



Bowmanville Creek
Retirement Community



Bowmanville Creek

Monthly News Buzz



August 2019 Newsletter • Bowmanville, ON

Summer is in Full Swing at the Creek!



With summer in full swing, we are making sure we are staying cool and hydrated! There is no shortage of cold beverages or ice cream sandwiches around here!

We are thrilled to have celebrated our SECOND anniversary last month. It's true what they say...time flies when you are having fun! We have had the chance to reminisce with our residents about all the great activities and milestones we have achieved together, and how we can continue to grow as a community. We offer our residents intergenerational programs with visits from the local school children, provide charitable donations to local hospitals, and even sit in on Municipal meetings to discuss neighbourhood safety.

We continue to grow our management team, with the addition of our new Chef, Brandon Hopkins! Brandon comes to us with an abundance of experience cooking in the retirement and private golf industries. We look forward to seeing what Brandon is cooking up!

We are so proud of our residents, our team, and our community and invite you to join us for a tour and chat! Call us at 905-623-8228 to book your private tour.

Jenn Churchill, Marketing Manager

July was full of fun, friends... and learning something new!

In July, we hosted a very informative presentation on Smart Investing Strategies, and how to grow your retirement savings. Our residents and community really enjoyed learning about how to manage their money during retirement.

We also celebrated the 50th anniversary of Apollo 11! Eileen, our Program Manager, created a simulation exercise where our resident could experience what it might feel like to be on the moon – with zero gravity! And our Over the Moon party was a hit... with live entertainment and moon pie treats!

Have you been following us on Facebook? We held our first ever trivia month... filled with weekly Canadian Trivia (in honour of Canada Day!) and weekly winners. Check our Facebook page to test your knowledge!



Upcoming Events

Concerts in the Park Sponsored by Bowmanville Creek

Thursday, August 8, 15, 22, 29
7:00 pm

Head to Rotary Park, or just listen from our patio!

August 8: Gordon Lightfoot Tribute Band
August 15: Green River Revival (CCR tribute band)
August 22: Fleetwood Mac Mania
August 29: Little Peter and the Elegants

Ice Cream Social

Friday, August 16
3:30 pm

Join us on the patio for a refreshing ice cream treat!



Please RSVP to Jenn at 905.623.8228

Summer Safety Tips for Seniors



Summer tends to bring with it a sense of excitement and a desire to get outside and be active. That's great, but for seniors who have a higher sensitivity to heat, a little more caution needs to be exercised when it comes to making plans in the sun. Here are seven summer safety tips for older adults:

1. Stay hydrated

The standard suggestion is to aim to drink 6-8 cups of water a day. One of the many small frustrations of aging is that seniors become less aware of their thirst. Be proactive in staying hydrated.

2. Don't stay out for too long

Don't plan to spend the whole day out in the sun – stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build up.

3. Check the forecast before you go out

You don't want to be caught unawares on a 35°C day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly.

4. Keep sunscreen where it's easily accessible and you'll remember to use it

If you carry a purse, keep your sunscreen in it at all times. If you don't, put some in your car or anywhere else you can think of where you're likely to have it when you need it.

5. Check the side effects of your prescriptions

Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions

6. Use your air conditioning if you have it

If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies, or the closest library.

7. Know the early warning signs of heat-related illnesses

Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water or shade.