



JULY 2025



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy Canada Day! 10:15am Trivia - 4 D 11:00am YouTube - 4VA 1:30pm Reminiscent - 4VA 2:15pm Canada Day Celebration - C 2:30pm Touch2Play Games - 4VA 3:30pm Variety Club - 4VA 6:15pm Painting Group - AR	2 10:15am Exercises - 4 D 11:00am Men's Corner - 4VA 12:00pm 4th Floor Residents BBQ Lunch - C 1:30pm Let's Google - 4VA 2:15pm Activity Planning Meeting - AR 2:30pm Creative Arts - 4 D 3:30pm Ethnic Corner - 4VA 6:15pm Fun Fitness - 4VA	3 8:30am Bus Trip Wards Island - CO 10:15am Friendly Visits - 4VA 11:00am YouTube - 4VA 1:30pm Variety Club - 4VA 2:15pm Bingo - 4 D 3:15pm Helping Hands - 4VA 3:30pm Doll Therapy - 4VA 6:15pm Movie Night - AR 6:30pm Outdoor Walks - C	4 10:15am Hymns - 4VA 10:15am Worship Service - AR 11:00am Devotions - 4VA 1:30pm Let's Google - 4VA 2:15pm Auction Game - AR 2:30pm Sensory Corner - 4VA 3:30pm Touch2Play Games - 4VA 6:30pm Variety Club - 4VA	5 10:15am Bible Study - AR 10:15am Get Fit - 4VA 11:00am Friendly Visits - 4VA 2:30pm Seven Day Baptist Reform Movement - AR 2:30pm Creative Arts - 4 D 3:30pm Getting to Know You - 4VA
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4 D - 4 Dining Room

CO - Community

4R - 4 Resident Room

DR - Dining Room

4VA - 4 Floor Various Areas

AR - Activity Room

C - Courtyard



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4R - 4 Resident Room

4VA - 4 Floor Various Areas

AR - Activity Room

C - Courtyard

CO - Community

DR - Dining Room

WESTSIDE

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

Our Place Newsletter

JULY 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 Dhami
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

Opening Comments

We would like to give a big shout out to all the Residents, Staff, Family members and visitors for attending Westside Family Fest Event in Celebration of Senior's Month in June!

On July 1st Canadians, everywhere will be celebrating Canada as a nation. We would like to wish all Canadians across the land a Happy Canada Day!

Have a Happy and Safe Summer.

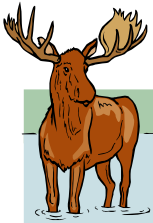


What's Inside?

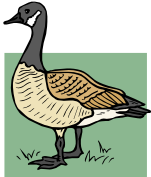
Word Search
Announcements
Happy Birthday

HAPPY CANADA DAY

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B	Q	G	Q	F	C	R	T	P	D	A	L
R	G	J	U	L	Y	U	H	S	O	P	H
A	R	W	P	A	U	W	E	R	M	L	O
T	U	R	U	G	G	R	M	U	I	E	L
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CELEBRATION	STRAWBERRY	HOLIDAYS
CANADA DAY	ANTHEM	RED
PICNIC	FLAG	BARBECUES
BEAVER	WHITE	MAPLE LEAF



Mary Al-Bazi
Fadhila Anoia
Khanu Karim
Engileen Yousif
Sameerah Al-Sabbagh
Ana Luckert
Mary Ellis
Ken Gane
Mary Patton-Singh
Ewa Dabrowski
Kulasingam Kanapathipillai
Marjorie Puran
Morris Wyllie
Mary Mancinnelli
Ruth Dutton
Bruce Foster
Kenneth Brown
George Anastas
John Ditommaso
Douglas Molina Menjivar

July 1st
July 1st
July 1st
July 1st
July 1st
July 2nd
July 2nd
July 4th
July 6th
July 6th
July 13th
July 16th
July 17th
July 17th
July 19th
July 20th
July 25th
July 25th
July 22nd
July 28th



WELCOME FRIENDS

Alvin Drummond
Maria Gomes
Zeljko Bosnjak



REMEMBERED FRIENDS

Rosie Yong
Ireneusz "Eric" Cudak
Susan Topham



RESIDENT'S COUNCIL

On behalf of the Residents' Council, we welcome all the new residents. Please, join us for our next Residents' Council meeting on Wednesday, July 23rd at 2:00pm.



FAMILY COUNCIL

The next Family Council meeting will be on Friday July 25th, 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.

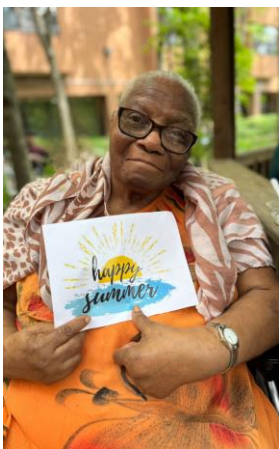
Westside June Events



Father's Day Celebration



Westside wishes you a Happy Summer



A Note from the Management Team July 2025



Happy Canada Day!

We hope you're making the most of the warm summer days.

We have a variety of exciting activities and events for our residents to enjoy. Please see our programs calendar for further details.

We would like to remind our residents and POA's to send in their Notice of Assessment for 2024 and residents who are on ODSP (Ontario Disability Support Program) please provide a copy of your latest payment voucher to the attention of Amelita Ong - Leong - Business Manager as soon as you receive it.

The next Family Council meeting will be on Friday July 25th, 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.

Have an enjoyable and safe summer. Should you have questions or concerns, please feel free to contact anyone of us at any time.

Thank you,

Robert Campbell Executive Director	Ramanjeet Kaur Director of Care	Parvinder Charr Infection Control Manager
Satinder Kler Associate Director of Care	Prabhjit Dhani 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



WESTSIDE JULY EVENTS:

Tuesday	July 1	2:15pm	Canada Day Celebration
Wednesday	July 2	12:00pm	4 th Floor Residents BBQ Lunch
Thursday	July 3	8:30am	Bus Trip Wards Island
Friday	July 4	2:30pm	Auction Game
Saturday	July 5	10:15am	Bible Study
Sunday	July 6	2:30pm	Outdoor Social
Tuesday	July 8	2:30pm	Ice Cream Social with Music
Wednesday	July 9	12:00pm	2 nd & 3 rd Floor Residents BBQ Lunch
Friday	July 11	2:15pm	Tim Horton's Social
Saturday	July 12	2:30pm	Pathfinder Youth Choir
Sunday	July 13	2:15pm	Baking Group
Tuesday	July 15	2:15pm	Strawberry Sundae with Music
Wednesday	July 16	12:00pm	4 th Floor Residents BBQ Lunch
Friday	July 18	2:15pm	Westside Summer Games
Monday	July 21	10:15am	Roman Catholic Mass
Wednesday	July 23	2:00pm	Residents' Council Meeting
Thursday	July 24	2:15pm	Birthday Celebration; 6:00pm Bus Ride
Friday	July 25	2:15pm	The Price is Right Game
Sunday	July 27	2:15pm	Smoothies Social
Tuesday	July 29	2:15pm	Zumba
Wednesday	July 30	12:00pm	2 nd Floor & 3 rd Floor Residents BBQ Lunch
Thursday	July 31	2:15pm	Outdoor Social with Entertainment



PLEASE NOTE: *The Programs that are scheduled are subject to be changed or modified due to the status of the home to meet the needs of our residents.*

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		1 Happy Canada Day! 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Reminiscent - 2VA 2:15pm Canada Day Celebration - C 2:30pm Touch2Play Games - 2VA 3:30pm Variety Club - 2VA 6:15pm Painting Group - AR	2 10:15am Trivia - 2DR 11:00am Men's Corner - 2VA 12:00pm 4th Floor Residents BBQ Lunch - C 1:15pm Let's Google - 2VA 2:15pm Activity Planning Meeting - AR 2:30pm Creative Arts - 2DR 3:30pm Ethnic Corner - 2VA 6:00pm Fun Fitness - 2EA	3 8:30am Bus Trip Wards Island - CO 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Variety Club - 2VA 2:15pm Bingo - 2DR 3:30pm Doll Therapy - 2VA 6:15pm Movie Night - AR 6:30pm Outdoor Walks - C	4 10:15am Hymns - 2EA 10:15am Worship Service - AR 11:00am Devotions - 2VA 1:30pm Reminiscent - 2VA 2:15pm Auction Game - AR 2:30pm Sensory Corner - 2VA 3:30pm Touch2Play Games - 2VA 6:00pm Variety Club - 2VA 6:00pm Virtual Reality - 2VA	5 10:15am Bible Study - AR 10:15am Get Fit - 2EA 11:00am Friendly Visits - 2VA 2:30pm Seven Day Baptist Reform Movement - AR 2:30pm Creative Arts - 2DR 3:30pm Getting to Know You - 2VA
6 10:00am Spiritual Music - 2VA 10:30am Worship - 2EA 12:00pm Mount Olive Church - AR 2:00pm Movie - 2EA 2:30pm Outdoor Social - C 3:30pm Recreation Image Ipad - 2R	7 10:15am Helping Hands - AR 10:15am Trivia - 2DR 11:00am Let's Google - 2VA 1:30pm Get Fit - 2EA 2:15pm Bingo - 2DR 3:30pm Friendly Visits - 2VA 6:15pm Word Spaghetti Game - AR	8 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Reminiscent - 2VA 2:15pm Ice Cream Social with Music - C 2:30pm Touch2Play Games - 2VA 3:30pm Variety Club - 2VA 6:15pm Bowling - AR	9 10:15am Trivia - 2DR 11:00am Men's Corner - 2VA 12:00pm 2nd & 3rd Floor Residents BBQ Lunch - C 1:15pm Let's Google - 2VA 2:30pm Creative Arts - 2DR 3:30pm Ethnic Corner - 2VA 6:00pm Fun Fitness - 2EA	10 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Variety Club - 2VA 2:15pm Bingo - 2DR 3:30pm Doll Therapy - 2VA 6:15pm Ladies Night - AR	11 10:15am Sewing Club - AR 10:15am Hymns - 2EA 11:00am Devotions - 2VA 1:30pm Reminiscent - 2VA 2:15pm Tim Horton's Social - DR 2:30pm Sensory Corner - 2VA 3:30pm Touch2Play Games - 2VA 6:00pm Variety Club - 2VA 6:00pm Virtual Reality - 2VA	12 10:15am Get Fit - 2EA 11:00am Friendly Visits - 2VA 2:30pm Pathfinders Youth Choir - AR 2:30pm Creative Arts - 2DR 3:30pm Getting to Know You - 2VA
13 10:00am Spiritual Music - 2VA 10:30am Worship - 2EA 2:15pm Baking Group - AR 2:30pm Outdoor Walks - C 3:30pm Recreation Image Ipad - 2R	14 10:15am Helping Hands - AR 10:15am Trivia - 2DR 11:00am Let's Google - 2VA 1:30pm Get Fit - 2EA 2:15pm Bingo - 2DR 3:30pm Friendly Visits - 2VA 6:15pm Outdoor Social - C	15 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Reminiscent - 2VA 2:15pm Strawberry Sundae Social with Music - C 2:30pm Touch2Play Games - 2VA 3:30pm Variety Club - 2VA 6:15pm Painting Group - AR	16 10:15am Trivia - 2DR 11:00am Men's Corner - 2VA 12:00pm 4th Floor Residents BBQ Lunch - C 1:15pm Let's Google - 2VA 2:15pm Outdoor Social - C 2:30pm Creative Arts - 2DR 3:30pm Ethnic Corner - 2VA 6:00pm Fun Fitness - 2EA	17 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Variety Club - 2VA 2:15pm Bingo - 2DR 3:30pm Doll Therapy - 2VA 6:15pm Men's Night - AR	18 10:15am Hymn Sing - AR 10:15am Hymns - 2EA 11:00am Devotions - 2VA 1:30pm Reminiscent - 2VA 2:15pm Westside Summer Games - C 2:30pm Sensory Corner - 2VA 3:30pm Touch2Play Games - 2VA 6:00pm Variety Club - 2VA 6:00pm Virtual Reality - 2VA	19 10:15am Bible Study - AR 10:15am Get Fit - 2EA 11:00am Friendly Visits - 2VA 2:30pm Seven Day Baptist Church - AR 2:30pm Creative Arts - 2DR 3:30pm Getting to Know You - 2VA

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

JULY 2025



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 10:00am Spiritual Music - 2VA 10:30am Worship - 2EA 2:30pm Movie - 2EA 2:30pm Outdoor Social - C 3:30pm Recreation Image Ipad - 2R	21 10:15am Roman Catholic Mass - AR 10:15am Trivia - 2DR 11:00am Let's Google - 2VA 1:30pm Get Fit - 2EA 2:15pm Bingo - 2DR 3:30pm Friendly Visits - 2VA 6:15pm Movie Night - AR	22 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Reminiscent - 2VA 2:15pm Ice Cream Social with Music - C 2:30pm Touch2Play Games - 2VA 3:30pm Variety Club - 2VA 6:15pm Bowling - AR	23 10:15am Trivia - 2DR 11:00am Men's Corner - 2VA 1:00pm Food Committee Meeting - AR 1:15pm Let's Google - 2VA 2:00pm Residents' Council Meeting - AR 2:30pm Creative Arts - 2DR 3:30pm Ethnic Corner - 2VA 6:00pm Fun Fitness - 2EA	24 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Variety Club - 2VA 2:15pm Birthday Celebration - DR 2:30pm Outdoor Walks - C 3:30pm Doll Therapy - 2VA 6:15pm Bus Ride - CO	25 10:15am Sewing Club - AR 10:15am Hymns - 2EA 11:00am Devotions - 2VA 1:30pm Reminiscent - 2VA 2:15pm The Price is Right Game - AR 2:30pm Sensory Corner - 2VA 3:30pm Touch2Play Games - 2VA 6:00pm Variety Club - 2VA 6:00pm Virtual Reality - 2VA	26 10:15am Open Heaven Church - AR 10:15am Get Fit - 2EA 11:00am Friendly Visits - 2VA 2:30pm Full Gospel Church - AR 2:30pm Creative Arts - 2DR 3:30pm Getting to Know You - 2VA
27 10:00am Spiritual Music - 2VA 10:30am Worship - 2EA 2:15pm Smoothie Social - AR 2:30pm Outdoor Walks - C 3:30pm Recreation Image Ipad - 2R	28 10:15am Helping Hands - AR 10:15am Trivia - 2DR 11:00am Let's Google - 2VA 1:30pm Get Fit - 2EA 2:15pm Bingo - 2DR 3:30pm Friendly Visits - 2VA 6:15pm Evening Social - AR	29 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Reminiscent - 2VA 2:15pm Zumba - DR 2:30pm Touch2Play Games - 2VA 3:30pm Variety Club - 2VA 6:15pm Painting Group - AR	30 10:15am Trivia - 2DR 11:00am Men's Corner - 2VA 12:00pm 2nd & 3rd Floor Residents BBQ Lunch - C 1:15pm Let's Google - 2VA 2:30pm Creative Arts - 2DR 3:30pm Ethnic Corner - 2VA 6:00pm Fun Fitness - 2EA	31 10:15am Exercises - 2VA 11:00am YouTube - 2VA 1:30pm Bingo Store - AR 1:30pm Variety Club - 2VA 2:15pm Outdoor Social with Entertainment - C 2:30pm Current Events - 2VA 3:30pm Doll Therapy - 2VA 6:15pm Active Games - AR		

2DR - 2 Small Dining Room

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