



THE SOUTHLAKE TIMES

Are You Ready? Southlake Village 2nd Walk For Seniors
June 17, 2026 @ 10:00 a.m. to 12:00 p.m.



15 Weeks, 108 Days to our exciting event!!! So....get ready!!! Let's Do This!!!

Training Strategy

- Start moving around for ten minutes per day, slowly increasing movement to build a routine. Start breaking in the shoes and socks you plan to use on event day.
- Start walking once a week, along the hallways (hold on to your walker or handrail) one step at a time, building endurance.
- Participate in life enrichment activities such as Chair Yoga, stretching classes to build strength and flexibility.

Always check with Physiotherapist Consultant Pal and his team and ask these experts for advice.



 THE SOUTHLAKE TIMES

 WHAT'S NEW?

Family Town Hall Meetings

Our **Family Town Hall** meetings are designed to facilitate open communication, foster collaboration, and enhance the quality of life for our residents by creating a structured forum for families to engage in a meaningful dialogue with administration.

These meetings are held four times a year and serve as a bridge between families and leadership to address systemic issues, share updates, build relations and foster a supportive community.

Meeting Objectives:

- **Advocacy & Problem-Solving:** Meetings allow families to suggest improvements and proactive issue resolution.
- **Strengthening Partnerships:** By collaborating with staff, families help ensure the home remains person-centred, responsive, and collective focus on the residents and their well-being.
- **Education & Information Sharing:** Feature guest speakers or workshops.

2026 Meeting Schedule

March 18 June 24 September 23 December 16

Join Zoom Meeting at 5:30 p.m. to 7:00 p.m.

[https://us06web.zoom.us/j/89610657936?](https://us06web.zoom.us/j/89610657936?pwd=AGMsxsZCbe7Ib5iqHbSa02Ap7vJgjz.1)

[pwd=AGMsxsZCbe7Ib5iqHbSa02Ap7vJgjz.1](https://us06web.zoom.us/j/89610657936?pwd=AGMsxsZCbe7Ib5iqHbSa02Ap7vJgjz.1)

Meeting ID: 896 1065 7936 Passcode: 783226

Moderator: Siew Lee Brett, CQI/Quality Improvement Manager

HAIRDRESSER SALON

Effective March 1st, 2026, the Hairdresser/Beautician will be reducing her hours.

We apologize for any inconvenience this may cause and we are currently working on a solution to ensure continued service coverage.

If a scheduled day falls on a holiday, the make-up date will be posted accordingly. The monthly schedule will also be posted on the Hairdresser Salon door for your information.

Monthly Activity Calendar
is available on our website

www.southlakevillage.com

Welcome Our New Staff Members

RPN Gupta

PSW Fidelis

PSW Oluyemisi

PSW Jacinta

Dietary Aide Sandra

Delivering the latest in care and community

THE SOCIAL CARE-CARRIERS

Ramona Cernescu

&

Keisha Rosales

X 1406

OUR NEW ADMISSIONS
THIS MONTH:

4E Paul B

4W Robert M

3E Frances D

3E Sue B

4E Darleen T

3W Anastasia K

*Words for
the soul:*

**This is more than a place to live—
it's a place to belong.**

**Thank you for trusting us with
someone you love**

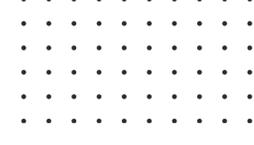
Resources

<https://ontariocaregiver.ca/>

<https://www.hpcoco.ca/>

<https://ontariocaregiver.ca/managing-care/palliative/>

<https://www.arbormemorial.ca/en/taylor.html>



*News
From the
Recreation
Department*



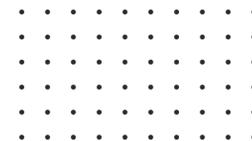
On Wednesday, February 18th, the department welcomed two high school students, Harlon from Dr G. Denison, and Tori from Sacred Heart. They are both scheduled for the mornings on 2 East and 3 East. Both of them have expressed they are having a great time with the residents and learning lots from the staff.

Please welcome a new volunteer Jaskaran. He is learning all about the recreation department from our 2 West team.

The recreation staff have/had opportunities in training for GPA being offered through our BSO department, Achieva through our restorative department, and Dementia Ability through our recreation. With these trainings the staff have up to date knowledge on how to be resident focus.

In February the home welcomed two vendors Mary Kay on February 12th and Crumbz Bakez on February 13. They both expressed that they really enjoyed coming into a friendly and clean environment and how everyone they have met only positive thing to say about the home. They both look forward coming back soon.





Springing Into Green Entertainment

Residents Council Meeting
March 4, 2026

Irish Pub With Patricia
March 11, 2026



Bus Trip To The Georgian
Downs Casino
March 12, 2026



Mega Bingo
March 19

Monthly Birthday Party With Bill
March 16, 2026

Country Drive Bus Trip
For 2W, 2E, 3E
March 19

Chinese Dancers
March 24, 2026

Memorial Service
March 25, 2026

Bell Choir Concert
March 27, 2026



Regular Scheduled Events

Judy and Robin
SDA Church

Yoga With Betty

Praise Of Worship Chinese Evangelical
Lutheran Church
Anglican Church Service





Happy Birthday To All Our Residents Celebrating their Birthdays in March

Joan B

Lelsie C

Vincenzo D

Barbara D

Rolland D

John G

Anita H

John (Barry) H

Janet H

Jane J

Margaret Mc

Brian Mc

Paula M

Keki M

Zeenat Q

Veronica R

Della S

Hendrika (Rita) V

Crumbz Bakez



WE ARE BACK
FRIDAY 13th MARCH

PRE ORDERS ARE OPEN

Order for Friday 13th March

Pork Sausage Rolls 6 pack \$20

Fruit Scones 6 pack \$18

Cheese Scones 6 pack \$18

Menu

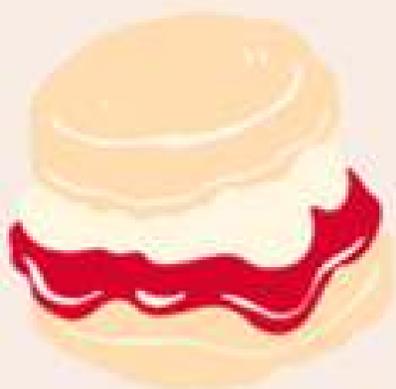
Chocolate Brownie

Flapjack (oat slice)

Malteser biscuit slice

Mixed berry oat slice

\$2.50
per slice

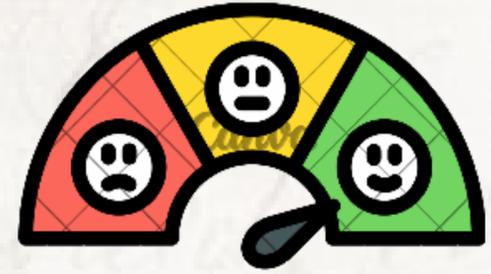


If you would like to order any items before please email

crumbzbakez@gmail.com



Continuous Quality Improvement



With support and endorsement from the Board of Directors, we will be actively encouraging interested residents and family members to join and lend their expertise to an ad hoc continuous quality improvement (CQI) committee.

This committee will be working collaboratively with the CQI/Quality Improvement Manager. This is a temporary, task-specific group formed, at the discretion of the CQI/Quality Improvement Manager, to address particular quality-related issues or projects that fall outside the scope of the CQI Committee. In the weeks and months ahead, the ad hoc CQI committee will be addressing specific, time-sensitive or complex issues to support the quality goals of the home. The slate of the ad hoc CQI committee will be introduced in the next issue of the Southlake Times!

The next CQI Committee quarterly meeting will be held on Tuesday, April 21, 2026 @ 2:00 to 3:00 p.m. Please join us for updates on quality improvement at Southlake Village. Please contact for information:

Siew Lee Brett, CQI/Quality Improvement Manager

Tel: 905-895-7661 ext. 1107 or E-mail: siewlee.brett@exeassist.ca

Save the Date - June 17, 2026

Join the residents at our 2nd Walk for Seniors event!

For more information:

siewlee.brett@exeassist.ca on how you can help or support!

Stay tuned.