

Villa Bulletin  
June 2009



**Neil McArthur Memorial Golf Tournament** – October 6, 2009 at Dundas Valley Golf & Curling Club. ***This is one tournament you won't want to miss!*** Cost \$225.00 per golfer (includes green fee, golf cart, lunch, dinner, registration gift, mulligan & contests). ***Register early as we sold out in July the last 3 years!*** There are sponsorship opportunities available and we still require live auction items and prizes. If you can help us call Laurel in the Foundation office at (905) 627-9011 ext. 2293 for more information. Proceeds from the tournament will go towards the building redevelopment project and program & services for seniors.

### Wondering What to Wear?

**Golden Wear** clothing is a Manitoba based company whose focus is on creating quality, affordable, and functional clothing for those that have special needs. This year marks their 28<sup>th</sup> year in business. They



make every effort to have their clothing manufactured within Canada, and many are made in Winnipeg. All cloth used in the products bearing the Golden Wear label are tested within care home laundries prior to manufacture. In most cases they succeed in finding cloth that holds-up under institutional laundry - a difficult task given the temperatures and chemicals.



Check out their products at [www.goldenwearclothing.com](http://www.goldenwearclothing.com)

Or, come to the Villa Auditorium:

**Saturday June 13<sup>th</sup>**  
**10:00 am to 3:00 pm**

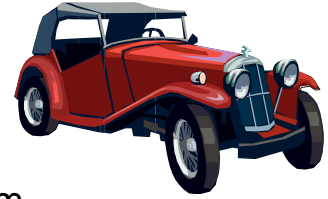
There will be a selection of regular and adapted clothing. Visa, Mastercard, debit and cash accepted. Questions? Call Janet @ (905) 627-3541 ext 2233.

## June is Seniors Month!

The Recreation Department has organized many great events for the Residents to celebrate Seniors month:

- a Strawberry Social on the 11<sup>th</sup> at 2:30 p.m.
- a Lions Club Barbecue on the 15<sup>th</sup> at 5:00 p.m.
- Seniors Month Entertainment on the 25<sup>th</sup> at 2:30 p.m.
  - a Classic Car Show on the 27<sup>th</sup> at 2:00 p.m.

Let the fun begin! And to all Seniors – have a great month!



## Classic Car Show at St. Joseph's Villa



We are looking for all types of makes and models of classic cars for our classic car show at St. Joseph's Villa on June 27<sup>th</sup>. We are asking the cars to arrive at 2:00 p.m. and stay until 4:00 p.m.

All driver(s) will get a free sundae from the Tuck Shoppe.

Contact Heather Wonder at 905-627-9011 ext. 2290 to register and for more information.

## How much exercise are you really getting from gardening?

Gardening is considered exercise. If done properly, it helps improve your flexibility, and strengthens muscles. However, if done improperly, there are some health risks that could arise, such as physical overexertion from repetitive strain and back injuries (Health Canada, May 2006).



Risks aside, gardening should still not be your main source of exercise because it does not include all the different components that you need to stay fit in your every day life. An average gardening session does not increase your heart rate to a high enough degree to maximize calorie burn, and it does not use enough muscle to increase bone density, muscle endurance, or lean muscle mass. It is estimated that a person exercising on a stationary bike for 30 minutes at a mild to moderate intensity will burn 266 calories, the same person lifting weights for half an hour will burn 228 calories, and the same person will only burn 152 calories by gardening for the equivalent time (Diet and Fitness Today, 2005).

A well rounded routine includes aspects of cardiovascular fitness, muscular strength and endurance, and flexibility. The more you know, the more results you will see, and the better you will feel! Please feel free to contact the S.I.M Gym staff for further information at ext. 2109. Happy exercising!