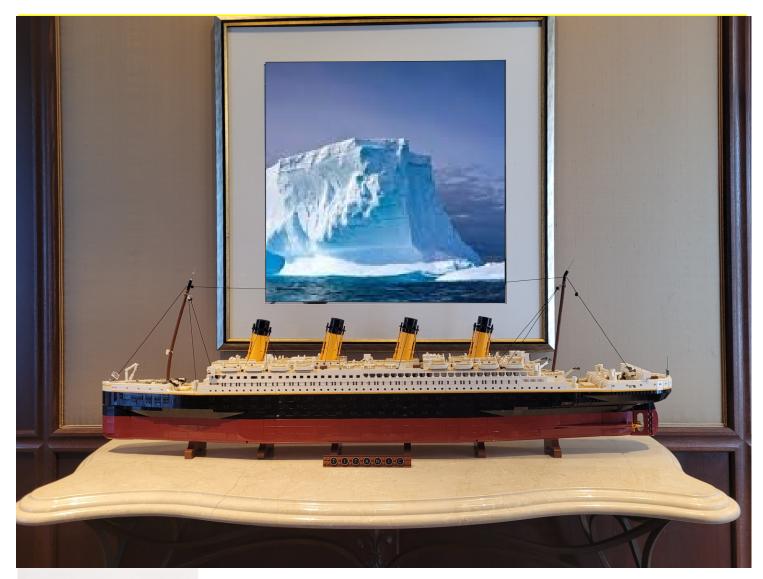
Spring 24



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We all know Larry as a long standing director on our condo's Board of Directors. Over and above being an avid tennis player, Larry enjoys building models in his spare time. His work, pictured here, is on display in the lobby, between the Front Desk and the Library. His Titanic model was assembled from a Lego Set of some 9000 pieces, and 60 hours of fun and patience.



Follow these safety tips when you use a walker:

Stay upright as you move

Step into the walker and avoid walking behind it

Your elbows should bend at 15 degrees

The handles should line with the crease on the inside of your wrist.

Take small steps and move slowly when you turn

For our Music Lovers

With the end of the 2023/24 Tuesday Tunes season, the 2024/25 season will start in the late October or early November. Stay tuned (no pun intended), for a message from Sandy or Fred Stadler.

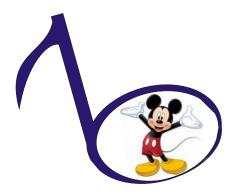


Things you may not know



This Mount is the island's highest summit, sacred to the Goddess Rhea, and wherein a legendary cave is found, in which baby Zeus was concealed. Located on one of the Greek Islands, it shares its name with one of our owners. Can you hazard a guess? It is hidden somewhere in this Newsletter.

In this case, Things You May Have Forgotten: Image Maximum is a motion picture film format and exhibition standard that was conceived for Montreal's Expo 67, in celebration of Canada's 100th anniversary. It was invented by three Canadians filmmakers, Graeme Ferguson, Norman Kroitor, and Robert Kerr, and is better known as IMAX.



Meanwhile, you can always look into The Joy of Singing, a group of singing enthusiasts, led by Roz Tabachnick. The group meets every 2nd Wednesday from 15h30 to 16h30 in the Party Room. Contact Roz at rozztab@rogers.com for more informarion.

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Things Note

Most of us know Kimberly Renwick as our Property Manager, yet Kim has a creative side. She has a few altruistic and relaxing hobbies which she adores. Kim enjoys building and furnishing doll houses and, when completed, she donates to children with the Autism Spectrum Disorder. This helps the children learn and practise the day to day responsibilities of becoming adults, which is more fun through play.

Kim also enjoys working with resin. It is liquid plastic or liquid glass that hardens into shapes you want to create. You can create cutting boards, bowls, platters, and so much more. Enjoy some of Kim's creation below.





DUPLICATE BRIDGE

Every Monday Night 6:45 pm in the Party Room Contact Clive Wolff clivepat@gmail.com or 613-736-0243

Spring is here, and Summer



Green Bin Know-How: Disposal options



Plastic bags can be used as a bagging option for household organics like pet waste in the green bin, and dog waste and soiled kitty litter must be contained in a sealed, leak-proof bag.

There is no need to purchase plastic or compostable bags. You can reuse common ones around your home: such as bread bags, milk bags, and grocery and retail bags.

The plastic bag option is just one of many that are tailored to our occupants' comfort level and interest. Other options include paper bags and newspapers to line the kitchen counter container.



The Rivergate Movie Club is celebrating its 15th anniversary this year. Rachel and Robert Boisvert are movie enthusiasts and they took upon themselves to establish the Movie Club that dates back to 2009. The club includes projectionists George Pisticoulis at RG1 and Andy De Schulthess and Robert Boisvert, here at RG2. Thank you also goes to retired projectionist Richard Kear.

Movies are presented at 7:00 pm every 2nd Thursday of the month and alternate between both buildings. The list of movies can be viewed on our Website.

Moviegoers are welcome to make recommendations to our projectionists Robert and Andy at any time.

Board of Directors:

President and Secretary: *Rose-Marie Batley* **Treasurer:** *Scott McDermott* **Director of Operations:** *Branislav Vračarić* **Director at Large:** *Larry Boisvert* **V.P. and Director of Communications:** *Carmène Levesque*

Shared Facilities Committee: Property Manager: Kim Renwick RG-2 Representatives: Larry Boisvert; Branislav Vračarić RG-1 Representatives: Mala Nag; Sylvain St-Laurent

Social Committee

Linda Bowering, Co-Chair Sheila Levy-Co-Chair Karen Spilling-Secretary Diane Preston-Treasurer Helene Azam-Member Margaret Ann Code-Member Mary Ann Smythe-Member Peter Mitchell-Member

Library Committee

Colleen Johnston Claire Harrison Karen Spilling Cattis Esbensen

Housekeeping Committee Jill Stewart Marian Robinson

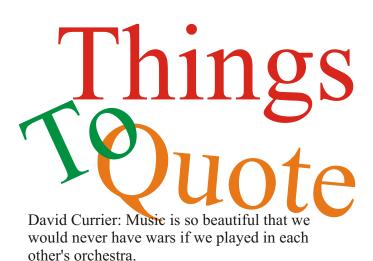


Winners of the Trivia Challenge Mount Ida on Crete

The Social Committee's Trivia afternoon was an enjoyable and successful event. It could not have been so without Rozz and Fred Tabachnick's enthusiasm for trivia and their creativity in the selection of categories and clues. Pictured below are members of the winning team, from left to right, JODDLers team members were Oriana Trombetti, Doreen Arnoni, David Stewart-Patterson, Joe Parchelo and Linda Bowering. Congratulations are in order!



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King Charles III: Just as mankind had the power to push the world to the brink so, too, do we have the power to bring it back into balance.

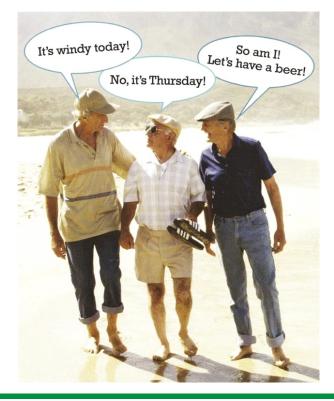
Thomas A. Edison: Inspiration can be found in a pile of junk. Sometimes, you can put it together with a good imagination and invent something.

Mallory Hopkins: Life is short. Smile while you still have teeth.





Hot water, What a treat!



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EYE

ΗE

WATCHFUL











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