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Tansley Times

April 2024
Issue no: 95



April



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Village Entertainment

Date	Time	Entertainer	Location
April 8	7:15 PM	Kevin Coates	Fergusson Town Hall
April 11	3:00 PM	Manvir	Emma's West
April 14	7:15 PM	Ronnie Moos	Kilbride Arms Social Club
April 17	3:00 PM	Ludgates	Fergusson Town Hall
April 20	2:00 PM	Brent Meidinger	Emma's East / Egerton
April 25	3:30 PM	Choir Spring Concert	Fergusson Town Hall
April 30	7:15 PM	Notables	Fergusson Town Hall

Vendor This Month

April 23rd 10 AM - 3 PM: 'Made for You' by Jo



April Special Events

April 5—CTV The Social Pet Therapy Special

On this day the Burlington Humane society will be filmed by CTV The Social daily talk show, exemplifying how pet therapy benefits those living in Long-Term Care and Retirement. Please join us at 10 AM in the Town Square for a visit from our furry friends!

April 8—Total Solar Eclipse

Around 3:25 - 3:30 pm on April 8th, a total solar eclipse will be visible in the Burlington area. It is extremely important that proper eyewear is worn for those who wish to witness this event. You can obtain a pair of 'eclipse glasses' from The Burlington Public Library - Tansley Woods Branch just across the street. If you have any difficulties in getting across to the Library but still wish to acquire a pair of 'eclipse glasses' please let the Recreation Team know, we will be happy to assist you.

April 14 - 20—Volunteer Appreciation Week

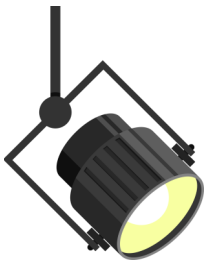
We certainly could not operate in the Village without the support from our tremendous Volunteers. Take some time to stop and admire the displays on Main Street highlighting the work that our Volunteer Team does day in and day out.

April 19—Harry Halsall's Ice Cream Social

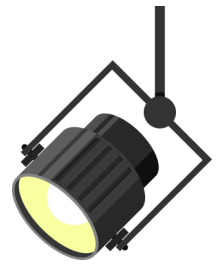
Many of you enjoy chocolates and candies from late Harry Halsall outside our General Store on a daily basis. On April 18th Harry would have turned 99 years old! Please join us after lunch on April 19th in the Fergusson Town Hall to enjoy a staple in the Halsall families summer diet... Kawartha Dairy Ice Cream, sponsored by the Halsall family.

April 24—Happy Hour Cocktail Special

A happy hour you do not want to miss! Allow your taste buds to venture off from your typical go-to, and try something new! Join us at 3pm in the Social Club for an extended social on this day featuring a cocktail special. Who knows, maybe you will find your new favorite cocktail!



Program Spotlight



April Birthdays Celebration

For all who celebrate their birthday in April! Join us for a small get together to recognize all who are celebrating this month. Look on the calendar for the celebration on the last Tuesday of the month.

The Muffin Making Series

Join us in the hobby shop for a baking demonstration. This spring we will explore different muffin recipes, and the best part...you get to taste test them yourself! You will leave each session not only with happy taste buds, but with a new recipe to add to your cook book!

The New Comers Coffee Social

All are welcome to join your Leadership team in the Ruby over coffee and treats! All new Residents will receive an invitation and are encouraged to attend, no need to RSVP. Existing Residents; please sign-up in the binder outside the Village office. This is a great way to meet your neighbours and enjoy a mid-day coffee with a view!

Chime Choir

Back by popular demand! Join our Music Therapist Angela on Wednesdays at 3:45 pm in the Chapel for the month of April. All are welcome to our Choir Spring Concert on Thursday April 25th at 3:30 pm in the Town Hall to enjoy our choir's performance.

Gardening Club

Calling all with a green thumb, or those with a passion for gardening. We want you to join us for this brand new gardening club. Whether you want to learn best practices for your plants or get your hands dirty in the soil, we welcome all to attend!

WHO, WHAT, WHERE? These are questions we seldom ask ourselves as we navigate our lives on a daily basis – we just do whatever is at hand. Do we even look around us – seeing others in their daily lives – busy moving along? The point I am trying to make here – is the fact that we all live in a community, so everything we do involves others. The very word means a common focus – and we all know about that – this community is about getting older – aging – slowing down – and most of all – change!

Some of us may have moved directly from our homes - which we have just sold, so find the people a total distraction – thus, we are uncomfortable, and feeling our way. Others might have come from condos or smaller units, but still find the gathering of others awkward, because they have been so private in their previous lifestyle. It might also require an adjustment in regard to meals –not cooking, serving and cleaning up – so the diet is also changed for you. Hey – change is the operative word!

No matter what we do – or where we go – we need to be aware of others – because our lives are now on a timetable – and one not of our choosing in many cases. Simply said – we live by the clock now – as all we do is determined by time. This necessity is understood simply by virtue of the reality that there are many to be served in any particular circumstance.

This brings me to the fact that – even going to the store is managed by a time slot, and we need to recognize that everyone is affected by this limitation. We have a great convenience here with the Tansley bus – but all we do needs limits – and time is an important element in the use of the bus. Six to twelve people is not a large number - but it still means we have to think of our neighbors! Even if only one person forgets about the time, everyone on the bus is waiting, and might even be late for other commitments. Hey – even the bus driver might have another place to be – after taking care of us! I mean that sincerely - as he helps carry our bags, puts walkers in place, and gives much help to residents confined to wheelchairs!

As a resident who uses the bus regularly, it is definitely selfish to expect all of us to wait for you! We have a life too – and if you can't make the bus – then another option is yours. Taxicab it home – or maybe you are lucky enough to have family to help you out?

In all sincerity, I make this plea to be aware of time in all activities around the community – our residence is home, and we need to think of others – nothing happens in isolation – several people are affected by one decision! Just sayin'! ©judystefnitzmarch2024

Think it through

This article might surprise residents because the following ideas challenge conventional thinking.

Idea number one is well known. April is tax time for most Canadians. Some will now pay tax on last year's income, while others will receive a refund. Which one describes you? Many folks prefer to get a refund, (which really means they paid more tax than was necessary last year). But some people are willing to pay tax now (because they held on to more of their income last year). Right?

Idea number two is a common income/expense example. Most Tansley Woods residents pay rent limited to a 2.5% annual increase but their personal costs have risen much more. If you spent \$10,000 in 2021 on food, health care and gas, they would cost you \$17,000 today. Inflation drives costs higher; inflation never reduces. Are you in that position?

Idea number three is yet another example. If you owned \$10,000 in short-term bonds, long-term bonds and common stocks in 2021, they would be worth \$8,400 today. That's based on their market indexes, but they make a good point. Did your investments keep up with your costs?

Idea number four asks if your current adviser compares your investment returns with bond and stock market indexes. Such a comparison may not be relevant if your primary need is to offset rising costs, as in idea number two above. Isn't it more meaningful to compare your investment performance with your needs?

Idea number five is to withdraw from your investments sufficient funds to offset rising expenses, without outliving your money. That's called decumulation, an appropriate strategy in retirement after years of accumulating assets during employment. There is a way to determine how to draw needed money from your taxed, untaxed or tax-sheltered accounts and how that will affect your income tax or refund.

I have heard from residents that their advisers compare their portfolio returns against bond and stock market benchmarks. A better way is to base your investment policy on your needs. Then an impartial financial plan can calculate the best strategy to match your investment policy, while withdrawing needed funds. Wouldn't that make things easier?

Here are some questions to consider. Does your income cover your costs? Does your investment policy provide for withdrawals from your investments to cover rising costs? And, has your adviser recommended a strategy to match your investment policy to your retirement needs?

Good news - there is a way to do that. It can be tailored to each family's needs. I'll be glad to chat confidentially with Tansley Woods' residents who would like further information.

Norm Stefnitz is a retired investment counsellor and has written in Tansley News, the Hamilton Spectator and other journals. He can be reached at 289 636 1524 or n.stefnitz@cogeco.ca

The snow has melted, Daylight Saving Time is here, and the sun is waking us. Your Residents' Council has held their AGM and has added two new members with innovative ideas, yet to be heard. Plants around the buildings have started bursting through the soil and showing signs of life. SUMMER is on the way. I have seen residents sitting around the Pond, enjoying the sun. This winter has not been what we usually have, but those little signs of spring are welcome.

I sold Sporting Goods all my working career and these little signs were invaluable to me. People start to smile and laugh more and start to wear brighter clothes. Have you seen the new brighter spring jackets?

Residents' Council will now have a Treasure Trove spring and fall. Start looking in your closets and drawers to make more room. More information will follow. This was an unheralded first-time event last year which soon became a "let's do this again next year" event. Our Chairman, Doug Pettit, witnessed the event from a bench on Main Street and was overwhelmed by the number of smiling faces that came away from the event, and immediately called for a repeat next year. Residents also recommended a fall event as well.

One suggestion for this year is to watch for an announcement for the Tansley Trippers. I joined the group for a week in Barbados last year. Our General Manager arranged the trip and from start to finish the trip was organized and flawless, without making you feel like you had to be on a schedule, except for the flight times. You could do what you wanted to when you wanted to do it. Trips were planned and there was no pressure to attend if you chose to stay by the pool and beach to relax or do things on your own. First Class hotel, meals, and travel connections.

On the other hand, Council is working to make your stay here at Tansley Woods as enjoyable as we expect and want for ourselves.

Our recreation group has innovative ideas. Mike, Ric, and the Culinary Club are working hard at making mealtime an exciting adventure with changes and special meal events.

Please don't hesitate to talk to me if you have questions or suggestions.

At Tansley Woods, Spring is a special time; there are flower boxes to prepare, outdoor activities such as walking around the grounds and a Treasure Trove event in May.

Another Spring tradition is Blue Jays baseball. The Residents' volunteers have plans to show Opening Day and regular season games as well. Don't forget Stanley Cup playoffs; we will show what we hope is a long run by the Leafs.

Please plan to welcome Spring 2024 and participate in the many activities available .

Pete Chapman and Bob Harrison on behalf of

Doug Pettit, Chair

SPECIAL DINNERS

We are pleased that Mike Killip, Ric Salvacion and the Hospitality Team give us a variety of dining experiences, planning special one-sitting dinner menus a few times each year. The timing of special meals is being adjusted so that residents who have meals delivered to their rooms are served at their usual time during these special events.

We are excited to share that there will be a Filipino Dinner in the near future. This will be an occasion to celebrate and learn about Filipino culture.

THURSDAY LUNCHES

BBQ lunches by the pond will resume sometime in May, weather dependant, stay tuned for more information. Do you have a favourite salad recipe which could be featured? Please submit it to Mike Killip in the Village Office, or to Stan Butcher in suite 3517, before the next Culinary Club meeting on April 9th.



FACTS:

1. You probably know this; however, it is worth repeating often, because there are always new people reading the Newsletter, and others who can, need to bend over and come up.

Remember – with feet firmly on the floor, both hands on something sturdy (wheelchair/walker with brakes on, table, chair behind you if it is easily reachable – in short, both hands on anything that can hold your weight). Now put your nose over your toes when you want to get up from the bent position.

2. Do you know why is the children's play kit is known as LEGO?

“LEGO” is a trademark name for a child's plastic construction set derived from a 1934 invention by a humble and struggling Danish carpenter named Ole Kirk Christiansen (1891 – 1958). The company name LEGO comes from the Danish words leg godt, meaning “play well”. There is a myth that Christiansen didn't realize that lego in Latin means “I assemble”. In fact, the word in Latin means “I read” and has nothing to do with the legend or the truth of the play kit or the company's name. The motto on the wall of Christiansen's carpentry work-shop was Only the Best Is Good Enough.”

This quote is taken from Now You Know Volume 4 by Doug Lennox.

GIGGLES

- Published Phyllis Diller Funnies

Old age is when the liver spots show through your gloves.

The reason that the golf pro tells you to keep your head down is so you can't see him laughing.

- THINGS TO THINK ABOUT (You may have heard this one)

Life is so much simpler when you stop explaining yourself to people and just do what works for you.

That's all until next month.....

Wendy de Jaray

Catch a shooting star at the Village of Tansley Woods!

Shooting Star!

Who- Sarvajeet

Where - every day!

What Stood out to You - Welcome back!!!

The best worker and always with a smile. We missed you!



Caught a shooting star?

We have all seen team members and volunteers go above and beyond the call of duty.

If you have caught someone doing that: Nominate them!

Forms are available at the bulletin board.

-The Village People

(Tansley woods family council)

Easter

S H R T V H T G K I U F T T V B N Q W S O U O J
 C E C I U R E X X R I I X E S K Y I M K Z N U P
 T S J B Q X K A Z P I M A H U G A I T F F P Q A
 Q U Q B Z C S R K I H F B Y M Y I Z P A F A O B
 M A N A T N A O B E H R F Q U B J N C U U G V U
 P K E R X E B O Y A X P A V N Z A G Z E A R C N
 B G R I K R X E H J Y P M D B E G Q R E W J Z N
 A V E G G H U N T P D E I J K G A A K O L K U Y
 S F I U K H O Q B L W H L K F G J T W W H B Q V
 E G X S H F N G O N I Q Y C C F Z J C N P T Y J
 D D G N N H K B N Q W R K N A C R P H B R N A Z
 R X A M E X X O J C F E H N R D I P I S D R J J
 T B T V P J D C K Q V T F Z R C J V C J W M H T
 R B H O Y A D N U S R S Y A O K C I K E C D N T
 Z U J V B B R E Q M R A H J T R B Y A L O X J H
 J A D W G N I P P O H E P U O G O Y R L W M W P
 X K E T A L O C O H C P P Y G P P Z F Y I F O X
 F W D J F R V O D Y U T S F X S D G G B W L M A
 U Q Z H S W O M E D I H O Z M V I I T E J I W H
 T N V N Z J K O C P M S Z Y X Z G E W A S J E E
 N G N I R P S K N E A O I D S C B X J N Y W E F
 X Q X H Z K V M O E Z B V N W H C U O S A U U R
 D L L Q F R U X Z P P U J A V I C R D O L B G H
 S T G D P B Y J C S Z V Z C G R D P N U E F N M

Jelly beans

Carrot

Rabbit

Chick

Ham

Chocolate

Basket

Easter

Bunny

Egg

Egg hunt

Sunday

Family

Peeps

Hopping

Spring

Candy

Hide

Word Search

P	J	S	S	P	H	P	Y	F	E	P	H	A	L	U
U	L	P	R	H	H	J	L	R	L	D	L	O	V	S
D	X	R	I	X	O	O	S	A	E	L	W	H	H	A
D	F	I	S	S	W	W	N	S	E	V	E	R	J	M
L	U	N	I	E	V	T	E	R	K	R	A	I	N	S
E	B	G	R	G	S	B	B	R	F	C	W	F	Y	N
S	U	S	S	N	M	M	Y	Y	S	E	I	O	H	A
O	B	W	N	U	U	D	A	L	Y	J	W	H	P	E
L	L	A	B	E	S	A	B	P	Z	J	H	S	C	B
C	H	O	C	O	L	A	T	E	R	M	A	T	P	Y
J	Y	C	M	N	N	S	J	S	F	I	U	E	R	L
S	T	I	B	B	A	R	G	O	P	G	L	K	A	L
G	F	L	N	Z	D	I	O	G	K	U	O	S	N	E
Y	M	V	Y	P	F	L	F	V	E	E	O	A	K	J
H	J	Q	A	Q	S	X	Y	A	J	O	S	B	S	T

april
chicks
flowers
jokes
puddles
showers

baseball
chocolate
fools
plants
rabbits
spring

baskets
eggs
jellybeans
pranks
rain
umbrella

Scrambled words

TEHAR

RETASE

ILSSEISLS

OLAHYID

ENUATR

NIEEMOTVNRN

Our New PAL Team Member

Hello and thank you all for the warm welcome into the Tansley family! My name is Saif and as your dedicated PAL coordinator, I am committed to supporting you on your wellness journey and ensuring that you have access to the resources and information you need to thrive. I will always be more than happy to answer all of your burning questions about exercise and movement. Let's embark on this journey together and make each day a celebration of health and happiness!

Parkinson's Awareness Month

April is Parkinson's awareness month in Canada! Parkinson's Disease is a disorder of the nervous system that progressively affects the nervous system as well as parts of the body controlled by nerves. Some symptoms of Parkinson's include tremor, rigidity, slowed movement, and changes in speech, writing, posture and balance. Some early symptoms may go unnoticed, but those symptoms may progress. It is always best to check with a doctor, not just for a diagnosis but to rule out other potential causes of these symptoms as well.

While the cause of Parkinson's is relatively unknown, the symptoms generally appear with a gradual breaking down of nerve cells called neurons, leading to less dopamine production in the body. This causes irregular brain activity, which leads to problems with movement.

Risk factors for Parkinson's disease include age, heredity, and sex. People tend to develop Parkinson's later in life, generally around 60 or older. Having a close relative with Parkinson's increases your chance of developing the disease, although the risk is still small unless there are many relatives in one's family with Parkinson's. Finally, men are more likely than women to develop Parkinson's.

While there is no prevention or cure for Parkinson's with the cause being unknown, research has shown that aerobic exercise may reduce the risk and is recommended as an ongoing management technique. Balance, strength, and stretching focused exercises are equally important in the management of Parkinson's Disease. Some other forms of management include medication, surgical procedures, or more advanced treatments to manage tremors.

Other suggestions which may help with balance and prevent falls include: stepping heel first when walking, looking straight ahead rather than down when walking, trying not to move too quickly, and adjusting your posture if you notice you are shuffling. You can also make wider U-turns, try to distribute weight evenly between both feet, avoid walking backwards, and avoid carrying things while walking.

Stay Active,

Andrew, Caleb, Saif, and Megan

April Moods

by Lenore Hetrick

April changes her sweet mind
Every other second.
With her many moods and minds,
Nothing can be reckoned.
I always carry an umbrella,
It serves for rain and sun!
I take my boots and out I go
To share in April's fun.



- Aldona Slomiany
- Nola Bokelmann
- Marilyn Holliday
- Frank Dowe
- Hans Wiklund
- Della Riedel
- John Marriott
- Barbara Blowey

To remember those who have
passed away in the Village you will
find a memorial poster next to our
chapel

- Beverly Foster
- Mary Hunt
- Hilda Hager
- Johanna Vanonsolen
- Glen Hastings



National Volunteer Week

April 14-20

April is a time of such excitement with the promise of spring unfolding, and it's also a time when we celebrate the countless gifts and contributions of the many volunteers who help make our Villages such wonderful places to live and work.

National Volunteer Week is April 14-20 this year, and the theme "Every Moment Matters" certainly resonates within our Village communities. We see every day how a quiet moment between volunteer and resident can have a resounding impact. It is something Barb Schlegel, who helped found our organization, lived and breathed every day.

We  our
volunteers



This will be the second year that Villages across the province will offer the Barb Schlegel Volunteer Award in Barb's memory, and we look forward to sharing all of the recipients at the end of that special week. In the meantime, please take a moment to revisit the award page on our website with our 2023 recipients, and be sure to thank all of the volunteers who make your visit special!

schlegelvillages.com/volunteer

#NVW2024

Schlegel Villages – CONNECTIONS



Thank our **CAREGIVERS**

Caregivers week is a special time in May dedicated to recognizing and thanking our remarkable team members for their unwavering dedication and care!

This year, we invite everyone to express their gratitude by submitting a short video (under 2 minutes) to honor and appreciate the hard work and compassion of our Caregivers across all the Villages.

These heartfelt messages will be compiled and shared with our team members throughout the week of May 12-18, creating a powerful reminder of the impact they make every day.

Let's come together to celebrate the incredible difference our caregivers make in the lives of so many!



Scan the QR code or visit the link below to upload your video.

schlegelvillages.com/thank-caregivers

The deadline for submissions is Tuesday, April 30.



RESEARCH MATTERS

RIA FEATURE

Empowered aging: A guide to advance care planning

Making future health-care decisions can be challenging, but with the right information and guidance, it can lead to care that honours your wishes and safeguards your dignity. [Dr. George Heckman](#), Schlegel Research Chair in Geriatric Medicine, shares important and helpful advice about advance care planning to empower you to make informed health-care decisions, ensuring your voice is heard and respected.

Understanding advance care planning

Advance care planning is about sharing your values and wishes about health care if you become unable to speak for yourself. It includes conversations with your doctor, family, friends and care partners to help you think about, talk about, and write down how you wish to be cared for. Sharing your wishes can help guide your care partner and doctor to respect your choices, so your care aligns with your desires at times where you are unable to communicate.

Choosing a substitute decision maker

A substitute decision maker is someone who will share your medical wishes to your doctor, and not their own wishes for you. It's important to choose someone who understands and respects your desires.

Questions to ask your doctor

Advance care planning involves sharing your choices around specific health conditions that you are likely



to have. In order to make these choices, it's important to understand your health, your health care options, and what to expect. Some questions you may want to ask your doctor include:

- What are my current health conditions and concerns?
- What specific medical problems can I anticipate with these conditions?
- How can I prepare for these anticipated problems?
- What types of treatments and/or procedures are available?
- What are the benefits, risks and side effects of these treatments and/or procedures?
- What can I realistically anticipate after these treatments and/or procedures, especially as it regards my quality of life?
- What will happen if I decide to not have the treatment and/or procedure?

By talking about future health-care wishes early and making sure those who care for you understand your desires, you can face this journey with confidence and dignity.

To get more tips about advance care planning, explore the BABEL resources at www.the-ria.ca/resources/babel



Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Tansley Woods, please call

1-888-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Happy April from Soumbos Osteopathy!

Are you struggling with shoulder pain?

There are many reasons for shoulder pain, and it is important to address the root cause rather than focusing primarily on your symptoms (i.e. pain). While shoulder pain may be the result of injury, shoulder pain is also frequently accompanied by restrictions in the collar bone, ribs, shoulder blade, neck, upper back, poor posture, and weakness or instability in the supporting musculature.

Osteopathy focuses on addressing the root cause of your symptoms. By improving mobility in the areas that are restricted, optimal shoulder function and healing can be restored. If you are struggling with shoulder pain, here is what you can expect from an Osteopathic session:

- Full assessment to identify the root cause of your pain and dysfunction
- Gentle hands on treatment to restore mobility and release tight muscles
- Specific exercises to correct muscle imbalances and restore optimal function

You can book your consultation with Andrew by visiting the Health Centre or calling us at extension 1997!

Kind regards,

Andrew Soumbos, R.Kin., D.O.M.P., D.Sc.O.



SOUMBOS
OSTEOPATHY

Move Well. Feel Well. Live Well.

Questions Regarding Your Monthly Invoice: Please call Helen 1802.

Repairs in Your Rooms: Please call the Front Desk 1876 so we can log your repair in our maintenance system and expedite it. If you are experiencing issues with your TV Cable please call 1 866 774 8888.

Audio Support In Town Hall: Bluetooth listening sets are available for all programs in Town Hall.

Ancillary Medical Information: The Tansley Family Health Centre (on-site) offers a number of services. Please call Monika in the health centre at ext. 1997 or email: twhealth.centre@schlegelvillages.com

The Ruby: Our Ruby Restaurant is open on Wednesdays for Dinner ONLY. Thursdays, Fridays and Saturdays for lunch and dinner. You can buy Ruby gift cards and reload them as much as you want. Now open for the general public as well.

Village Neighbourhood Pharmacy

Located on Main Street beside the
Tansley Woods Medical Clinic
4100 Upper Middle Road,
Burlington, L7M 4W8

Phone: EXT. **1996** or 289-636-1433
Mobile: 289-962-4734
Fax: 1-855-800-9111

Monday- Friday*10am- 5 pm**
Saturday*11 am – 3 pm**
Sunday *Closed**

Tansley Health Centre

The services you need and want, right here in our Village! Contact us at ext. 1997 to book an appointment for:

Dr. Ishak - Physician
Dr. Ghobara - Physician
Dr. Moghaddam-Aerisha - Physician
Nurse Practitioner
Dental Hygienist
Physiotherapy
Osteopathy
Massage Therapy
Foot Care

For appointments with the Ear & Hearing clinic — please call 1-888-745-5550

Important Information—RH Directory 905-336-1714

General Manager	Jo-Anna Gurd	Ext. 1877
Assistant General Manager	Preyana Ramratan	Ext. 1878
Director of Wellness	Angela Day	Ext. 8303
Wellness Coordinator	Karen Knights	Ext. 1882
Wellness Coordinator	JP Kaur	Ext. 1703
Neighbourhood Coordinator East 1 & 3	Mark Fletcher	Ext. 1881
Neighbourhood Coordinator East 2nd floor	Marlene Graham	Ext. 1896
Neighbourhood Coordinator West 1 & 3	Lorenzo Callegari	Ext. 1702
Neighbourhood Coordinator West 2nd floor	Alex Ayala	Ext. 1705
Neighbourhood Coordinator East & West 4-10	Sakana Naguleswaran	Ext. 8304
Director of Hospitality	Mike Killip	Ext. 1861
Hospitality Supervisor	Ric Salvacion	Ext. 1976
PAL Coordinators	Andrew Soumbos Caleb Ramey Saif Ayyad Megan Pryce-Jones	Ext. 1887
Director of Recreation	Olivia Thompson	Ext. 1873
Director of Environmental Services	Asher Black	Ext. 1857
Director of Lifestyle Options	Alexey Becquer	Ext. 1839
Director of Lifestyle Options	Janeny Ngo	Ext. 1840
Director of Lifestyle Options	Laurie Dovidio	Ext. 1804
Villages Experience Coordinator	Fazier Hoosein	Ext. 1988
Village Office Coordinator	Pennie Pryce-Jones	Ext. 1851
Administrative Coordinator	Helen Sanger	Ext. 1802
Administrative Assistant	Paige Epp-Ruitenber Karin Turner	Ext. 1876
The Ruby Restaurant	10 th Floor	Ext. 1880
Main Floor Nursing Station	Lead Nurse—East Lead Nurse—West	Ext. 1888 Ext. 1700
Chaplain	Antony Kolencheril	Ext. 1854
Tansley Family Health Centre	Dr. Ishak & Dr. Ghobara & Dr. Moghaddam-Aerisha	Ext. 1997
Volunteer Coordinator	Sharon Montgomery	Ext. 1960
Social Worker	Kurtis Wilson	Ext. 1892
Village General Store		Ext. 1986
Riverstone Spa		Ext. 1924