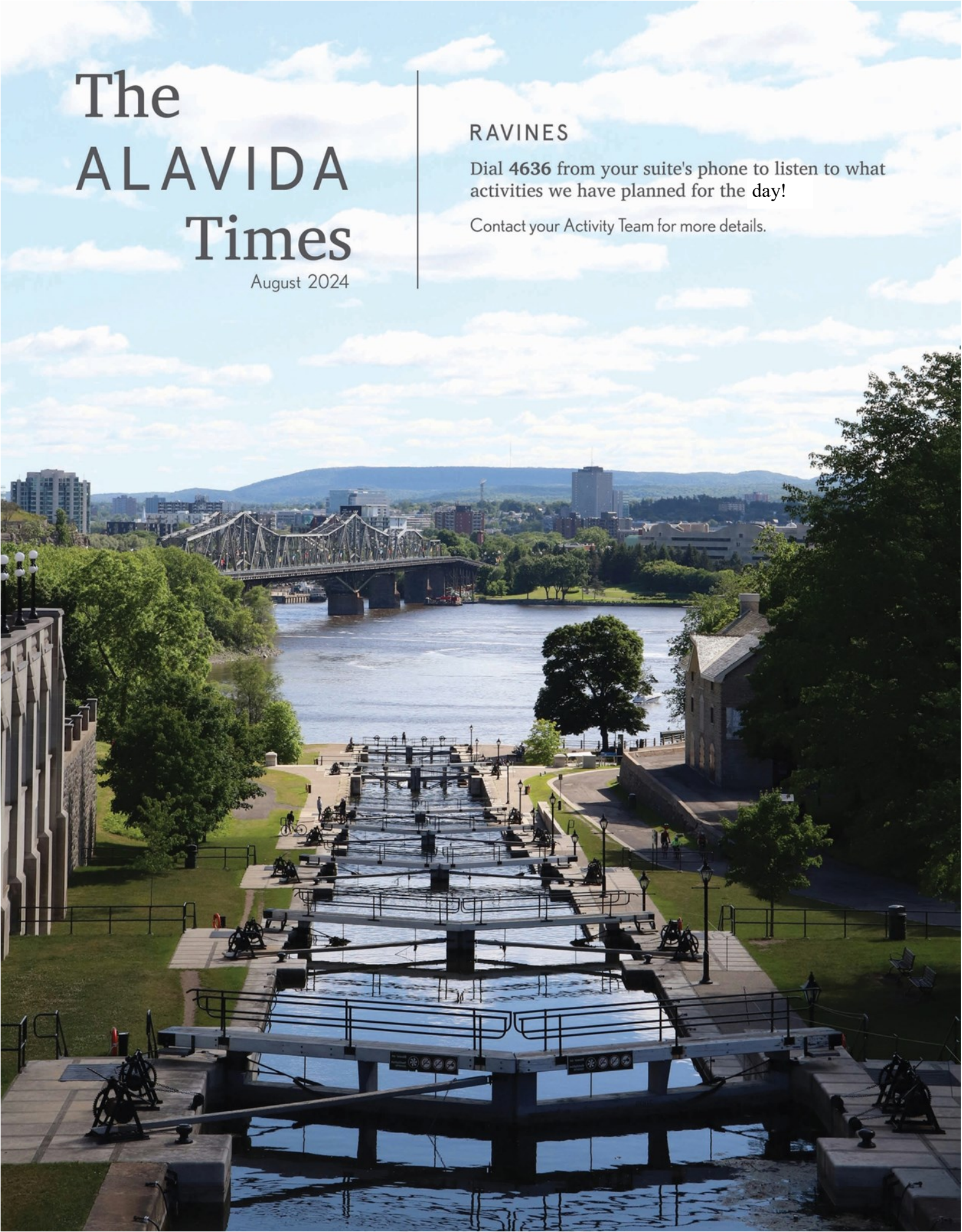


THE RAVINES MANAGEMENT TEAM

Department	Name	Ext#
General Manager	Julie Smith	1115
Office Manager	Edith Espera	1114
Sales Manager	Michele Brydges	1116
Food Service Manager	Maryann Padrones	1111
Director of Care	Honey Mostoles	1009
Maintenance Manager	Sean Skokos	1117
Recreation Manager	Bien Aala	1001

Dining Room Hours	Hair Salon
Breakfast 8:00am-9:00am Lunch 1st Sitting: 11:45am-12:45pm 2nd Sitting: 1:00pm-2:00pm Dinner 1st Sitting: 4:45pm-5:45pm 2nd Sitting: 6:00pm-7:00pm	Haircuts by Helen Please dial 1005 to book your hair appointment or leave a message. Helen works: Wednesdays, Thursdays and Fridays Starting at 9:30am

Findlay Creek Hearing Clinic	Mobile Dental Cleaning Clinic
For more information or to book an appointment, please call their clinic: Phone Number: 613-916-6111 Email: info@FCHearing.ca Website: www.FCHearing.ca Date and Location: TBA	To book an appointment for the mobile dental clinic at Ravines run by Rosemary Valliant (RDH) Please Call: 613-898-2292



Calling all born in August!

Ravines residents born in August will be celebrated with a special dinner on **Thursday, 22nd August 2024**

Retirement Residence

Elizabeth Donaldson August 3rd
Martha Stark August 3rd
Winona Norton August 3rd
Lloyd Marcille August 3rd
Ida Marcille August 4th
Jane Sharp August 23rd
Doug Lindley August 28th
Mary Macpherson August 28th

Seniors' Suites

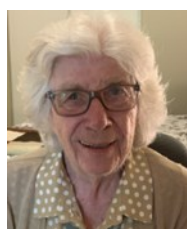
Nina Borger August 3rd
Sheila Hammond August 3rd
Glen Culham August 9th
Joan Dempster August 11th
Irene Caswell August 12th
Connie Huggett August 20th
Allan Lewrey August 25th
Russell Graham August 30th
Marty Goodier August 31st

Happy Wedding Anniversary

Ida & Lloyd Marcille August 9, 1973
Margaret and Robert Casterson August 20, 1960
Ann and Peter Verbruggen August 31, 1957

Please let us know (Reception and/or Activity Department) if your name is not on the list.

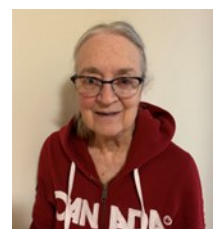
Meet Your New Neighbour . . .



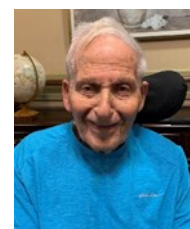
Marianne Schroeter
SS



Barbara Rockburn
SS



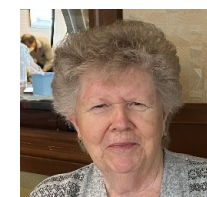
Sue Racicot
RR



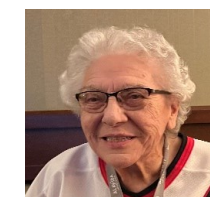
Uri Goldberg
RR

Resident Ambassadors

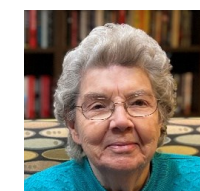
Retirement Residence



Iris Byers



Jean Fong



Melba Hurd



Peter Hill

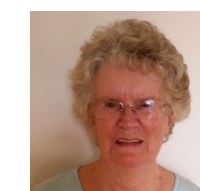
Senior Suites



Allan Brown



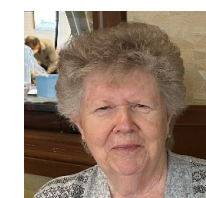
Henry Doseger



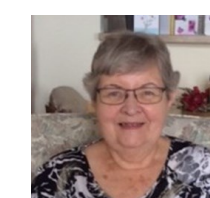
Peggy Moffatt

Food Committee

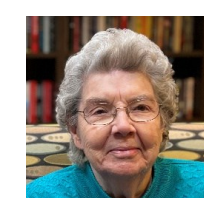
Retirement Residence



Iris Byers

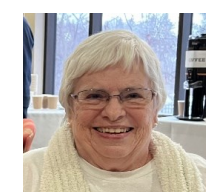


Agnes Heaslip



Melba Hurd

Senior Suites



Barbara Delorme



Henry Doseger



Connie Huggett



Heather Keatley



Angus Strong

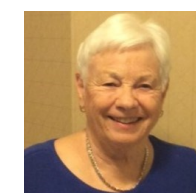
Movie Committee



Claire Gagliardi



Peter Stevens



Joan Gale



Heather Simpson

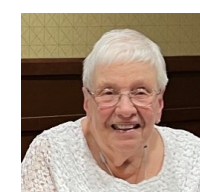


Connie Huggett



Alannah Grossman

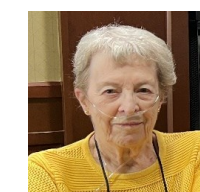
Executive of SS Residents' Council



President
Irene Caswell



Vice President
Angus Strong



Secretary
Elizabeth Mundell



Treasurer
Karin Hunt

Weekend Movies

Shown at 2:15 & 7:15pm on Saturdays and Sundays

August 3	Footloose (Romantic/Musical)
August 4	The Call of the Wild (Family Movies/Drama)
August 10	A Little Chaos (Romantic/Drama)
August 11	The Miracle Club (Drama/Comedy)
August 17	The Phantom of the Open (Sports/Comedy/Drama)
August 18	Chocolat (Romantic/Comedy/Drama)
August 24	The Nutty Professor (Romantic/Comedy)
August 25	Gifted Hands-The Ben Carson Story (Drama/Based on Real Life)
August 31	Monster-in-Law (Romantic/Comedy)

Music Hall-Streaming Concerts

Shown at 2:30pm on Thursdays in Theatre

August 1	Paul Anka —Live in Switzerland
August 8	Kenny Rogers —Live by Request
August 15	Engelbert Humperdinck —Totally Amazing
August 22	HAUSER & Friends —Gala Concert
August 29	Daniel O'Donnell —Shades of Green

Miniseries TV Show: Fool Me Once

Shown at 2:30pm on Tuesdays in Theatre



Maya Stern is trying to come to terms with the brutal murder of her husband, Joe. However, when Maya installs a nanny-cam to keep an eye on her young daughter, she is shocked to see her husband in her house.

What's New and Exciting in August

- August 1 **Let's Wine Tasting** . . . an afternoon of good wine . . . good bites . . . good company . . . good times . . .
RR Bistro @ 3:00 PM
- August 7 **Outing to Wheelers Pancake House, Sugar Camp & Museums**—our bus is going to the Sugar Camp and Pancake House this month. Let's enjoy their food cooked in their open kitchen serve with Pure Maple Syrup made right there. On our way home we will stop by at Balderson Village Cheese Factory. **Make sure you sign up at the reception as the seats are limited.**
- August 14 Join us for a Lunch outing and enjoy the taste of Mandarin at Ottawa **Mandarin Restaurant** along West Hunt Club Rd.
Bus leaves at 11:15 AM.
- August 15 Refer a Friend **High Tea Lunch**—Residents and friends, please join us for a high tea and live entertainment during your lunch. Dress in your best high tea outfit! Venue: RR Dining Room
- August 28 **Day Trip Outing to the City of Brockville** – Let's visit and explore Brockville, city of the 1000 Islands—one of a must-visit destination in Ontario. Light lunch and drinks will be provided. **Please sign-up at the reception.**

Outing/Shopping Drives

August 7	10:30AM	Wheelers Pancake House Balderson Village Cheese Factory
August 14	11:15AM 2:30PM	Mandarin Restaurant Merivale Mall
August 21	9:30AM—11:30AM 2:30PM	Billings Bridge Mall Merivale Mall
August 28	10:00AM	Day Trip to Brockville

Fun Facts About France

1. Liberte, Egalite, Fraternite is the national motto.
2. The Tour de France cycle race has been running for over 100 years.
3. The camera phone was invented in France.
4. The Eiffel Tower was originally made for Barcelona.
5. France is the most popular tourist destination in the world.
6. France is known as L'Hexagone.
7. France is the largest country in the EU.
8. Turning a baguette upside down is unlucky.
9. The croissant was actually invented in Austria.
10. Some claim French toast isn't French at all.
11. It is illegal to throw out food in France.
12. The average French citizen eats 500 snails each year.
13. There are over 400 kinds of cheese made in France.
14. French was once the official language of England.
15. Kilts originated in France, not Scotland.
16. A 1910 law forbids couples kissing on train platforms.

Facts About the Olympics

1. The first Olympic Games took place in the 8th century B.C. in Olympia, Greece. They were held every four years for 12 centuries. Then, in the 4th century A.D., all pagan festivals were banned by Emperor Theodosius I and the Olympics were no more.
2. However, the athletic tradition was resurrected about 1500 years later: The first modern Olympics were held in 1896 in Greece.
3. In ancient Greece, athletes didn't worry about sponsorship, protection, or fashion – they competed naked. Back then, the games lasted 5 or 6 months.
5. Women have been allowed to compete in the Olympics since 1900.
6. The official languages of the games are English and French, complemented by the official language of the host country.
7. From 1912-1948, artists participated in the Olympics: Painters, sculptors, architects, writers, and musicians competed for medals in their respective fields.
8. The five rings of the Olympic symbol – designed by Baron Pierre de Coubertin, co-founder of the modern Olympic Games – represent the five inhabited continents of the world.
9. The six colors – blue, yellow, black, green, red, and the white background – were chosen because every nation's flag contains at least one of them.
10. The Olympic Games have been hosted by 23 different countries.

Bet you didn't know

- It is impossible for most people to lick their own elbow. (try it!)
- A crocodile cannot stick its tongue out.
- A shrimp's heart is in its head.
- It is physically impossible for pigs to look up into the sky.
- The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.
- If you sneeze too hard, you could fracture a rib.
- Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.
- Some lipsticks contain fish scales.
- Cat urine glows under a black-light.
- Like fingerprints, everyone's tongue print is different.
- Rubber bands last longer when refrigerated.
- There are 293 ways to make change for a dollar.
- The average person's left hand does 56% of the typing (when using the proper position of the hands on the keyboard; Hunting and pecking doesn't count!).
- A shark is the only known fish that can blink with both eyes.
- "Dreamt" is the only English word that ends in the letters "mt".
- Almonds are a member of the peach family.
- Maine is the only state that has a one-syllable name.
- There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.
- Los Angeles' full name is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula"
- A cat has 32 muscles in each ear.
- An ostrich's eye is bigger than its brain.
- Tigers have striped skin, not just striped fur.
- A dime has 118 ridges around the edge.
- The giant squid has the largest eyes in the world.
- Most people fall asleep in seven minutes.
- "Stewardesses" is the longest word that is typed with only the left hand.