

July Newsletter



A Note From The Editor

Thank You Thank You Thank You to everyone who helped make our recent seniors fair a success. It was great to see community, residents & staff come together to celebrate a month dedicated to our seniors who have helped shaped Prince Edward County. Lots of pictures are on our facebook page along with videos so please check it out.

As we celebrate Canada Day and head into July & August the kids will be busy with camps, sports & family time together. I wish you all a safe summer making memories that all will cherish. At MLP we are planning to stay cool as we continue with lots of activities & outings.

Lisa Conley
Activities & Wellness Coordinator



In this newsletter
you can expect:

June
Highlights

Resident
Kindness &
Cheers for Peers

What's
Happening at
MLP

Upcoming
Events

Laughing
Matters

Noticeboard

June Highlights & What's To Come

Some fun activities we did over the month of June was the OPP fraud prevention & protection discussion with the OPP. It was great to see a lot of interest on such an important topic. Thank you Alex Lebel. We are also thankful to Geri & Carol Anne who did a discussion on falls prevention to our residents. Thank you as well to the Quinte Isle Trio who came in and performed for our residents at our Father's Day celebration & to Steve Battig for entertaining our residents at our monthly birthday party. So many have helped make MLP an exciting place to live.

Heading into July we are expecting to plan more outdoor activities like corn hole, ladder ball & walk n talk. Live entertainment featuring the honky tonk man & Ginny will be our live entertainment for our monthly birthday party. A paint n sip will take place on July 8th and it is open to the public with a maximum of 15 people. A trip is planned July 23rd to Huff's winery and there will be a sign up sheet. A couple fun days are taking place. We are having a 80's dress up day on the 15th and Jays Day will be the 22nd.



Cheers for Peers

Congratulations to Krista, our amazing Office Manager at MLP Residence! Krista wears many hats and is always willing to lend a helping hand wherever and whenever she is needed. From keeping the office running smoothly to helping with gardening and supporting residents and staff, her dedication and positive attitude make a difference every day.

Thank you, Krista, for your kindness, and commitment to MLP Residence. We truly appreciate all that you do.



Kindness

Congratulations, Regina, on receiving the Kindness Award—it's such a well-deserved recognition. Your willingness to take the lead in offering a classical music session at MLP Residence reflects your generosity, initiative, and genuine care for others. Sharing your love of music is a wonderful way to bring comfort, joy, and connection to the residents. Thank you for making such a positive difference through your kindness and leadership.

Well done!



June Highlights



Birthday Party



Fraud Prevention with the
local PEC OPP



County School of Dance



Father's Day Celebration
with The Quinte Isle Trio



Falls Prevention
with Geri & Carol Anne



Memory Walk

Seniors Fair Highlights



Noticeboard - Post It



Paint n' Sip - July 8th
Fee \$45 - class & 1 glass of wine
\$40 class only



Celebrate The 80's Dress
Up Day



Chair Yoga - July 27th



Trip to Huff's Winery - July 23rd



Birthday Party with Ginny - July 15th



Celebrate The Jays - Wear
Your Jays Gear July 22nd

July Events

Resident's Meeting - July 8th

Paint N Sip - July 8th 2:00pm
includes class & 1 glass of wine - \$45
Just the art class - \$40

Classical Music with Regina - July 11th & 25th

Honky Tonk Man - July 14th

Fun Day 80's Dress Up - July 15th

Birthday Party with Ginny - July 15th

Anglican Church Service - July 17th

St Gregory's Catholic Church Service - July 21st

Celebrate The Jays Wear Your Jays Gear - July 22nd

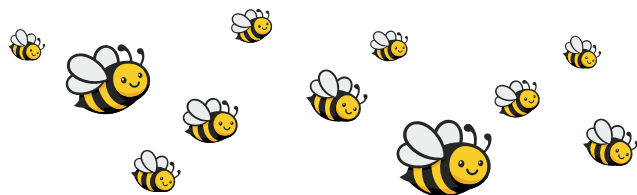
Emmanuel Baptist Bible Study - July 14th & 28th

Jays Day - July 22nd Wear Your Jays Gear

Trip to Huff's Winery - July 23rd

Salvation Army Church Service - July 12th & 26th

Chair Yoga with Casey - July 27th



Program Dates:

Hair Salon: by appointment – Fridays
Open Swim: Monday & Thursdays 1:30pm – 3:00pm

Tuck Shop: Thursdays – 10:00am-11:00am
Exercises: Monday, Wednesday & Friday

Library Drop Off: July 17th

Happy Hour: Thursdays (July, August) 2:30pm



July Birthdays

Helga Muschy - 4th

Betty H - 9th

Phyllis W - 10th

Anik J - 17th

John H - 20th

John M - 23rd

Malcolm W - 25th



Welcome New Residents

Laura Lobb
Sylvia Skinner
Helga Muschy

We hope you are comfortable and enjoy your
new home at MLP!!

10 FUN FACTS ABOUT CANADA

1. 🍁 Canada has the world's longest coastline.
It stretches over 243,000 km (151,000 miles) along the Atlantic, Pacific, and Arctic oceans.
2. It has more lakes than any other country.
Canada is home to over 2 million lakes, containing about 20% of the world's freshwater lakes.
3. 🦫 The beaver is Canada's national animal.
The North American beaver became an official symbol of Canada in 1975 because of its historical importance in the fur trade.
4. 🌍 Canada is the second-largest country in the world.
Only Russia is larger by total land area.
5. ❄️ Canada has six time zones.
Because it stretches so far east to west, the country uses six primary time zones.
6. 🐻 Polar bears live in Canada.
Canada is home to roughly two-thirds of the world's wild Polar bear population.
7. 🍕 Hawaiian pizza was invented in Canada.
It was created in 1962 by Sam Panopoulos at a restaurant in Chatham.
8. 🌲 About 38% of Canada is covered by forests.
It contains one of the largest forested areas on Earth.
9. 🌌 You can often see the Northern Lights.
The Aurora is commonly visible in northern parts of Canada, especially during the winter.
10. 🏒 Ice hockey is Canada's official national winter sport.
Along with Lacrosse as the official summer sport, hockey is a major part of Canadian culture.

🇨🇦 Bonus fact: Canada shares the longest international land border in the world with the United States—it's about 8,891 km (5,525 miles) long.

Benefits of Chair Yoga

Staying active is an important part of healthy aging, and chair yoga offers a gentle, accessible way to improve physical and mental well-being. Using a chair for support, participants can safely enjoy stretching, strengthening, balance exercises, breathing techniques, and relaxation without needing to get down on the floor.

Chair yoga is ideal for seniors, beginners, individuals recovering from injury, and anyone with limited mobility, arthritis, chronic pain, or balance concerns. Because it is low impact, it provides many of the benefits of traditional yoga while reducing stress on the joints.

Regular chair yoga practice may help:

Improve flexibility and range of motion

Increase muscle strength and support better posture

Enhance balance and reduce the risk of falls

Ease joint stiffness and discomfort

Improve circulation and breathing

Reduce stress and anxiety through mindful movement and deep breathing

Support focus, concentration, and overall brain health

Beyond the physical benefits, chair yoga also provides an opportunity to connect with others, making it a fun and social activity that promotes overall wellness.

Exciting News at MLP Retirement

We are pleased to add chair yoga to our wellness calendar! This welcoming program is designed for a wide range of mobility levels and offers residents a safe, enjoyable way to stay active, improve flexibility and balance, reduce stress, and enjoy time together. Whether you are trying yoga for the first time or looking for a gentle way to stay moving, chair yoga is a wonderful addition to a healthy lifestyle. We look forward to helping our residents experience the many benefits of regular movement and mindful exercise.

Even a few minutes of chair yoga can help you feel stronger, more flexible, more relaxed, and more confident in your daily activities. We invite everyone to join us and discover how gentle movement can make a meaningful difference to your health and quality of life.

Thank you for reading!

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