

HEARTHSTONE

*by the Lake*

Spring

# The Clubhouse News

May 2024

**“At last came the golden month of the wild folk-- honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year.”**

**— Samuel Scoville Jr., Wild Folk**



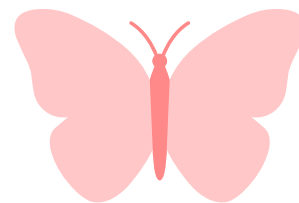


# HEARTHSTONE



*by the Lake*

## Directory



Call our 24 Hour Hotline - 905-333-9194 press 6  
Information on daily dining features, events, weather and club news.  
Hearthstone TV: Channel 398 for COGECO subscribers

Hearthstone by the Lake  
100 Burloak Drive, Burlington, Ontario, L7L 6P6  
905-333-9194 Fax: 905-333-9646  
www.hearthstoneburlington.ca

### Clubhouse Departments

- Concierge (1).....infobythelake@hearthstone.ca
- General Manager-Janette Scobie (212).....jscobie@hearthstone.ca
- Assistant General Manager-Denise (Dee) Iafrati (214).....diafrati@hearthstone.ca
- Wellness Coordinator -Lori Searle (213).....lsearle@hearthstone.ca
- Director of Wellness-Michaela Jarvie (230).....mjarvie@hearthstone.ca
- Food Services Manager-Stephanie Watson (215).....swatson@hearthstone.ca
- Hospitality Service Manager-Jenna Costello (223).....jcostello@hearthstone.ca
- Recreation Director-Jessica Bussi (218).....jbussi@hearthstone.ca
- Dining Room (226)



### Condominium Board of Directors

2024-2025

President: Margaret Sanders  
Vice President, Secretary & Club Liaison: Maureen Whiteson  
Treasurer and Director of Interior: Ursula Stiefeling  
Director: Refet Eres  
Director :Rick Edgar



Email: boardmembershcc377@hearthstone.ca

OR leave a message in the comment box located in the Lounge



## Concierge & Administration



**You rang! What's available at Concierge?**

### **The Hearthstone Burlington Website**

Have you taken a look around our Hearthstone Burlington website? Not only can you find the weekly menus and order your meals online, but we have notices of upcoming special events, condominium updates, the monthly newsletter and calendar, a virtual tour, information about the basic service package and lots more!

Visit [www.hearthstoneburlington.ca](http://www.hearthstoneburlington.ca)



### **Transportation and Companion Services**

Are you looking for someone to take you to and from appointments or to run errands in addition to the shuttles offered? We've got you covered with our classy Cadillac. Contact Dee at ext. 214 to book your ride!



### **Online Grocery Ordering**

Submit your detailed grocery list to the concierge, and they will order your items to be delivered directly to your door! Charges go on your Club member account, no credit card required!

We can order from the store of YOUR choice such as Sobeys/Longos, Fortinos Walmart, Metro, Amazon or Instacart!



### **Hearthstone Club Cards**

Reloadable and available in any amount!

Club Cards can be used within any department for any event or occasion. They can be purchased with cash, cheque, or charged to your Club account.

**P.S. Makes a great gift!**



### **"At Your Service"**

Wake-up calls, reservations, activity sign-ups, local directions & more!



### **Print and Copy Services**

We offer scanning, typing, e-mails.  
\$.20/per page, black & white  
\$.50/per page, colour

**Interested in any of the above? Reach out to concierge for more details!**



## Welcome Aboard



Concierge

### Nicole Lemieux



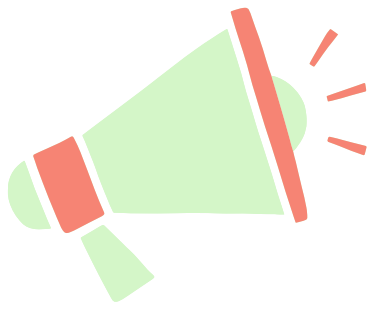
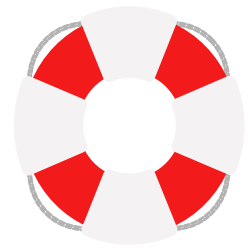
Nicole is one of our newer employees and is currently helping fulfill all of your front desk needs as concierge. She was born and raised in Oakville, having never moved from her family home, except to go to school. Nicole grew up playing fastpitch softball at a competitive level for the Oakville Angels, a team she now coaches with her Dad. In addition to athletics, Nicole has always had a strong passion for history, and she majored in the subject and went on to receive her Masters degree from McMaster University in 2023. Nicole has dreams of one day working in a museum as a public historian, but for now she is quite happy assisting the Homeowners at Hearthstone. Some of her non-historical interests include music, cartoons, sci-fi and comedy. Feel free to stop by the front desk for any questions, concerns or even for a chat!!

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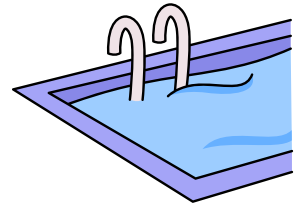
### Rebecca Scobie



Rebecca is another one of our newest employees and is currently helping fulfil all of your front desk and your housekeeping needs! Rebecca was born in Hamilton and grew up there until moving to Ancaster where she currently lives with her family. Throughout her life, Rebecca has been and continues to be highly involved with sports. She has played at a highly competitive level of hockey her whole life and continues to partake in women's leagues for hockey and ball hockey. Rebecca is currently studying at Trent University in Peterborough to receive a degree in English literature while being a part of the Teachers Education Stream. From this, Rebecca hopes to one day become an elementary school teacher! Outside of school, Rebecca loves listening to music and attending concerts as well as relaxing with a book or a movie! She also has a passion for all kinds of animals, especially dogs! Rebecca is very excited to meet and chat with you all and start to get to know everyone! Feel free to visit at the front desk with any questions or just to say hi!



## Announcements



### Pool Update

The pool has “use at your own risk” policy in place because there is no lifeguard on duty to monitor the area. Concierge can only intermittently monitor it therefore, homeowners are 100% responsible for their own safety and their guests. Guests are not allowed to use the pool unless the homeowner is present.

Children are to supervised at all times and their caregivers are to ensure that their behaviour is appropriate. Homeowners who need physical assistance accessing or egressing the pool or who require monitoring while in the pool are welcome to contact Michaela Jarvie, our Director of Wellness for advice on how to obtain these services.

If anyone is interested in Aqua Fit, or has other ideas for programming in the pool area, please speak with Jessica Bussi, Recreation Director. Water therapy is excellent for arthritis and other muscle related ailments, or for those recovering from some surgical procedures.



### Name that Baby!!!



**Want to see if you can recognize your neighbours as babies? We all, at some point in our lives were adorable, delightful babies.**

**Lets collect as many photos as we can so we can see which homeowner can guess the most correctly.**

The second week of June there will be a display of homeowner’s baby pictures in the Library. Homeowners’ will have a chance to win a prize, correctly naming all the homeowners in the pictures. If you would like to submit your baby photo to be displayed on the board, please submit it to Recreation Director, Jessica Bussi, by **Friday, June 7th.**





# HEARTHSTONE



## Food & Beverage Services

### THROWBACK THURSDAY

3:30 PM-4:30 PM every Thursday in the Lounge  
Cocktails and Appetizers for only \$7 each!



### SANDWICH & SALAD BAR

A Hearthstone FAVOURITE - every Wednesday at lunchtime.  
All you can eat soup, salads, cheese platter, crudité's, fresh breads,  
assorted  
deli meats, fresh fruit and desserts!



### DINING ROOM HOURS

Lunch starts at 11:30 am and 1:30 pm is the last Lunchtime seating.  
Dinner starts at 4:30 pm, and the last Dinner seating is at 6:30 PM.  
\*Hours may be subject to change\*

Concierge

### RESERVATIONS

Please make your Dining Room reservations with the Concierge.  
This helps us provide you with prompt and attentive service.

### THE PIG AND WHISTLE CATERING

Contact Dining Room Supervisor Leighann to secure reservations at the  
Pig & Whistle for your private family gatherings, or special events.

Please note effective May 1st corkage fee will be \$10.00

*\*\*You must obtain a "Special Occasions Permit" if alcohol  
will be served at your event, as the P&W is not AGCO licensed.\*\**

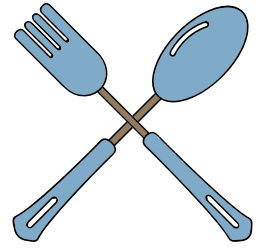




HEARTHSTONE



*by the Lake*



# *In The Dining Room*

**Mother's Day Dinner**  
Sunday, May 12th  
5:00 PM

Dinner Roll w/butter  
Roast turkey with seasoned white  
wine gravy  
Traditional stuffing  
Cranberry sauce  
Creamy garlic mashed potatoes  
Glazed baby carrots  
Asparagus  
Lemon short cake  
Coffee & tea

**\$38+ tax**

HAPPY  
*Mother's*  
DAY



# HEARTHSTONE



## In The Dining Room

**Fish and Chips**  
**DINNER**

Friday, May 3rd, 10th, 17th,  
24th & 31st



**Men's Club Dinner**  
Wednesday, May 1st, 8th,  
15th, 22nd, 29th



**BBQ**  
**Pork Ribs**  
Saturday, May 11th



**Seafood Newburg**  
**Dinner**  
Tuesday, May 14th

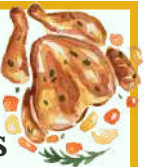


**Birthday Buffet Dinner**  
Thursday, May 30th



**Special Sunday Dinners**

May 5th: Beef Brisket  
May 12th: Roast Turkey  
May 19th: Prime Rib Roast  
May 26th: Stuffed Chicken Supreme





# HEARTHSTONE



by the Lake

## Environmental



### Housekeeping Services

Every unit is entitled to 1 hour of housekeeping.

For \$38/hour you can request additional housekeeping to maintain the cleanliness of your home, via bi-weekly, or weekly cleans.

- 1 hour of housekeeping includes cleaning of your kitchen and bathroom, and floors.
- During extra cleans we can provide cleaning of your refrigerator, stove and microwave, inside and out.
- Cleaning and organizing cupboards, underneath your kitchen/bathroom sinks
- Detailed dusting and baseboard cleans.
- Closet organization
- Packing/unpacking



### Handyman Services

You are entitled to 15 minutes of Handyman service each month.

Jobs in excess of 15 mins are charged at a rate of \$60/hour or \$18/15 minutes, plus the cost of any parts. Our talented Handyman Cesar is available Monday-Friday.

Please submit your Handyman requests to the Concierge.

- Furniture assembly
- Light bulb changes
- Caulking and grout cleaning
- Window washing
- Stove ventilation- hood cleaning
- Bathroom ceiling fan cleaning
- Hanging of pictures or mirrors
- Wall patching... + MORE!

### Sanitizing Walkers & Wheelchairs

The sanitizing and cleaning process of your mobility device will dislodge dirt and grime, wipe dust and germs from surfaces and wheels.

### Car Cleaning & Detailing

It's the perfect time to give your car a good clean-both inside and out! Car cleaning provided on site, all you need to do is drive your car to the designated area in the underground parking and we'll take care of the rest! Convenience at it's best!

### Painting

Craving some change? Why not update the paint in your home? A statement wall with a splash of colour, a new shade for your bathroom? Or just freshen up your current look!

### Additional Services...

If you are in need of extra cleans or specialized handyman services, or would like to renovate your suite, please contact Jenna at ext. 223.





# Environmental

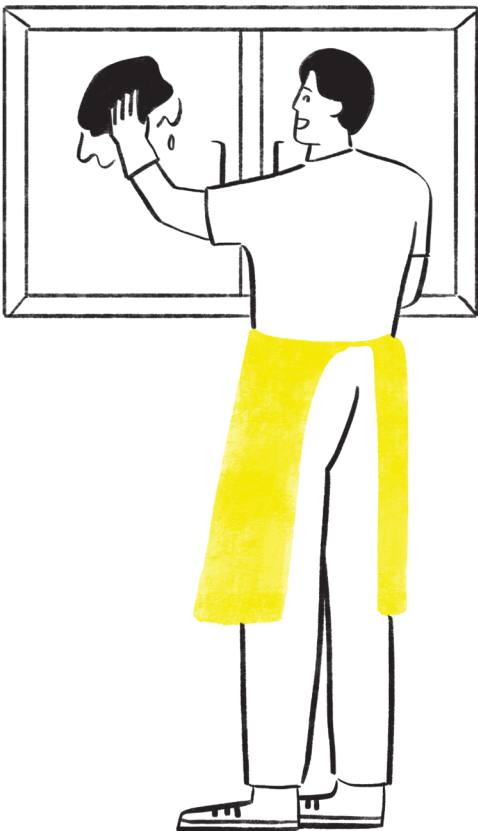


## CARPET STEAM CLEANING

Tired of looking at your dirty carpet? Well we have the solution for you!

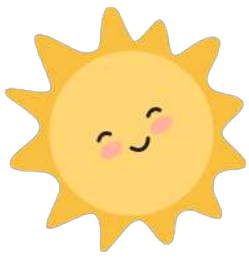
Our NEW Rug Doctor® commercial carpet and upholstery cleaner has finally arrived! Carpet cleaning rates starting at \$75, quote based on square footage.

## BOOK YOUR WINDOW CLEANING WITHOUT DELAY!



**Summer is just around the corner!**  
Let us help you get your outdoor space tidied up for the season. We offer window washing, balcony cleans, power washing of ground floor units patio stones, patio furniture assembly, clean-up and set-up, and more!

Please contact Jenna at ext.223 if you would like to book these services.



# HEARTHSTONE



by the Lake

## Wellness Services



The following services are available at an additional charge.



### PSW SUPPORT

There are no better PSWs to hire than Hearthstone's PSWs!

We offer everything from 15 minutes to 24 hour care, including night checks, under the direction of our Director of Wellness, Michaela Jarvie.



### TENA PRODUCTS

We offer various prices for briefs, pads, liners. Skip the trip to the Drug Store - we'll even deliver straight to your suite!



### COMPANIONSHIP/WALKS OUTSIDE

Scrabble, scrap-booking, or simply chatting over tea - you can book companionship services through our Wellness department. It's important to socialize - especially with individuals that truly care about your health and wellbeing.



### ANIMAL CARE

We care for your pets – walking, feeding, and checking on them while you're away. Our pet groomer will be on site the second Wednesday of every month. Please call Lori in the wellness department to book an appointment for your furry friend.

### REIKI

#### REIKI

**Paula** is our Reiki Master! This practice can help soothe and heal problem areas of the body and mind, providing an alternative holistic approach. Paula can be reached at 905-220-7204 for an in suite appointment



### EAR FLUSHING

Ear flushing is not covered by OHIP and our service is half the price you'd pay compared to having it done at the Doctors' office! Book today! Doctors orders required.

# B

### VITAMIN B SHOT

We'll even come to your room to administer the shot! Did you know? Often, more long-term consequences of an advanced Vitamin B deficiency in older people involve weaker red blood cell formation, lower metabolism, impaired nerve functioning, and weaker bone health. These deficiencies are also heavily linked with neurological disorders like Alzheimer's or dementia. For more information please speak with Michaela Jarvie.



### PHYSIOTHERAPIST

Physiotherapists are healthcare professionals who specialize in treating injuries and conditions affecting movement. Jaon (June), our excellent physiotherapist at Hearthstone, is available for in-suite appointments on **Tuesdays and Fridays.**

Contact Lori for more information on our Wellness Services or to book your appointment for a service mentioned below. You can reach her at ext. 213 or at [lsearle@hearthstone.ca](mailto:lsearle@hearthstone.ca).



# Wellness Services

Hearthstone by the Lake, at its core, takes pride in providing the support you need to live a healthy and happy life. We are all about convenience-and making your life simple. Here are some of our services that we offer through our Wellness department:



## HAIR CARE

Jennifer is our skilled hairdresser and color specialist! You can visit her in the salon on **Thursdays and Fridays from 9:00 AM to 3:00 PM.** Additionally, Jennifer is available on **Saturdays** with appointments. For inquiries, contact the Hair Salon at Hearthstone by dialing extension 240.

## REGISTERED MASSAGE THERAPIST

Donna offers a variety of massage packages every **Monday from 10-3pm.** She books up quickly! So get your massage booked today.



## CARERX PHARMACY

Sign up with our preferred pharmacy CareRx for daily delivery, medication checks, medication education and counselling, and direct billing to private and government insurance plans.

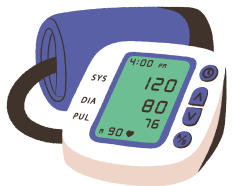


## AESTHETICIAN

**Georgia** is our wonderful aesthetician and is available every **Tuesday.** She looks after hand/foot care, skin care and waxing/tinting services. Get a full facial - we promise you won't regret it!

## Nail Trimming and Foot Care

Take care of your feet! Schedule an appointment with our new foot care Nurse, **Patricia** every **Wednesday and Thursday from 10 AM- 5 PM.** Treat yourself to toenail trimming and foot care, including a foot soak and massage, corn and callus treatment, and toenail trimming and filing.



## Free Blood Pressure Clinic

Friday May 10th & 24th from 9:30am-1:30pm in the Wellness Centre  
Drop in! No appointment necessary.

## WALKER TUNE UP

Thursday, May 16th from 1:00pm-2:00pm Access Abilities will be on site in the Fitness Centre for walker tune ups.



## WELLNESS PRESENTATION

Friday, May 31st, from 2:00pm-3:00pm, please join us at the **Pig & Whistle** for a presentation on Skin Cancer and Melanoma. The presentation will discuss signs, symptoms and what Skin Cancer and Melanoma is.





# Nurses Week

Monday, May 6, 2024 – Sunday, May 12, 2024

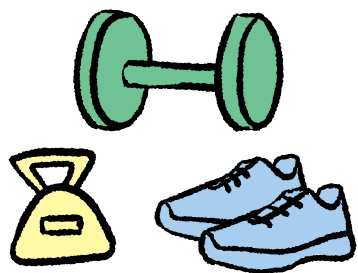
At Hearthstone we celebrate our nurses for their dedication, expertise, and achievements. Our nurses are qualified, devoted staff that enhance your lifestyle each day. They are committed to helping you enjoy your retirement years with comfort, dignity and peace of mind that you deserve. Thank you to our nursing team and all they do! We also want to recognize our homeowner's who are retired nurses, Happy Nurses Week.



# HEARTHSTONE

by the Lake

## Recreation



### Seated Fitness

9:30 & 10:00AM Mondays  
2:00PM Tuesdays  
10:00AM Wednesdays  
10:00AM Fridays  
Location :Fitness Centre

### Balance and Mobility

1:00PM Mondays, Wednesdays and  
Fridays  
Location: Fitness Centre



### S.M.A.R.T EXERCISE PROGRAM:

An update will be made from the VON with exercise dates/times when they have found a permanent instructor, please stay tuned.



**Current events:** Please join us Thursday, May 2nd at 3:00 PM in the library to discuss and explore local and national news. While diving into political, economic and social issues in a respectful and meaningful way. Please bring topics you would like to share. All are welcome!

**Seated Yoga and Mindfulness:** Feeling stressed? This is a really great first step towards practicing mindfulness and feeling more present and at ease. Classes will be held the first Monday of the month at 11:00 AM in the Pig & Whistle. They will consist of seated yoga, simple breathwork, and guided meditation while listening to calming music.

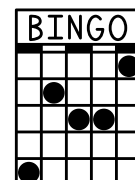
**Aerobics:** Aerobics classes will be a mixture of seated and standing movements while listening to some upbeat and fun music. Come join us on Monday, May 13th at 11:00 AM at the Pig and Whistle, bring a friend along.



**Name that tune:** Name that tune involves listening to short clips of songs and challenging yourself to guess the tune. It is a great way to exercise your mind and sing-along to some of your favourite songs. Join us May 30th at the P&W.



We are looking for volunteers to call for BINGO. The caller would be responsible for announcing numbers to bingo players and monitoring the game to identify winners. Games run from 2:30-3:30pm on Fridays. \*\*\*\*With the warmer weather coming BINGO will be played in the Pig & Whistle starting in May.



# HEARTHSTONE

## *by the Lake* Recreation

### PRIVATE RECREATION SERVICES

10 minutes - \$10

30 minutes - \$15

1 hour- \$30

Need a companion for walking, chatting or playing scrabble? We are available for companionship, in addition to our exercise services. Our Recreation department is full of good jokes if you need a laugh!

Tech Help?  
Products such as your iPad, iPhone, MacBook or any android products. Feel free to bring a list of questions you might have about your technical device - Jessica can help!

**NEW**

**Private Fitness Training**  
**30 Minutes-\$30**  
Beginning in the month of May, Jessica will be offering private exercise, one on one sessions. Jessica will customize a plan to improve your balance, and strengthen your flexibility. Sessions will include strength training, and balance exercises.



How to book a private session? Contact Jessica directly by e-mail at [jbussi@hearthstone.ca](mailto:jbussi@hearthstone.ca), by phone at ext. 218, or feel free to drop by the office in the Fitness Centre to say hello!



# Upcoming Special Events

**Karaoke Night Party**  
Tuesday, May 7th at 6:30pm  
Location: Dining Room  
Cover Charge: \$10



Karaoke is a form of entertainment in which people take turns to sing popular songs into a microphone over prerecorded backing tracks. Lyrics are available on the screen.

Pick a song, any song- chances are the DJ can play it- and you sing along! However, you don't HAVE to sing to attend Karaoke Night- you can simply come for the show, sit back and enjoy!

**Frank Sinatra Concert**  
Jay Vasquez  
Thursday, May 23rd at 2:30pm  
Location: Dining Room  
Cover charge: \$15



Jay Vasquez is back by popular demand, performing as Frank Sinatra.

**Balcony Garden Presentation**  
Friday May 17th at 2:30pm  
Location: Fitness Centre

A free presentation with homeowner Barry Benjamin on creating your own beautiful balcony garden. Barry Benjamin, has a PHD in Plant Science from Ohio State University, past president of Landscape Ontario, and Co-Chair of Canada Blooms.

Barry will demonstrate how to plant in containers and what to purchase in a garden centre for spring planting. Questions will be welcomed!







## Upcoming Trips

### The Watering Can Shuttle Trip

Date: Thursday, May 16th

Time: 1:15 -4:00PM

Location: Vineland, Ontario \$15  
Shuttle fee



In the heart of Niagara's wine country in Vineland, Ontario, we will be taking a trip to see all the beautiful flowers. The Watering Can is a European- inspired shop bursting with plants and flowers with new discoveries at every turn. Enjoy a walk through while you visit the café and purchase some plants for spring planting! Departure is at 1:15pm, return will be approx. at 4:00pm, \$15 shuttle fee. Currently there is a waiting list. Please call concierge if you would like to be put on the list.



### Springridge Shuttle



Book your spot for our annual trip to Springridge Farm.

Date: Wednesday June 26th

Time: Approx. 9:30 am

\$15 Shuttle Fee

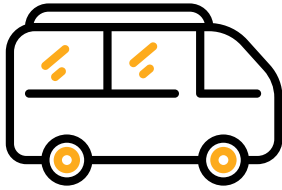
We will be visiting Springridge's bakery, farm shop and picking strawberries that will be in season !!



### Suggestion Box!

Discover a voice for your ideas at our Lounge's suggestion box. Share your thoughts, recommendations, or requests, contributing to a community-driven space that values your input and enhances the Hearthstone experience for everyone.





# Shuttle Trips

Date	Destination	Departure Time
Thursday, May 2	Food Basics/Shoppers	10AM
Tuesday, May 7	Farmboy	10AM
Thursday, May 9	Longo's	10AM
Tuesday, May 14	Michaels	10AM
Thursday, May 16	Metro	10AM
Thursday, May 16	The Watering Can	1:15PM
Tuesday, May 21	Denninger's	10AM
Thursday, May 23	Fortinos	10AM
Tuesday, May 28	Winners	10AM
Thursday, May 30	Walmart	10AM



HEARTHSTONE



*by the Lake*



# April Memories

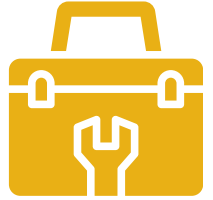
## Solar Eclipse

Monday April 8th

Homeowners, staff and families gathered for this breathtaking experience. During the total solar eclipse, the moon aligns perfectly with the sun, temporarily casting a shadow on Earth and causing a complete blockage of direct sunlight. The next time this will happen is October 26, 2144 —over a century from now !!!



HEARTHSTONE



# Manchester Homes

Manchester Homes is an Ontario based company offering its customers a team of experienced tradesmen committed to providing excellent building quality, high standards of professionalism and customer satisfaction. The owner of Manchester Homes is Justin Cashen, a licensed carpenter, bringing with him a decade of experience in the building industry. You can be assured that every project is a combination of luxury, quality materials and superior design.



From interior to exterior - Manchester Homes does it all! With attention to detail and professional craftsmanship, let their team help you bring your modern/contemporary vision to life. Change is good! Whether you'd like an updated kitchen, bathroom, or bedroom, they've got you covered. They replace flooring, paint, and do minor suite modifications such as walk in showers.



Please speak with Jenna Costello, Hospitality Services Manager for more details.

HEARTHSTONE

by the Lake

# Real Estate Watch



Our Hearthstone Real Estate Team not only advertises our listed units, but also promotes Hearthstone consistently as an esteemed institution year-round. We actively maintain a database of qualified buyers. Here are our advertisements featured in Haven Magazine and The Real Estate Book. Additionally, we showcase Hearthstone on various social media platforms and host informational sessions via Zoom and in-person to engage potential buyers. These efforts are strategically designed to attract the ideal buyer for Hearthstone properties.



**Brenda McKinley, Broker of Record**

**905-320-8306**

[brenda@realtyworldlegacy.ca](mailto:brenda@realtyworldlegacy.ca)

**REALTY WORLD<sup>®</sup>  
LEGACY**



Please Note: Hearthstone Homeowners are welcome to *hire any agent they wish*. Brenda's team can list units for sale and find buyers of units for sale.