

## Changes to Recreation programming

Presentation Manor gives priority to the wellbeing and health of its residents and staff. New measures have been implemented to practice physical distancing during any interactions.

All large group programs have been cancelled to ensure we practice physical distancing. This includes: Bingo, Happy Hour, birthday parties, exercises and Mass.

To continue to encourage our residents to stay active, Presentation Manor has printed exercise programs that can be practiced in your rooms. These workout programs will accommodate residents who need seated or standing exercises. Olga will be available to answer any questions regarding the exercises. All the printed sheets will be available at reception.

In a few weeks, we will be implementing an online exercise class. This means, any residents with a computer or tablet can virtually attend Olga's exercise class. If you would like to be a part of this program, please speak to Bremen to book an appointment to have your room set up.

We will also include daily brain teasers at reception for residents to pick up and complete.

## April Birthdays

In astrology, those born between April 1–19 are the Rams of Aries. Those born between April 20–30 are the Bulls of Taurus.

Doris McDonnell, OLM – April 3  
 Marie Collins – April 8  
 Maria Sousa – April 9  
 Louis LaFlamme – April 12  
 Mary Anthony Judge, IBVM – April 16  
 Brian Swords, SFM – April 18  
 Jack Bilinger – April 20  
 Mary Halder, SOS – April 20  
 Gordon Kennedy, CSB – April 21  
 Jane Strang – April 23  
 James McConica, CSB – April 24  
 Donata Dean, IBVM – April 24  
 Mary Gauthier, OLM – April 26  
 Voula Toumaras – April 27  
 Leo Reilly, CSB – April 30

## What is Tai Chi Chih

In 1974, Tai Chi Chih was originated by Justin Stone, a former Tai Chi Ch'uan master, based on the ancient Chinese practice of Tai Chi Ch'uan. It is a series of 20 simple movements done in a standing position, designed to circulate and balance your energy. The practice has many health benefits, the first of which is a sense of well-being. Once the movements are learned, they can be done alone, anywhere, anytime. The most important instruction is that you do them every day, in order to gain the utmost health benefits. Visit: [www.taichichih.org](http://www.taichichih.org) for online classes.

# Presentation Gazette

61 Fairfax Crescent, Scarborough • 647-350-3755 • [www.presentationmanor.com](http://www.presentationmanor.com)



## A message from our Executive Director

Dear Residents,

On behalf of management and our staff “Thank You” for doing your part during these unprecedented times.

Please know that your Presentation Manor team is doing everything possible to keep you healthy and safe.

Your continued support and prayers are very much appreciated.

Sincerely,

Gord Perrault

Executive Director

## Celebrating April

**Arab American Heritage Month**

**Poetry Month**

**Jazz Appreciation Month**

**Passover Begins**

*April 8*

**Easter**

*April 12*

**Gardening Day**

*April 14*

**Bulldogs Are Beautiful Day**

*April 21*

**Earth Day**

*April 22*

**Arbor Day**

*April 24*

**International Dance Day**

*April 29*

## National Prayer for Canada

Ottawa Archbishop Terrence Prendergast and Rabbi Dr. Reuven P. Bulka, former co-president of the Canadian Jewish Congress co-authored a National Prayer for Canada.

**O God,**

**We gather together separated by life-saving distancing, but united more than ever in spirit;**

**We know we are in a war against COVID - 19 together, and the more together we are, the better and stronger we will emerge:**

**We know the challenges are enormous, yet so are the opportunities;**

**That whether we are in isolation with loved ones, or alone, we will have abundance of time;**

**We commit to using that time to the max, to help those in greater need in whatever way we can;**

**We know we all have the opportunity, and time, to be life savers and life enhancers;**

**We give thanks for those who are on the front line taking care of those who are not well;**

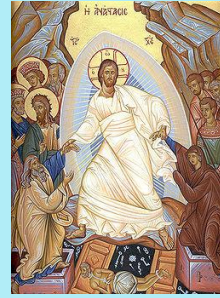
**We give thanks for the researchers who are working at breakneck speed to find cure and vaccine;**

**We give thanks for our leaders, federal, provincial and local, for their dedication to all of us;**

**We give thanks for the providers of our daily needs who go to work in spite of the risk;**

**We give thanks for those who have ramped up their ability to produce life-saving supplies.**

## Easter



“Easter teaches us that believers do not linger at graveyards for they are called to go forth to meet the Living One”. ... Sometimes we go only in the direction of our problems, we keep seeking the Living One among the dead...digging up regrets, reproaches, hurts and dissatisfactions, without letting the Risen One change us”. ... Let us seek the Lord in all things and above all things because with Him, we will rise again.”

-From Pope Francis; Homily at Easter Vigil 2019

**We pray for the well-being of all our life savers; For those who are not well, that they recover fully; For those enduring difficulty, that they may overcome their challenges.**

**We pray that a cure and vaccine will soon be available,**

**And that we all – family, friends, all Canadians, the entire world may be healed in body and spirit.**

**We ask you, O God, to bless our leaders, our frontline care givers, our life savers and life enhancers.**

**We ask you, O God, to bless Canada, to bless the world, to bless everyone.**

**Amen**

## Tuck Shop at Presentation Manor



Presentation Manor is proud to present the grand opening of its tuck shop on Wednesday, April 1. The tuck shop was created by a wonderful group of residents, who worked tirelessly to ensure a quick opening. We would like to thank **Doreen Haveman, Jack Bilinger, Dennis Fiedler, Valerie Fiedler, Sr. Mary Deighan, Biddie Priestman, and Sr. Christine Leyser**. The tuck shop is located beside the salon on the right. The tuck shop will be open Monday to Fridays at 10:00 AM – 11:00 AM and 2:00 PM – 4:00 PM.

The store will carry items of convenience from chocolate bars to hygiene products such as toothpaste and soap. If there are items that are not available in the store, please fill out the book at the cashier desk and special orders can be made for delivery.

## Health Services

Please note all Health Services are postponed during the quarantine measures. Any essential appointments that need to be made will be done by our nurses.

### Mobile Hearing Clinic:

The hearing specialist comes in on the third Tuesday of every month.

### Eyecare Express

Eyecare Express comes in every 4 months to do eye examinations for the residents.

### Chiropodist Clinic

Minoo Shakibai **416-654-5515**

### Golden Dental

Golden Dental comes in every 2 months but will make emergency visits as well.

### Registered Massage Therapy with Peter Daciuk

Tuesdays from 10:30am to 6:30pm  
Contact Peter directly at **416-894-2006**

## Dining Community

Presentation Manor accommodates residents living independently or with assistance. To continue our aim of building a community within a community, each week residents of one floor from assisted living will be invited and brought to the dining area to enjoy a meal with the rest of the residents.