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# Dundas Manor

## July 2026

### Canada's National Anthem

O Canada!

Our home and native land!

True patriot love, in all of us command.

With glowing hearts, we see thee rise,

The True North strong and free!

From far and wide, O Canada,

We stand on guard for thee.

God keep our land glorious and free!

O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.





## ***From the Administrator's Desk...***

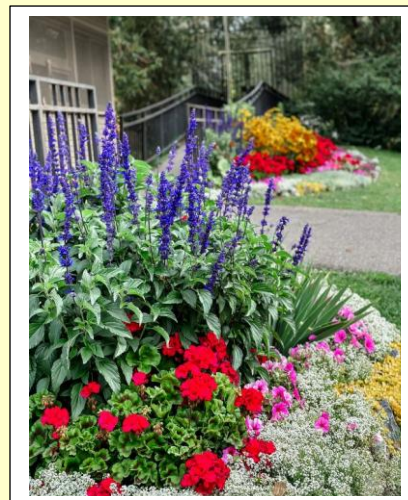
Happy July and Happy Birthday to Canada! I hope you are having a great summer so far.

You will see in the newsletter the date/time for the Annual Strawberry Social and we hope to see you there!

The new home is coming along, and we are anxiously awaiting next steps. It really is a beehive of activity over here with everyone spending much time in preparation for supplies, inventory, policies and procedures for the new building. Linen has been ordered! All dietary equipment and smallware are ordered! Beds, dining room furniture, couches, offices, fireplaces, nursing equipment and everything in between...ordered! Exciting times!

We have been very fortunate to have leadership share 'lessons learned' from other new LTC homes that have recently opened. Everything from integrated testing of equipment to door security to communication to Ministry inspections!

I know you will be as proud as we are when the home is fully complete. Until that time, I am always available for any resident or family for any questions you may have.



***With respect, Susan Poirier***

## ***Updates from the Dietary Department~***

As we welcome the month of July, we would like to share some updates and accomplishments from June.

One of the most significant milestones this month was the implementation of MealSuite in our home. This transition has involved a great deal of planning, training, and teamwork. While we continue to adjust and identify opportunities for improvement, we are pleased with the progress we have made and are confident that we are moving in the right direction.

We would like to sincerely thank our residents and families for their patience and understanding throughout this process. Change can sometimes be challenging, but your feedback and support have been invaluable as we work toward enhancing our food services and dining experience.

In addition to these changes, we have been working diligently to prepare for our new home. Much of the kitchen equipment is now ready to be assembled, and the remaining items have already been ordered. It is exciting to see the project continue to move forward, and we look forward to sharing more updates as we get closer to completion.

Although we are experiencing many changes now, we firmly believe that the work being done today will benefit our residents not only in the present but also in the future. These improvements are helping us build stronger systems, better processes, and an enhanced dining experience that will continue into our new home.

Thank you for your continued support and trust. We remain committed to providing the best possible experience for all who call Dundas Manor our home.

***Warm regards,***  
***Andrea Munoz,***  
***Nutritional Manager***



We're kicking off the month with our **Canada Day Party on July 1st**, a wonderful way to come together in red and white to connect and celebrate our beautiful country. We are blessed to call Canada home! True North Strong and Free! Not long after, we'll be gathering again for one of our sweetest traditions—our **Strawberry Social on July 7th at 2:00pm**... a true sign that summer is in full swing. Save the date and be sure to attend! Hopefully, out on the Patio ♥

This month also brings a sense of adventure with two outings planned—a trip to the Dollar store and a visit to Upper Canada Village. These **outings** are always such meaningful experiences, offering a change of scenery and special moments to share.

Back at the Manor, we'll be embracing the season in every way we can. From bike rides uptown to a little summer water fun, we're making the most of the warm weather and all it has to offer. And of course, no summer would be complete without a few treats along the way. We are so grateful for the ice cream cart sponsored by the Eddie W. family, and our Tim Hortons cart in memory of Ardie R—both bringing not just delicious refreshments, but also **thoughtful reminders of kindness and community**.

You asked, and we listened—we are excited to **welcome new entertainers** Joanne L. and Colleen M. to Dundas Manor this month. We're always looking for ways to keep our programs fresh and engaging, and we can't wait to enjoy their music and energy together. Stop by the Activity office if you have some new ideas!

A very **special shout out** to the Winchester Baptist Church. I had the pleasure of attending a recent service, where more beautiful handmade crafts were so generously shared for our residents to enjoy. It was a lovely morning in that little church with big faith and such a strong sense of community. Many thanks again for your kindness and continued support.

As always, it is the little moments that mean the most—the chats on the patio, the shared laughter during programs, and the familiar comfort of being together. Thank you to everyone—residents, families, staff, and volunteers—who help make Dundas Manor feel so welcoming and full of heart. Embrace this season! ♥ I remain honored to be your Activity Director,

**Jennifer Hill, Activity Programs and Services Director**

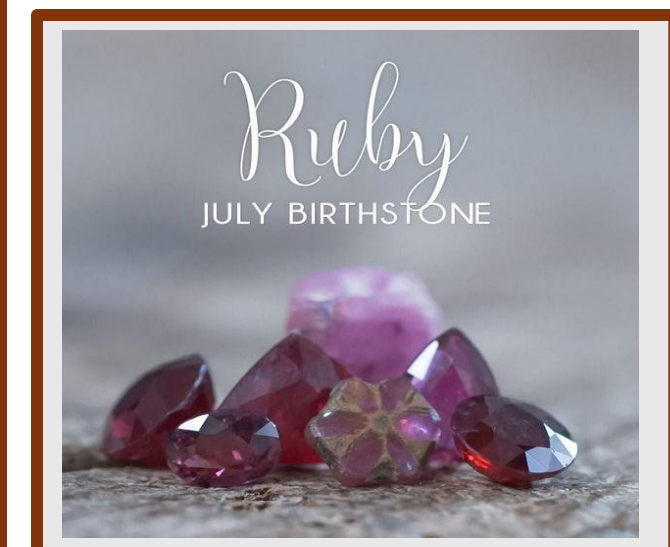


Terry H

## JULY BIRTHDAYS



- Nancy D 69yrs young**
- Louise G 77yrs young**
- Shirley K 91yrs young**
- Norman M 88yrs young**
- Joan P 94yrs young**
- Pam T 86yrs young**
- Eddie W 82yrs young**



# REDEVELOPMENT UPDATE



Lots of work ongoing...here are a few updates and pictures!

- Elevators are in
- Landscaping and paving is ongoing
- Ground floor lobby is ready for its fireplace
- Main production kitchen and homestead kitchens have flooring installed
- Spa Rooms x 4 are almost fully complete!

Thank you to the Frecon team and all the hard working men and women preparing this home for our residents! ❤️❤️



**Summer FUN!**



Beautiful Canada 🇨🇦

## FUN FACTS ABOUT CANADA

Home of over **15,000** polar bears, earning Canada the title of polar bear capital of the world



Winters in Canada can be very cold. Temps can drop as low as **-40** degrees Celsius in some parts of the country



Second only to Paris, **Montreal** is the largest French speaking city in the world



**ONTARIO** has the world's longest street



Canada's national animal is the **BEAVER**



**77%** of the world's maple syrup is made in Quebec



**2ND** largest country in the world



**Ice Hockey** is our National Winter Sport

Home to over **40,000,000** people



**CANADA** has six time zones



# SAVE THE DATE!

## Strawberry Social!

**Tuesday, July 7<sup>th</sup>, 2026 at 2:00pm**

**Fresh Local Berries**

**Colleen Monaghan entertaining**

**Come join us for an afternoon of sweet berries and great company!**

**Free will offering happily accepted**

# July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>Calendar Change</b>                      10:15am Canadian Trivia                      12:00pm BBQ Lunch                      2:00pm Canada Day Party</p> <p><b>Wear Red and White</b></p>	<p>10:15am Songs and Praise                      2:00pm <b>Music with Cholly</b>                      3:45pm Chair Yoga                      6:30pm Evening Strolls                      Sewing Day</p>	<p>10:30am RC Communion                      2:00pm Men's Club: Guess the Classic Car                      3:45pm Jewellery &amp; Eyeglasses cleaning</p>	<p>10:15am Heartbeats                      2:00pm Bingo                      3:45pm Montessori</p> 
5	6	7	8	9	10	11
<p>10:30am Church with John Plews                      2:00pm Strolls                      3:45pm 1 to 1 Visits</p>	<p>10:15am Pet Visits with Louise and Coco                      2:00pm Strawberry Prep                      3:45pm Friends Gather</p>	<p><b>Strawberry Social</b>                      2:00pm with Colleen Monaghan Performing</p>	<p>10:15am Strength and Stretch                      12:00pm BBQ Lunch                      2:00pm BradLee Bike Rides</p>	<p><b>Outing:                      Dollar Store Shopping &amp; Lunch at 5 Star</b></p>	<p>10:15am Mary-Ellen Performs                      2:00pm Ladies' Club: Spa Afternoon                      3:45pm Jewellery &amp; Eyeglasses cleaning</p>	<p>10:15am Bingo                      2:00pm Coffee, Cookies &amp; Chit Chat                      3:45pm Montessori</p>
12	13	14	15	16	17	18
<p>10:15am Songs and Praise                      2:00pm Stories &amp; Sodas in the Garden                      3:45pm 1 to 1 Visits</p>	<p>10:15am Armchair Athletes                      2:00pm Farming Trivia                      3:45pm Friends Gather</p> 	<p><b>Hearing Aid Clinic</b>                      10:15am Library Visit with Joan and Jen                      10:15am Pet Visits with Beth and Cody                      2:00pm Tuesday Tea                      3:45pm Special Care Cart</p>	<p>10:15am Strength and Stretch                      12:00pm BBQ Lunch                      2:00pm Joanne Laurin Performs</p>	<p>10:15am BradLee Bike Rides &amp; Strolls Uptown                      2:00pm <b>Music with Cholly</b>                      3:45pm Chair Yoga</p>	<p>10:15am Bonnie Wallace Performs                      2:00pm Ice Cream Cart Sponsored by Eddie Woodman                      3:45pm Jewellery &amp; Eyeglasses cleaning</p>	<p>10:15am Bingo                      2:00pm Tuck Cart                      3:45pm Montessori</p> 
19	20	21	22	23	24	25
<p>10:30am Church with Alexandre Grondin                      2:00pm Virginia Performs                      3:45pm 1 to 1 Visits</p>	<p>10:15am Pet Visits with Louise and Coco                      2:00pm Tin Can Wind Chime Craft                      3:45pm Friends Gather</p>	<p>10:15am Round the Table Chit Chat : Dementia                      10:15am Picnic Prep                      2:00pm BradLee Bike Rides                      3:45pm Special Care Cart</p>	<p>12:00pm BBQ Lunch  <b>Outing: Upper Canada Village</b></p>	<p>10:15am Church with Pastor Melody Trolley                      2:00pm Lemonade Stand                      3:45pm Chair Yoga                      6:30pm Jumpin' Jimmy Performs</p>	<p>10:15am Jam Making                      2:00pm BradLee Bike Rides                      3:45pm Jewellery &amp; Eyeglasses cleaning</p>	<p>10:15am Bingo                      2:00pm Let's Reminisce                      3:45pm Montessori</p>
26	27	28	29	30	31	
<p>10:15am Church with Jen                      2:00pm BradLee Bike Rides                      3:45pm 1 to 1 Visits</p> 	<p>10:15am Summer Mystery Bag Game                      2:00pm Tim Hortons Cart in Memory of Ardie Rowan                      3:45pm Friends Gather</p>	<p>10:15am BradLee Bike Rides                      2:00pm July Birthday Party                      3:45pm Special Care Cart</p> 	<p>10:15am Spa on the go                      10:15am Strength and Stretch                      12:00pm BBQ Lunch                      2:00pm Summer Fun Party on the Patio &amp; Water Games</p> <p><b>Program Planning</b></p>	<p>10:15am Salsa Prep                      2:00pm Fresh Salsa and Ice Tea on the Patio                      3:45pm Chair Yoga                      6:30pm Java Music</p>	<p>10:15am Bingo                      2:00pm Spot the Difference                      3:45pm Jewellery &amp; Eyeglasses cleaning</p>	