















Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

# AUGUST 2020

<b>AUGUST 2020</b>						<b>1</b> 2:00 Board Games
<b>2</b> 2:00 Ice Cream Parlour 	<b>3</b> 10:00 Games Outdoors 1:1 Visits 2:00 BINGO with Laura	<b>4</b> 10:00 Fun & Fitness 1:1 Visits 2:00 Music & Memories	<b>5</b> 2:00 Cards 	<b>6</b> 10:00 Fun & Fitness 1:1 Visits 2:00 Flower Pot Painting	<b>7</b> 10:00 Tuck Shop 12:00 50/50 draw 2:00 Pizza Party & Afternoon Movie	<b>8</b> 2:00 BINGO
<b>9</b> 2:00 Ice Cream Parlour 	<b>10</b> 10:00 Coffee & Chatting 1:1 Visits 2:00 BINGO with Laura	<b>11</b> 10:00 Fun & Fitness 1:1 Visits 2:00 Wheel of Fortune 	<b>12</b> 2:00 Cards 	<b>13</b> 10:00 Fun & Fitness 1:1 Visits 2:00 Wind Chime Craft	<b>14</b> 10:00 Tuck Shop 12:00 50/50 draw 2:00 PUB 	<b>15</b> 2:00 Board Games
<b>16</b> 2:00 Ice Cream Parlour 	<b>17</b> 10:00 Games Outdoors 1:1 Visit 2:00 BINGO with Laura	<b>18</b> 10:00 Fun & Fitness 1:1 Visits 2:00 Resident General Meeting/ Food Committee	<b>19</b> 2:00 Cards 	<b>20</b> 10:00 Tuck Shop 1:1 Visits 2:00 Trivia	<b>21</b> Summer BBQ 12:00-2:00 	<b>22</b> 2:00 BINGO
<b>23</b> 2:00 Ice Cream Parlour 	<b>24</b> 10:00 Scattagories 1:1 Visits 2:00 BINGO	<b>25</b> 10:00 Fun & Fitness 1:1 Visits 2:00 Wheel of Fortune 	<b>26</b> 2:00 Cards 	<b>27</b> 10:00 Tuck Shop 1:1 Visits 2:00 Birthday Party	<b>28</b> 10:00 Blood Pressure Clinic 12:00 50/50 draw 2:00 Afternoon Movie	<b>29</b> 2:00 Board Games
<b>30</b> 2:00 Ice Cream Parlour 	<b>31</b> 10:00 Games Outdoors 1:1 Visits 2:00 BINGO					

**Tower Directory**

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Manager

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Recreation Coordinator

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**Tracy Croft,**

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Director of Wellness

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**Please contact us at:**

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info@towerofporthope.ca

**Social Media Pages:**

**Facebook:** *Tower of Port Hope Retirement Residence*



**Birthday's This Month**

August 28 – Bob Van Buren



**Fun & Fitness with Laura**

Tuesdays at 10:00am

4<sup>th</sup> Floor Lounge

Indoor & Outdoor activities (if weather permits)

**\*Blood Pressure Clinic August 28<sup>th</sup> at 2:00pm in the Lounge\***

**\*Resident General Meeting/Food Committee will take place on August 18<sup>th</sup> at 2pm in the lounge.\***

**\*Everyone is welcome!\***

**Dear Residents,**

The warm weather is expected to last for a few more months, please be very cautious of possible sun damage and heat stroke.

Always apply sunscreen and drink plenty of fluids. Further, avoid being outside for long periods of time, specifically during peak sunshine hours, 12:00pm & 3:00pm.



**JOKE**

**OF**

**THE**

**MONTH**



**ADDRESS:**

164 Peter Street

Port Hope, Ontario

Canada, L1A 1C6

905-885-7261



**Services that are unavailable due to COVID-19:**

**Salon Services  
Pet Therapy  
We FixU  
Van Shuttle  
Group Outings**

**\*\*\***

Haute Goat will be visiting with their Alpaca's one day this month. The date and time will be posted in the Elevator when it is verified.

**\*\*\***



Retirement Residence

**News & Updates**

**A Message from the Tower of Port Hope**

Dear Residents and Friends:

With summer well upon us now and the hot weather shining through, we look forward to spending a bit more time outdoors. Laura, our Life Enrichment coordinator has arranged for some new things to do outside! We've also asked volunteers and staff to facilitate walking tours throughout the community. We hope that all of you take advantage of this for some healthy sunshine, exercise and good company.

Some of our major projects had been delayed because of the restrictions of having visitors, including workers in our building. We are now looking at resuming some of these in a very careful and cautious manner.

It comes with difficulty and anxiety the choices made by the owners and management and the policies and procedures in place to avoid any possible outbreak or illness of the COVID-19 virus in our home and affecting our residents and staff. We know that this hasn't been an easy time for you and we sincerely appreciate you fighting through this alongside us.

We are just starting to see the light at the end of the tunnel and hope that one day we'll resume to a lot of the regular unencumbered ways of life. There will be a day, hopefully soon, when you can go out to the store or visit family. For now, please be patient with us as we err on the side of caution for all.

From a peer of ours: "We're asking everyone to treat the decisions about where they go, what they do and who they meet with as life-and-death decisions – because they are. It may not be your life, but your choices could be the difference between life and death for someone you love, or for a complete stranger.

We all have a part to play in protecting ourselves and one another from COVID-19".

With respect,

The Management and Owners