

July 2026



HASTINGS MANOR

MANOR TIMES

## CANADA DAY POEM

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“Canada; A Poem”  
By Kersten Gauthier



Oh Canada, land of vast beauty, where nature’s treasures spread plentifully. From majestic Rockies standing tall, to the Great Lakes, a shimmering sprawl. Oh Canada, with your endless skies, where the sunsets paint a thousand dyes. Mountains crowned with snow, always serene, reflecting sunlight, a sparkling sheen. Oh Canada, your forests so grand, home to wildlife, a diverse band. Whispering pines and towering maples, where nature’s symphony sweetly ripples. Crystal-clear waters, pure and pristine, a paradise for all, a dream so serene.

Oh Canada, your cities bustling and bright, with diverse cultures, a melting pot of delight. From the buzzing streets of Toronto’s core, to the historic charm of old Quebec’s lore. Oh Canada, your people strong and kind, united as one their hearts aligned. With open arms and warm embrace, showing love and kindness in every place. Oh Canada, your beauty knows no bounds, from East to West a treasure that astounds. A land so vast, a tapestry of grace, Canada, Oh Canada a magical place. So let us celebrate this land so grand, with gratitude and love, let our voices expand. Canada’s beauty, a gift to behold, forever cherished, in stories untold.

# MEET YOUR BIRCH VILLA REPRESENTATIVE

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**NAME:** Janet

**BORN:** Haywards Heath, Sussex, England

**VILLA:** Birch

## **FUN FACTS ABOUT JANET**

- Janet is the Birch villa representative and is an active member of Resident's Council
- Janet moved to Canada in November of 1947; she grew up in Trenton, Ontario
- Janet loves to exercise, socialize and play games
- She likes to play Bingo (she once won \$100 dollars off of one card!) and bowling
- Janet has lived at Hastings Manor since October of 2020 and decided to move here because her mother had previously lived here before she moved in
- Her favourite place to eat is Tim Horton's and enjoys coffee and birthday cake Timbits
- Janet has three brothers and one adopted sister
- She used to have many pets throughout her life, including dogs, cats and goldfish
- Janet enjoys going to the Fitness Center and listening to her favourite music while she exercises, including ABBA, Elvis Presley and Frank Sinatra
- Enjoys reading the newspaper and keeping up to date with current local and global events
- She likes to visit the Quinte Mall and stop at her favourite store, Dollarama
- Her father helped with the construction of Trenton Memorial Hospital while waiting to get into the local police force
- She helped her mother take care of children whose parents were overseas during the Vietnam War

# JUST FOR LAUGHS

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## **The Entrepreneur**

- A dad asked his son if he wanted to earn \$50 by cleaning the family pool for the big July 4th barbecue. The son agreed, went out back, and came back inside just ten minutes later asking for his money. The confused dad walked outside and saw the pool was completely spotless, but the neighbor's teenage son was packing up his cleaning supplies. The dad said, "Hey, you didn't clean this, you just paid the neighbor kid \$20 to do it!" The son smiled and said, "Dad, you paid for a clean pool, not my sweat; I'm a project manager, not a laborer."

## **The Summer Sizzler**

- A man walked into a local store on the hottest day of July and asked the clerk, "Do you sell anything that can instantly beat this record-breaking heat wave?" The clerk handed him a small, wooden handheld fan and said, "This is guaranteed to keep you cool, but it requires a very specific technique." The man paid, took it outside, waved it frantically for ten minutes, and walked back in dripping with sweat, yelling, "This cheap thing doesn't work at all!" The clerk shook his head and said, "Sir, you're doing it all wrong—you have to hold the fan perfectly still and shake your head from side to side."

## **The Vacation Tracker**

- A woman asked her coworker on a scorching Friday afternoon, "What are your big plans for this hot summer weekend?" The coworker replied, "I'm actually spending the next two days trying to completely organize my collection of beach towels by their exact level of fluffiness." The woman gasped and said, "Wow, you must have a massive amount of patience to do that!" The coworker smiled and said, "Not really, I just have a lot of grit from the beach."

## **The Quick Thinker**

- A lifeguard pulled a teenager out of the community pool after seeing him repeatedly splash and shout "Help!" at the top of his lungs. Once on the deck, the lifeguard asked, "What happened out there? Were you actually drowning?" The kid caught his breath, looked around, and said, "No, I just saw that cute girl from school walking by and I needed an icebreaker."

## **The Beach Boot**

- What do you do when your summer sandals finally fall apart at the beach? You flip your flops, change your sole, and get a little sandy.

# LIONS CLUB BINGO WINNERS

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- Sheila (Oak) - \$30
- Natalie (Cedar) - \$20
- John (Pine) - \$20
- Karen (Oak) - \$10
- Rita (Maple) - \$10
- Annette (Birch) - \$10
- Garry (Maple) - \$5
- Nancy (Birch) - \$5
- Joyce (Birch) - \$5
- Barry (Pine) - \$5

Congratulations to all of the winners!

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# TRIVIA

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1. What month number is July in the calendar year?
2. How many days does July have?
3. What is July's birthstone?
4. What meteorological season is the month of July in the Southern Hemisphere?
5. On what day in July is Canada Day?
6. What other large country does Canada share its birthday with during the month of July?
7. Who was the month of July named after?
8. Which term is used to describe the hottest, longest days of the summer in July and August?

## WORD SCRAMBLE

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EEDEENNCIDPN

SDARPAE

VIelfAST

AVIACL RN

ABSALBEL

OIAVCTAN

GTNAIOB

WLEFRUSNO

GHIHK

CIRATPOTI

YIAFML

LAFG

NIACGMP

MESRMU



# JULY

## WORD SEARCH

L F B G B B T G A T N N L D S D R I N K S L J  
R I I K P T Z M A E R C E C I U E P D C B Y V  
T F P R S H O R T S V G U H Q J N M H A E U C  
N S V T E I G V O V I N W O P Y E N B M A A V  
O N G V K W C G D Z A I W C T A K R Y P C R F  
T N N B B G O A Y W P K S I A K K O L I H R Q  
R O I M A F K R M S O A P C M M E I A N K A J  
S I M J A S Z N K O I B O X U S P S W G Y O P  
X T M P U W E T F S Q W L T T K B F U H A V V  
D A I C A L V B Q Y T O F A R W C X I M M W W  
J C W I O M Y F A T F B P H Q Y P Q U R M F C  
N A S N A O W R E L G Q I Q S H O R T S E E Z  
A V F C X L R W K L L T L I U Y D S H B M L R  
X N X I I X I W V M D E F J Y T I D I M U H G  
L I E P X Z Z X N O L E M R E T A W V Z F B L  
H Y M U M H K M O C G U X V A H O T O W A T I

**WATERMELON**

**FLIP FLOPS**

**FIREWORKS**

**HUMIDITY**

**VACATION**

**SWIMMING**

**CAMPFIRE**

**SUMMER**

**BEACH**

**SUNNY**

**JULY**

**HOT**



**ICE CREAM**

**BASEBALL**

**CAMPING**

**DRINKS**

**BAKING**

**SHORTS**

**PICNIC**

## JULY BIRTHDAYS

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Bill R. (Oak) - July 2nd  
Janet (Birch) - July 4th  
Linda (Beech) - July 4th  
Trudie (Spruce) - July 4th  
Jack (Spruce) - July 6th  
Evelyn (Elm) - July 8th  
Graydon (Beech) - July 9th  
Cora (Cedar) - July 10th  
Mary (Birch) - July 14th  
Peggy C. (Cedar) - July 14th  
Marjorie S. (Beech) - July 16th  
Doreen (Pine) - July 17th  
Joel (Elm) - July 17th  
Donna (Birch) - July 18th

Marjorie N. (Cedar) - July 19th  
Alma (Spruce) - July 20th  
Margaret (Oak) - July 23rd  
Eunice (Oak) - July 24th  
Gene (Cedar) - July 25th  
Bill L. (Pine) - July 28th  
Lois (Cedar) - July 28th  
Peggy G. (Oak) - July 29th  
Jim (Birch) - July 30th  
Larry (Oak) - July 30th



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## FAMILY COUNCIL

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Family Council met with members of Resident Council in June for a social gathering. It was nice to spend time together over refreshments, and to learn from the Belleville Police who came and spoke with us about the increasingly need to be aware of scams. On June 22, Family Council held our meeting with about eight family members present. We were updated on Physiotherapy Services and taken on a tour of the Fitness Center. A big thank you to Jamie, Recreation and Volunteer Services Supervisor for her support in helping us learn about this important service for our loved ones. Family Council is taking a break over the summer months, and will return with meetings on the 4th Monday for the months of September, October and November. Our meetings are open to all families and we encourage you to join us. We are here to support one another. To read more about what we talk about, you can read the Minutes, posted on the Hastings Manor Website, or in paper copy, on the Bulletin Board across from the Cafe on first floor. To learn more about Family Council, please email Bev or Barb:

[bevnick67@gmail.com](mailto:bevnick67@gmail.com) or [bremington01@gmail.com](mailto:bremington01@gmail.com)

# JULY HOLIDAYS/ EVENTS AND THEIR IMPORTANCE

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**Canada Day (July 1, 2026):** Canada Day marks the anniversary of the Constitution Act of 1867, which united three separate colonies into a single country called Canada. Across the nation, people celebrate this historic milestone with outdoor concerts, neighborhood barbecues, and massive evening fireworks. It is a wonderful day to reflect on the country's shared achievements, appreciate its freedoms, and celebrate the diverse people who make up the Canadian family.

**Disability Pride Month:** Disability Pride Month is observed each July to honor the history, achievements, and struggles of the disability community. This month highlights the unique identity and vibrant culture of people living with disabilities while actively challenging systemic stigmas and barriers. It serves as a vital reminder to advocate for equal rights, accessibility, and a world where every person feels seen, valued, and fully included.

**Plastic Free July:** Plastic Free July is a global movement that encourages millions of people to reduce their reliance on single-use plastic bottles, bags, and packaging. Originating as a simple local initiative, it has evolved into an international campaign focused on protecting our oceans and land from pollution. As the warm summer weather invites us to spend more time outdoors, this month serves as the perfect call to action to practice eco-friendly habits and preserve the beauty of our planet.

**National Picnic Month:** National Picnic Month is celebrated throughout July to encourage people to step outside and enjoy meals in the fresh summer air. It promotes the simple joy of gathering with family and friends in local parks, beaches, and backyards to share food and play outdoor games. As the summer weather reaches its peak, this month highlights the importance of unplugging from screens, connecting with nature, and creating lasting memories with the people we love.

**Nunavut Day (July 9, 2026):** Nunavut Day is celebrated annually in Canada's northernmost territory to mark the passage of the Nunavut Land Claims Agreement Act. This significant event paved the way for the official creation of Nunavut as a distinct territory, giving Inuit communities greater control over their land and government. The day is filled with community feasts, traditional throat singing, and cultural games that honor the rich history and enduring spirit of the north.

**Guru Purnima (July 29, 2026):** Guru Purnima is a traditional festival celebrated by Hindus, Buddhists, and Jains to honor their spiritual, academic, and life teachers. The date is determined by the Hindu lunar calendar and falls on the full moon day of the month of Ashadha. On this sacred day, people express deep gratitude to their gurus for guiding them, sharing wisdom, and removing the darkness of ignorance from their lives. Many celebrate by visiting temples, offering flowers to their teachers, and reflecting on the valuable lessons that shape their character.

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**Trivia Answers:**

1. The seventh month 2. 31 days 3. The ruby 4. Winter 5. July 1st 6. The United States of America 7. It is named after Julius Caesar 8. It is referred to as the “dog days of summer”

**Word Scramble Answers:** Independence, festival, baseball, boating, hiking, family, camping, parades, carnival, vacation, sunflower, patriotic, flag, summer

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## **HAPPY CANADA DAY!**

The recreation department will be having a strawberry social on Wednesday July 1st at 2pm. If we are in Facility wide outbreak the social will be done on the villas. Come and join us to celebrate this amazing country that we are all proud to call home!

