keep your suite clean and healthy.

Call Maureen at et. 2219 to book an appointment.

What is 5th Week for Housekeeping?

Cleaning times are scheduled for the 1st and 3rd week of each month OR the 2nd and 4th week of each month. Some of you may have a weekly clean for 1 hour for the first four weeks of the month. If there are 5 weeks in a month, then the housekeepers do not do suite cleaning on those days unless you have made prior special arrangements.

There are no suite cleans on Monday April 29th, Tuesday April 30th

Housekeeping/Maintenance

Are you thinking of renovations for your suite?

Maybe you would like to change your flooring, or paint some walls, or have new cabinets installed.

Then call Gino from Murcor Renos.

Gino has already completed some great work at Hearthstone for other residents. I can put you in touch with them if you would like to see his work, or get a testimonial from your neighbour.

If you have any questions, or would like a quote, please contact Gino at 416-856-0488.



MURCOR RENOS
Quality Work! Honest Service! Great Value!...Guaranteed!

**Improve your suite!
Improve your lifestyle!**

MURCOR Renos is a fully insured general contracting company based in the Greater Toronto Area.

We specialize in flooring and painting, kitchens and bathrooms, customized to match your taste and budget needs.

Let our team of experienced professionals make it easy for you to refresh your residence!

MURCOR is committed to providing you with superior quality at affordable prices.

Give Us a Call!

Painting • Flooring • Carpeting
Millwork (Molding, Trim and Shelving)
Drywall Repairs • Accessibility Improvements

**Gino • 416.856.0488
murcorrenos@gmail.com**



March Memories



Thank you to Carole Wilson for displaying her beautiful poems and photographs during the month of March.



Wine and Fruit
Tasting
MC'd by Dean



International
Women's
Day
Luncheon



St. Patrick's Day Celebrations

