

Please read the article – “Help us Name our Newsletter” as we are looking for an official name!

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Recreation Highlights:

Signing Up for Community Outings on The Bus:

For those who are curious how to get a spot on a bus outing (Not including the lodge outings) – the signup sheets for each outing are located by the Recreation bulletin board in each building (Suites, Villa and House). Everyone is welcome to sign up for outings. We do ask that if you have been on certain outings many times you allow for other folks to sign up first and consider putting yourself on the waitlist until a spot come available. Thank-you!

Volunteers Needed: Kiwanis Village is currently looking for volunteers to fill these positions.

- **Mending/Sewing Volunteer**
- **Store Clerk (Tuesday Afternoon)**
- **1:1 Visitor**
- **Gardening/Grounds Volunteer**

If you or anyone you know might be interested in learning more about these positions please call:
Lyndsay (250) 740-3689

Grandchildren Welcome! Kiwanis Village is pleased to announce a new partnership with Pacific Care Nanaimo. Pacific Care is a local organization that provides services to families and children in Nanaimo.

As a result of our new partnership we are very excited to announce we will be holding an intergenerational play group in our auditorium (details below). All children and families are welcome to come by and play with the toys, games and activities that will be set-up. Residents are encouraged to stop by to visit.



Intergenerational Play Group
Kiwanis Auditorium

10am-11:30am

Every Monday. Starting Sept. 23rd
Please help us spread the word ☺

Highlights from Kiwanis Village Summer BBQ:

On Wednesday July 24th Kiwanis Village hosted our annual summer BBQ! It was a wonderful day! Everyone who attended enjoyed a delicious lunch, live music and beautiful weather! A big thank-you to all of the staff who helped make the day such a success and to all of the folks who attended.

Below are a few pictures from the day:



Help us name our Newsletter!

We are so excited to have a Kiwanis Newsletter up and running again after being without one for some time! However – we currently have one problem that we need help solving - **we need a name for our newsletter!** Please help us! *We are asking the community of Kiwanis Village to share your ideas for a name of our newsletter.* Included in the next newsletter will be a vote on the new name! If you have a name suggestion please call Lyndsay at (250) 740-3689 before October 31st and let her know the name suggestion to be voted on! Thank-you!

The Newsletter Club meets The 3rd Thursday of each month at 10:00am at the back of the Fireside Dining Room (Next meeting September 19th) and everyone is welcome to attend!

We will also be looking for people to submit articles, pictures, sketches, and poems. If you are interested in contributing but don't want to attend our meeting please call Lyndsay at (250) 740-3689

Our current goal is to circulate a newsletter quarterly throughout 2019/2020 so our next newsletter should be ready for early December.

Morning Coffee at Fireside Dining Room:



Did you know that many Kiwanis Residents meet every morning in the Fireside Dining Room for a complimentary coffee, muffin (\$1 donation) and a chat between around 8:30am-9:30am? If you haven't joined the group – consider stopping by! It is a great way to meet your neighbors and connect!

Getting to Know Anita

The position I hold at Kiwanis Village is:

Dining Room Server at the Suite and Fireside

I have worked at Kiwanis Village since:

November 5th, 2012

My Favorite Color is: Purple

My favorite place in the world is:

Laughlin, Nevada

If I could live in any decade I would chose:

This one – I wouldn’t change a thing!

If I could add one amenity to our workplace it would be:

Free Wi-Fi!

Something you Probably Don’t know about me is: I am a

grandmother + I love pickled herring!

The things that give me the most joy in my life include: My

family, watching them succeed is the most satisfying thing ever!

The Best Piece of Advice I’ve Ever Been Given: “Life is what you

make it!”



Getting to Know Shirley

I have lived at Kiwanis Village since: September 2015

The best advice I’ve ever given: “Never Give up!”

I have overcome cancer three times

because I never give up! I keep fighting!

My Favorite Color is: Pink!

My favorite place in the world is: Portugal –

the region of Algarve was my favorite!

If I could live in any decade I would chose:

The 40s were my favorite – it’s when I met

and married my first husband.

Something you Probably Don’t know about me is: I was a professional musician. I would travel to Vancouver when my son was a toddler to take voice lessons. I sang soprano solos at Christmas.

The things that give me the most joy in my life include: Music!

Other things to know about me: I am a fourth generation “Nanaimo-ite.” I owned a business on Commercial Street in Nanaimo for 60 years – Hoppers Jewelers. I am the last member of the Sorpotomist Club in Nanaimo – I helped purchase the land Kiwanis is on. We purchased all 6 acres for \$1.



Gladys

Gladys didn’t know she was a chicken. She was a little white leghorn – not much bigger than a pigeon – in a crowd of bigger Rhode Island Reds. She had wandered into our yard, made herself a nest on a pile of rags in our garage and stayed. Although we had built a perfectly good chicken house with nest boxes and a perch, she preferred roosting on a low branch of a tree. She kindly laid one little white egg every day. She went broody as a good hen should and diligently sat on her eggs but to no avail since she was have nothing to do with the handsome red roosters, motherhood was not to be.. Eventually we candled six brown eggs found them fertile and popped them into her nest. She certainly was a little confused. Every morning she would peck on the kitchen door accept a bread crumb or two then fly onto the foot of the boy’s bunk beds. She’d make a bit of a racket not really clucking or crowing then hop down and saunter out the door into Gladys’s nest. In time, and I believe to her surprise she hatched six yellow chicks. She was a great mom but within weeks her offspring were as big as her and we were amused as she tried to herd them under her wings. Gladys lived for nine years. The kids gathering eggs found her under her roosting tree and buried her there. A rock painted GLADYS may be there still.



~ Story Submitted Bonnie – Kiwanis House Resident

Exercise Classes at Kiwanis

Have you ever been interested in attending an exercise class at Kiwanis Village but don’t know what to expect? We thought we would share a little information about the different exercise classes that take place throughout Kiwanis to help you chose one that will best suite you:

Chair Chi: Chair Chi is a gentle exercise program that is designed for people to get the benefits of traditional Tai Chi in the comfort and safety of a seated position. This allows people who cannot stand or do not feel confident with their balance (walker, wheelchair, movement disorder) to participate. Benefits of participation include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind.

Walk This Way: Walk this way is a new program being offered by the Recreation Department. It is open to anyone who would like to walk or wheel onsite at Kiwanis Village or offsite at different locations ex. Mall or waterfront walkway (check recreation calendar for location of walk). For this program you will walk with a group of residents as well as recreation team members at a comfortable speed for around 1-2 Kms however your distance can vary depending on your ability. There are always places for people to take breaks or end the walk earlier.

Morning Exercises: The Calendars for Kiwanis Lodge, The Villa and Soroptomist Suites all advertise morning exercises classes that are approximately 30 minutes long. These classes are run by one of the Recreation Team members – Heidi or Carmen. These exercise classes are done in a smaller group and are done from a seated position. As each class is open to individuals of all abilities, all of the exercises can be modified to fit the needs of each individual. Please let Heidi or Carmen know if you are interested in attending and might want a little extra encouragement to do so or would like to discuss your abilities before starting to join in the class.

Afternoon Exercises: The classes that take place in the Kiwanis Auditorium on Tuesday and Thursday afternoons are led by Tara McNeil, an exercise leader who is contracted through Island Health. Tara McNeil brings many years of expertise leading fun group exercise classes. The exercises classes are designed for individuals of all abilities. All exercises can be done from a chair or while standing. This class includes music and is very upbeat!

Exercises at The Lodge: All of the exercises at the lodge are led by the recreation team members at Kiwanis Lodge. They are gentle exercises designed to be completed from a comfortable seated position. All exercise classes are approximately 30 minutes and focus on gentle movements and having fun!

If you have any additional questions about the exercise classes offered at Kiwanis Village please connect with the Recreation Department!

Kiwanis Website:

We are pleased that at our AGM on June 25th we were able to showcase our new Website which you can visit at: www.KiwanisVillage.ca

If you would like to receive our newsletter *digitally to your Email Inbox* – we encourage residents, staff, family and friends of Kiwanis to share your Email address on the home page under “It’s Your Village” to receive updates.



Around Kiwanis Village

We would love to share “**happy**” news from residents, staff and the Kiwanis Village community in this section of our newsletter.

We would love for you to share news such as marriages, the birth of a child, hitting a milestone of years working at Kiwanis, milestone birthdays or anniversaries, retirements, and other great accomplishments! If you have news that you would like to share please Email lyndsaywebster@kiwanisvillage.ca or call (250)-740-3689 and we will include it in this section of our newsletter!