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Dundas Manor

March 2026



Irish Blessing

May the road rise up
to meet you

May the wind always be
at your back

May the sun shine warm
upon your face
and rains fall soft
upon your fields

And until we meet again

May God hold you
in the palm of His hand



From the Administrator's Desk...

As February comes to an end, it feels like **2026** is whirling by! This month we ended our gastrointestinal outbreak in record time. Thanks to each of you for helping and supporting our strict infection control measures. We appreciate your help!

I have had the opportunity to see the updates on the new Dundas Manor, and it is looking great! As we move closer in the process, communication will ramp up. Consider joining us on our family meetings to get all the updates firsthand. At the end of February, I will be presenting updates to North Dundas Township Council on the progress...and am proud to do so. Wishing you a great month of March and may the *luck o' the Irish* be with you all 😊

Sincerely, Susan Poirier

FAMILY ENGAGEMENT AND EDUCATION ZOOM MEETING

We host **2** virtual sessions: Monday, March 30th, 2026
at 2:00pm and 5:30pm Zoom link sent by email

Update from the Dietary Department

February was a wonderful month filled with warmth and community spirit.

♥ Valentine's Day Celebration

In collaboration with our Activities Team, we celebrated Valentine's Day with festive decorations, assorted macarons, and a special Valentine's cake. It was lovely to see everyone enjoying the sweet treats and cheerful atmosphere.

🌭 February 20 – Hot Dog Lunch

On February 20th, we hosted a Hot Dog Lunch that brought smiles and a relaxed, fun dining experience for residents and staff alike.

🍷 Spring Menu – Thank You for Your Ideas!

We also began collecting **suggestions for our upcoming Spring Menu**, including dessert requests. Thank you to everyone who shared ideas — your input helps us create menus that reflect comfort, enjoyment, and the flavors you love.

As always, thank you for being part of what makes Dundas Manor feel like home.

Warm regards,

Andrea Munoz Alvarez
Director of Support Services

Happy March!

So many things to look forward to! Spring! We welcome the longer days, warmer air and the spring in our steps!

This month be sure to check out the calendar for all the programs planned. To highlight: We have several entertainers booked throughout the month. We are excited to host a Multicultural Fair spotlighting various countries and cultures around the world.

St Patrick's Day will be celebrated with some trivia and information and shamrock shakes! We have lunch clubs, Men's clubs, reminisce groups, baking and crafts and of course lots of bingo to fill in our days.

We will be hosting an equipment clinic at the beginning of the month to look at equipment and ensure it is good working order.

I will be travelling to Toronto to the Ontario Long Term Care Home Association annual convention at the end of the month. I have been in my role here for 31 years...so I think this is likely my 20th trip to Toronto for this convention!

(Missed when I was on Maternity leave x2 and the Pandemic years ☺)

I always enjoy the chance to get a way and network with people across the province who do the same job I do. I love hearing the speakers discuss best practice and new innovative care strategies. I am proud to support 2 of my coworkers, Kate and Ursula who have been selected to present at this year's convention. I very much appreciate that the Manor has always invested in its team by providing excellent educational opportunities—both in Toronto and right here at the Manor on a regular basis. Dundas Manor proud!

I was over at the new home recently and my heart beats with excitement each time! It is looking so good! As the season starts to change, we embrace all that comes with it!

I remain so grateful to be your Activity Director!

Jennifer Hill

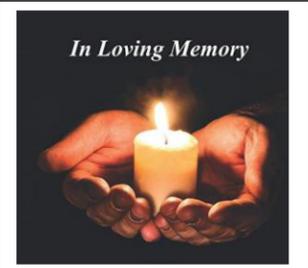


WELCOME



Shirley K
Winnifred P

Ann L
Irene S



MARCH BIRTHDAYS



Victor H 84yrs young
Lorne J 86yrs young
Helen K 95yrs young
Bertrand L 94yrs young
Dorothy M 91yrs young
Maggie N 77yrs young
Carol R 79yrs young
Lois R 87yrs young
Mary V **100yrs** young!
Laura W 84yrs young

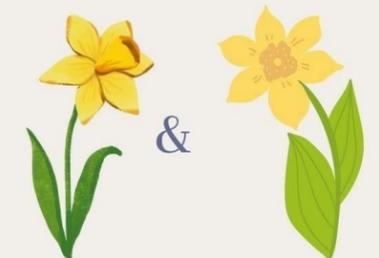


March BIRTHSTONES

Experience the Tranquility of Aquamarine. Let us guide you through the serene blue hues and timeless elegance of this March birthstone—crafted to symbolize harmony, courage, and life's most treasured moments.



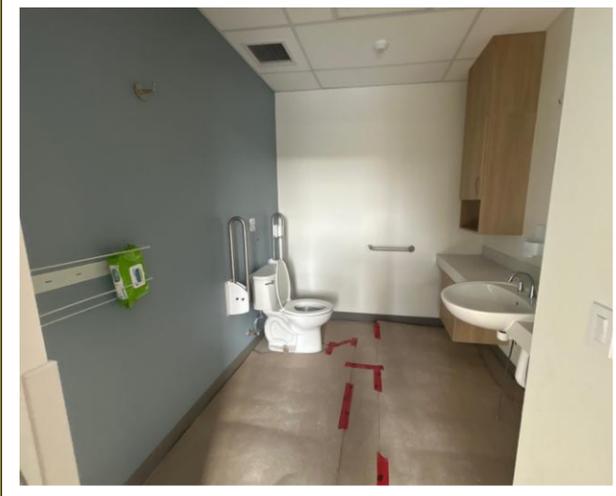
Birth Flowers



March

For March babies the birth flowers are daffodils and jonquils. These flowers symbolize rebirth, luck, vanity and prosperity.

REDEVELOPMENT UPDATE



All resident wings are drywalled, painted, with most areas having flooring and ceilings in place.

Installing millwork and the finishes in the S/E wing.

The north wing basement is ready for flooring, ceilings are underway; the ground floor is almost ready for painting and drywall installation on the 2nd floor is nearing completion.

The center block framing is completed with only a few areas remaining where the total doors systems are being installed (which is in progress).

The second floor electrical rough-ins are ongoing with the first floor rough-ins are completed with drywall installation progressing.

The building now has permanent power. Gas installation is expected within the next few weeks

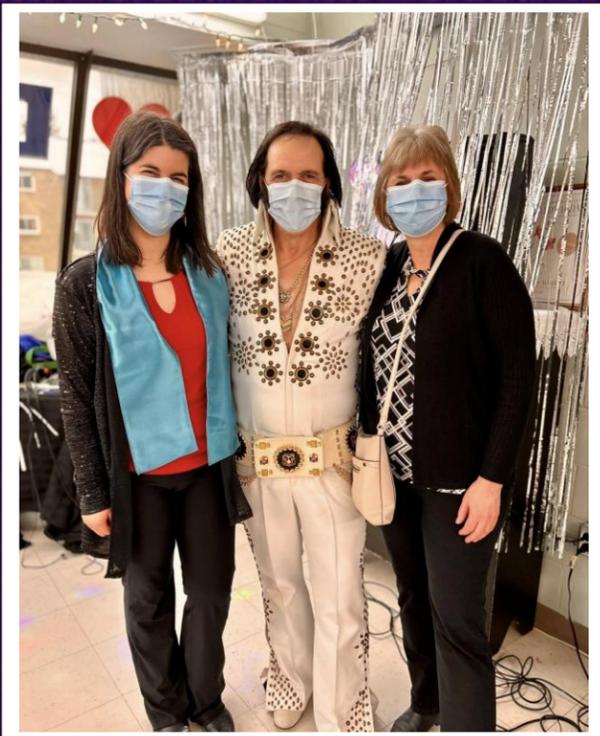
Ceramic flooring is starting in the lobby area.

Epoxy flooring is expected to start in 2 weeks (mechanical rooms and penthouse). All corridors in resident wings are in the process of preparation for flooring and ceilings.



ELVIS is in the house!





SOME **FUN PEOPLE** WHO BRIGHTEN
EVERYONE'S DAY! 😊

ST. PATRICK'S DAY WORD SEARCH

c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00am Calendar Changing 10:30am Balls and Balloons 2:00pm AI Visser Performs 3:45pm 1 to 1 Visits	2 10:15am Pet Visits with Louise and Coco 2:00pm Spa on the go 3:45pm Friends Gather	3 9 - 12 Equipment Clinic 2:00pm Tuesday Tea 3:45pm 1 to 1 Visits 	4 10:00am Residents' Council Meeting 10:15am Strength and Stretch & Cozy Home	5 10:15am Communion with Rev. Jonathan Askwith 2:00pm Music with Cholly 3:45pm Chair Yoga 6:30pm Mary Ellen Performs	6 10:30am RC Communion 2:00pm Tuck Cart 3:45pm Jewellery & Eyeglasses cleaning	7 10:15am Bingo 2:00pm Tea & Trivia 3:45pm Montessori
8 10:30am Church with Calvin Pol 2:00pm Manicures 3:45pm 1 to 1 Visits 	9 10:15am Let's Get Moving 2:00pm Baking for Tea 3:45pm Friends Gather	10 Hearing Aid Clinic 10:15am Library Visit with Jen and Joan 10:15am Pet Visits with Beth and Cody 2:00pm Tuesday Tea 3:45pm 1 to 1 Visits	11 Multicultural Fair 10-3 Alguire Room	12 10:15am Church with Rev. Ed Charlton 2:00pm Music with Cholly 3:45pm Chair Yoga 6:30pm Jumpin Jimmy Performs	13 10:15am Bingo 2:00pm Bird Watching 3:45pm Jewellery & Eyeglasses cleaning	14 10:15am Balls & Balloons 
15 2:00pm Wine and Cheese with Lawrence Welk 	16 10:15am Pet Visits with Louise and Coco 2:00pm Green Game Cart 3:45pm Friends Gather	17 10:15am Irish History, Jokes and Fun Facts 2:00pm St. Patrick's Day Party with Shamrock Shakes 3:45pm 1 to 1 Visits	18 10:15am Strength and Stretch & Cozy Home 2:00pm Roxy Swan Performs	19 10:15am Church with Rev. Melody Trolly 2:00pm Pine Cone Craft 3:45pm Chair Yoga 6:30pm Barbershop Spa	20 10:15am Coffee, Cookies and Chit Chat 2:00pm Afternoon Movie 3:45pm Jewellery & Eyeglasses cleaning	21 10:15am Bingo 2:00pm Baking 3:45pm Montessori First Day of Spring
22 10:15am Church with Paul Hrkach 2:00pm Crafts 3:45pm 1 to 1 Visits	23 Welcome Spring! Men's Lunch Club 2:00pm Bingo 3:45pm Friends Gather	24 10:15am News and Views 2:00pm March Birthday Party With Heather's Sound Machine 3:45pm 1 to 1 Visits	25 Welcome Spring! Ladies Lunch Club 2:00pm Facebook Visits 	26 10:15am Church with Rev. Christine Lowson 2:00pm Ice Cream Floats 3:45pm Chair Yoga 6:30pm Bingo	27 10:15am Bonnie Wallace Performs 2:00pm Baking 3:45pm Jewellery & Eyeglasses cleaning	28 10:15am Manicures 2:00pm Bingo 3:45pm Montessori 
29 10:15am Songs and Praise 2:00pm Magazine Cart 3:45pm 1 to 1 Visits	30 10:15am Pet Visits with Louise and Coco 2:00pm Let's Reminisce! 3:45pm Friends Gather	31 Activity Team Program Planning & Spring Cleaning 2:00pm Tuesday Tea with Farmer John and Carol 3:45pm 1 to 1 Visits				