

# ABERDONIAN

Aberdeen Gardens Retirement Residence | 330 Dundurn St. S | (905)-529-3163 |



### Wishing the Happiest of Birthdays to:

Laura S.....August 13<sup>th</sup>

Giuseppe M.....August 24<sup>th</sup>

Kay T.....August 25<sup>th</sup>

Cynthia T.....August 26<sup>th</sup>

Ruby F.....August 31<sup>st</sup>



### August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

- P.D. James (writer) – August 3, 1920
- Meghan Markle (princess) – August 4, 1981
- Leslie Odom Jr. (actor) – August 6, 1981
- Whitney Houston (singer) – August 9, 1963
- Viola Davis (actress) – August 11, 1965
- Don Ho (singer) – August 13, 1930
- Halle Berry (actress) – August 14, 1966
- Angela Bassett (actress) – August 16, 1958
- Usain Bolt (sprinter) – August 21, 1986
- Kobe Bryant (athlete) – August 23, 1978
- Mother Teresa (nun) – August 26, 1910
- Richard Gere (actor) – August 31, 1949

### Celebrating August

**Happy Hour with Entertainment**  
*Every Tuesday at 2:30*

**Catholic Mass with Father Lee**  
*August 3<sup>rd</sup>*

**Easterbrooks Hotdogs**  
*August 4<sup>th</sup>*

**Chair Yoga with Radha**  
*August 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>*

**Elvis Week**  
*August 9<sup>th</sup>–17<sup>th</sup>*

**EZ Fit Shoe Vendor**  
*August 11<sup>th</sup>*

**Dave Theirry on Piano**  
*August 13<sup>th</sup>*

**Flamboro Casino**  
*August 16<sup>th</sup>*

**Traditions Alive Vendor**  
*August 17<sup>th</sup>*

**Senior Citizen Day**  
*August 21<sup>st</sup>*

**Birthday Party with Paula French**  
*August 30<sup>th</sup>*

**Town Hall Meeting**  
*August 31<sup>st</sup>*



### Message from our Executive Director - Maddi

Hi folks! Thank you for completing the Resident Satisfaction Survey. We had an overflow of positive responses and are continuously working to improve areas of concern. With your input it is possible to steer in the right direction for success. On August 13<sup>th</sup>, our Management Team will be participating in "**Hell in the Harbour**" a 6-kilometer obstacle course located around Hamilton's beautiful Harbour. There are pledge forms at the front desk for anyone who would like to donate to a great cause. Have a wonderful August!

### Message from our Director of Recreation - Dana

Welcome August! Lots of changes coming this month. Please read the legend at the top of the calendar for new locations of activities throughout your home. We have the Community Room and The Lounge. Movies will be playing every night in The Lounge, please feel free to get comfy, sit back, and relax! I am happy to announce that Father Lee will be stopping by every first Wednesday of the month for Catholic Mass at 10:30. Please look over the calendar for new activities and changes. I hope you have a **peachy** month!!

### Dana's Fun Fact of the Month:

## Sent in From a Residents Daughter

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
4. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
5. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
6. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.



## Facts About Peaches

- Georgia's nickname is the "Peach State".
- Every year, the United States grows 1.9 billion pounds of peaches.
- Peach trees produce fruit for about 12 years and can produce up to 66 pounds each year.
- Within three days of picking, the fruit is packed and shipped to retail stores.
- Standard-sized peach trees are 25 ft tall and wide.
- To ensure the peach doesn't overripe before it reaches the consumer, the fruit is rinsed through a hydro-cooler (ice-water bath) to stop it from ripening.
- Peaches and nectarines are twins! The only difference is that a peach has fuzzy skin and a nectarine's skin is smooth.
- You can get a lot of vitamin A and C from one peach! This will help boost your **energy** and **vision**!



## Dot's Broken Water



The following story deals with young Sid's knowledge of procreation. This story has its beginning in the forties. When out walking with his mom, they came across a mother with two babies: a girl and a boy. Sid now asks mom, "how can they tell if it's a boy or a girl when they are born?" Mom's answer was: "the doctors can tell." "Doctors are very smart, mom, yes they are."

Sid's older brother and his wife Dot announce that they are expecting a baby. Sid showed little interest in the happy news. As the months passed, Sid noticed that every time Dot visited, she seemed to be gaining a lot of weight. She had Sid thinking that she was eating too much. Now, whenever they came to visit, it seemed to Sid that she really had an eating problem. Sid finally asked Mom why Dot was getting so big and eating like she was starving. Mom looked up from her paper and said, "She is eating for two." A few days later in the middle of the night there was a commotion down by the front door. Sid's brother was in and yelling up to Mom, "Dot's water is broken!" This got Sid thinking again of Dot's size: sounds like a broken water pipe. Mom was yelling down, "get her to the hospital right away." Brother says, "my car won't start, can I borrow yours?" "Yes, the keys are by the kitchen sink."

It was the next day when they got word that Dot had delivered a baby boy. And in the process, had cured her water problem. It would seem that young Sid got stiffed with the answers to his questions. While it may be embarrassing to answer children's questions, if you wait it will be much more difficult later.

I never had any of the above problem: I was delivered by a stork and so were my children.

**Ken D.**

## Comic Corner by T.N.T.

Late one night a burglar breaks into a mansion, no sooner he enters the bedroom. He hears a noise saying, "Jesus is watching you". Startled, the burglar flashes his light around the room and sees a parrot on his perch. Now amused, the burglar says, "you talk very well, what's your name?". "Moses" replies the parrot, "and Jesus is watching you!". "Ha! Ha" the burglar laughs, "What idiot would name his parrot Moses?" The parrot looks at the two fierce eyes creeping up behind the burglar and says, "the same idiot that names his Rottweiler Jesus!"



Find "little" me in this month's newsletter!

