

JUNE 2025



Westside Long Term Care, 1145 Albion Road, Rexdale, Ontario, M9V 4J7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2DR - 2 Small Dining Room
C - Courtyard

2EA - 2 Floor Elevator Area
CO - Community

2R - 2 Resident Room
DR - Dining Room

2VA - 2 Floor Various Areas





AR - Activity Room



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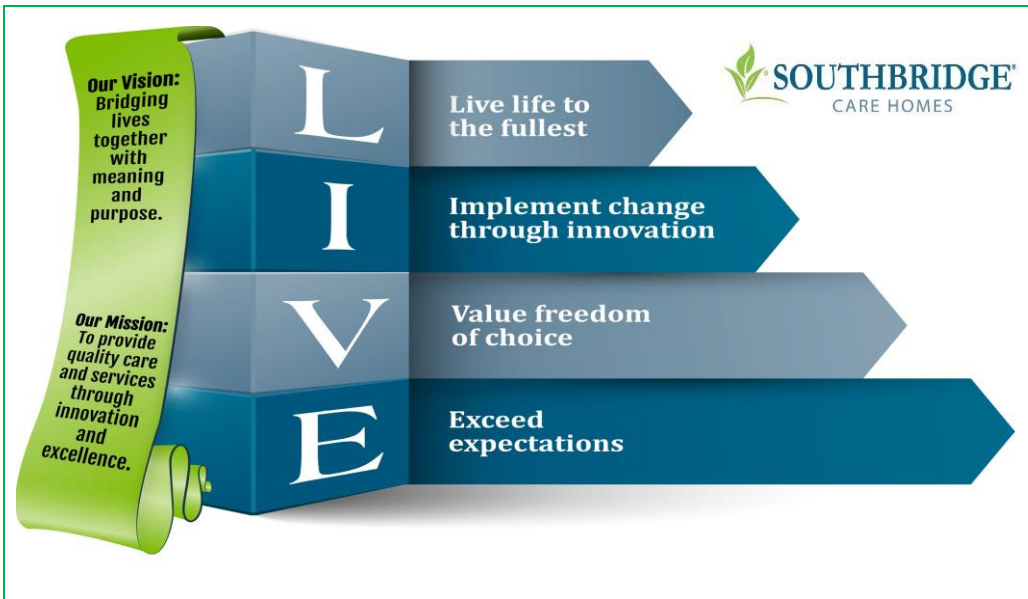


WESTSIDE

1145 Albion Road, Etobicoke , ON M9V 4J7 (416) 745-4800

Our Place Newsletter

JUNE 2025



Our Management Team:

Executive Director
Robert Campbell
Ext.230

Director of Care
Ramanjeet Kaur
Ext.232

Associate Director of Care
Satinder Kler
Ext.511

Associate Director of Care
Prabhjit Dhani
Ext.508

Infection Control Manager
Parvinder Charr
Ext. 351

Business Manager
Amelita Ong-Leong
Ext.234

Recreation Manager
Sabrena Chunu
Ext.237

Resident Service Coordinator
Rafiq Holan
Ext.238

Nutrition Manager
Nelofer Rashidi
Ext.248

Staff Educator
Harinder Kaur
Ext.274

Environmental Services Manager
Valrie Russell
Ext.225

Opening Comments

The month of June marks the official beginning of summer - sunshine and warm days.

It's time once again to honor the men in our lives. We would like to wish all the fathers and grandfathers a Happy Father's Day. The Activity Department will be celebrating Father's Day on Sunday June 15th at 2:30pm.

June is declared "Seniors' Month" in Ontario. Senior's Month provides a wonderful opportunity to pay tribute to seniors and thank them for their contributions to our community.

Happy Seniors' Month



Westside Family Fest

Saturday June 28, 2025

10am-3pm

HAPPY FATHER'S DAY

What's Inside?

Father's Day
Word Search
Announcements
Happy Birthday
June Events

WELCOME FRIENDS



Carlos Levia Kruger
Mary Patton-Singh
Aldeen Rhoden
Alvin Drummond
Maurice Hommel

REMEMBERED FRIENDS

Evelyn Charak
Bahadurali Tejani



MOVED OUT FRIEND

Katherene Weller



RESIDENTS' COUNCIL

On behalf of the Residents' Council, we welcome all the new residents.
Please, join us for our next Resident's Council meeting.
on Wednesday, June 18th at 2:00pm in the Activity Room.



FAMILY COUNCIL

The next Family Council meeting will be on Friday June 13th, 2025, at 11am in our Main Floor Celebration Room. Please contact Rafid Holan Resident Services Coordinator for more information at 416-745-4800 ext. 238. All family members are welcome.



Please Note:

Reminder to Residents & Visitors who are Smokers. Please stay back 9 meters away from the building. Please smoke in the designated areas indicated by the signs.

Thank You for Your Cooperation in this matter.

Flash back to May Events

CINCO DE MAYO



HAPPY MOTHER'S DAY CELEBRATION



FATHER’S DAY WORD SEARCH

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

Father	Son	Tennis
Dad	Daughter	Care
Hug	Fishing	Love
Greatest	Sports	Card
Kiss	Golf	TV

JUNE BIRTHDAYS



June Tytler
Corazon Zarris
Ahmad Gul Noor
Antonietta Zanin
Alaka Datta
Bruce Hughes
Giuseppina Manocchio
Collin Cousins
Susan Topham
Xiomara Campos
Clifton Christian
Lenworth Cole
Shirley Eto
Carlos Leiva Kruger
Ramsis Erian
Elizabeth Norman
Kumud Patel
Robert Balls
Hazeldene Groves

June 1st
June 5th
June 5th
June 7th
June 7th
June 9th
June 10th
June 10th
June 11th
June 14th
June 15th
June 22nd
June 23rd
June 23rd
June 25th
June 25th
June 25th
June 27th
June 30th



Beat the Heat!!



The dog days of summer are coming, and that means very little relief in the next few days. With hot sun and no rain in sight, many residents will have to take precautions to prevent heat-related illnesses.

Tips on Staying Cool this Summer:

Wear loose, light-colored clothing and stay out of the sun. If you are going to be in the sun, use sunscreen. Also, drink plenty of fluids, such as water and juice. Water is the best way to keep the body hydrated. Alcohol and caffeinated beverages such as soda, beer, coffee, sweetened tea should be avoided.





A NOTE FROM THE MANAGEMENT TEAM JUNE 2025



The month of June marks the official beginning of summer – sunshine and warm days. All residents will be closely monitored for the effects of extreme heat and preventative measures will be taken to decrease dehydration. Our Heat Risk policy will be in effect throughout the summer, which includes extra fluids to be provided to prevent dehydration and heat prostration.

Westside wishes all the father’s, grandfathers, and great grandfathers out there a safe and Happy Father’s Day!

Seniors’ month in Ontario is celebrated in June. We would like to acknowledge all seniors in our community, and their many contributions and achievements they have made in communities across Ontario. Please join us for our Family Fest event on Saturday June 28th, 2025, from 10am to 3pm. Please check out our monthly program calendars for more activities.

We would like to remind our residents and POA’s to send in their Notice of Assessment for 2024 to the attention of Amelita Ong - Leong - Business Manager as soon as you receive it.

The next Family Council meeting will be on Friday June 13th, 2025, at 11am in the Celebration Room. Come out and share your thoughts, ideas, and experiences. All family members are welcome

Thank you for your continued support.

Warm regards,

Robert Campbell Executive Director	Ramanjeet Kaur Director of Care	Parvinder Charr Infection Control Manager
Satinder Kler Associate Director of Care	Prabhjit Dhami Associate Director of Care	Sabrena Chunu Recreation Manager
Amelita Ong-Leong Business Manager	Nelofer Rashidi Nutrition Manager	Losana Kamalanathan Nutrition Manager
Harinder Kaur Staff Educator	Rafid Holan Resident Services Coordinator	Valrie Russell Environmental Services Manager



JUNE EVENTS

Sunday	June 1	10:15am	Mount Olive Church
Tuesday	June 3	2:15pm	Activity Planning Meeting
Wednesday	June 4	2:15pm	Celebrate National Cheese Day
Thursday	June 5	6:00pm	Bus Ride
Friday	June 6	2:15pm	Tim Hortons' Social
Saturday	June 7	2:30pm	Seven Day Adventist Reform
Sunday	June 9	2:30pm	Outdoor Social
Tuesday	June 10	10:00am	Bus Trip Shopping
Wednesday	June 11	12:00pm	4 th Floor Residents BBQ Lunch
Thursday	June 12	5:15pm	Father's Day Chinese Dinner
Friday	June 13	2:15pm	Auction Game
Saturday	June 14	2:30pm	Pathfinders Youth Club
Sunday	June 15	2:30pm	Father's Day Celebration
Monday	June 16	10:15am	Roman Catholic Mass
Tuesday	June 17	2:15pm	Rainbow Party
Wednesday	June 18	12:00pm	2 nd & 3 rd Floor Residents BBQ Lunch
Thursday	June 19	2:15pm	Bingo Store
Friday	June 20	2:15pm	Strawberry Social
Sunday	June 22	2:30pm	Cheese Social
Tuesday	June 24	2:15pm	Banana Split Social
Wednesday	June 25	2:15pm	Zumba
Thursday	June 26	2:15pm	Birthday Celebration
Friday	June 27	2:15pm	The Price is Right Game
Saturday	June 28	10:00am	Family Fest Vendor Sale& 50/50 Draw; BBQ, Entertainment, & more
Monday	June 30	6:15pm	Silent Auction