

# Meet Our Culinary Services Coordinator: Cory McMurachy

I have been in the food services industry for 22 years. I started working for my uncle in Shoal Lake, Manitoba, in a small restaurant called the Hard Luck Café. That fall I began my post secondary education and worked as a Prep Cook at Boston Pizza on 34<sup>th</sup> Street. Shortly after, I moved up to a Line Cook role and spent several years there.

In 2009 I married my wife Nicole, and I completed my education. Circumstances led me back to the kitchen. I started to work at Applebee's. While there I worked as a Prep Cook and ended my tenure as an Expediting Supervisor. I was informed of an opportunity at a local retirement home as a Sous Chef. I jumped at the opportunity, applied for the position, and was granted the job. I worked under Chef Harald Fischer for several months as he transitioned to a role at Crocus Plains School. Chef Jon Bender took the position as Executive Chef and for 10 years we worked together serving the community.

In 2019 I received the Red Seal certification for culinary. In 2021 Chef Jon moved on from the role of Executive Chef and I accepted the position. For two years I was able to develop my leadership skills and fine tune my culinary skills. I look forward to meeting all the residents of Rotary Villas and continuing to provide exceptional culinary service.  
**Cory McMurachy**



# Rotary Villas and Girl Guides Meet

The 6<sup>th</sup> Brandon Pathfinders and Rangers group meet regularly in the Multipurpose Room at Rotary Villas on Tuesday evenings. They started in September and will continue through the season until the end of June 2024.

Each Tuesday evening, they will be meeting, working on the program and badge work they require to fulfill their year at Pathfinders or Rangers. There will be evenings that they have planned activities for the residents of Rotary Villas to come take part in. These particular activities we will be shown on the calendar, but the Unit encourages you to stop by and see what they are doing any other Tuesday evening. The last Tuesday evening of the month, the GGC Unit will not be at Rotary Villas. We hope that this is a win-win for both the residents and the Unit. I know the Unit is excited to be part of Rotary Villas!

**Joyce Scantlebury**

## Friendly Reminders

- Feeling unwell? Please stay in your suite if you are experiencing any cold/flu/Covid-19 symptoms (fever/chills, shortness of breath, cough, sore throat, headache/eye pain, exhaustion, muscle pain, joint pain, body aches, malaise/loss of appetite, stuffy/runny nose, extreme weakness/fatigue). Call the Front Desk (dial 0) for further instructions. We will arrange room service for meals.
- Masks are optional and available at the Front Desk.



# The Retirement Lifestyle You Deserve

October 2023

## A Note from the Wellness Department

It is well-known that creating art can bring great joy and pleasure, but did you know that nurturing your inner artist is also good for your health?

There is a growing recognition that creativity plays a vital role in maintaining our wellbeing as we age.

Some proven benefits of art/craft sessions for seniors are:

- Provides a sense of accomplishment
- Increases self-esteem
- Reduced stress and anxiety
- Improves mental health and mood
- Stimulates focus
- Improves memory and cognitive function
- Enhances fine motor skills and coordination
- Increases communication and socialisation
- Offers sensory stimulation
- Helps express feelings nonverbally
- Reduces perception of pain
- Reduces boredom.

Here at Rotary Villas, we offer charades, paint afternoons, crafts, wood working, baking, and special opportunities like door decorating and Fun Fridays. Watch your calendar and take part in these creative, fun programs.

**Joyce Scantlebury and Jacquie Koromah**



October is a great month to move into Rotary Villas!

We welcome Larry Walker from Miniota, MB, and Beth Wall from Brandon, MB.

We continue to have a waitlist for both one and two bedroom suites.

Currently, the referral program is on hold. It may resume once the new building is ready to go.

Thanks again to the residents and staff for making Rotary Villas the best Retirement home in Brandon. Here at Rotary Villas.

**Tanis Low**  
Leasing Coordinator



## Update from the Kitchen

Our new fall & winter menu is rolling. Adjustments will be made along the way as needed. Chef Cory is open to feedback.





# OCTOBER 2023 RECREATION CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:45 Church Shuttle - SB 7:30 Youth Choir - C	2 9:30 Chair Dancing - M 10:00 Coffee with Shradha - C 2:00 Shuffleboard - BL 7:15 Word in a Word - C	3 9:30 Tai Chi - M 10:00 Coffee with Jody - C 3:30 Rotary Happy Hour - B 7:15 Senior Paper Stories - C <b>VOTING IN PDR</b>	4 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Hymn Sing - C	5 9:30 Drumming to be Fit - M 10:00 Coffee with Cory - C 2:00 Bingo - DR 3:00 Computer Jeopardy - M 7:30 Music by Darrell & Betty Ann - C	6 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:30-2:30 Smack the Jack Ticket Sales 1:45 Sit & Be Fit - M 2:30 Ice Cream Sundaes - DR	7 2:30 Fence Jewellery Craft - M 6:45 Miracle in Memphis Concert @ WMCA - SB
8 8:45 Church Shuttle - SB 2:00 Book Club - L 2:30 Worship & Devotional - C	9  2:00 Movie: Julie & Julia - M	10 9:30 Chair Yoga - M 10:00 Coffee with Joyce - C 2:00 Resident Council Meeting - M 3:30 Rotary Happy Hour Mocktail & Snacks - B 7:00 GGC - Card Making - M	11 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - C 2:00 Coaster Pour Painting - M 3:00 Sing-a-long - C	12 9:30 Drumming to be Fit - M 10:00 Coffee with Tanis - C 2:00 Bingo - DR 3:00 Tiny World - M 7:15 Charades - C	13 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:30-2:30 Smack the Jack Ticket Sales 1:45 Sit & Be Fit - M 2:30 Ice Cream Treats - DR	14 10:00 Project Humane Society - M 2:00 Monthly Birthday Party with Music by Prairie Fire - DR
15 8:45 Church Shuttle - SB 10:00 Prairie Therapy Dogs - C	16 9:30 Chair Dancing - M 10:00 Coffee with Shradha - C 2:00 Shuffleboard - BL 7:15 Trivia Night - C	17 9:30 Tai Chi - M 10:00 Coffee with Jody - C 10:30 Garden Club - S 2:00 Meet & Greet - DR 3:30 Rotary Happy Hour - B 7:15 GGC - Bottle Scarecrow Craft - M	18 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 2:30 Wood Block Projects - M 3:00 Sing-a-long - C	19 9:30 Drumming to be Fit - M 10:00 Coffee with Cory - C 2:00 Bingo - DR 2:00 St. Matthew's Communion - PDR 3:00 Entertainment by Jordan Plante - C 7:30 Music by Capo - DR	20 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:30-2:30 Smack the Jack Ticket Sales 1:45 Sit & Be Fit - M 2:30 Ice Cream Buttertart Sundae - DR	21 10:00 Card Bingo - M 1:30 Brandon's Big One Craft Sale (\$5) (Westman Place) - SB
22 8:45 Church Shuttle - SB 2:30 Interdenominational Church Service - C	23 <b>The Beat Goes On Week</b> 9:30 Chair Dancing - M 10:00 Coffee with Shradha - C 2:00 Shuffleboard - BL 7:15 Music by The TomCats - C	24 9:30 Chair Yoga - M 10:00 Coffee with Joyce - C 10:30 Garden Club - S 2:00 Piano Bar by Rick Davison & Mocktails - B 7:15 Name that Tune - C	25 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-long - C	26 9:30 Drumming to be Fit - M 10:00 Coffee with Tanis - C 2:00 Men's Coffee Club - M 2:00 Bingo - DR 3:00 Karaoke - MPR 7:15 Music Trivia - C	27 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:30-2:30 Smack the Jack Ticket Sales 1:45 Sit & Be Fit - M 2:30 Ice Cream 50's Floats - DR	28 9:30 Project Humane Society - M 11:00 Lunch & Gamble at Sand Hills Casino - SB
29 8:45 Church Shuttle - SB 2:00 Movie Matinee - M	30 9:30 Chair Dancing - M 10:00 Coffee with Lisa - C 2:00 Shuffleboard - BL 4:30 Supper Club (Kim's Asian Restaurant) - SB 7:15 Concert from the Past (George Jones) - M	31 <b>Halloween</b> <b>Wear Your Costume!</b> 9:30 Tai Chi - M 10:00 Coffee with Jody - C 2:30 Halloween Sock Hop - DR 3:30 Rotary Happy Hour - B 7:00 Armchair Travel (Iceland) - M		Lions TV Bingo is every Wednesday at 3:00 p.m. Cards are sold at the Front Desk for \$3 each.	Brandon Embroiderers will be here in the Library at 1:30 p.m. on: <b>October 4, 11 &amp; 18</b> Feel free to join!	GetMoment Nails will be here 9:00 - 1:00 in the Library on <b>Wednesday: October 11 &amp; 25</b>

## October Birthdays

Bernice Carlsen	Oct. 1
Elaine Rust	Oct. 4
Kevin McPhail	Oct. 6
Elvina Coulter	Oct. 8
Bruce Buchanan	Oct. 27
Lois Amey	Oct. 29
Gaston Larochele	Oct. 29
Ardeth Brown	Oct. 29
Terry Hillis	Oct. 30
Mary Fenske	Oct. 31

## October Anniversaries

Terry & Mildred Hillis	Oct. 12
Edgar & Ellen Penner	Oct. 24

## Shuttle Schedule

**Monday to Friday**  
8:15 a.m. - 4:15 p.m.  
**Sunday Church Shuttle**  
8:45 a.m. - 12:15 p.m.

## Locations

Common Room	C
Fitness Centre	FC
Front Lawn	FL
Multipurpose Room	M
Dining Room	DR
Private Dining Rm.	PDR
Solarium	S
Fireside Patio	FP
Library (2 <sup>nd</sup> Floor)	L
Workshop (2 <sup>nd</sup> floor)	W
Billiards Lounge	BL
Shuttle Bus	SB
Bar	B
Pergola	P

Calendar is subject to change.