





What do we Canadians have to be proud of:

- 1. Smarties –which, unlike Reese's Pieces, melt in your mouth and not in your hand.
- 2. Cheezies made locally by the W. T. Hawkins company.
- 3. Crispy Crunch and Coffee Crisp chocolate bars.
- 4. Baseball first game played June 4, 1838 in Ingersoll Ontario.
- 5. Basketball; Lacrosse, And HOCKEY (And the Toronto Maple Leafs)
- 6. We invented SkiDoos, Jet Skis, Velcro zippers, Insulin, Penicillin. The telephone, and short-wave radios.
- 7. Apple Pie and Maple Syrup.
- 8. Tim Horton's
- 9. A Canadian invented Standard time
- 10. The handles on our beer cases are big enough to fit your hands in with mitts on!
- 11. The Hudson's Bay Company, while Canadian owned and operated, once owned over 10% of the Earth's surface and is still around as the World's oldest company.
- 12. We have the largest English population that never surrendered or withdrew during any war to anyone, anywhere, EVER.

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The Memorial Stone

Fred died. His will provided \$30,000 for an elaborate funeral. As the guests departed the affair, his wife, Helen, turned to her oldest friend.

"Well, I'm sure Fred would be pleased," she said.

"I'm sure you're right," replied Jody, who lowered her voice and leaned in close. "How much did this really cost?" "All of it," said Helen. "Thirty thousand."

"No!" Jody exclaimed. "I mean, it was very nice, but \$30,000?"

Helen answered, "The funeral was \$6,500. I donated \$500 to the church. The wake, food and drinks were another \$500. The rest went for the memorial stone."



A Life Well Lived

A life well lived is a precious gift,

Of hope and strength and grace,

From someone who has made our world

A brighter, better place.

It's filled with moments sweet and sad,

With smiles and sometimes tears.

With friendships formed and good times shared,

And laughter through the years.

A life well lived is a legacy,

Of joy and pride and pleasure.

A living, lasting memory,



JULY 2024

Hastings Manor's Attending Physicians

Dr. Krishantha has joined Hastings Manor, as an additional Attending Physician, for a three year term.

He will be joining our current Attending Physicians, Dr. Reid and Dr. McLeod, who have been providing dedicated services to the residents of Hastings Manor, for many years.



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They have both signed one-year terms with the option to renew for two additional one-year terms.

With Age Comes Wisdom

A guy is seventy-five years old and loves to fish. He was sitting in his boat the other day when he heard a voice say, "Pick me up."

He looked around and couldn't see anyone. He thought he was dreaming when he heard the voice say again, "Pick me up." He looked in the water, and there, floating on top, was a frog.

The man said, "Are you talking to me?"

The frog said, "Yes, I'm talking to you. Pick me up." Then kiss me and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous because you will have me as your bride."

The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front breast pocket.

Then the frog said, "What, are you nuts? Didn't you hear what I said? I said kiss me and I will be your beautiful bride."

He opened his pocket, looked at the frog and said, "Nah, at my age I'd rather have a talking frog."





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More Lexophilia—Odd Problems

This girl today said she recognized me from the Vegetarians; club, but I'd swear I've never met 'herbivore'.

A dentist and a manicurist got married. They fought 'tooth and nail'.

A will is a 'dead giveaway'.

Did you hear about the cross-eyed teacher who lost her job because she couldn't 'control her pupils'.

When you get a bladder infection 'urine trouble'.

When chemists die – they 'barium'.

When the smog lifts in Los Angeles 'UCLA'.

Eds note: That's the end of that stuff.....we promise!

"Peanuts" Philosophy

Family isn't always 'blood'. It's those who want to be in your life! The ones who accept you as you are – who'll always be there for you.

To make a difference in someone's life – you don't have to be brilliant, rich, beautiful, or perfect – you just have to care.

No matter how stressed you are – remember how blessed you are!

I love the kind of hugs where you can physically feel the sadness leaving your body.

Sometimes memories sneak out of my eyes and roll down my cheeks.

Friendship doesn't need daily conversation, or being together, as long as the friendship lives in the heart. True friends never part!

What if today – we were just grateful for everything.

A giggle a day keeps the grumps away.





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Hastings Manor Hair Salon Pricing Update—Effective July 1st, 2024

Ladies' Cut Only \$17.00

Ladies' Shampoo and Set \$23.00

Ladies' Shampoo, Cut and Blow Dry \$28.00

Ladies' Shampoo, Cut and Set \$28.00

Ladies' Colour and Set \$65.00

Ladies' Colour, Cut, and Set \$70.00

Permanent \$70.00

Men's Cut \$17.00

Men's Shampoo, Cut and Beard \$20.00

Additional for Long Hair - add \$10

Call extension 2239 for an appointment



Internally posted June 5, 2024

Just for Laughs

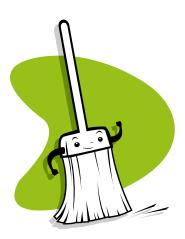
Two brooms were hanging in the closet and after awhile they got to know each other so well, they decided to get married.

One broom was, of course, the bride broom, the other the groom broom.

The bride broom looked very beautiful in her white dress. The groom was very handsome and suave in his tuxedo. The wedding was lovely.

After the wedding, at the wedding dinner, the bride broom leaned over and said to the groom broom "I think I'm going to have a little dust broom!"

"Impossible!" said the groom broom. "We haven't even swept together!"



Home Updates

- Blanket Warmers: Blanket Warmers have been purchased. They are located on either side of 2nd floor, and one on each of 3rd, 4th, and 5th floor. If you're visiting and would like a warm blanket for your loved one, please ask a team member
- Resident Computers: A resident computer is now located in the activity lounge on each villa on 3rd, 4th, and 5th. This is for resident use.
- Palliative Care Carts: We are happy to have received support through fundraising and Residents Council to purchase a palliative care cart for each floor to support residents nearing end of life

Birthdays Are Funny Things

When you are young they seem so far between. It takes you so long to become a "teen". But finally, you do reach the age of twenty And you wonder if you'll ever live to be seventy! Then suddenly into the thirties you fall, And you begin to wish for no birthdays at all; But, middle age comes, bringing more of them too, Where ever you are and whatever you do. Then comes old age, and, if you are still here, You declare they are coming at least twice a year. Whether they be joyous ones, or struggle and strife, You can't run away from them as long as there's life. But, even so, after all's said and done There should be happy days when ever they come!



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Man's Best Friend

Fifteen reasons why men have two dogs and never two wives:

- 1. The later you are, the more excited your dogs are to see you.
- 2. Dogs don't notice if you call them by another dog's name.
- 3. Dogs like it if you leave a lot of things on the floor.
- 4. A dog's parents never visit.
- 5. Dogs agree that you have to raise your voice to get your point across.
- 6. Dogs like to do their snooping outside rather than in your wallet or desk.
- 7. You never have to wait for a dog—they're ready to go 24 hours a day.
- 8. Dogs find you amusing when you are drunk.
- 9. Dogs like to go hunting or fishing.
- 10. A dog will not wake you up at night and ask "If I died, would you get another dog?"
- 11. If a dog has babies, you can put an ad in the paper and give them away.
- 12. If a dog smells another dog on you, they don't get mad. They just think it's interesting.
- 13. Dogs like to ride in the back of a pick up truck.
- 14. AND—if a dog leaves, it won't take half your stuff!

Happily Married

An elderly gent was invited to an old friends home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms such as: Honey, My Love, Darling, Sweetheart, Pumpkin, etc. The couple had been married almost seventy years and, clearly, they were very much in love.

While the wife was in the kitchen, the man leaned over to his host and said, "I think it's wonderful that, after all these years, you still call your wife those pet names."

The old man hung his head and said "I have to tell you the truth. Her name slipped my mind about ten years ago, and I'm scared to death to ask the cranky old soul what her name is!"





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Pilot Problems

The pilot had really banged the plane onto the runway and was dreading having to stand at the door and thank the passengers as they exited. He was certain someone would have a comment, but no one did. He started to relax when everyone had gotten off — except a little old lady with a walker. But, when she finally made it up the aisle she stopped and asked "Did we land, or were we shot down?".

The aircraft was waiting to take off at around midnight, from LAX to New Zealand – a very long flight, almost entirely over water with virtually no land in between. Apparently the plane was delayed because of a 'malfunction'. The pilot came on the intercom and explained that he was waiting for a replacement part and that it would be arriving shortly. Groans were audible throughout the aircraft. He then said 'Ladies and gentlemen – I share your disappointment, but, we're on a long flight, and I can assure you that I would rather be on the ground wishing I were in the air, than in the air wishing I was on the ground'. After a moment of stillness.....applause erupted!

The male flight attendant on an aircraft made an announcement over the intercom "Ladies and gentlemen – we have a female pilot and a woman co-pilot on this flight! You are flying on an 'unmanned' airplane!