

# July 2025



## Kinsmen Lodge



# July Events

## Bus Outings

**3<sup>rd</sup>** Country Drive  
**13<sup>th</sup>** Country Drive  
**29<sup>th</sup>** Country Drive



## Special Events

**1<sup>st</sup>** Canada Day Celebration @ 10AM  
**10<sup>th</sup>** Ice Cream Social  
**19<sup>th</sup>** Kinsmen Market Crafts/ Food/ Used Goods  
From 10ish until 4ish or when we end  
**21<sup>st</sup>** Family Connect 10 am in the Conference Room  
**23<sup>rd</sup>** Fruit Fiesta Party @ 2:00pm



# GETTING TO KNOW YOU

## Elder Profile

NAME: Marcia Rayner

BIRTH PLACE : Vancouver, BC

FAVOURITE COLOUR : I like **Pink** because of its relaxing tone.

FAVOURITE FOOD : I enjoy Baked Salmon – it is a succulent dish that is savory and arrives from Icelandic origins.

FAVOURITE MUSIC : I love Old fashioned Music, The Rock and Roll, CCR Group and Music in the 1960's.

FAVOURITE SCENT: I love the smell of Lilac, because of its profuse aroma and Opium perfume due to its captivating scent.

FAVOURITE BOOKS : I used to enjoy reading Canadian Living Magazines – guidance for great wives

WHAT MAKES YOU HAPPIEST : I enjoyed travelling especially cruising and spending quality time with my grandchildren.

HOW LONG HAVE YOU LIVED AT KINSMEN LODGE ? I have lived at Kinsmen since August 2024.

WHAT PROGRAMS DO YOU PARTICIPATE IN AT KINSMEN ? I enjoy Happy Hour, Special Events, Tzu Chi Manicures/Violinist Music, Garden Walks and 1:1 Friendly Visits

SPECIAL MEMORIES : The most memorable moments in my life are: Cruising around the Western Hemisphere in 2013, Christmas with all the grandchildren (15!), Graduation of my first grandson Gregory, Camping trip to Barkerville, Trip to Iceland to my ancestral homeland, and Celebrating my late grandmother Amma's 100<sup>th</sup> birthday party.



# Getting To Know Our Volunteers



**Zaeema Khan – I started volunteering with Kinsmen Lodge in 2018. There was a period when I had to stop, but I was able to continue last year. I really enjoy my time here with the Elders. I help with group exercises on Tuesdays and the Java Music Club on Thursdays.**

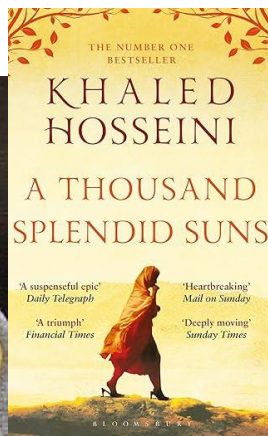
**I have just graduated from SFU with a Bachelor of Science in Kinesiology and will be starting a Master's of Physical Therapy at UBC this fall.**

## Interesting Facts about Zaeema:

**Favourite Book:** “A Thousand Splendid Suns, by Khaled Hosseini.”

**Favourite Colour:** "I like all colours, but maybe I like green a bit more."

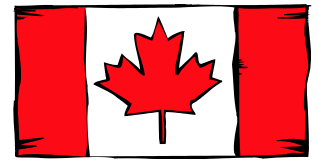
**Favourite Food:** "I'm a big foodie, and I enjoy all foods, but by absolute favourite has to be biryani."



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# FUN FACTS about some CANADIAN FOODS



What comes to mind when you think of Canadian food? Maple syrup, or is it poutine? We all have a certain idea of what we believe is a true Canadian food or dish. Your idea may be different from your neighbours. Take a look at this round-up. It might have a food that may surprise you or is your favourite!

## Bannock:



About every first nation across Canada has their own version of this dense and delicious bread, which was originally made with a plant called camas. After the contact, it got replaced with white wheat flour from Scotland.

## Saskatoon Berry Pie:



Saskatoon berry, is purplish-blue and looks like blueberries. If you don't live in the Prairies or BC, chances are you haven't seen them. Aboriginal people used to dry the fruit and leaves to make tea.

## Fiddleheads:



These are curled, edible young shoots of ostrich ferns! Fiddleheads are harvested in the early spring and are boiled, steamed or baked into recipes in Ontario, Quebec, and the Atlantic provinces.

## Montreal Bagels:



Montreal bagel is sweet, thin, small with a large hole and always baked in a wood-fired oven. It mostly comes in two varieties: poppy seed and sesame seed.

## All-dressed and ketchup chips:

These chip flavours are exclusively Canadian. And we love ketchup chips even more after our fingers and mouths are dyed red 😊.



## Nanaimo bar:

Our very own, sweet, no-bake, chocolate square with the butter-flavoured custard filling, named after Nanaimo, where the first-known recipe surfaced in 1952.



## Coffee Crisp chocolate bar:

Parents raid their kids' Halloween candy in search of this coffee-flavoured, wafer chocolate bar! Made in a Toronto chocolate factory, it is Only Available in Canada, or some specialty candy shops around the world.



## McIntosh apple:

As the story has it, John McIntosh discovered the original McIntosh tree in Upper Canada in the early 1800s. They began to graft the tree (technique of growing plants joined together) and continued to produce the juicy treat. This all-purpose apple is commonly blended in making apple juice!



So, are you ready for our Canadian foods? Well, I am... bring me any and my summer is fun!

# Ukulele Group

STARTING IN JULY



**We have ukuleles and we need players!**

Family and friends, connect in a fun way with your loved one and join our beginner ukulele group!

\*No experience or musical skill required. (Grass skirts and Hawaiian shirts are optional! 😊)

**STARTS JULY 8<sup>TH</sup> @ 3PM**

## WALK FOR ALZHEIMER'S

On Sunday May 25<sup>th</sup> several hundred people walked around Vancouver to raise money for Alzheimer's disease and other dementias.



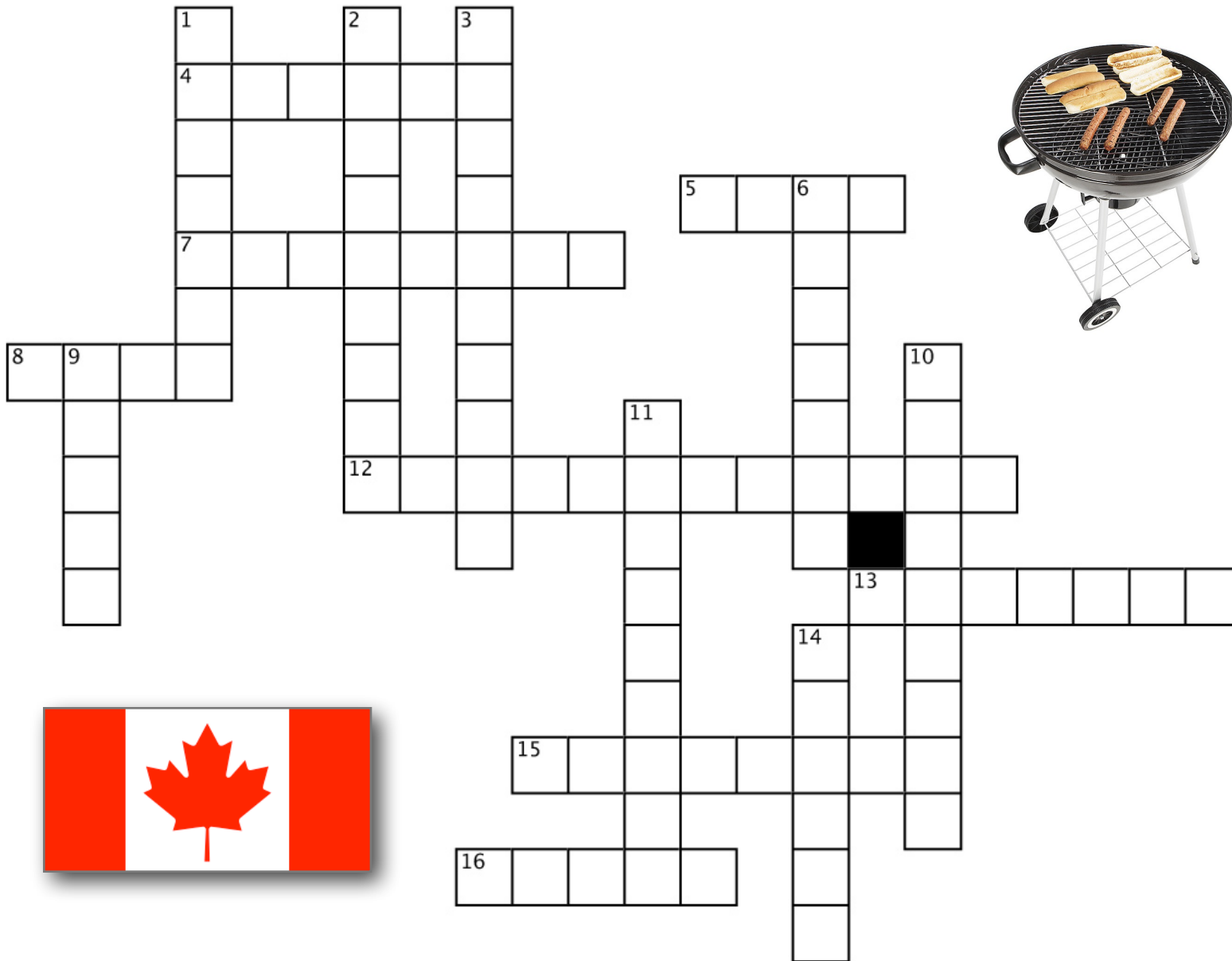
The money raised will support local programs and services that enhance the quality of life for individuals living with dementia and their families, while also helping to promote awareness and education throughout our community.

**Among the participants was Tara Wohlberg, a member of the KL community, who walked in honor of her mother, Marjorie, who lives at Kinsmen Lodge, and raised an impressive \$2,200.**

Way to go, Tara—what a heartfelt and meaningful way to support your mom and make a difference!

# Canada Day

Fit the words into the puzzle.



FLAG  
JULY  
FIRST  
UNITY  
OTTAWA  
PICNIC  
ALBERTA  
HOLIDAY  
KINGDOM  
BARBECUE  
DOMINION  
FIREWORKS  
PATRIOTIC  
PROVINCES  
PARLIAMENT  
CONSTITUTION



## *Art in the Garden*

**Summer has officially begun with art programs in the garden when the temperature allows.**

**It is so relaxing to work outdoors while enjoying the fresh air and the beautiful garden! If you haven't yet seen the collection of art in the garden come and check it out! There are all sorts of art projects on display that elders have worked on over the past few years.**



**We also attended the Wellness Fair at Laurel Place and showcased some of the recent arts and crafts that we have been working on. Thanks to Mary MacMillan, Leona Schmidt and Mary Brown for attending and helping at our table! And thanks to all of the elders who have helped enthusiastically with stitching and cutting fabric- especially Leonida Schilka, George Good, Michael Robbins, Christine Lawford, Leona Schmitke and Mary MacMillan!**

