

Dance for Parkinson's

This is a ten week program that inspires artistry, creativity, discovery, rhythm and movement. Studies have found that dance will engage the mind and stimulate the brain. It is taught by qualified dance instructors from the Prima Ballet school. Harmony Hill is the host location for the program in Oshawa. Participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative.

If you have Parkinson's Disease or know of some one who has it, this might be exactly what you need. Classes are every Tuesday at 10:30 beginning Tuesday October 8 and ending Tuesday December 10. To register you can contact Frances Logan, Prima Ballet School Administrator at 905-425-2828.

If you do not have Parkinson's Disease but would like to take an older adult creative dance class, you can join our Creative Movement class on Wednesday night at 7:30 starting on Wednesday October 9. Registration is through the Prima Ballet school administrator, Frances Logan.

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*For each new morning with its light, for rest and shelter of the night, for health and food, for love and friends, for everything Thy goodness sends. For food in a world where many walk in hunger; For faith in a world where many walk in fear; For friends in a world where many walk alone; We give you thanks, O Lord.*

### Cinderella – The Panto

Tickets are selling fast! If you are interested in seeing this play at the Capitol Theatre in Port Hope, you must act right away. I will be ordering the tickets on Friday October 4, for the Naughty Evening performance. Cost for the performance is \$35.00. The show will be in late November or December dependent on availability.

Thank You ...

...to the residents who participated in our Recreation Department Survey. We received approximately 45 completed surveys so we have a bit of work ahead of us. We will take all of the valid information into account as we plan for the future. As usual your support for programs and events is important to us. We are looking forward to any new ideas that you might have. Stay tuned.

*Thank You*



### October Events

**Oktoberfest**  
**Wednesday October 2**  
**3:00**

**Gospel Music Hour**  
**Sunday October 6**  
**The BEEZ at 2:30**

**The Magic Guy**  
**Peter Mennie**  
**Friday October 11**  
**2:30**

**Tuesday October 22**  
**10:30**

**Guest Speaker**  
**Central East LHIN**  
**Community Care and**  
**How to apply for**  
**Long term Care**

**Friday October 25**  
**3:00**  
**Monthly Birthday Celebration**

**Thursday October 31**  
**Bippity Boppity Bo Tea**  
**2:30**  
**Boo Bash**  
**7:00**

Retirement Community \* 1335 Benson Street Oshawa ON

# Harmony Hill

### Iroquois Prayer of Gratitude

We return thanks to our mother, the earth, which sustains us.  
We return thanks to the rivers and streams, which supply us with waters.  
We return thanks to all herbs, which furnish medicine for the cure of our diseases.  
We return thanks to the corn, and to her sisters, the beans and the squashes, which give us life.  
We return thanks to the wind, which moving the air has banished diseases.  
We return thanks to the moon and the stars, which have given us their light when the sun was gone.  
We return thanks to the sun, that he has looked upon the earth with a beneficent eye.  
Lastly, we return thanks to the Great Spirit, in whom is embodied all goodness, and who directs all things for the good of his children.

How many things do you have to be thankful for?



## Election Day 2019 Monday October 21

We will have a polling station here in the Chapel/Theatre at Harmony Hill for our residents.

The details for times will be released closer to election day.

There have been a few requests to have the Oshawa candidates come to Harmony Hill to introduce themselves and their party platform. At the time of printing this newsletter, there are no confirmed dates: however, if and when candidates reply, the time and dates of their visits will be published.

### The Memory Project

An initiative of Historica Canada, **The Memory Project**, is a volunteer speakers bureau that arranges for veterans and Canadian Forces members to share their stories of military service in communities across Canada. On Friday October 4, at 2:30, we welcome Lieutenant Colonel Anthony Robb to Harmony Hill. Mr Robb, originally from Vancouver, BC, joined the Canadian Armed Forces in 2000. He has completed two tours of duty to Kandahar,



Afghanistan and was awarded the Meritorious Service Medal for his leadership in combat. We invite you to hear his story then, join us for tea.

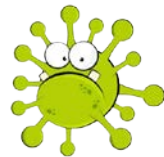
## Calling All Veterans

We are going to be updating our Veteran's Wall. If you would like to have your photo added to our wall, please come to our photo shoot on Friday October 25<sup>th</sup> at 2:00 in the Activity Room. We would like to have all of the new photos in place by Remembrance Day.



## Flu Clinic at Harmony Hill

It's that time again! Don't let the Flu Bug get you. Plan ahead.



Our Harmony Hill Flu Clinic will be held on Monday November 11.

Assigned times will be provided to residents two weeks prior to the clinic.



## What's New for Programs This Month

### Ted Talks and Discussion

TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. The topics are endless. They can be educational and inspirational. Come try one. First one is Thursday October 3 at 3:00 in the Theatre.

### Hockey Season

Get out the old team jersey. It's time for Hockey Night in Canada.

We want to keep you active so we're getting the cobwebs off our table and invite you to come out and play some air hockey. It's good for you and your competitive spirit. If you've never played, come see how it is done. Competitive league starts next month. Join us for the pre-season beginning Saturday October 5 at 11:00.

### Bowling Team

That's right. We will rekindle our love of the game for some friendly bowling. We will bowl 8 weeks beginning Thursday October 17<sup>th</sup>. Please sign-up or let Gina know that you plan to attend.

### Crafts

We are adding two craft sessions a month. Space will be limited so please sign up. Please note that there could be a fee for materials.

## Fall Food Drive

Please help us to provide some necessities to local residents who are in need of help from the local food banks. We are accepting donations of non-perishable goods during our Fall Food Drive. Bring your donations to the big bin in the Activity Room. Our collection will span the month of October and the food will be delivered to local charities in early November. We ask that you check the best before dates on your items to ensure



**we are not sending items that are past their best. Thank you in advance your support.**

## What's New Continued~

### Trivial Pursuit – a fun version

We all loved this game. Now we have simplified it. Love trivia? Join us Friday October 18 at 2:30 in the Activity Room.

### You Be the Judge

This program is based on actual crimes and you get to determine what you think the judge or jury decided. Then find out what really happened. This is based on actual cases that come before the Canadian courts. Try it Monday October 21 at 2:30.