



Bowmanville Creek
Retirement Community



Bowmanville Creek
Monthly News Buzz



June 2019 Newsletter • Bowmanville, ON

Welcome Patio Season!

Welcome to another wonderful month at the Creek. This is one of our favourite times of the year. We are ready to start our patio season and have been busy dusting off our patio umbrellas and preparing for our infamous outdoor parties!

We also love June because it's Seniors' Month! We have so much in store to honour our residents and seniors in our community. You can join us in celebrating on June 19 at our Wild West BBQ (on the patio!) or by attending one of our speaker series seminars on Elder Abuse or Aging Well.

On June 3, our "Hearts at the Creek" team of staff and residents rode the Big Bike in support of the Heart & Stoke Foundation. We rode around town on the bike and celebrated our fundraising goal of over \$2,000!

Stay up to date with the Creek by liking us on Facebook. Check out our Facebook page for great photos and tons of updates on upcoming events or contact Jenn at 905-623-8228 to get your name on our mailing list.

Jenn Churchill, Marketing Manager



May was Busy at the Creek

We continued to ring in the spring throughout the month of May!

We enjoyed many events including our annual Mothers Day Fashion Show, high tea, and photo booth. Our residents enjoyed a trip to Ocala Winery and residents and our community gathered for a free Senior Driving Seminar. We also wore our sombreros to our Cinco de Mayo celebration!

We also had a very special celebration for our beloved resident Doris who turned 100!



Upcoming Events

Elder Abuse Prevention

Wednesday, June 12

2:30 pm - 4:00 pm

Join us for a presentation by Durham Regional Police to learn about protecting yourself and your loved ones from Elder Abuse.

Wild West BBQ

Wednesday, June 19

12:00 pm - 2:00 pm

You are "WANTED"! Join us at our Wild West BBQ in celebration of Seniors' Month! Saddle up and mosey on over for a delicious outdoor BBQ lunch.

Please RSVP to Jenn at 905.623.8228 or online at bowmanvillecreek.ca/events



Bowmanville Creek Speaker Series

All About Clarington's Camp 30

Wednesday, June 5
2:30 pm - 4:00 pm

Join us for a presentation about Clarington's Camp 30 Heritage Site.

Aging Well

Wednesday, June 11
2:30 pm - 4:00 pm

Tips and strategies to keep engaged and healthy as you get older.
Presented by Seniors Helper.

Protecting Yourself from Elder Abuse

Thursday, June 12
2:30 pm - 4:00 pm

Learn about protecting yourself and loved ones from Elder Abuse. Presented by Durham Regional Police.

Elder Abuse Awareness

World Elder Abuse Awareness Day 2019 is June 15, an annual international UN observance day that falls on the same date each year.

With a growing global population of elderly people, and increasing longevity, abuse of the elderly is an increasing and serious problem that affects health and human rights and can cause death. It is vital to raise awareness of it so that it can be prevented whenever and wherever possible.

Elder abuse can take many different forms. Essentially, it is the infliction of physical, verbal/mental, financial, or sexual harm on an older adult. It can also take the form of neglect from a caregiver, whether it's intentional or not. Each form can be detrimental to an older person's life.

Join us for a presentation by Durham Regional Police at Bowmanville Creek on June 12 to learn about protecting yourself and your loved ones from Elder Abuse.

Feeding Your Body and Your Mind as You Age

No matter your age or your previous eating habits, it's never too late to change your diet and improve the way you think and feel. Improving your diet now can help you:

Live Longer and Stronger

Good nutrition can boost immunity, fight illness-causing toxins, keep weight in check, and reduce the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, and cancer.

Sharpen Your Mind

People who eat fruit, leafy veggies, fish, and nuts packed with omega-3 fatty acids may be able to improve focus and decrease their risk of Alzheimer's disease.

Feel Better

Wholesome meals can give you more energy and help you look better, resulting in a boost to your mood and self-esteem. It's all connected—when your body feels good, you feel happier inside and out.