

The Augustine Eagle

JULY 2024



HAPPY CANADA DAY



**RESIDENT COUNCIL
NOTICE ELECTION**

Your resident council has a vacancy for

CHAIRPERSON

If you would like to nominate yourself or someone else for Resident Council forms will be available by the notice board.

(opposite reception)

Nominations close on July 8th @ 2 pm.

We would all like to thank those who currently serve on this important committee and acknowledge the hard work they have completed to ensure Augustine House remains a great place to live. They are. Violet C, Anne B, Anne Mc, and Lannet T.

Resident Council Elections will take place on

Wednesday July 11th @ 2:30 pm.

In the Multipurpose Room

A list of nominated candidates will be posted on July 8th.

WHO'S NEW IN THE HOUSE



George

George was born in Toronto, in 1940. His parents were blue collar workers and he had two brothers. After graduating high school, George started working for Capital records, in the credit department. It was during the “Beatles” era and George enjoyed his job, even working his way up to credit manager. After 13 years at Capital Records, George decided to change his career. He joined the sales team at



Levi’s Jeans, where he stayed for over 14 years, becoming the Regional Manager of West Coast Canada. George met his wife Lexa while working at Capital Records and married her a year and a half later. The couple have been all over the U.S.A. as well as Mexico. George & Lexa never had children but really enjoyed helping raise their 6 nieces and nephews. Lexa currently lives comfortably at Mountainview Manor, and George is happy to be living 5 minutes away from her. Welcome to Augustine House George.



**A VERY HAPPY AND HEALTHY 100 BIRTHDAY
TO PAT WALTON
BORN JUNE 25TH 1924**

HAVEN HOUSE HAPPENINGS

Happy Canada Day From Haven House. July looks great for us, were planning a Haven House BBQ at the start of July with all the fixings. You will also see us walking around our beautiful house enjoying the new plants and flowers, and enjoying the sunshine. We recently hosted a "Hawaii Day" so we've shared a few pics below.



MEET TATIHANANA

Tatihana Bastos is a certified yoga instructor with 6 years of teaching experience. Her journey in Yoga began, in 2016, when she started practicing due to chronic stress that led to depression. Feeling the benefits and incredible changes in her life.



she decided to change careers to facilitate Yoga classes and spread the benefits of the practice to everyone. Since then, she has completed various certifications including Hatha, Restorative, Accessible, and Therapeutic Yoga.

Tatihana immigrated to Canada in 2021 and lives with her husband and 3 children and 2 cats.

CHAIR YOGA

EVERY WEDNESDAY BEGINNING

JULY 3RD.

10:00 AM

MULTIPURPOSE ROOM.

SATURDAY MOVIES

SATURDAY JULY 6TH @ 2:00 PM "GORDON LIGHTFOOT"

In Canada's history, there are few people who signified the nation's modern confidence in its arts more than Gordon Lightfoot. This singer-songwriter's singular talent in music changed the world's opinion of Canada's culture with his tremendous variety of songs that both celebrated the nation and touched its soul. Sparing nothing about Lightfoot's personal weaknesses and failures as well as his triumphs, this film covers Lightfoot's career from his own words and his closest associates with recordings of his greatest hits

SATURDAY JULY 13TH @ 2:00 PM "NEXT GOAL WINS"

With the 2014 World Cup qualifiers approaching, down-on-his-luck coach Thomas Rongen tries to turn the American Samoa soccer team into winners.

SATURDAY JULY 20TH @ 2:00 PM "THE BEST EXOTIC MARIGOLD HOTEL"

Some British retirees decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.

SATURDAY JULY 27TH @ 2:00 PM "A STREETCAR NAMED DESIRE"

Based on the play by Tennessee Williams, this renowned drama follows troubled former schoolteacher Blanche DuBois (Vivien Leigh) as she leaves small-town Mississippi and moves in with her sister, Stella Kowalski (Kim Hunter), and her husband, Stanley (Marlon Brando), in New Orleans. Blanche's flirtatious Southern-belle presence causes problems for Stella and Stanley, who already have a volatile relationship, leading to even greater conflict in the Kowalski household.



We are very excited to partner with Food on the Corner to make snacks for The Downtown Eastside, if you would like to help please join us on

FRIDAY JULY 5TH

MAIN LOUNGE

10:00 am

FASHION

CASUAL CHIC COUTURE

FRIDAY JULY 19TH

11:00 – 2:00 PM

EAST LOUNGE



What better way to celebrate **DELTA** then to drink Craft Beer on our sunny patio, join us as we serve up Beer from **FOUR WINDS BREWERY** and **BARNSIDE BREWERY**.

TUESDAY JULY 23rd

PATIO

3:30



AUGUSTINE HOUSE HEALTH CORNER

Dehydration in seniors can be potentially life threatening, especially during the summer when the temperatures soar. Here are 7 hydration tips for seniors that caregivers can use to help the elderly stay hydrated all year round.

Seniors can stay hydrated by making sure they:

1. **Take frequent drink breaks** throughout the day.
2. **Drink 6-8 glasses** of water - that is the daily-recommended intake of fluids and water for those that are not on a restricted fluid diet.
3. **Drink 1-2 glasses of water** first thing upon waking up.
4. **Add extra flavour** to the water.
5. **Eat fruits** with high water content.
6. **Keep cool** - stay in air-conditioned spaces during heat waves heat alerts. ***It is air conditioned on the main floor***
7. **Reduce sun exposure.**



Canada Day Word Search

Search for the hidden words going up, down, left and right.



M O U D F B P P C N T O I R T A P

K N A Y M U R V C L I U D E E D M

K Z E H W Z I T A B Y A J V R K P

U K M I P V Z X Q J U F W A R W P

T O K D W M U L I Q K V L E I J U

K K C I A O N O X I O S A B T L L

N V T Q D T V V W R N Q B V O T A

J C E O A N R X S Q W Z D N R B A



N Q L H N O L R Z O N T A R I O W



Z O P A A R M C G S S L S A E G A

G V A N C O U V E R Y D D S S N T

O B M D J T U H I O Z O A F L Y T

M A P L A E R T N O M G A V U E O

I D W V U G B I X Y F L E A F U T

C X A L B E R T A P Q T C P L A E



R O K A M M O T H W D Z Z X A U X



Y N O I T A C I F I N U U X G A C

ALBERTA

FLAG

MONTREAL

PATRIOT

UNIFICATION

BEAVER

LEAF

ONTARIO

TERRITORIES

VANCOUVER

CANADA

MAPLE

OTTAWA

TORONTO

YUKON





RICHMOND CONCERT BAND

MONDAY JULY 22nd

7:30 PM

PATIO



COLE BACH PERFORMS

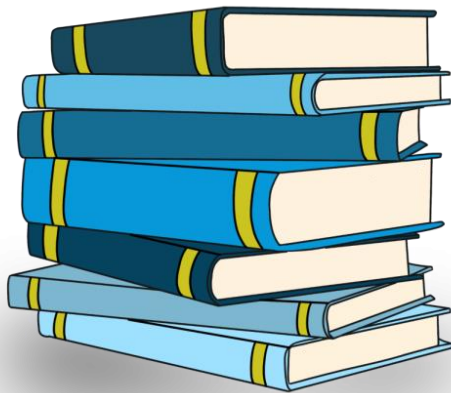
MONDAY JULY 8TH

DINING ROOM

2:30 PM



Please be aware some residents are allergic to strong perfume smells, especially in smaller areas of the building



Book
Club

WOULD YOU LIKE TO JOIN OUR BOOK CLUB?

WHAT KINDS OF BOOKS DO YOU LIKE

WE WILL CHOOSE OUR FIRST BOOK AT THIS MEETING

MONDAY JULY 8TH

MAIN LOUNGE

11:00 AM



HISTORY OF "O CANADA"

"O Canada" – The Canadian National Anthem

Originally, "O Canada" was a patriotic poem by Sir Adolphe-Basile Routhier, a Quebec judge. Calixa Lavallée, the well-known Canadian composer, was commissioned to set it to music, and it was first sung in 1880 during a national convention of French Canadians in Quebec City. The French words to the song have remained the same to this day.

The English version, however, has a more interesting history. When Routhier's lyrics were first published in Toronto, a doctor named Thomas Bedford Richardson translated the words into English and changed them to fit the melody. Two years later, the first edition of the Canadian version of *Collier's Weekly* held a competition to rewrite the English lyrics to the song. Mercy E. Powell McCulloch won the competition with her entry.

The words were rewritten repeatedly, but one version gained the most popularity. It was written by Montreal lawyer Robert Stanley Weir in 1908 in honor of the 300th anniversary of the founding of Quebec City. It was amended in 1913, 1914, and 1916 and published in an official form for the Diamond Jubilee of Confederation in 1927. A slightly modified version of the first verse of Weir's poem was proclaimed as Canada's national anthem in 1980.

I AM A CANADIAN

*Hey, I'm not a lumberjack, or a fur trader....
I don't live in an igloo or eat blubber, or
own a dogsled....
and I don't know Jimmy, Sally or Suzy from
Canada,
although I'm certain they're really really
nice.*

*I have a Prime Minister, not a president.
I speak English and French, not American.
And I pronounce it 'about', not 'a boot'.*

*I can proudly sew my country's flag on my
backpack.*

*I believe in peace keeping, not policing,
diversity, not assimilation,
and that the beaver is a truly proud and
noble animal.*

*A toque is a hat, a chesterfield is a couch,
and it is pronounced 'zed' not 'zee', 'zed'
!!!!*

*Canada is the second largest landmass!
The first nation of hockey!
and the best part of North America*

My name is Joe!!

And I am Canadian!!!

July Birthstone

• Ruby •



A **ruby** provides strength, vigor, and nobility, helping protect its wearer from the evils of the world. It signifies love and passion while attracting good luck.

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