

*CONCORD
RETIREMENT
RESIDENCE*



*JUNE 2020
NEWSLETTER*



CONCORD CHATTER

My father gave me the greatest gift anyone could
give another person, he believed in me.

Jim Valvano



My father taught me not to overthink things, that nothing will
ever be perfect, so just keep moving and do your best.

Scott Eastwood



More and more, when I single out the person out who
inspired me most, I go back to my grandfather.

James Earl Jones

Celebrating Father's Day
On Friday, June 19th with a B.B.Q. lunch



Hamburgers & Veggie Burgers
With all the fixings



Happy Birthday

<i>07</i>	<i>JUNE ROACH</i>
<i>11</i>	<i>ANNE PAWLYSHYN</i>
<i>16</i>	<i>DOREEN FLOYD</i>

****Remember to give us your shopping lists the day before Jenn does shopping – Monday & Wednesdays (Shopping on Tuesday & Thursday)**



Shopping used to be:



Shopping these days are:

Apart from the social distancing in the stores, there is reduced stock to choose from and items like toilet paper, Kleenex, paper towel and sanitizer stocks are completely depleted – the shelves are bare. Shopping is stressful and very time consuming due to the availability & social distancing. For this reason, we ask that your shopping lists are for necessities which can hopefully be purchased at Save On Foods (Tuesdays) or WalMart (Thursdays). At this time Jen will not be going to Shoppers and other favorite locations.



Keeping your *Brain Power* in motion:

- Words in a Word (new challenge every week)
- Word Search (weekly delivery)



Please continue to be sexy sanitizers!! When you were still able to come to the dining room we were repetitively (ok – nagging) reminding everyone to sanitize their hands and to wash for 20 seconds (sing happy birthday from start to finish – twice) numerous times a day (if not excessively!). Since you have been confined to your rooms we fear that those essential practices have diminished. IT IS SO IMPORTANT to continue the practice of washing your hands (both sides and between fingers) many, many times a day and always after using the washroom, before you eat and REMEMBER DO NOT TOUCH YOUR FACE!.



BE A NUMBER ONE HAND WASHER in the fight against this virus.



Remember to sneeze and cough into your sleeve instead of into your hands, eat well, **drink lots of fluids**, get lots of sleep and stay healthy! If you are experiencing any symptoms like a cold, dry cough, muscle ache or fever – please report it to the office immediately.

Social Distancing:

By definition this means staying at least 6 feet from another person. When the girls are entering your room with meal service it would be helpful if you would stand back or stay in your chair. I know you all want to help but we will have to use “air hugs” for the time being from a social distance of 6 feet.



Jenn has started some small group programs in the dining room and recreation room. Please refer to your activity calendar. We will let you know what group you are in personally on Monday June 1st.



Crafts with Jenn
Wednesdays at 2:00 p.m. in the Dining Room

TEA TIME



Reservations are being taken:

Mondays at 2:00-3:00 p.m.

Reserve a table for yourself and a friend (maximum 6 people)

For tea (coffee) time

BUS DRIVE



Tuesday and Thursday afternoons Jenn will start a short bus drive. You will be divided into small groups to maintain Social Distancing. Jenn will notify you of your group.

SHE'S BACK:



Adele – Nails -

Thursday, June 11th – make an appointment with the office



Let's Laugh



Traveling through the country, an old couple drives into a gas station. The attendant asks the old man, "Where you folks from? I know everybody in this town." The old man says, "We're from Nebraska." Hard of hearing, the old lady nudges her husband, "What did he say, papa?" The old man answers her, "He asked us where we are from." "Oh," replies the old woman. The old man tells the attendant to fill up the tank and check the tires. When that's all done, the attendant tells the old man, "You know, the worst girl I ever dated was from Nebraska." The old lady nudges her husband once more and asks, "What did he say, papa?" The husband replies, "He thinks he knows you, mama."



A boy was going through his grandmother's wallet one night and found her ID card. "Grandma?" he asked, "How much do you weigh?" His grandmother replied, "That's not an appropriate question, Jimmy" He then asked, "How old are you?" She again replied, "That's not appropriate, Jimmy." Finally he asked, "Grandma, why did grandpa leave you?" Before she had time to answer, Jimmy looked at the card and said, "Oh I see, it's because you got an 'F' in sex."



After putting their three-year-old child Brian in bed, his parents heard muffled sobs coming from his room one night. Rushing back in, they found that the child was crying hysterically when he saw them. He told his parents that he had accidentally swallowed a penny and was sure that he would die now. The father,

in an attempt to sober him down, took out a penny from his pocket and pretended to pull it out from Brian's ear. The child was really thrilled and stopped crying at once. In a flash, he snatched the penny from his dad's hand, swallowed it, and then cheerfully demanded, "Do it again, Dad!"



After getting his driving license, David visited home during vacation and asked his dad for the family car. His dad agreed but put forward three conditions - good grades in school, a neat room and a decent haircut. After several months, David came home again. He had followed the three things that he had promised his dad, except getting his hair cut. When the father saw that his son had disobeyed him, he asked for an explanation. David smartly said, "Hey dad, even Jesus had long hair." His Father was not someone to be taken for a ride and smilingly replied, "Yes, son, you're absolutely right. And Jesus also walked everywhere he went."



DON'T MESS WITH SENIORS!!!
We've been around the block more than once!

***** Old People Rock!*****



"Never tease an old dog; he might have one bite left."

Concord Retirement Residence

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