

The Thread

Generations Serving Generations
A Publication of Community Care



More Than Just a Meal

- Apetito Tour
- Diner's Clubs
- Meals on Wheels
- Meals to Go
- Hearty Beef Stew Recipe



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Community Care

is a member agency of the
United Way of Peterborough
& District



Please support the United Way.

*"Building Community,
Changing Lives"*



Partial funding for Community Care Peterborough
has been provided by the Local Health
Integration Network (CE LHIN).

UPCOMING EVENTS

APSLEY

Christmas Tea

Date & time to be determined.

CHEMUNG

Christmas Open House

Thursday, November 24 @ 1:00pm-3:00pm
Chemung Office Foyer. All are welcome

HARVEY

Diners Clubs - \$9

Thursday, September 22 - Bus trip to
Galway Hall, \$9 + bus costs
Tuesday, October 18, November 15, January
17, February 21, March 20
Advance tickets only. Call 705-657-2171

Hearing Care Clinic by the Canadian Hearing Society

November - by appointment only
Call 705-657-2171 to book

Flu Clinic

Thursday, November 1 @ 1:00pm-4:00pm
Buckhorn Community Centre

Blood Pressure Clinics

Friday, September 23, October 28,
November 25, December 23 @ 10:00am-
12:30pm at the Harvey Office, 2:00pm-
4:00pm at the Oakshores Community Centre

Harvey Holly Tea & Loonie Auction

Thursday, December 1 @ 11:30am-1:30pm

HAVELOCK

Diner's Clubs - \$8

1st & 3rd Wednesday starting September 7
Havelock United Church

Wellness Program

Tuesdays & Thursdays starting September
20 @ 10:00am-12:00pm
Town Hall. Exercise & healthy living discussion

Blood Pressure Clinics - Free

2nd Monday of each month
Havelock Medical Centre

*Please call your local office for more information about upcoming events
or visit our website at: www.commcareptbo.org*

Loonie Auction

Tuesday, December 6
Havelock Community Centre, Lions Hall
Accessible location

LAKEFIELD

Hearing Care Clinic by the Canadian Hearing Society

October 27 - by appointment only
Call 705-652-8655 to book

MILLBROOK

Diners Club - \$6

September 15, October 20, November 17
All dates start at noon

Sunshine Sketches of a Little Town

Filming September 26-30

Scarecrow Festival

Saturday, October 15 @ 10:00am-4:00pm

New To You \$5 Bag Sale

Saturday, October 15 @ 10:00am-4:00pm

Christmas in the Village and Volunteer Open House

December 1

Turkey Dinner - \$10

December 15
Entertainment by Doug Morgan

NORWOOD

Diners Club

2nd Tuesday starting September 19
@ 12:00noon (October, moved to October 4)
Presbyterian Church
VON SMART fitness program guest speaker

Community Care @ Norwood Fall Fair

Visit our display from October 8-10
Community Care float in fair parade on
Saturday, October 8

PETERBOROUGH

Grand Opening of "Twice is Nice"

Fall 2011

Offices

Apsley	705-656-4589
Chemung	705-292-8708
Harvey	705-657-2171
Havelock	705-778-7831
Lakefield	705-652-8655
Millbrook	705-932-2011
Norwood	705-639-5631
Peterborough	705-742-7067
Caremobile	705-749-0036

Phone

Address

168 Burleigh St, Apsley
549 Ennis Rd, Ennismore
St. Matthew's Anglican Church, Buckhorn
12B Quebec St, Havelock
40 Rabbit St, Lakefield
22 King St E, Millbrook
2368 County Rd 45, Norwood
180 Barnardo Ave, Peterborough
180 Barnardo Ave, Peterborough

Hours

Monday-Thursday: 10:00-1:00, Friday: 10:00-2:00
Monday-Friday: 9:00-1:00
Monday-Friday: 10:00-1:00
Monday-Thursday: 9:00-3:00, Friday: 9:00-12:00
Monday-Thursday: 9:30-3:30, Friday: 9:30-12:30
Monday-Friday: 9:00-3:00
Monday-Friday: 9:00-1:00
Monday-Friday: 9:00-4:00
Monday-Friday: 8:00-5:00

The Thread

is published by

Community Care Peterborough
180 Barnardo Ave, Room 2
Peterborough, ON K9H 5V3
Telephone: 705-742-7067
Fax: 705-745-6011

Website: www.commcareptbo.org
Email: centofc@commcareptbo.org

BOARD OF DIRECTORS

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Geoff Quirt.....Vice President
Doug Downer..... Secretary-Treasurer
Judi Wilson Past President

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Supported Referral
Coordinator Stefanie Thom
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Volunteer Development
Coordinator Karen Hartford

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Harvey.....Lynda McKerr
Havelock.....Tammy Ross
Lakefield.....Lorri Rork
Millbrook.....Shelagh Gaffney
Norwood.....Betty Bennett
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H.S.S. AssistantSherri Shelenko
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Trans. Scheduler.....Patty Tipton
Coordinators.....Aja Bax
.....Iris Crowder
.....Sandy Malasky
.....Darci Maude
.....Kathie Nelson
.....Gail Wilson

AGENCY NEWS

Community Care Peterborough in partnership with



Peterborough Fire Services, Enbridge Gas Distribution & Fire Marshall's Public Fire Safety Council

want to
**Empower you to live at home
SAFELY!!**

Are you:

- A resident of the City of Peterborough
- 60 years +
- Is your home older than 11 years
- Are you owner occupied
- Do you utilize Natural Gas



If you answered yes to these questions, you are eligible to have a

FREE
Smoke Alarm Carbon Monoxide Detector
Installed in your home.

Offer available until November 1, 2011. Limited quantities.

For more details please call Community Care Peterborough at 705-742-7067

Welcome 2011-2012 Board of Directors



Left to right: Dr. David May, Gillian Sandeman, Travis Doak, Ruth Deyell, Michelle McLean, Jim Patterson, Sharon Chapman-Sheehan, Doug Downer, Lorna Plunkett, Judi Wilson, Geoff Quirt, Stephanie MacDonald, and Wayne Guppy.
Absent from photo: Jewell Allington and Joy Husak



COMMUNITY CARE PARTNER

Trent Security Systems Ltd.

SECURITY SYSTEMS • MEDICAL ALARMS
480 The Parkway • (705) 748-2001 • www.trentsecurity.com

Great Success at Havelock Jamboree

Community Care, once again, sold 50/50 tickets at the Havelock Jamboree.

We raised \$6847!

The winner of the 50/50 draw was Cheryl McDowell of Barrie, who took home \$3423.50. A big thanks to all the volunteers who helped out.



Kitty Bast drawing the winning ticket with Ray Hebert.

Community Care 2012 Win-Win-Winter Raffle

ALL CASH PRIZES!!!

1st Prize \$1250

2nd Prize \$500

3rd Prize \$250

Tickets are \$5 each, available starting December 1st at all Community Care offices.

Excellent Stocking Stuffers, Valentine Gifts

For more information call 705-742-7067

Draw to be held at Community Care Lakefield

40 Rabbit Street, Lakefield

February 14th, 2012 at 2pm

All proceeds to



Empowering you to live at home

License # M665865

Community Care and the



Together Again!

- Quarter or half pound or delicious locally made Candy Cane, Maple, Chocolate, Praline and Dulce Deleche Fudge
- Gift options for friends, family, hostesses, teachers, colleagues, and staff



Place your order at your local Community Care office by November 22nd, 2011

2012



1/2 Marathon, 5km, 1km Run/Walk



Ennismore, ON

(15km North of the City of Peterborough)

SUNDAY, APRIL 15, 2012

www.commcareptbo.org

for complete details

Proceeds to

Community Care Peterborough

Races for 2012

- 1/2 Marathon Run & 1/2 Marathon Walk
- 5 km Run & 5km Walk **NEW ROUTE!**
- 5 km Run & 5 km Walk & Team Challenge **NEW!**
- 1km Individual/ Family Fun Run/ Walk

Event Features

- 21.1 km of paved road with panoramic lake views
- Chip timing provided by Sportstats (1/2 Marathon & 5km)
- Post-race refreshments
- Professional child care available for children of race participants, for a donation to Kawartha Childcare Services-Shamrock Program. By prearrangement only - contact Kerry Riel at kriel@kawarthachildcare.com
- Accommodations in the Peterborough area may be arranged through Carlson Wagonlit Travel. Contact Ellen Francis at 1-800-561-4275 or epfrancis@carlsonwagonlit.net
- Start/Finish at the Ennismore Curling Club, 555 Ennis Road, Ennismore, ON

To help ensure everyone has an enjoyable experience, we ask that pets and Nordic walking poles not be brought onto any course. Strollers permitted on the 1 km course.

I AM SO CONFUSED?!?!

Believe it: you are not alone! Would the real Community Care please stand up!?!

Peterborough is so fortunate to have so many wonderful support systems within our community. Like many other support agencies in Peterborough, Community Care Peterborough, is thankful for the support they receive as a member agency of the United Way of Peterborough & District. We are also very thankful to our many donors who support us throughout the year and during our annual appeal in early December. We would be remiss not to mention the nearly 1000 volunteers that continue to do what they do best and give of their time and talents so selflessly!

with physical challenges. We offer services such as Meals on Wheels, Transportation, Security Checks, Home Help, Home Maintenance, just to name a few. In a nut shell, we provide non-medical services to help members of our community remain in their home...where they want to be!

However, one agency we are often confused with is the Central East Community Care Access Centre. Although we do work collaboratively with their staff, we are indeed two separate entities. The Central East Community Care Access Centre provides services in your home which include: Nursing; Physiotherapy; Social work; and Personal support (bathing, dressing etc.), to list a few. One major difference is that the services provided by the Central East Community Care Access Centre are 100 % funded by the Ministry of Health, whereas

In a nut shell, we provide non-medical services to help members of our community remain in their home... where they want to be!

However, we are an agency easily confused and unless you have used our services, or have volunteered, the public often does not really know who we are. Our mandate is to provide services that support independence and promote peace of mind for seniors, their families and for adults

In the past twelve months, through a network of eight local offices (Apsley, Chemung, Harvey, Havelock, Lakefield, Millbrook, Norwood and Peterborough) Community Care Peterborough enabled 4436 clients to remain healthy and as independent as possible in their own homes and communities.

Community Care Peterborough receives Ministry of Health funding only for Ministry approved services and only at a rate of 55%. Community Care Peterborough is responsible for the other 45%, as well as raising 100% for all other programs.

We hope to help you gain a better understanding of the difference in the two organizations.

	Community Care Peterborough	Community Care Access Centre
Programs & Services	<ul style="list-style-type: none"> • Caremobile • Diner's Club • Drop-In and Outreach • Home at Last • Home Help & Home Maintenance • In Home & Telephone Visiting • Income Tax Clinic • Information and Referral • Intergenerational Programs • Loan Cupboards • Meals on Wheels • Medical Equipment Loan Cupboards & Registry • Personal Distress Alarms • Telephone Reassurance Checks • Transportation • Wellness and Health Clinics • Workshops and Seminars 	<ul style="list-style-type: none"> • Information and Referral • Placement into Long-Term Care Homes <p><i>In-Home Services:</i></p> <ul style="list-style-type: none"> • Nursing • Physiotherapy • Occupational Therapy • Speech-Language Therapy • Social Work • Dietetics • Medical Supplies and Equipment • Personal Support (bathing, dressing, etc) <p><i>Specialized Programs:</i></p> <ul style="list-style-type: none"> • Acquired Brain Injury • Convalescent Care • School Health Support Services • Mental Health • Palliative Care

From the Cover:

APETITO TOUR

On Thursday, May 26th, 2011 some of our volunteers and staff visited our Frozen Meal Provider, **apetito**, located in Brampton. After a brief meeting, they had the opportunity to tour the facility and taste a large selection of meals for lunch.



I was quite impressed at how large they are, only having 8400 employees around the world! I liked the visit and thought it was excellent. It gave me a whole new appreciation for what is going on. ~Les



What amazed me was how they were able to make such tasty meals in such a small area. The production is very organized and compact but has such a great variety of meals. ~Peggy



Whow! They have Federal Food Inspectors working on site daily! Apetito meals are handled with care. ~Lynda



I was amazed at the friendly atmosphere and organization within a small setting. A great experience. ~Lorri



Such an impressive production line. ~Tammy



I noticed that apetito have a rather small group of employees for such a large undertaking, and yet they make it work so well. They have established an incredibly pleasant working atmosphere, which seems to translate from top management, right down to my friend Patrick. ~Lorna-Ann

Frozen Meals on Wheels from Community Care

Entrees: \$4.50

Soups & Desserts: \$1.50

- Delicious and Nutritious
- Heat in Regular or Microwave Oven
- Quick & Easy to Prepare
- Special Diet Menus Available (renal, gluten free, pureed and minced)
- Gift Certificates & Delivery Available



Contact your local office

Dine to Donate!

Did you know that every time you eat at either of Peterborough's Boston Pizzas, you can also contribute to Community Care? It's easy. Simply print "Community Care Peterborough" on your receipt and deposit in the marked box as you leave the restaurant. That's it! Community Care then receives 10% of the total sales.

At Boston Pizza, you eat and we gain!!

More Than Just a Meal...

Lakefield Diner's club welcomes about 75 people



Diner's Clubs are an excellent example of community support and partnerships, not to mention a great outing for our clients. They provide an opportunity for clients to enjoy a nutritious meal and guest speakers or entertainment, in a social, centrally-located setting. Diner's Clubs are held at preset times throughout the County of Peterborough and although there is a fee for this service, free transportation can be arranged. Call your local office for more information.



Wheelchair/Walker Clinic with Motion Specialties



Galway-Cavendish & Harvey Firefighters cook up a storm and teach on fire safety at the Harvey Diner's Club



The Kitchen Kuties performing at the Havelock Diner's Club



Learning about Scams at the new Lakehurst Hall

Thank you to our many Community Partners!

The Community Care offices who participate in the Diner's Clubs program, would like to acknowledge and thank their Community partners who help make these worthwhile outings reasonable and enjoyable for their guests/clients. From the support of the local churches and Legions who open their doors to our events; to local grocers; caterers and service clubs who help provide the delicious meals; to various talented groups who offer entertainment, these events are proof that community partnerships are not only very active, but also necessary to offer such wonderful opportunities. Together we make great things happen!!

COMMUNITY EVENT

Peterborough Seniors Luncheon Club

Seniors 65 or older who live alone and would enjoy a special gathering with a hot meal, followed by entertainment are invited to the Seniors Luncheon Club held at St. Andrew's United Church (wheelchair accessible), 441 Rubidge Street. The dinners are held every other Monday starting September 19th. The cost for the meal is \$6.50. Volunteer drivers are available to transport seniors to and from the church. For further information call Carolyn Cameron at 705-745-4916.

Hearty Beef Stew

Stew - Serves 2

2 tbsp	flour	25 mL
6 oz	stewing beef	.18 kg
2 tsp	oil	10 mL
1 1/4 cup	hot water	300 mL
dash	salt	dash
1/2 medium	onion, sliced	1/2 medium
1 medium	carrot, sliced	1 medium
1 medium	potato, cubed	1 medium

Dumplings – Makes 4

2/3 cup	biscuit mix	150 mL
1/4 cup	water	50 mL

Add water to mix. Stir just enough to combine.

- Coat beef with flour.
- Heat oil in heavy saucepan. Add stewing beef and brown on all sides.
- Add water and dash of salt. Bring to a boil. Cover and simmer about 1 hour.
- Add onions, carrots and potatoes.
- Cook 20 minutes or until vegetables are tender.

Variation:

Beef Stew with Dumplings: After cooking the vegetables for 10 minutes, drop dumpling dough (see recipe left) on top, cover tightly and continue to cook for 10 minutes.

Veal Stew: Substitute veal for beef.

Suggestion for completing the meal: whole wheat roll and a glass of milk.

“Meals to Go”

“Meals to Go” is a ‘delicious’ new fundraising idea that is targeting the business community. Meals on Wheels is one of our signature programs and what better way to promote what we do well than to offer this unique opportunity once a year to our community neighbours. The benefits of this fundraising concept are many:

- An opportunity for community members to sample our meals
- Raise awareness about Community Care and our services
- Raise funds
- Develop a relationship with the business community

It's simple, employees/businesses will place an order in advance and our volunteers will deliver a delicious meal to their office. All for only \$10.00 per person! Aramark Canada Ltd., our hot Meals on Wheels supplier, will be developing a special menu and preparing the meals for delivery on Wednesday, December 14, 2011. It will be the perfect time to enjoy a prepared meal during the busy Holiday Season. Or better yet, have a Holiday office celebration with delicious meals delivered right to your workplace! For more information contact Mary-Lynn Koekkoek or Darci Maude at the Peterborough office 705-742-7067.

Community Care Services

- Caremobile
- Diner's Club
- Home at Last
- Home Making
- Home Maintenance
- Income Tax Clinic
- Information & Referral
- In-Home and Telephone Visiting
- Intergenerational Programs
- Meals on Wheels
- Medical Equipment Loan Registry
- Personal Distress Alarms
- Telephone Reassurance Checks
- Transportation
- Wellness & Health Clinics
- Workshops & Seminars

Please call your local office to register (see page 2 for office info).

Consider the Gift that Keeps on Giving!



An "In Honour" donation is a unique way to celebrate those who are special to us. Occasions such as birthdays, weddings, anniversaries, or the holidays are just a few examples when this type of donation may be considered. Remembering someone close to you with an "In Honour" donation in lieu of flowers or a more traditional gift means a lasting contribution to someone in need. Donors receive an official tax receipt for a minimum \$10.00 donation. A card will be sent on your behalf to acknowledge your donation. "In Honour" donations are great to give and of course, wonderful to receive. Contributions would stay in our community supporting and enhancing the programs and services provided by Community Care. The next time you are struggling to find that perfect gift, consider the gift that keeps on giving!

The *Thread*
sponsor:

Thank you to
“The Gardens”
for their support

Office Closures During the Holidays

Please note that our offices will be closed on Monday, December 26th and Tuesday, December 27th for Christmas Holidays. Offices will also be closed on Monday, January 2nd for New Years.

Offices will open their regular office hours on December 28, 29, and 30.

“TWICE IS NICE” GRAND OPENING

The Peterborough office is excited to announce the grand opening of “Twice Is Nice” (a New to You shop) this Fall. This new venture is in partnership with St. Alban’s Anglican Church. The store will be located in the church at 567 Monaghan Road, at the corner of Monaghan and Cameron streets. “Twice Is Nice”, which will be

staffed by volunteers, will be open on Tuesdays, Wednesdays, and Fridays from 9:30 a.m. to 12:00 noon. Gently used fall and winter clothing can be dropped off at the Peterborough office. If you are interested in volunteering at the store, please contact Kathie Nelson or Mary-Lynn Koekkoek at the Peterborough office 705-742-7067.

“New To You” Opportunity and Community Thrift Shops

An economical way to dress in something “New to You”. Drop in to one of the Community Care stores to see the excellent selection of adult and children’s wear:

Apsley, 168 Burleigh St.
Chemung, 549 Ennis Rd.

Monday-Thursday: 10:00-1:00, Friday: 10:00-2:00
Monday & Thursday 1:00-4:00, Wednesday: 10:00-4:00,
Saturday: 10:00-1:00

Chemung, 826 Ward St.
Havelock, 12B Quebec St.
Millbrook, 22 King St. E

Wednesday-Friday: 10:00-4:00, Saturday: 10:00-2:00
Monday-Thursday: 9:00-3:00, Friday: 9:00-12:00

Norwood, 2368 Cty Rd. 45
Peterborough, 567 Monaghan Rd

Monday-Friday: 9:00-3:00
Monday-Friday: 9:00-1:00
Tuesday, Wednesday, Friday: 9:30-12:00noon



New to You



Above: Havelock
New to You Shop

Left: Millbrook
New to You Shop

Thank you to the Royal Bank of Canada!

On April 30th, Royal Bank of Canada staff from Lakefield provided wonderful support to our clients as part of the RBC “Spirit of Giving Day”. Since they had such great staff participation RBC honoured our agency with a \$1000 donation on August 16th. Above is Lorri Rork from our Lakefield Office accepting the donation.



Agency Day

Thursday November 3, 2011

9:00 a.m. to 3:15 p.m.

Millennium Room,
Asphodel-Norwood Community Centre
88 Alma St., Norwood

**Join us for this fun filled day!
Great Information sharing and
time for discussions.**

**An opportunity to meet our Staff,
Board Members and other Volunteers.**

Please inquire or RSVP to your local office
if you are interested in attending.

Grandparent of the Year Awards 2011

Junior category winner, Grade 5 pupil, Meagan Buckley of Apsley Central Public School reads her essay "Why My Grandparent Should Be the Grandparent of the Year" to her grandparent Catherine Robinson on Wednesday, June 8, 2011.



Primary winner, St. Catherine's Grade 3 pupil, Samantha Shewell, with her essay "Why My Grandparent Should Be the Grandparent of the Year" celebrates with her grandparent Judy McMichael.

Awards are hosted by Community Care at Royal Gardens.

CAREGIVER FORUM

Community Care Invites You to

"CONNECT AND RECHARGE"



Thursday, October 27, 2011

9:00 a.m – 3:00 p.m.

Westdale United Church

1509 Sherbrooke St. W.,
Peterborough

COST \$50

Special Rate for Caregivers \$25

(includes 3 plenary presentations,
lunch, 2 workshops)

FEATURING

- Beryl Cable-Williams, Faculty Member, Trent/Fleming School of Nursing
- Andrea Ecclestone, Outreach Worker, Service Canada
- Gail Grant, Manager, Psychiatric Assessment Services for the Elderly
- Elaine Kempt, RYT, RTTP, Natural Health Practitioner, Renew From Within
- Mary-Lynn Koekkoek, Manager of Community Development, Community Care Peterborough
- Peter Lillico, Lawyer, Lillico Bazuk Kent Galloway
- Debra McCarthy, Acting Public Education Coordinator, Alzheimer Society
- Sheri McKeen, Community Outreach Coordinator, CE Community Care Access Centre

To Register or Inquire about limited Exhibitor Opportunities
Contact Community Care, 180 Barnardo Avenue, Peterborough
705-742-7067 or centofc@commcareptbo.org

How to Donate:

- 1) Visit our website at: www.commcareptbo.org
- 2) Click on the **DONATE NOW** button through Canada Helps



Only **\$20**

Your annual donation of **\$20.00** or more will ensure that you continue to receive *The Thread* twice per year. Your donation supports services in your own community.

What is Canada Helps?

Canada Helps is a charity helping charities and is an on-line fundraising system that is:

- Secure
- Private
- Easy to use
- Giving made simple

Donation Options:

- One time gifts
- Automatic monthly donations
- In memoriam donations
- In honour of donations (birthdays or anniversaries)
- Donations of stocks and mutual funds

Your Privacy Statement

Community Care Peterborough respects your privacy and complies with all legislative requirements regarding its protection. We use your personal information to keep you informed about Community Care's programs, services, special events, funding needs, volunteer opportunities and more through our newsletter and other communications. If at anytime you do not wish to receive our information, simply contact us at **705-742-7067** or privacy@commcareptbo.org and we will gladly accommodate your request.



**YES, I would like to help support the vital services provided by
Community Care:** _____

Name: _____
 Phone: _____
 Address: _____
 City: _____ Postal Code: _____
 Email: _____

I would like to make my donation by:

Cheque
 Please deduct amount indicated from my bank account. I've enclosed a cheque marked VOID.
(Bank deductions will be made on the 1st of each month.)

Credit Card
 VISA Mastercard
 Card Number: _____
 Card Expiry: _____ / _____
 Signature: _____

I would like to make a one time donation:

- \$20 \$50 \$100 Other \$ _____

I would like to make a monthly donation:

- \$10 \$15 \$20 Other \$ _____

I would like more information about volunteering

Income Tax Receipts will be issued for donations of \$10.00 or more.

We honour a policy which states that we will not rent, trade, or exchange our donor list with any other organization. If you do not wish to be included on the donor list, or should you wish to change your donation or cancel it, you may do so at any time by contacting our administration office at 705-742-7067.

Charitable Registration No. 13668 0865 RR0001

***“If your needs
change...
your address
doesn't have to.”***

*The gardens of Peterborough offer
the most retirement lifestyle choices
in the Kawarthas, with the security of 24
on-site nursing care if you need it.*

Our healthy Aging in Place
philosophy means that you can
live how you want to without
the worry of moving if your needs changes.
Ask about our trial stays.



Caring together

1-866-741-6036
www.gardensofpeterborough.ca

Princess Gardens

*For spacious sunlit suites with beautiful riverfront views. Enjoy
walks in the adjacent park, shopping downtown,
or a relaxing dinner with family and friends.*

100 Charlotte St. • (705) 750-1234

Empress Gardens

*For affordable elegance in the heart of downtown.
Enjoy shopping, theatres, fireside chats and English tea
with friends, served by our friendly staff.*

131 Charlotte St. • (705) 876-1314

Royal Gardens

*For active, independent lifestyles, with assistance
if you need it. Enjoy fine dining, our state-of-the-art
fitness facility, or concerts in our beautiful atrium.*

1160 Clonsilla Ave. • (705) 741-6036

Canterbury Gardens

*For those expecting something beyond the ordinary in their
retirement choices. Enjoy activity filled days with aquafit classes,
fitness programs, and choices that are anything but ordinary.*

1414 Sherbrooke St. • (705) 742-9779

*We do our best to have accurate mailing lists. If you are one of the few people who
receive a duplicate copy of “The Thread”, please share it with a neighbour,
friend or family member. Thank you.*

GO GREEN

with Community Care

If you have an email address
and would like to receive

The Thread

or upcoming information
electronically instead of
through Canada Post,
please contact us at:

centofc@commcareptbo.org

