

Dining Room Hours

Breakfast
8:00am-9:00am

Lunch
1st Sitting: 11:45am-12:45pm
2nd Sitting: 1:00pm-2:00pm

Dinner
1st Sitting: 4:45pm-5:45pm
2nd Sitting: 6:00pm-7:00pm

Hair Salon

Haircuts by Helen

Please dial **1005** to book your hair appointment, or leave a message.

Helen works:
Wednesdays, Thursdays and
Fridays Starting at 9:30am



Ravines Review



What's happening in August 2022

Please refer to our Activity Phone line to hear what is happening each day at Ravines!
Dial 4636 on your telephone

RR Community Breakfast

Join us in RR Dining Room on August 2nd at 8:00am, even you don't usually come down for breakfast. Our chef and kitchen staff will set up a special cooking counter making fresh and delicious meal for a good start of the day.

SS Afternoon Tea with Management

On August 10th, management team will serve tea, coffee and home baked snacks in SS Dining Room at 2:30pm. Please come to have a relaxed moment, chat with managers, friends and enjoy the refreshments.

Meet and Greet

We continue to provide the opportunities for residents meet the new neighbours in the Meet and Greet. Please join us in the RR Bistro on August 16th and in SS Bistro on August 19th, both start at 2:30pm.

Painting Club

Paint Night has been moved to an earlier time in the afternoon on August 30th. The new time may fit more residents for a fun art session. All supplies will be provided.

New Exercise Program

We are adding 2 exercises to the weekend in August calendar. One is on Saturday in SS Activity Room at 10:15am, another one is on Sunday in RR Activity Room at 10:15am. Residents from both building can join any of these programs.

Findlay Creek Hearing

For more information or to book an appointment please call their clinic:

Phone Number: 613-916-6111

Email: info@FCHearing.ca

Website: www.FCHearing.ca

*This service comes to Ravines once a month
This Month: August 12th in room SS106*

Dental Clinic

To book an appointment for the mobile dental clinic at Ravines run by

Rosemary Valliant (RDH)

Please Call: **613-898-2292**

THE RAVINES MANAGEMENT TEAM

Department	Name	Ext#
General Manager	Connor McLeod	1115
Office Manager	Michele Brydges	1114
Sales Manager	Gabriella Lenihan	1116
Food Service Manager	Maryann Padrones	1111
Director of Care	Rebecca Smith	1009
Maintenance Manager	Sean Skokos	1117
Recreation Manager	Chao Wu	1001

Movies for This Month

Check out these movies in our theatre or on Netflix

Please note movies will be shown at 2:15 & 7:15pm
on Saturdays and Sundays

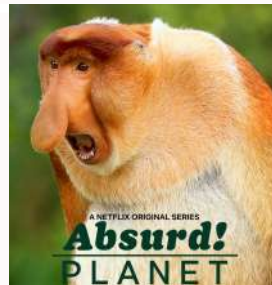
- August 6th: Home Team (Comedy)
- August 7th: Wonder (Family, Based on real life)
- August 13th: 1922 (Drama, Based on Stephen King's novella)
- August 14th: The Notebook (Drama, Tearjerker)
- August 20th: Happy Gilmore (Comedy)
- August 21st: Inkheart (Family, Adventure)
- August 27th: Room (Thriller)
- August 28th: The Highwaymen (Drama, Based on real life)

New Shows in Theatre This Month

Absurd! Planet

Shown on every Tuesday at 2:30pm

A funny science series that offers an inside look into the lives of the planet's most intriguing animals, with narration provided by a cast of quirky animal creatures, as well as Mother Nature herself.



Canadian TV Series: Northern Rescue

Shown on every Saturday at 10:00am

After the death of his wife, a search and rescue commander relocates from Boston with his three children to live with his sister-in-law in the fictional small town of Turtle Island Bay, Ontario, where he grew up.



Music Hall

Shown on every Thursday at 2:30pm

More categories are coming to the Ravines Music Hall in August. Various pre-recorded live music concerts will be shown on the screen while operas and symphonies staying on our playlist.



Best Wishes to our Ravines Friends born in August!
Special Dinner will be on Thursday August 25th 2022



Richard Seaby	August 1st	Joan Dempster	August 11th
Edward Myatt	August 1st	Irene Caswell	August 12th
Winona Norton	August 3rd	Suzanne Hunter	August 15th
Martha Stark	August 3rd	Frances Enright	August 17th
Sheila Hammond	August 3rd	David Martin	August 20th
Jane Pearson	August 7th	John Hudson	August 21st
Glen Culham	August 9th	Jane Sharp	August 23rd
Jean Graham	August 9th	Mary MacPherson	August 28th
Corinne McDonald	August 10th	Marty Goodier	August 31st



George and Louise Linden
August 2nd 2008

Sandy and Richard Paquette
August 31st 1968

Ann and Peter Verbruggen
August 31st 1957

Please let us know if we missed your name on the list.

SS Resident Council Members



Treasurer
Shirley Tobin

President
Katharine Elliott

Vice President
Irene Caswell

Secretary
Elizabeth Mundell

SS Resident Council meeting: June 22nd @ 10:30am-Theatre

Resident Ambassadors

Senior Suites Ambassadors

Ravines Retirement Ambassadors



Left to Right:

Allan Brown, Adeline Turcotte, Peggy Moffatt, Peter Hill, Henry Doseger



Left to Right:

Melba Hurd, Iris Byers, Jean Fong

SS Food Committee Members



Left to Right (Top Row): Barbara Minshall, Henry Doseger, Irene Caswell
Left to Right (Bottom Row): Wendi Looome, Maryann Padrones (FSM), Heather Keatley

RR Food Committee Members



Left to Right: Iris Byers, Melba Hurd, Maryann Padrones (FSM), Agnes Heaslip

Bus Outings

- Monday August 1st: No Drive (Civic Holiday)
- Thursday August 4th: 10:00 Shopping: Wal-Mart Supercentre
2:00 Memory Care Drive
- Monday August 8th: 2:00 Shopping: Merivale Mall
- Thursday August 11th: 10:00 Shopping: College Square Mall
12:15 Lunch Outing: Red Lobster
- Monday August 15th: 2:00 Shopping: Bayshore Shopping Centre
- Thursday August 18th: 10:00 Outing: Heritage Rose Garden
2:00 Shopping: Shoppers Drug Mart
- Monday August 22nd: 2:00 Shopping: Nepean Crossroads Centre
- Thursday August 25th: 10:00 Outing: Hog's Back Park and Dam
2:00 Memory Care Drive
- Monday August 29th: 2:00 Shopping: Carlingwood Shopping Centre

Ravines New Residents



Jocelyn Ruby

Marion MacWilliam

Seniors Photography Contest

August 19th is World Photography Day, and August 21st is World Senior Day. We are combining these two days together, making a Ravines Senior Photography Day.

To celebrate this special day, we are hosting a Photography Contest on the theme of *Life at the Ravines*.

Who can participate: Residents, Family Members, and Staff Members. Any of the participants could be a photographer or a model in the photo.

How to participate: Take a photo of somebody or something at the Ravines, with your digital camera, smartphone or tablet, then submit it to Activity Department by August 12th. You can also submit a photo taken in the past at the Ravines, but this photo must have not been shown publicly.

How to contest: From August 15th to 19th, all the photos will be displayed anonymously with a candidate number. You may recognize the model in the photo but the name of photographer won't be shown. A polling box will be set up at the reception in each building. Any residents and staff can vote by writing down the candidate number before August 19th 12:00pm.

What to win: There will be only ONE best photo in this contest. The prize for the best photo is 2 meal tickets which can be used in the main dining room at lunch or dinner time. All other participants will receive a small gift for this participation.

The following photos are some examples:

