



Community
Care

Empowering you to live at home
in the City and County of Peterborough

FALL & WINTER 2017

The Thread

Generations Serving Generations
A Publication of Community Care



COMMUNITY CARE
supports clients

COMMUNITY PARTNERS
support Community Care

Community Care

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



The Thread sponsor:
Thank you to "The Gardens"
for their support

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UPCOMING EVENTS

APSLEY

Blood Pressure Clinics
Oct. 23, Nov. 21, Dec. 19
10-11:30 am at NKCC
Fashion Show & Auction
March 2018

CHEMUNG

Blood Pressure Clinics
Wednesdays 1-2:30 pm
Drop In Group
Thursdays 1-3:00 pm
Exercise Classes
Contact Office for Schedule
Canada 150 Celebration
Thursday Oct. 19, 1-3 pm
It's Not Right Session
Fri. Oct. 20, 9:30-10:30 am
Bridgenorth Community Hall
Guest Speaker Mel Pathak
from Ennismore Pharmacy
Nov. 9 - 1:30-2:30 pm
Christmas Event - TBA

HARVEY

Diners Club
Oct. 17 - 12 pm
St. Matthews
1937 Lakehurst Rd. Buckhorn
Nov. 21 - 12 pm, Feb. 20-12 pm
Wesley United, Buckhorn and
Curve Lake Rd.
Jan. 16, Mar. 20 & Apr. 17
12 pm, Location TBA
Blood Pressure Clinics
2nd and 4th Friday of each
month, 10 am-12 pm
Buckhorn Office
**Remembrance Service
& Rededication**
Wednesday Nov. 8, 1:30 pm
New Cenotaph Walkway
Buckhorn Community Centre
Fall Craft Show - Bake Table
Oct. 7-9
Buckhorn Community Centre

Holly Tea & Loonie Auction
Dec. 5 - 11:30 am - 1:30 pm
Buckhorn Community Centre
\$2 Lunch
Spring Craft Show - Bake Table
May 19-20
Buckhorn Community Centre

HAVELOCK

Free Wellness Programs
Located at The Town Hall
MONDAYS:
Meditation 9:30-9:50am
Yoga 10:00-11:30 am
TUESDAYS & THURSDAYS:
Cardio and Floor Exercise
9:30-10:15 am
Weights and Tummy
10:15-10:45 am
(Bring weights and mat)
Line Dancing 10:45-11:30am
Low Impact (seated) Exercise
12:30-1:30 pm
Falls Prevention Program
1:30-2:30 pm
SHARING DANCE
Wednesdays, Sept. 20 -
Nov. 8, 9:30-11 am
Royal Canadian Legion
Diners Clubs
Oct. 4, 18 (Canada 150 Event)
Nov. 1 (Home Suite
Home presentation)
Nov. 15 Dec. 15 (Christmas
Sing-a-long)
Jan. 3, 17, Feb. 7, 21, Mar. 7, 21,
Apr. 4, 18
Blood Pressure Clinics
Monthly - TBA
Twonie Auction December 5th
Havelock Community Centre
- upstairs
Soup 'r' Day February 19, 2018

LAKEFIELD

Blood Pressure Clinics
Third Wednesday of every
month, 1-3 pm
40 Rabbit Street

Diners Club
First Monday of the month
(September - June) 12 pm
at Lakefield United Church
Fitness Classes
MONDAYS & THURSDAYS:
9 am @ The Legion
**Exercise and Falls
Prevention Classes**
TUESDAYS & THURSDAYS:
2:15 pm and 3 pm
40 Rabbit Street
Annual Bake & Craft Sale
December 7, 10 am - 1 pm
The Regency
**\$30 for 30 Year Anniversary
Campaign Launch & Partner
Celebration**
January 18, 2018, 4-6pm
The Regency

MILLBROOK

SHARING DANCE
Wednesdays, Sept. 20 -
Nov. 8, 10 am
St. Thomas Anglican Church
Tai Chi
Mondays at 10:30 am
Sept. 18- Dec. 4
St. Thomas Anglican Church
Line Dancing (Beginner)
Fridays at 10 am
Sept. 22- Dec. 8
St. Thomas Anglican Church
**Drop In Social - Coffee,
Crafts & Conversation**
Fridays from 1-3 pm
Community Care Office
All Welcome
Monthly Luncheons
Sept. 21 at Noon
Royal Canadian Legion
\$10 Hot Roast Beef Dinner
Entertainment: Millbrook
Community Choir
Client Luncheon
Oct. 12 at Noon
Millbrook Manor

\$10 Hot Turkey Dinner
Oct. 19 at Noon
Baxter Creek Golf Course
Entertainment:
The Duketow Family
\$10 1/4 Chicken Dinner
Nov. 16 at Noon
Royal Canadian Legion
Entertainment:
The Old Folkies
\$10 Ham Dinner
Dec. 21 at Noon
Royal Canadian Legion
Entertainment:
Christmas Choir
Canada 150 Event
Oct. 25 at Noon
Wheelchair/Walker Clinic
Nov. 15 at 10:30 am
Millbrook Manor
**Christmas in the Village -
Bake Sale and Silent Auction**
December 7, 2017
Blood Pressure Clinics
Third Wednesday of
each month
10:30 am at Millbrook Manor
2:30 pm at Millbrook Legion

NORWOOD

**Exercise and Falls
Prevention Classes**
TUESDAYS & THURSDAYS:
Maple View Retirement Centre
Call office for details
Diners Club
Nov. 14, Dec. 12 (Christmas)
Jan. 9, Feb. 13, Mar. 13, Apr. 10
**Blood Pressure Clinic
held at Diners.*
In The Mood
Save the Date: February 10, 2018
Details to follow

AGENCY NEWS

Community Care Continues to Grow!



KATHY GROSE

*Transportation
Scheduler*
Peterborough Office



SARAH MCCALL

*Program
Support Staff*
Apsley Office



BIANKA MUIR

Caremobile Driver



SARA MURRAY

*Caregiver Relief
Coordinator*
Peterborough Office



**ELAINE
PETREMAN**

*Administrative
Support*
Chemung &
Harvey Offices



PAULA RUSHNELL

*Personal Support
Coordinator*
Peterborough Office



TIFFANY SOLMES

*Administrative
Support*
Havelock Office



**AMBER
TEASDALE**

*Personal Support
Worker*



BRENDA TWADDELL

Program Support Staff
Peterborough Office

The Thread

is published by

COMMUNITY CARE PETERBOROUGH

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Telephone: 705-742-7067 • Fax: 705-745-6011

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

COMMUNITY CARE STAFF

Officers

- Joanne Watson, *President*
- Doug Downer, *Treasurer*
- Mark Skinner, *Vice-President*
- Alan Cavell, *Past President*

Directors

- Judy Boutette
- Ramesh Makhija
- Geoff Quirt
- Louise Campbell
- Michelle McLean
- Susan Wood-Bohm
- Sharon Davis
- Les Morris
- Wendy Love
- Jim Patterson

Administrative Staff

Danielle Belair, *Executive Director*
Nancy Frankish, *Director of Finance and Administration*
Catherine Pink, *Director of Support Services*
Carol Cavers, *Finance Officer*
Tracy Kennedy, *Executive Assistant*
Lubna Shahwan, *Admin Support*
Kathie Nelson, *Volunteer Development Coordinator*
Dean Ostrander, *Donor Relations Lead*

Enhanced Services Team

Leanne Anderson, *Enhanced Care Coordinator*
Paula Rushnell, *Personal Support Services Coordinator*
Aja Bax, *Personal Support Services Supervisor*
Stefanie Thom, *Supported Referral Coordinator*

Personal Support Workers

- Philippa Cobb
- Jutta Molnar
- Amber Teasdale
- Dorian Ellis
- Nell Riel
- Dawn Willshaw
- Wendy Fulton
- Crystal Scrimshaw

Caremobile

Jane Pickard, *Coordinator*
Drivers - Charlene Galloway,
Bianka Muir and Craig Whitnell

Community Care Van

Steve Burnett, *Driver*

Agency Offices

Community Development Coordinators:

- Lorri Rork, *Apsley/Lakefield*
- Tammy Ross, *Havelock/Norwood*
- Denise Gould, *Chemung*
- Karen Morton, *Millbrook*
- Lynda McKerr, *Harvey*

Program Support

Sarah McCall, *Apsley*

Administrative Support

Joanne Wilson, *Apsley, Lakefield and Millbrook*
Elaine Petreman, *Chemung/Harvey*
Tiffany Solmes, *Havelock*
Rosemary Davidson, *Norwood*

Peterborough Office

Home Support Services Coordinators:

- Iris Crowder
- Gail Wilson

Supported Referral Coordinator:

- Sara Murray

Program Support:

- Brenda Twaddell

Program Coordinators:

- Darci Maude
- Anne Trudel-Inglis

Transportation Scheduler:

- Kathy Grose
- Patty Tipton

Reception:

- Rhonda Lockyer

SHARING STORIES, BRIDGING GENERATIONS

CELEBRATING 150 YEARS OF CANADA



Community Care Peterborough, in partnership with Trent University and the Trent Centre for Aging in Society, will prepare a curriculum covering local, regional and national history tying in Canada 150th Celebrations. Events will be held throughout our 8 offices to share artifacts, pictures and stories celebrating this Canadian milestone. For more information, or to find out how you may get involved, call your local office.



This initiative is made possible by the Community fund for Canada's 150th, a collaborative between the Community Foundation of Greater Peterborough, Community Foundations of Canada, the Government of Canada, and extraordinary leaders from coast to coast.

Canada



Empowering you to live at home
in the City and County of Peterborough

TRENT CENTRE FOR AGING & SOCIETY
AND THE SCHOOL OF EDUCATION AT



SHARING DANCE

CANADA'S
NATIONAL
BAJAJET
SCHOOL

for Active Seniors



Be part of a high-quality dance program designed to support you in your health and wellness goals. Each week, artistic staff of Canada's National Ballet School will livestream the specialized dance program to our county locations.

**Every Wednesday from
Sept. 20 – Nov. 8
10 am – 11am**

**Classes are livestreamed with
Canada's National Ballet School.**

**Apsley, Lakefield, Havelock, Chemung
and Millbrook.**

Please contact your local CCP office to register.

ALL ARE WELCOME.

Canada's National Ballet School (NBS) believes that adults and seniors should have access to the health and social benefits of dance. Through its Sharing Dance Program, NBS provides free, highly-quality dance activities to help improve balance, increase range of movement, prevent injury, and manage physical, cognitive and emotional symptoms associated with age-related illnesses.

In Collaboration with:



“My Family is not next door but **COMMUNITY CARE IS!**”

In April Ruth James, a long-time Community Care client, turned 100! Denise Gould, Community Care Chemung office coordinator, and I got a chance to speak to Ruth.

When I met Ruth I realized it was the first time I have personally met someone who has celebrated their 100th birthday. When I told her she just smiled.

Ruth grew up in Quebec and moved to Ennismore in the early 1970's. She has two children, a daughter in California and a son in Toronto. Ruth was born April 8, 1917 in Huntingville, Quebec. In 1972 Ruth and her husband Newton bought a lot on Emerald Isle and built the home in which she still lives 45 years later.

Since becoming a centurion, Ruth has attended many celebrations and was interviewed by the Emerald Isle magazine, The Islander. When Ruth is asked how it feels to be 100, she just answers, “99 seems a lot younger and softer”. Many of her siblings lived to their 90's but only her brother and she celebrated their 100th birthdays.

Ruth explained how she has stayed independent by having wonderful neighbours and the services of Community Care. Ruth has been a long time Community Care supporter and client. At the age of 95 Ruth gave up driving and now uses transportation services to take her to medical appointments. Denise says “She is a preferred client by many of our drivers!” Being able to stay at home allows Ruth to keep doing the things she loves. Ruth still works in her garden growing flowers and vegetables. Some people ask if she would be better off in a retirement home but she questions “what would I do?” Home is where Ruth wants to be.

Ruth wears her Personal Distress Alarm from Community Care all the time, night and day. Not too long ago she slipped and broke her hip. Despite her distress she pressed the Personal Distress Alarm pendant and within 20 minutes the first responders arrived and took her to the hospital.

She is so very thankful how everyone cares and looks out for her. She feels very blessed, “My family is not next door but Community Care is”.



The Township of Selwyn, Peterborough Housing, and Community Care Lakefield united to form a community garden at 40 Rabbit St, Lakefield. Pictured here are Teresa Bradshaw and Sarah Dobbin two of the gardeners who happily nurtured it during their friendly visits. Sincere thanks to Angela Chittick, Rick Dunford, Mike Richardson, Janice Scott and Greg Dixon for springing it to life.

PAY IT FORWARD AUCTION SERIES

Donate your new, or gently used treasures to a Community Care Peterborough Auction, with 100% of the profits to support our many programs!!



From right to left: Patti Priestman (Owner of Home Suite Home), Dean Ostrander (Donor Relations Lead Community Care), Shari Davis (PR & Marketing Manager Home Suite Home) and Danielle Belair (ED of Community Care Peterborough).

“We are excited to partner with Home Suite Home Transitions. They align well with our mission by offering transitional services to seniors in the City and County of Peterborough.” Community Care Peterborough, Executive Director, Danielle Belair.

Patti Priestman started Home Suite Home Transitions over 5 years ago. Their mission is to enhance each senior's emotional, and physical home transition experience while minimizing stress.

“Community Care and Home Suite Home Transitions are a perfect fit for this initiative,” says Patti. “We both provide an important component to meet the needs for our senior community and reduce stressful situations with viable solutions.

If you have items that are too good to throw away – Donate them to the “Pay it Forward” auction series! Purchasers will appreciate your quality items and profits go to Community Care Peterborough initiatives. You will feel good when you “Pay it Forward”!

To find out how, visit our website or call your local Community Care office.

www.commcareptbo.org

www.homesuitehometransitions.com

Community Care could not do what it does without the community support of a vast array of different businesses and organizations across the City and County. We are so grateful for this partnership. With an army of over 900 Volunteers, Community Care is able to serve our over 7,000 Community members.

GRADY'S FEET ESSENTIALS HELPS KEEP SENIORS MOBILE

Once again Grady's Feet Essentials is supporting the community by sponsoring Community Care Peterborough's Foot Care Clinic!



Local business owners Tony and Kelli Grady of Grady's Feet Essentials have been supporting their community for many years. Their caring and giving spirit shows in every aspect of their business.

Tony started working with his dad in 1986 and spent many years manufacturing custom orthotics and fitting specialty footwear. In 1997 with his wife Kelli, they purchased the store, first naming it Grady's Shoe Tree then to Grady's Feet Essentials.

“Community Care and Grady's Feet Essentials are a perfect fit for this partnership. We are truly grateful for their support of our Foot Care program”

*- Community Care Peterborough,
Executive Director, Danielle Belair.*

Tony and Kelli both enjoy volunteering. Tony has helped out at the warming room, Kawartha Food Share and has even strolled George Street in red high heel shoes in support of the YWCA Walk A Mile campaign. Lately Tony has performed as Elvis at Centennial Place in Millbrook, raised money for various fundraisers with his band the IRB, and has also visited clients in Hospice care. Kelli has volunteered over the years as a Girl Guide leader and was co-chair of the TASSS parent council for three years. Every fall, Kelli and Tony enjoy helping a small group of family and community members raise money for Cystic Fibrosis research with a fun night of live music and silent auctions.

Whether you are walking, running or playing, healthy feet are the foundation to maintaining your independence! Foot problems can mean the difference between needing institutional care and being able to live at home; our feet are vital to health and mobility!

It's Not Right!

Neighbours, Friends & Families for Older Adults



The Abuse Prevention of Older Adults Network is pleased to invite you to attend any of the following presentations. You will learn to recognize the warning signs of the abuse of older adults and how to respond safely, and supportively to help seniors at risk or experiencing abuse

Pre-Registration is preferred, all walk-in welcome!

Register for any of the following one hour workshops by contacting:

Maggie Doherty-Gilbert: 705-742-7067 ext. 250 or
email: inraffiliateptbo@gmail.com

free

Light
Refreshments
Served

DOORS OPEN 30 MINUTES PRIOR TO WORKSHOP

APSLEY

North Kawartha Community Centre
Thursday, September 21, 2017
10 a.m. - 11 a.m.

HAVELOCK

Havelock Legion
Tuesday, October 24, 2017
10 a.m. - 11 a.m.

BUCKHORN

St. Matthews Church
Thursday, September 28, 2017
9.30 a.m. - 10.30 a.m.

MILLBROOK

St. Thomas Anglican Church
Friday, October 27, 2017
9.30 a.m. - 10.30 a.m.

BRIDGENORTH

Bridgenorth Community Hall
Friday, October 20, 2017
9.30 a.m. - 10.30 a.m.

LAKEFIELD

Marshland Centre
Friday, November 10, 2017
9.30 a.m. - 10.30 a.m.

NORWOOD

Norwood United Church
Monday, November 13, 2017
9.30 a.m. - 10.30 a.m.

PETERBOROUGH

Fairhaven Long Term Care Home
Monday, December 4, 2017
10:30 a.m. - 11:30 a.m.

Funded by:



Supported by:



RECIPE

PAN-GRILLED SALMON WITH PINEAPPLE SALSA



INGREDIENTS

- 1 cup chopped fresh pineapple
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon rice vinegar
- 1/8 teaspoon ground black pepper
- Cooking spray
- 4 (6-ounce) salmon fillets (about 1/2-inch thick)
- 1/2 teaspoon salt

PREPARATION:

1. Combine first 5 ingredients (pineapple through pepper) in a bowl; set aside.
2. Heat a nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork.
3. Top with salsa.

Speaking of Community Care

The Speakers Bureau of Community Care Peterborough provides volunteer speakers to organizations, community groups and local businesses.

These volunteers are committed to educating our communities about Community Care, our services, our opportunities, and our commitment to helping our clients remain independent in their own homes...where they want to be!

For more information, or to book a presentation, contact:

Kathie Nelson

knelson@commcareptbo.org

705-742-7067

“NEW TO YOU” 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	Monday-Thursday: 10:00-1:00 Friday: 10:00-2:00
Chemung, 549 Ennis Rd	Tuesday: 10:00-1:00 Wednesday: 10:00-3:30 Thursday: 1:00-3:30
Chemung, 826 Ward St	Wednesday-Friday: 10:00-4:00 Saturday: 10:00-1:00
Havelock, 107 Concession St N	Monday-Thursday: 9:00-3:00 Friday: 9:00-12:00
Millbrook, 22 King St E	Monday-Friday: 9:00-3:00

COMMUNITY CARE PARTNER

Trent Security Systems Ltd.



SECURITY SYSTEMS

MEDICAL ALARMS

480 The Parkway

(705) 748-2001

www.trentsecurity.com



**Like Us! Follow Us!
Add Us!**



I am.

SPECIAL EVENTS



Community
Care

Empowering you to live at home
in the City and County of Peterborough

FUNDRAISER

Thursday, February 15, 2018 // 7:05pm



VS



EXCLUSIVE GROUP PRICING

\$20
ALL AGES

Preferred
Regular Bowl seating
Taxes & Fees Included

\$7 PER ADULT TICKET BENEFITS COMMUNITY CARE PETERBOROUGH

CONTACT DEAN OSTRANDER FOR TICKETS

705.742.7067 x224

dostrander@commcareptbo.org

Follow Us!



PetesOHLhockey // www.gopetesgo.com

OUR SERVICES

- Brokered Home Help
- Brokered Home Maintenance
- Caregiver Relief
- Diner's Club
- Drop-In & Outreach
- Exercise & Falls Prevention
- Friendly Visiting
- Health & Wellness Clinics
- Home at Last
- Information & Referral
- Meals on Wheels
- Medical Equipment Program & Registry
- Personal Distress Alarms
- Telephone Reassurance
- Transportation

GreyMatters
Healthy Minds for Healthy Aging

5th Annual Seniors' Summit

Thursday, October 26, 2017
Trent University, Gzowski College

Presented by:

TRENT UNIVERSITY
TRENT CENTRE FOR AGING & SOCIETY

age-friendly
peterborough

Fleming College
LEARN | BELONG | BECOME



Above: Smile Cookie Campaign September 2017 in Havelock, Volunteers from both Havelock and Norwood helped to decorate and sell the cookies. Thanks to Tim Horton's Havelock.

SHORELINES CASINO AT KAWARTHA DOWNS PROUD DAY OF CARING



Shoreline Slots at Kawartha Downs PROUD day of caring delivering Meals On Wheels, Sept. 12th. 14 volunteers delivered meals and worked in the freezer room.

JOIN OUR TEAM!

VOLUNTEER OPPORTUNITIES INCLUDE:

- Transportation
- Office
- Meals on Wheels
- Personal Distress Alarms
- New To You

and more...

CONTACT US: 705-742-7067
volunteer@commcareptbo.org

OFFICES	PHONE	ADDRESS	HOURS
Apsley	705-656-4589	168 Burleigh St, Apsley	Monday-Thursday: 10:00-1:00, Friday: 10:00-2:00
Chemung	705-292-8708	549 Ennis Rd, Ennismore	Monday-Friday: 9:00-1:00
Harvey	705-657-2171	1946 Lakehurst Rd, Buckhorn	Monday-Friday: 10:00-1:00
Havelock	705-778-7831	107 Concession St N, Havelock	Monday-Thursday: 9:00-3:00, Friday: 9:00-12:00
Lakefield	705-652-8655	40 Rabbit St, Lakefield	Monday-Thursday: 9:30-3:30, Friday: 9:30-12:30
Millbrook	705-932-2011	22 King St E, Millbrook	Monday-Friday: 9:00-3:00
Norwood	705-639-5631	2281 County Rd 45, Norwood	Monday-Friday: 9:00-1:00
Peterborough	705-742-7067	185 Hunter St E, Peterborough	Monday-Friday: 9:00-4:00
Caremoble	705-749-0036	549 Ennis Rd, Ennismore	Monday-Friday: 8:00-5:00

DONATING TO COMMUNITY CARE

HOW TO DONATE:

1. Visit our website at: www.commcareptbo.org
2. Click on the **DONATE NOW** button through CanadaHelps



WHAT IS CANADAHHELPS?

CanadaHelps is a charity helping charities and is an online 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 ANNUAL DONATION OF \$25.00 OR MORE

will ensure that you continue to receive

The *Thread*
twice per year.

Your donation supports services in your own community.



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 Peterborough

Name: _____

Phone: _____

Address: _____

City: _____ Postal Code: _____

Email: _____

I would like more information about volunteering

I would like to make a one time donation:

\$25 \$50 \$100 Other \$ _____

I would like to make a monthly donation:

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

I would like to make my donation by:

Cheque

Please deduct amount indicated from my bank account. For monthly donations, please include a cheque marked VOID. (Bank deductions will be made on the 1st of each month.)

Credit Card

VISA Mastercard

Card Number: _____ Card Expiry: _____/_____/_____

Signature: _____

MAKING A LASTING GIFT

I have included Community Care Peterborough in my estate plan.

Please send me information about how I can include Community Care Peterborough in my estate plan.

Please drop off your donation to your local office, or mail to:

Community Care Peterborough
Administration Office
185 Hunter Street East
Peterborough, ON K9H 0H1

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-hour 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.



The **GARDENS**
of Peterborough

Caring together

1-877-742-9779
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) 876-1414

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

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 **Community Care**
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