VILLA LIVING

Where Every Day Feels Like Home

August 2026

Important Dates

"**My Health Matters" Sleep Hygiene Workshops with Sadegh** - Monday, August 3rd and August 10th from 2:00 - 3:30pm

Fireman Evacuation Training - Tuesday, August 4th 1:00 - 1:45pm in the dining room

Annual Internal Fire Alarm Inspections - Wednesday, August 5th beginning at 8:00am

NO Yoga Tuesday August 25th

Music Workshop with Rob Lutes - Monday, August 31st - 4:00pm

Villa Info

To visit **The Hair Salon** for a hair wash, cut, colour or perm, please book an appointment with Celine by calling 514-815-9028

Check out **VBTV** for all your activities, announcements and daily menu! **Channel 941** on your TV.

Robin's Canteen - Tuesdays starting at 10:00am on the second floor, then 1st floor and promenade

The Emergency Phone Number to call in the evenings (after 5:00) and on weekends is **438-879-7551**.

Editor's Desk

Welcome to our August newsletter!
I hope you are all enjoying the beautiful days of summer and taking time to appreciate the sunshine and warm weather. We have some fun events planned this month, and I encourage everyone to join in whenever you can.

I wish you all a safe, happy, and enjoyable August. I look forward to seeing you at our upcoming activities!

Warm regards, Alex.

Peter B. - Aug. 5th
Beverley M. - Aug. 6th
Nancy - Aug. 7th
Marcia - Aug. 16th
Darlene - Aug. 22nd
Heather - Aug. 25th
Peter R. - Aug. 29th

"The Old Woman Who Knitted"

by Jill Elizabeth Graham

I used to know an old woman, a third or forth cousin by marriage as I recall with the brightest twinkly blue eyes; so bright were they that I would be reminded of the stars on a clear night. But Oh what a wrinkly face! She had wrinkles up and down her cheeks and crisscrossing her forehead. But when she smiled, all you could see was her smile, the wrinkles just vanished. From time to time at family gatherings I got to thinking that she was a bit peculiar. She was genial enough but had no ear for what anyone would say. It wasn't till after the funeral of cousin Sadie who had shared their living space and just the two of us sitting in the wee house that I had a glimpse of just how quirky she was.

What shall I knit? She had said. *I have all this left-over yarn after knitting for all them babies and all them children and children's children. I know, I will just knit and knit until it is all used up*.

She knitted and she knitted; she increased, she decreased; she changed the colours from red to blue, from blue to pink, from pink to green; from green to brown to white; picking out colours according to her mood. She knitted for a week, she knitted for a month, she knitted for a year. At long last her left over wool was all knitted up. The thing was enormous, like a rainbow gone wild. She herself didn't know what it was. She looked and she looked. She turned the thing around. She folded it and unfolded it. She pulled it this way and that way. Was it a huge vest? A jumper? A pair of stockings for a giant? Then she laughed and laughed. *How could I not see, it's the story of my life! This is me being born, this is me in a cradle, this is the ole school house, this is me baking muffins, this is when I was a nurse, and that's meself in a wedding dress and ah! Me firstborn, and there we're all picnicking by the lake and there you all go, my own wee darlins, one by one, married and gone*.

She took the enormous knitted piece and glued it higgledy piggledy on to the wall. It stretched all the way from one side of the room to the other. There was no rhyme nor rhythm to the huge thing yet the old woman was content. *It feels*, she cried out, *like I have given birth!*

I stared as hard as I could at the monstrous piece, and I give you my word, after a wee noggin, I could indeed make out the old woman's knitted fantasies.

The next time she picked up a pair of needles (for I was with her at the time) I heard her say *Maybe I should use a pattern*, and then in a far away look and an Oh so softly voice.....*but by gollies it was so much fun last time!*

She dutifully cast on 122 stitches, but then I saw a wild bright streak flash across her blue eyes and I knew her knitting would carry her once again into those faraway fragments of memory.

The old thatch cottage has long since been demolished and that wall with it, but her pièce de résistance has pride of place behind the bar in the local pub where Old Ma Murphy is toasted by her children and her children's children.

Weird Facts That Sound Fake (But Are Real)

Human Body & Behavior

- Every human eye has a blind spot

Your brain automatically fills in the missing visual information, so most people never notice it.

- You have a tiny vestigial tailbone that can move slightly

The coccyx, or tailbone, is the remnant of a tail from our primate ancestors.

- A liver can regenerate

Even if a large portion of your liver is removed, it can grow back to full size, a rare ability in human organs.

- Your heart occasionally skips beats without you noticing

It's normal for your heart to occasionally skip a beat. Most people don't even feel it.

- Technically, you've never truly touched anything

When your hand presses against a surface, the electrons in each object repel one another before the atoms fully meet. What we experience as touch is actually electromagnetic force.

Why It Matters

This is one of those facts that sounds like wordplay, but it's a direct consequence of how matter works at the atomic level. You are, in a literal sense, hovering above everything you've ever held.

- When humans take a breath, they replace only 15% of the air in their lungs with fresh air.

When dolphins take a breath, they replace about 90% of the air in their lungs with fresh air.

- Humans can recognize an enormous number of smells

Research suggests the human nose may be capable of distinguishing more than a trillion different scents.

A VOICE FROM THE VILLA

I have been at the Villa for two years now. The time has flown and I have been most impressed with the helpfulness of the residents and the way they look after our space. **Fran** and her gang of gardeners keep the grounds looking so beautiful, growing vegetables, flowers and herbs, yet leaving the wild parts to nature. I love that Fran sometimes puts a posey of flowers on the lunch tables – so appreciated. I live up in the tree tops, and like many of us, appreciate **Rob** who encourages the birds by keeping his feeder full of seeds.

A little bird told me that **Lorne** gets up at the crack of dawn every day to set the tables in the dining room for luncheon and **Donna** always helps to clear the dishes after our meals – so thoughtful. **Jill's** beautiful paintings grace our walls in the entrance – and let's not forget our Chocolate Lady, **Robin**, who plies us with treats every Tuesday and our money Lady, **Helen**, who generously dishes out money once a month. **Nadja, Tom** and **Robert** put on a party with a different format last Friday – it was successful, as was the food. Only regret was we didn't get to hear much of the music that **Maurice** had prepared.

We live in beautiful surroundings, with trees, a little village for our necessities and close to the mighty St. Lawrence. The staff, despite many vicissitudes, put on a variety of activities. There's something on every day this week, as well as the regular yoga/mahjong/bingo. Many of us have enjoyed Rob Lutes' musical program, we will be sorry when that ends – and men and women alike appreciate **Celine** and her cheerful hairdressing shop.

We recently had a successful joint meeting of the Tenants'/Your Voice Committee and the Tenant Board Committee led by **Doug**. This kept us up-to-date on all our queries. **Michel**, with a heart-felt speech, reminded us that we are a community and live in community.

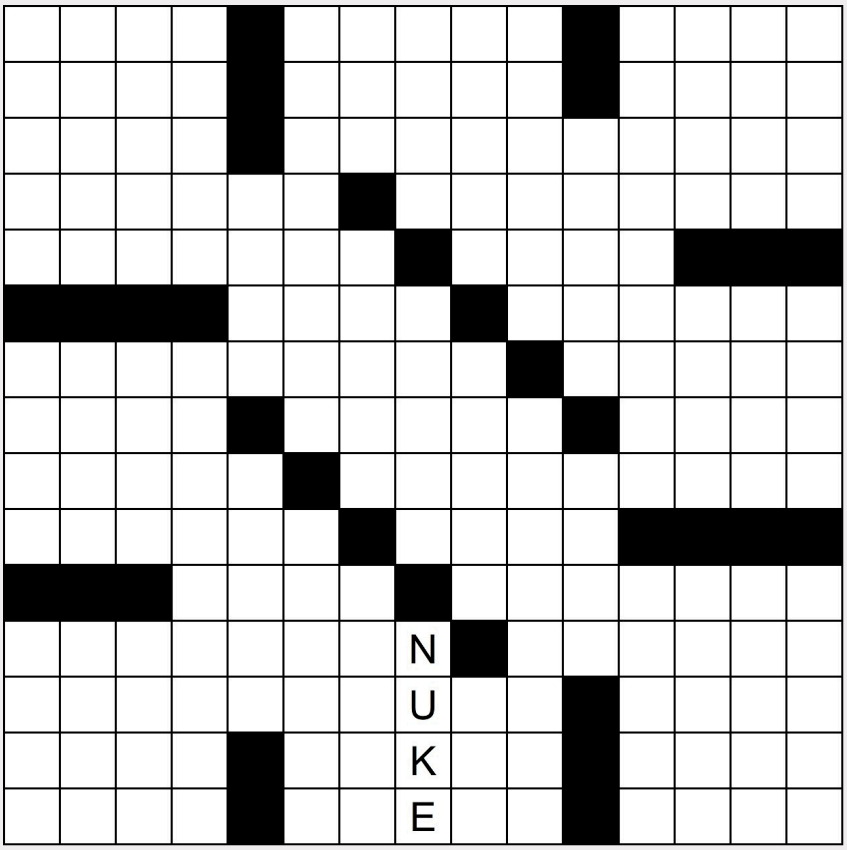
We have two super students to help **Richard** this summer – **Sammy** and **Mathias** – enabling Richard to have more time for his work. The 'boys' not only keep our building clean, and have smartened up the garage, but became kitchen colleagues too. We all appreciate the work of the maintenance staff.

I want to thank **Margo** and **Alan**, who always go the extra mile for me (and everyone), and remember my individual order. PS: I love your soups!

Finally, my heart goes out to **Mary** and this tragedy that has overtaken her family – and a big thanks to **Alex**, who has assumed Mary's role, (as well as her own), dons an apron to work in the kitchen, and still has a smile on her face at the end of the day!
All this to say - I enjoy living at the Villa and I'm thankful for the opportunity to reside here.

Heather Falconer
August 2nd, 2026

FILL-IN PUZZLE #1



3 LETTER WORDS
KIA
TEE

4 LETTER WORDS
ACTS
ALGA
ARTS
ATOM
BOAR
EAST
ECHO
ECON
ELLE
FEED
FINE
GURU
HICK
IDEA
ITCH
LOON
MEN'S
METS
NINE
NOEL
NUKE
OGRE
OMIT
ONES
POTS
RACE
RIBS
SEED
SOUR
TARN
TRIG
URGE

5 LETTER WORDS
ADOBE
ALOHA
ALONE
CLASS
DESKS
EERIE
EGRET
EMBER
ERECT
HIDES
INTER
PIANO
RAMIE
REBID
RIDGE
SCRIP
SHOAL
SKEIN
SLEET
TAKEN
THETA
TONIC

6 LETTER WORDS
GALORE
IN SITU
NORRIS
SET OFF
SOLIDS
STARTS

7 LETTER WORDS
DESERTS
TREATED

8 LETTER WORDS
AUTOBAHN
EMERGENT
SPLUTTER
TERMINUS

9 LETTER WORDS
ANTIPODES
ASSISTANT
MENAGERIE
PERMITTED

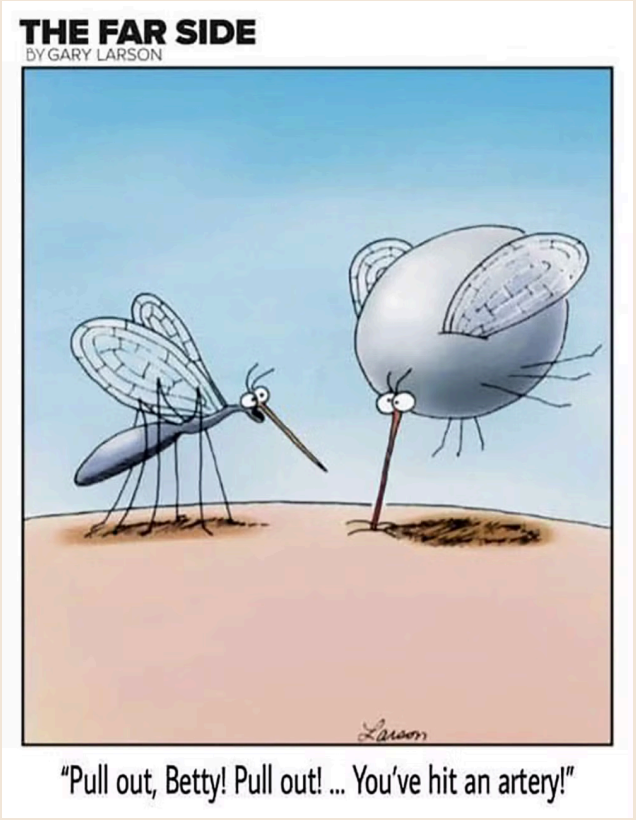
10 LETTER WORDS
LAST RESORT
TRADE ROUTE

Free printable courtesy of PrintitFree.net

Fill-in Puzzle Solution

R	A	C	E	■	S	K	E	I	N	■	A	L	G	A
E	L	L	E	■	P	I	A	N	O	■	S	O	U	R
B	O	A	R	■	L	A	S	T	R	E	S	O	R	T
I	N	S	I	T	U	■	T	E	R	M	I	N	U	S
D	E	S	E	R	T	S	■	R	I	B	S	■	■	■
■	■	■	■	I	T	C	H	■	S	E	T	O	F	F
M	E	N	A	G	E	R	I	E	■	R	A	M	I	E
E	C	O	N	■	R	I	D	G	E	■	N	I	N	E
T	H	E	T	A	■	P	E	R	M	I	T	T	E	D
S	O	L	I	D	S	■	S	E	E	D	■	■	■	■
■	■	■	P	O	T	S	■	T	R	E	A	T	E	D
A	U	T	O	B	A	H	N	■	G	A	L	O	R	E
T	R	A	D	E	R	O	U	T	E	■	O	N	E	S
O	G	R	E	■	T	A	K	E	N	■	H	I	C	K
M	E	N	S	■	S	L	E	E	T	■	A	C	T	S

Funnies



"Pull out, Betty! Pull out! ... You've hit an artery!"

Do you have something you'd like to share in the newsletter?

We'd love to include your contributions! Please submit jokes, stories, photos, or other ideas to Alex.

"I'll have a table for you in two minutes."