



Delmanor Day at West Village! Pictured: Jordyn E. Liz L. Irene OW. Don & Margaret M. Gail B. Marg T. Bob & Diann T.

Upcoming Programs:

Monday August 3rd at 7pm: Music Monday: Introducing Sal Di Matteo

Every Tuesday at 11am: Guided Meditation *New Program*

Tuesday August 4th at 2:30pm: Magnificent Monarchs by Margaret Larson

Wednesday August 5th at 10am: Royal Botanical Gardens & Easterbrook's Hot Dogs *Sign-up*

Friday August 7th at 3:30pm: Peach Fest featuring Vocals by Julia Juhas

Tuesday August 11th at 2:30pm: Ballroom Dancing

Wednesday August 12th at 11am: Konzelmann Estate Winery: Niagara-on-the-Lake *Sign-up*

Friday August 14th at 10am: Bird Watching at Bronte Creek Provincial Park *Sign-up*

Wednesday August 19th at 2pm: Burlington Farmers Market *Sign-up*

Friday August 21st at 3pm: We All Scream for the Ice Cream Truck

Tuesday August 25th at 10am: Backed by Bees Apiary Tour & Picnic *Rescheduled – Sign-up*

Tuesday August 25th at 3:30pm: Caribana Celebration featuring LoveSound

Friday August 28th at 2pm: 16-Mile Boat Cruise *Second Session*

DELMANOR

Glen Abbey

905-469-3232 • 1459 NOTTINGHILL GATE, OAKVILLE

Bocce Ball Tournament vs. Delmanor Aurora

Show off your skills, and join in on the fun, at our second bocce ball tournament of the season, against Delmanor Aurora! *Sign-up with LivingWell to reserve your spot.*



Summer Concert: Toronto All-Star Big Band

Join us in welcoming the Toronto All-Star Big Band for our final Summer Concert of the season! Invite your friends and families for this rain or shine event on Thurs. Aug. 20th at 7pm. *We recommend bringing lawn chairs to any outside guests.*

Dog Days of Summer

Celebrate your four-legged friends and have a tail-wagging time at our Dog Days of Summer Event! Sign-up for a visit from The Suite Life of Pets Grooming Services, lace-up for our Delmanor Dog Walk, and put your canine knowledge to the test at Dog Breed Bingo!

August 2026

Steps to LivingWell

Drinking lots of fluids and still have a dry mouth? Xerostomia or Dry Mouth can be little more than an annoyance, or a more serious problem.

Saliva is perhaps the most underrated body fluid. It does everything from kick-start digestion, to helping us speak clearly. Saliva protects our teeth from decay and makes food easier to swallow.

Older adults may be more often afflicted with this condition. One of the most common reasons is the side effect of many medications. The list includes drugs that are used to treat pain, allergies, colds, high blood pressure, urinary infections, asthma and Parkinson's disease.

The symptoms may seem obvious and include; sticky dry mouth or throat, frequent thirst, sores in the mouth, cracked lips, burning or tingling sensation on a red, dry tongue, a hoarse voice, sore throat, bad breath and possibly difficulty tasting, chewing or swallowing. Something as simple as frequently sipping water can help. Sour candies can stimulate the salivary glands; or even just thinking about them may even do it for you. Remember Pavlov's dogs? If you have a concern about this condition speak to your dentist or doctor and while you wait for your appointment, have a tall glass of cool lemonade and enjoy the glory days of summer.

Brought to by your LivingWell Coaches.

TV Tour
Watch Channel 399 on your TV or call 6060 after 8:30am for daily updates regarding programs, the menu & local weather. Fitness classes are on channel 399 daily at 10:30am & 2:30pm. Mindful Meditation is on at 3:00pm.

LivingWell Program
Our Living**Well** coach, Joan Torrens, leads Del-Fitness classes every Thursday. Dial 4435 for one-on-one coaching.

Doctor Visit
Every Thursday

Hearing Clinic
Monday August 10th

Foot Care Clinic
Monday August 17th

Hair Salon
Wed., Thurs., and Fri.
Dial 4424 for an appointment

Nail Salon
Every Thursday 10:00 – 4:00
Dial 4424 for an appointment

Dry Cleaner
Pick up & drop off on Tuesdays

Seamstress
Wednesday August 19th
In the 2nd floor spa

DelMarket
Open Monday – Friday
11 am – 12 pm

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Resident Self-Run Programs: Cards and board games are always available for residents to use at their leisure. You can find cards for Euchre and Bridge or games such as Rummikub, Scrabble, Cribbage, and more in the LivingWell Centre. Please ask the LivingWell team for assistance.	Bus Excursions: Bus excursions take place on Mondays, Wednesdays and every other Friday (highlighted in bold). Space on the bus is limited. Please sign-up for a trip before 5pm the day prior to the excursion. Use the Del-connect tablet in the mailroom, see the Concierge, or the LivingWell team to sign-up.	Location Legend LW – LivingWell Centre FL – Fireside Lounge GT – The Glen Theatre L2/L3– Second/Third Floor Lounge NP – Nottinghill Pub CY – Courtyard BC – Back Courtyard GH – Greenhouse CL – Chisholm Library OD – Oaks Dining Room TG – The Granary				10:00 Get Fit (Virtual) – LW 1 11:00 Puzzle Package Pick-up – FL 2:30 NEW Series: Downton Abbey (S1): Episode 1 – GT 7:00 Movie: Me Before You - GT
10:00 Trinity United Church Service (Virtual) – GT 2 11:00 Catholic Mass (Virtual) and Eucharist – GT 2:00 Mahjong – L3 2:30 Matinee: Scotland's Highlands & Islands (1st Show) 7:00 Sports Sunday: Finding Forrester – GT	10:00 Get Fit (Virtual) – LW 3 10:00 Sobey's Plaza 11:00 Puzzle Package Pick-up - FL 2:00 Walmart at Hopedale Mall 2:30 Matinee: Scotland's Highlands & Islands (2nd Show) 7:00 Music Monday: Introducing Sal Di Matteo – CY	Vendor: WM Jewelry 4 10:00 Chair Yoga – LW 11:00 Guided Meditation – LW *New Program* 2:30 Docuseries: The Reluctant Traveler (S3): United Kingdom –GT 2:00 Magnificent Monarchs by Margaret Larson – LW 3:30 Decoupage Workshop: Seashell Trinket Dish – LW 7:00 Movie: Summer Camp – GT	9:00 General Exercise – LW 5 10:00 Falls Prevention – LW 10:00 Royal Botanical Gardens & Easterbrook's Hot Dog Stand 11:00 Advanced Pump It Up –LW 3:00* Shoppers Drug Mart 3:00* Bingo – LW 4:00* Tech Support – LW 7:00 Movie: The Queen – GT	10:00 Del-Fitness – LW 6 10:30 Del-Gentle Fitness – LW 2:00 Del-Balance – LW 2:30 Walking Group – FL 3:30 Mini-Golf – BC 7:00 Movie: The Time Traveler's Wife – GT	10:00 Stand & Get Fit – LW 7 10:30 Sit & Get Fit – LW 11:00 Drum Fitness – LW 2:00 Mahjong – L3 2:30 Delmanor Discussions – TG 3:30 Peach Fest featuring Vocals by Julia Juhas – CY 7:00 Movie: The Hustle – GT	10:00 Stand & Get Fit – LW 8 10:30 Sit & Get Fit – LW 11:00 Tai Chi – LW 2:30 Series: Downton Abbey (S1): Episode 2– GT 7:00 Movie: P.S. I Love You – GT
10:00 Trinity United Church Service (Virtual) – GT 9 11:00 Catholic Mass (Virtual) and Eucharist – GT 2:00 Mahjong – L3 2:30 LearnWell: Glinka: A Life for the Tsar (1836) - GT 7:00 Sports Sunday: Remember the Titans – GT	Hearing Clinic 10 9:00 General Exercise – LW 10:00 Falls Prevention – LW 10:00 Sobey's Plaza 11:00 Advanced Pump It Up –LW 2:00 Oakville Place 2:30 Vision Loss Group – TG 3:30 Bocce Ball Practice – BC 7:00 Music Monday: Piano Stylings by Stan Chang – FL	Vendor: Bella's Boutique 11 10:00 Chair Yoga – LW 11:00 Guided Meditation – LW 11:00 Glen Abbey United Church Service – GT 2:30 Docuseries: The Reluctant Traveler (S3): South Korea – GT 2:30 Ballroom Dancing – LW 3:45* Jeopardy – LW 7:00 Movie: The Rainmaker – GT	9:00 General Exercise – LW 12 10:00 Falls Prevention – LW 11:00 Konzelmann Estate Winery: Niagara-on-the-Lake 11:00 Advanced Pump It Up – LW 2:30 Bingo – LW 3:45 Tech Support – LW 7:00 Movie: Hanging Up – GT	10:00 Del-Fitness – LW 13 10:30 Del-Gentle Fitness – LW 12:30 Men's Pub Lunch – NP 2:00 Del-Balance – LW 2:30 Walking Group – FL 3:30 Men's Club: Memory Lane -BC 3:30 Rummikub – NP 7:00 Movie: Forrest Gump – GT	10:00 Stand & Get Fit – LW 14 10:00 Bird Watching at BCPP 10:30 Sit & Get Fit – LW 11:00 Bible Discussion Group – GT 1:30 Physiotherapy Clinic – TM 2:00 Elements Casino Flamboro* 2:00 Mahjong – L3 2:30 Seated Zumba – LW 3:30 Visiting Baby Turkeys – LW 7:00 Movie: Say Anything – GT	10:00 StrongerU Cardio Class 15 10:30 StrongerU Seated Cardio 2:30 Series: Downton Abbey (S1): Episode 3– GT 2:30 Bingo – LW 7:00 Movie: Death on the Nile - GT
10:00 Trinity United Church Service (Virtual) – GT 16 11:00 Catholic Mass (Virtual) and Eucharist – GT 2:00 Mahjong – L3 2:30 LearnWell: Strauss Sr. Radetzky March (1848) - GT 7:00 Sports Sunday: Bend it Like Beckham – GT	Foot Care Clinic 17 9:00 General Exercise – LW 10:00 Falls Prevention – LW 10:00 Sobey's Plaza 11:00 Advanced Pump It Up –LW 2:00 Dollarama at Dorval Crossing 2:30 Brain Games: Name 5 – LW 3:30 Calendar Planning – TG 7:00 Music Monday: Piano Stylings by Dave Murphy – FL	10:00 Chair Yoga – LW 18 11:00 Guided Meditation – LW 2:30 Docuseries: The Reluctant Traveler (S3): Ireland – GT 2:30 Bocce Ball Tournament vs. Delmanor Aurora – BC *Sign-up* 3:30 TikTok Tuesday – NP 7:00 Movie: Mr. Deeds – GT	Hot Breakfast 19 Seamstress Visit 9:00 General Exercise – LW 10:00 Falls Prevention – LW 10:30 Catholic Mass – L3 10:00 Shopper's Drug Mart 11:00 Advanced Pump It Up –LW 2:00 Burlington Farmers Market 2:30 Bingo – LW 3:45 Tech Support – LW 7:00 Movie: Like Father – GT	10:00 Del-Fitness – LW 20 10:30 Del-Gentle Fitness – LW 2:00 Del-Balance – LW 2:30 Walking Group – FL 3:30 Young at Heart Acrylic Painting Class – LW 7:00 Summer Concert: Toronto All-Star Big Band – Parking Lot	Vendor: Nellie's Comfort Shoes 21 10:00 Stand & Get Fit – LW 10:30 Sit & Get Fit – LW 11:00 Drum Fitness – LW 2:00 Mahjong – L3 2:30 Seated Zumba – LW 3:00 We All Scream for the Ice Cream Truck – Parking Lot 4:00 Ladder Ball – BC 7:00 Movie: Walk the Line – GT	10:00 StrongerU Cardio Class 22 10:30 StrongerU Seated Cardio 11:00 Tai Chi – LW 2:30 Series: Downton Abbey (S1): Episode 4– GT 2:30 Bingo – LW 7:00 Movie: The Deep End of the Ocean – GT
10:00 Trinity United Church Service (Virtual) – GT 23/30 11:00 Catholic Mass (Virtual) and Eucharist – GT 2:00 Mahjong – L3 2:30 LearnWell: Brahms: Piano Quartet in G Minor - GT [23] 2:30 Matinee: Andre Rieu: New York Memories (1st Show) [30] 7:00 Movie: Field of Dreams [23] 7:00 Movie: Pelé – GT [30]	9:00 General Exercise – LW 24/31 10:00 Falls Prevention – LW 31 10:00 Sobey's Plaza 11:00 Advanced Pump It Up –LW 2:00 Summer Scenic Drive [24] 2:00 Burlington Mall [31] 2:30 Gardening Group – BC [24] 2:30 Andre Rieu (2nd Show) [31] 3:30 Coffee & Convo's – NP [24] 7:00 Music: The Notables [24] 7:00 Vocals by Erin Marie [31]	10:00 Chair Yoga – LW 25 10:00 Backed by Bees Apiary Tour & Picnic Lunch *Rescheduled* 11:00 Guided Meditation – LW 2:00 Local Banks *By Request* 2:30 Reluctant Traveler Finale – GT 2:30 Books & Wine – TG 3:30 Caribana Celebration featuring LoveSound – CY 7:00 Movie: It Happened on 5th Avenue – GT	Dog Days of Summer! 26 Suite Life of Pets Grooming Services *Sign-up Required* 9:00 General Exercise – LW 10:00 Falls Prevention – LW 11:00 Advanced Pump It Up – LW 11:00 Delmanor Dog Walk – FL 2:30 Dog Breed Bingo – LW 3:45 Tech Support – LW 7:00 Movie: Best in the Show – GT	10:00 Del-Fitness – LW 27 10:30 Del-Gentle Fitness – LW 2:00 Del-Balance – LW 2:30 Community Meeting – OD 3:30 Thirsty Thursday Trivia – NP 7:00 Movie: Gorilla Story – GT	10:00 Stand & Get Fit – LW 28 10:00 Winner's / HomeSense 10:30 Sit & Get Fit – LW 11:00 Drum Fitness – LW 2:00 16-Mile Boat Cruise *Second Session* 2:00 Mahjong – L3 2:30 Resident Run Board Games, Cards & Crafts – LW 7:00 Movie: Wine Country – GT	10:00 StrongerU Cardio Class 29 10:30 StrongerU Seated Cardio 2:30 Series: Downton Abbey (S1): Episode 5– GT 2:30 Bingo – LW 7:00 Movie: Breakfast at Tiffanys