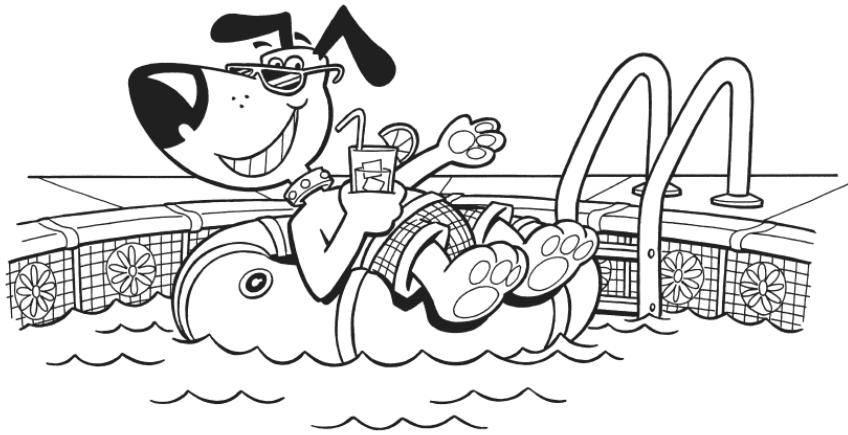


Bracon

T A L E S



JULY - AUGUST 2010
Community Update

The inside scoop, from head to tale!



St. Matthew's Bracondale House
707 St. Clair Avenue West
Toronto, Ontario M6C 4A1
416-656-2669



St. Matthew's Bracondale House

707 St. Clair Avenue West
Toronto ON M6C 4A1

Phone: 416-656-2669
Website: www.smbh.ca

Monday to Friday
9:00 a.m.–5:00 p.m.

Todd Hazelton—Program Director

Getting Started

Our community accommodates seniors and families, providing a safe, caring environment and assisting older residents to live with dignity and independence.

St. Matthew's Bracondale House provides programs and services to persons 65 years of age and better.

Traveling by car?



- From St. Clair Ave. West, go south on Christie St.
- Turn right on Ellsworth Ave.
- Turn right on the concrete driveway
- Turn left into our parking lot (Ring buzzer on post to open gate)

Traveling by T.T.C.?



- Stop at the St. Clair West subway station
- Take the westbound streetcar 4 stops to Christie St.
- Located across from McDonald's Restaurant
- Ring #133 on the office entry phone

Director's Review

Summer is upon us. I must admit that Autumn is my favourite season, but when it comes to the number of activities that can be done in the great outdoors, it is summer that affords endless opportunities. In celebration of this season, we've created a variety of programs.

Some will take us outside to enjoy nature such as Nature Walks, Picnics, Toronto Music Garden and Summer Garden Party. We'll also keep you cool indoors for Movies Off the Wall, Away "Wii" Go, Jukebox Memories Sing-a-long, Ice Cream Socials and Jenny's Jewellery Jam.



I would like to take this opportunity to welcome Brenda Gale as our new Tai Chi instructor from the Taoist Tai Chi Society. The class runs from Tues. July 6 to Tues. Aug. 31 at 2:00 p.m. Tai Chi is specifically designed to improve holistic health, improving one's circulation, balance, posture, strength and flexibility; and reducing stress. If you are unsure whether or not you can participate in a Tai Chi Class, please consult your doctor. It is said to be the most popular form of exercise on the planet!

Wherever the summer winds take you, I hope that you have a safe, fun-filled summer!



Daily Programs

FITNESS CLASS	Monday & Wednesday	10:00 a.m.	Returns in the Fall
CHOIR REHEARSAL	Monday	2:00 p.m.	
PHYSIOTHERAPY	Tues, Thurs, Fri	10:00 a.m.	
DOCTOR	Tuesday	1:30 p.m.	
TAI CHI	Tuesday	2:00 p.m.	Begins July 6 NEW
SHOPPING SERVICE	Wednesday	1:30 p.m.	
AWAY "Wii" GO	Weekly	2:30 p.m.	See calendar NEW
HAIRDRESSING	Thursday & Friday	8–1:00 p.m.	
CRAFTS	Friday	10:00 a.m.	
FOOT DOCTOR	Friday	1:30 p.m.	Fri. Aug. 20

Special Bracondale Events



Trips and Special Events marked by this pencil require signing up in advance.

Canadian Movie Off the Wall

- Special Screening Celebrating Canadian Cinema

Date: Wednesday, July 7, 2010

Time: 12:45 p.m. - Movie: **"The Company of Strangers" (1990)**

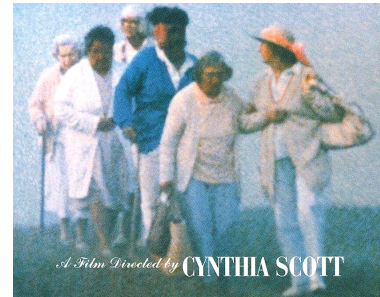
- Duration: 101 minutes

- Starring: Alice Diabo,
Constance Gameau

Cost: FREE

Place: **Main Floor Library**

In this Canadian film, 8 elderly women are stranded when their bus breaks down in the wilderness. With only their wits, memories and some roasted frogs' legs to sustain them, this group of strangers share their life stories and turn a potential crisis into a time of humour, spirit and camaraderie. This film weaves a heart-warming tale of friendship and courage.



Centennial Park Picnic



Date: Thursday, July 8, 2010

Time: 10:45 a.m. - Depart by Bracondale Van

Cost: \$12.00 - Complete picnic lunch

Place: Etobicoke

Bracondale discovered this gem last year in our search for new picnic sites. It's a beautiful green space with the added bonus of an amazing conservatory located on the park grounds.



Movies Off the Wall

Date: Friday, July 9, 2010

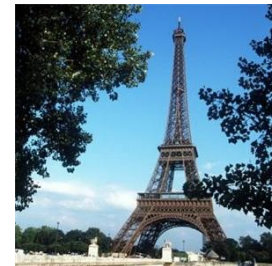
Time: 1:30 p.m. - Movie: **"An American In Paris" (1951)**

- Duration: 115 minutes

- Starring: Gene Kelly, Leslie Caron

Cost: FREE

Place: Lower Level Recreation Area



Gene Kelly stars as Jerry Mulligan, a carefree young artist in post-WWII Paris. In her film debut, Leslie Caron is Lise Bouvier, a lonely French shop girl engaged to marry a successful entertainer- unless Jerry can convince her otherwise!

Sunnybrook Park Picnic



Date: Thursday, July 15, 2010
Time: 10:45 a.m.
Cost: \$12.00 - Complete picnic lunch
Place: Lawrence Ave & Leslie St

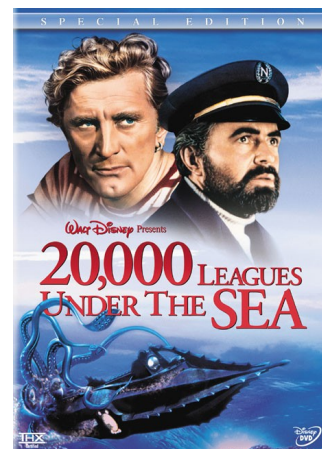
We planned to go to Sunnybrook Park in June, but Mother Nature had other ideas....rain showers for the grass, trees and flowers. With greener, more lush vegetation, our second attempt at picnicking in the park is much more tantalizing!



Movies Off the Wall

Date: Friday, July 16, 2010
Time: 1:30 p.m. - Movie: **"20 Leagues Under the Sea" (1954)**
 - Duration: 127 minutes
 - Starring: Kirk Douglas, James Mason
 Peter Lorre
Cost: FREE
Place: Lower Level Recreation Area

Climb aboard the Nautilus ... and into a strange undersea world of spellbinding adventure! Wavering between genius and madness, Captain Nemo has launched a deadly crusade across the seven seas. But can a captive crew expose his evil plan before he destroys the world?



George Clooney stars as Ryan Bingham, a businessman on the verge of reaching five million frequent flyer miles when his company decides to cut back on travel. But his goal isn't the only thing just out of reach: he now won't be able to see a fellow frequent traveler (THE DEPARTED's Vera Farmiga) who has caught his eye.

Afternoon Tea & Storytelling

Date: Tuesday, July 27, 2010
Time: 3:30 p.m.
Cost: \$1.00
Place: Main Level Dining Room

We invite you to share your stories or poetry with us. Afterwards, the conversation continues over coffee, tea and cookies.

All are welcome!



Volunteer Coffee Hour

Date: Friday, July 30, 2010
Time: 10:00 a.m.
Cost: Free
Place: Main Floor South Lounge

Our volunteers are a very active group at Bracondale. They work in the office, the kitchen, board room, gardens and in our many fundraising activities. Each month, we invite our volunteers to come together and share coffee, tea, treats and some lively conversation.



Movies Off the Wall

Date: Friday, July 30, 2010

Time: 1:30 p.m. - Movie: **"Three Coins in the Fountain" (1954)**
- Duration: 102 minutes
- Starring: Clifton Webb, Dorothy McGuire, Jean Peters

Cost: FREE

Place: Lower Level Recreation Area

Three American women pin their hopes for love on wishes they make by tossing coins into the Fountain of Trevi in Rome. The film is based on a novel by John H. Secondari. Academy Award Nominations: 3, including Best Picture. Academy Awards: Best Cinematography (color), and Best Song ("Three Coins in the Fountain" - Jule Styne and Sammy Cahn)



Jenny's Jewellery Jam



Date: Wednesday, August 4, 2010

Time: 2:30 p.m.

Cost: \$5.00

Place: Lower Level Recreation Area



Learn how to make beaded necklaces, bracelets and earrings. Participants can take home their own creations!



Everyone is welcome. Please sign up at the office.

Movies Off the Wall

Date: Friday, August 6, 2010
Time: 1:30 p.m. - Movie: **"Oklahoma" (1955)**
- Duration: 145 minutes
- Starring: Gene Nelson, Eddie Albert,
Shirley Jones
Cost: FREE
Place: Lower Level Recreation Area



This 1955 film is set against the rough and tumble backdrop of the vast Oklahoma frontier. An easygoing cowboy courts a charming country girl. Music and lyrics by Richard Rodgers and Oscar Hammerstein II.

Ice Cream Social

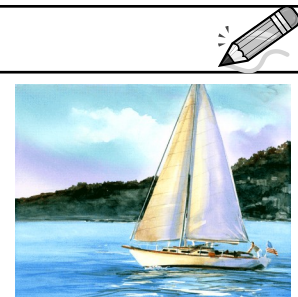
Date: Tuesday, August 10, 2010
Time: 3:00 p.m.
Cost: \$3.50 - Ice cream & multitude of toppings
Place: Main Floor Dining Room

One of the major ingredients in ice cream is air. Without it, the stuff would be as hard as a rock. I think air is the only ingredient that's free of calories! Come to our ice cream social to discover the remaining scrumptious ingredients and a wide selection of toppings!



Bluffer's Restaurant

Date: Thursday, August 12, 2010
Time: 10:30 a.m.
Cost: \$6.00 plus meal cost
- Lunch entrees range from \$13.95 to \$20.95
Place: Brimley Rd @ Lake Ontario

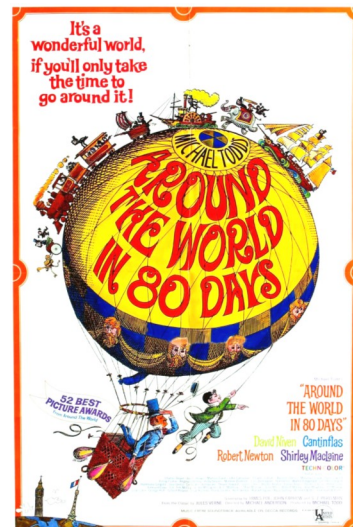


Bluffer's Restaurant is minutes from downtown Toronto, nestled in a 400-acre parkland with wall-to-wall windows and a breathtaking panoramic view of Scarborough Bluff's Marina. After lunch we'll stroll by the marina where we'll enjoy vistas of Lake Ontario, the Scarborough Bluffs and all of the interesting boats in the marina.

Movies Off the Wall

Date: Friday, August 13, 2010
Time: 1:30 p.m. - Movie: **"Around the World in 80 Days" (1956)**
- Duration: 175 minutes
- Starring: David Niven,
Marlene Dietrich,
Shirley MacLaine
- Winner: 5 Academy Awards
Cost: FREE
Place: Lower Level Recreation Area

In an effort to win a bet made at his gentlemen's club, Phileas Fogg plans a trip around the world, and attempts to cross 2 oceans, 5 seas and through 16 countries in less than 80 days. When a bank inspector hears of the large sum of money being wagered, he is convinced that Phileas is actually a thief, and sets off in pursuit, hoping to catch up to the gentlemanly Phileas.



Summer Garden Party

Date: Tuesday, August 17, 2010
Time: 3:30 p.m.
Cost: \$3.50 - Cool refreshments and a special summer treat
Place: Lower Level Recreation Area



Each year, Bracondale's courtyard plays host to our Annual summer garden party. Summer breezes, shady locales and warm conversation are all a part of this summer celebration.

Everyone is welcome. Please sign up at the office.

High Park Picnic



Date: Thursday, August 19, 2010
Time: 10:45 a.m.
Cost: \$12.00 - Complete picnic lunch
Place: Bloor St. & Keele

I've been to High Park many times but each time I bump into something new, discover yet another hidden corner or see a beautiful tree I never noticed before. Fuel up with our complete picnic lunch and then you're free to make you own discoveries in the park.



Movies Off the Wall

Date: Friday, August 20, 2010
Time: 1:30 p.m. - Movie: **"The Last Station" (2009)**
- Duration: 113 minutes
- Starring: Christopher Plummer, Helen Mirren
Cost: FREE
Place: Lower Level Recreation Area

A compelling look at the final days of literary icon Leo Tolstoy. Having renounced his title and property, Tolstoy makes plans to donate his royalties to the Russian people, supported by his trusted disciple Chertkov. Tolstoy's outraged wife wages a one-woman war to challenge her husband's outrageous act of idealism.



Trip to Cloverdale Mall



Date: Tuesday, August 24, 2010
Time: 10:45 a.m. - Depart by Bracondale Van
Cost: \$3.00
Place: Etobicoke



On this shopping trip we depart earlier in the day so that you can begin with lunch at the mall followed by shopping. Some of the stores include Zellers, Metro groceries, Tim Hortons, Winners and Kitchen Stuff Plus.

Juke Box Memories Sing-A-Long

Date: Thursday, August 26, 2010
Time: 2:30 p.m.
Cost: FREE
Place: Lower Level Recreation Area

Come down for a sentimental journey. Enjoy an afternoon of singing old time favorites. With the words shown on a big screen, everyone can join in the fun. A picture paints a thousand words; but a song can paint a thousand pictures and bring back a lifetime of memories!



Volunteer Coffee Hour

Date: Friday, August 27, 2010
Time: 10:00 a.m.
Cost: Free
Place: Main Floor South Lounge

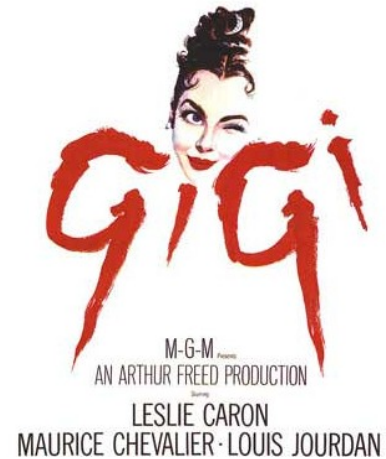
Our volunteers have been working hard all month. It's time to reward your efforts. All volunteers are welcome to join us for coffee and conversation.



Movies Off the Wall

Date: Friday, August 27, 2010
Time: 1:30 p.m. - Movie: **"Gigi" (1958)**
- Duration: 119 minutes
- Starring: Maurice Chevalier,
Leslie Caron
- Winner: 9 Academy Awards
Cost: FREE
Place: Lower Level Recreation Area

After being raised by her aunts to be a courtesan, young Gigi grows from a poor foundling to become a proper lady in Parisian society, and strives to win the heart of a wealthy gentleman despite her aunt's disapproval.



Annual Barbecue

Date: Saturday, August 28, 2010
Time: 12:00 noon
Cost: \$2.00 - hot dogs, hamburgers & pop will be available
Place: In the Courtyard

You are invited to join us for a special outdoor celebration. Would you like to bring a salad? Great! Simply sign the SALAD LIST (in August) on the main counter. Please note that due to Public Health guidelines on Food Safety, salads with mayonnaise, beef, chicken, fish, egg or milk products will not be accepted. Please sign up in advance at the office.



Nature Walk—Brunch @ Boom Restaurant



Date: Monday August 30, 2010

Time: 9:30 a.m.

Cost: Your own meal cost

Place: Meet in the South Lounge



This is our last official walk for the summer. Please note that attendance is limited to regular participants of this program as space in the restaurant is limited.

Summer Crossword

L V K Y E L B S M L
S I I E X T W R G A
E S C R E F B E A I
M U E U R R A W R C
A M C T C I R O D O
G M R A I E B L E S
V E E N S N E F N E
N R A M E D C S U N
I M M A N S U A D B
C I N C I P E D F Z

barbecue
nature
friends
garden

exercise
flowers
games
summer

icecream
picnic
social
sun

