

The Wexford Residence Inc.



The Wexford Residence
1860 Lawrence Avenue East
Scarborough, Ontario, M1R 5B1
T: 416-752-8877
F: 416-701-2530

Welcome to our Home



THE WEXFORD RESIDENCE INC.

TOUR INFORMATION

For applicants and families:

- The Wexford Residence houses 166 residents in 6 long-term care units. One unit is for residents with dementia who need the security of a locked unit. (7th Floor)
- There is also an independent-living seniors' apartment complex connected to the long-term care facility.
- The Wexford is being a not-for-profit facility and any profits go back into residents' services.
- We have 2 physicians who come in to make rounds 3 days per week. They have been with The Wexford for more than 25 years and know the population very well. We also have a psychiatrist with a specialty in geriatrics that comes in once a month to assess residents referred by physicians.
- All residents are assessed on admission by our physiotherapist and, if they require therapy, they can receive therapy 2-3 times per week. There are also 2 physio-assistants who work with residents.
- Life Enrichment Activationists provide a variety of enjoyable activities that provide cognitive stimulation, light exercise or just plain fun.

MAIN LEVEL

Kiosk "Memory Lane Cafe"

(Small area with tables and chairs just before the dining room)

- Open 9:00 a.m. to 3:00 p.m., Monday through Sunday. On Fridays, open only until 1 PM. Run by volunteers.
- Offering coffee, tea and snacks; nice place to visit with friends or family
- You can buy cards, a cold drink or a bag of cookies and TTC tickets

Dining Room Area

(There are individual dining rooms on each unit for residents)

- The room is also used for larger functions such as parties, sing-along and entertainment
- Residents are invited to join the Resident Food Committee which meets monthly with the food providers and the committee's input is used in further meal planning.
- Family members can purchase meal tickets and book (in advance) the guest table if they wish to share a meal with a resident.

Garden

- Secure area
- Homey, facing residential backyards
- Wheelchair accessible gardening available
- Circular walkway
- Many activities take place here in the summer



THE WEXFORD RESIDENCE INC.

Chapel

- Non-denominational service twice a month
- Anglican service Tues. mornings
- Catholic Eucharist service every Sunday. Mass once a month on Wednesday.

A-LEVEL

Activity Room/Library

- Activity room for larger activities
- Library with skylight and hearth and mostly large-print books
- This room is also the home of the “Active Seniors Centre” where long-term care residents can participate in programs along with seniors from the community (age 55+) as well as with tenants from the Wexford apartments. This is good, as it gives our residents an opportunity to mingle with others who still are able to live independently.

Craft Room

- Used by the “Active Seniors Centre” for larger craft projects (such as ceramics). Craft programs are also offered on individual floors by Activationists.
- Parallel bars are available for walking programs with the Physiotherapist.

Hair Dresser /Barber

- Hairdresser is in 2 days per week. For residents who are not able to come down to the salon, a stylist goes up to the floors. Residents can be escorted to and from hair appointments, if necessary.
- Salon is also used by the chiroprapist twice monthly, as well as a twice-yearly dentistry service.

UNITS

- On each unit there are private (own room, own bathroom), semi-private (own room, share bathroom with someone of same sex) and basic rooms (two people share room and bathroom.) Two-piece bathrooms in each room
- On each floor we have a tub/shower room. We have large bath tubs with mechanical seat lifts and wheel-in showers. Bath/shower offered twice weekly
- For residents with dementia, we have a Snozelen room and equipment. (A service which provides a soothing atmosphere for agitated residents and also provides the correct level of visual, tactile and audio stimulation.) One of the Activationists provides one-on-one therapy with residents and uses the Snozelen room for sessions, including Rekai, Healing Touch, and Hand Reflexology.

For More Information, Contact:

Grace Arnedo

Social Services Coordinator

T: 416-701-2524

F: 416-701-2530

garnedo@thewexford.org



THE WEXFORD RESIDENCE INC.

TOUR INTAKE RECORD

Name:	_____	Date:	_____
Address:	_____	Home Phone:	_____
City:	_____	Business Phone:	_____
Postal Code:	_____	Tour Completed By:	_____

Name of person (s) requiring accommodation: _____

of persons requiring accommodation: _____ Age: _____ Relationship: _____

Current Address Home: _____ Hospital: _____ Other: _____

How soon is accommodation required:

1 month: _____ 3 months: _____ 6 months: _____ Other: _____

Comments: _____

How did you hear about The Wexford? _____

Alternative Contact: _____ Phone: _____ Relation: _____

FOR STAFF USE ONLY

Date of Application: _____ Date of Admission: _____ Admitted from: _____

Thank you card/letter sent: Yes No Date: _____

Information given to person(s) on tour:


M of Health /Tours : _____ Points to check: _____ Cognitive Points to Check: _____

Involuntary Separation: _____ Retirement Home Info: _____ Senior's Apartments: _____

Senior's Supportive Housing: _____ Home Supports: _____ Telephone Emergency Response _____



THE WEXFORD RESIDENCE INC.



Mission, Vision & Values

Enriching Lives Everyday

The Mission of The Wexford

Mission The Wexford is a vibrant residence rooted in our Scarborough community. We exist to enrich the lives of the older adults we serve in our seniors' programs, independent housing and long-term care home.

The Wexford provides residents with person-centred, high quality, safe and compassionate care within their home promoting quality of life, dignity and independence.

The Vision of The Wexford

Vision A strong presence in our community and a preferred seniors' residence celebrated for our progressive and quality services.

The Core Values of The Wexford

Values

- E Empowering each other
- X Exceptional caring
- C Committing to our shared goals
- E Expecting our best performance
- L Leading together with integrity
- S Sensitive to the uniqueness of each person

For more information, please contact:

Telephone: 416-701-2503
 Fax: 416-701-2530
 Email: information@thewexford.org
 Web: www.thewexford.org



THE WEXFORD RESIDENCE INC.

**1860 Lawrence Ave. East
 Scarborough, ON., M1R 5B1**

The Wexford is an accredited Long Term Care Home, licenced by the Ontario Ministry of Health and Long Term Care. We provide 24-hour nursing care to our 166 residents under the regulations and guidelines set out for us by the MOHLTC. We are a not-for-profit charitable home, with all placements in our facility processed through the Care Coordinator at the Central East LHIN.

The Wexford provides care to residents with a wide variety of needs. We have six separate units with varying levels of care to accommodate the specific needs of the residents in our facility. We have two secure units to provide care to the residents in our population with Alzheimer's Disease or other cognitive conditions that require additional security and supervision. Each unit has between 25 and 30 residents, with its own complement of nursing staff.

Nursing staff members are available in the Home 24 hours a day, including Registered Nurses, Registered Practical Nurses, Social Services Coordinator and Personal Support Workers. All medications in the facility are administered by registered staff. In addition to our nurses, there are also two Physicians available in the facility three days of the week, and a full-time Nurse Practitioner, Monday to Friday. Additional medical services provided in The Wexford include: physiotherapy, podiatry, dental services, optometry, lab x-ray and ultra-sound services, and monthly visits from a Psycho-Gerontologist.



Three meals a day are provided to our residents. Our Clinical Dietician approves our menus and monitors the dietary intake and balances of each of our residents. In addition to regular meals, nourishments are provided to all residents three times daily to ensure dietary balances are fulfilled. Special diets are available for diabetics or others with specific needs.

The social needs of our residents are met through programming by Life Enrichment Activationists. Activities vary widely, from one-to-one time spent with residents to facility-wide events provided by our Activationists and by the community-based Active Seniors Centre. The Home also has numerous social areas available to the residents, including a daily coffee kiosk, our outdoor patio, chapel, library, and computer lab.

Accommodations

Private rooms, semi-private rooms, and basic (or shared) accommodations are available to residents at The Wexford. (Semi-private = own room with shared bathroom; basic = 2 persons share room and bathroom). Each of our units has all three types of accommodation available. Subsidized accommodation rates are available to those individuals in basic accommodations who qualify. The rates for our accommodations are set annually by the Ministry of Health and Long Term Care and are listed below.

Rates as of October 1, 2022:

ROOM	DAILY	MONTHLY
Basic	\$63.73	\$1,938.46
Semi-Private	\$72.47	\$2,204.30
Private	\$83.38	\$2,536.14



Active Seniors Centre

In addition to the services provided to our Long Term Care residents, The Wexford also provides community programming through our Active Seniors Centre, or ASC. Programs run through the ASC are available to seniors in the local community who wish to participate. We offer classes and activities throughout the year.

All seniors in the community, 55 years of age or older who wish to participate in classes, drop-in activities, and special events at The Wexford will be required to purchase an annual membership. Membership lasts from September 1st to August 31 for a cost of \$15.00.

Placement at The Wexford

Placement in the Long Term Care section of our facility is handled by the Community Care Access Centres located throughout the province of Ontario. The CCACs accept Long Term Care applications from people in the community who require placement. These applications are then forwarded to the Long Term Care facilities chosen by the applicant. If you are interested in applying to The Wexford for Long Term Care, please contact the closest CCAC for information and an application.

Applications are not available directly from The Wexford.

In Scarborough, please contact:

Scarborough Community Care Access Centre
Suite 801-100 Consilium Place,
Scarborough, ON., M1H 3E3
(416) 750-2444

"REGULAR" WEEK AT A GLANCE

WEEK 1 WEEK OF: Nov 7-13, Dec 5-11, Jan 2-8, Jan 30-Feb 5, Feb27-Mar 5, Mar 27-Apr 2, Apr 24-30, May 22-28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Apple Juice Hot Oatmeal Cheddar Cheese Buttered WW Toast <u>Alternate Choices</u> Cantaloupe Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered Raisin Toast	Orange Juice Cream of Wheat Boiled Egg Buttered WW Toast <u>Alternate Choices</u> Mixed Berries Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Apple Oatmeal Muffin	Cranberry Juice Hot Oatmeal Scrambled Egg Buttered WW Toast <u>Alternate Choices</u> Honeydew Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered Raisin Toast	Apple Juice Cream of Wheat Poached Egg Buttered WW Toast <u>Alternate Choices</u> Banana Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Lemon Raspberry Muffin	Orange Juice Hot Oatmeal Breakfast Sausage Pancake w/Syrup <u>Alternate Choices</u> Watermelon Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered WW Toast	Cranberry Juice Cream of Wheat Boiled Egg Buttered WW Toast <u>Alternate Choices</u> Fresh Berries Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Carrot Muffin	Apple Juice Hot Oatmeal Fried Eggs Bacon <u>Alternate Choices</u> Banana Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered WW Toast
L I G H T M E A L	Split Pea Soup Turkey Slice SW on WWB Garden Salad w/French Dressing Watermelon <u>Alternate Choices</u> Spinach & Mushroom Frittata California Mixed Veg White Chocolate Mousse	Tuscan Soup Chicken Salad Sandwich on WWB Rainbow Salad w/Tahini Lemon Dressing Mango <u>Alternate Choices</u> Vegetarian Pizza Italian Vegetable Mix Raspberry Jell-O Whip	Cream of Mushroom Soup Beef Cabbage Rolls Steamed Turnips Two-bite Brownies <u>Alternate Choices</u> Tuna Salad SW on WWB Gazpacho Salad Diced Peaches	Butternut Squash & Apple Soup Turkey Pot Pie w/ Gravy Steamed Broccoli Mandarin Oranges <u>Alternate Choices</u> Cheese SW Vinaigrette Coleslaw Apple Tart	Cabbage Soup Corned Beef & Potato Hash Parslied Cauliflower Butterscotch Ice Cream <u>Alternate Choices</u> Egg Salad SW on WWB Tomato Basil Salad Fruit Cocktail	Sweet Potato & Onion Soup Ham Salad Sandwich on a WW Bun Spinach & Mushroom Salad Mini Sugar Donut <u>Alternate Choices</u> Oven Fried Chicken Breast Fries w/Gravy Montego Blend Veg Diced Pear	Cream of Tomato Soup Macaroni & Cheese Casserole Harvard Beets Honeydew Melon <u>Alternate Choices</u> Roasted Beef SW on WWB Citrus Market Greens Salad w/Balsamic Dressing Raspberry Mousse
M A I N M E A L	Shanghai Beef Stir Fry Brown Rice Cinnamon Carrot Cake <u>Alternate Choices</u> Panko Breaded Haddock Tartar Sauce Potato Wedges Green & Yellow Beans Diced Pears	Citrus Glazed Ham Scalloped Potatoes Roasted Garlic Zucchini Vanilla Ice Cream <u>Alternate Choices</u> Turkey & Barley stew Tea Biscuit Sliced Carrot Tropical Fruit Salad	Roasted Chicken Breast w/ Maple Mustard Gravy Mashed Potatoes Harvard Beets Pineapple Upside Down Cake <u>Alternate Choice</u> Apple Butter BBQ Pork Chop Roasted Potatoes Corn Niblets Apricot Halves	Shepherd's Pie Peas and Carrots Cheese Cake <u>Alternate Choice Cheese</u> Vegetarian Chili Tea Biscuit Pineapple Tidbits	Oven Baked Salmon Butternut Squash Barley Risotto Yellow Beans Spiced Cake w/ Cream Cheese <u>Alternate Choices</u> Chicken Balls w/ Plum Sauce Rice Pilaf Asian Mixed Vegetables Applesauce	Beef Pepper Steak Boiled Baby Red Potato Diced Turnip Tiramisu Cake <u>Alternate Choices</u> Cheese Tortellini w/ Marinara Sauce Italian Vegetable Mix Rhubarb Crisp	Roasted Turkey w/Gravy Cranberry Sauce & Stuffing Mashed Potatoes Ginger Honey Carrots Fruit Cocktail <u>Alternate Choices</u> Pork Schnitzel Baked Potato w/ Sour Cream Seasoned Kale Boston Cream Pie

WEEK 1 FALL&WINTER 2022-2023
THE WEXFORD RESIDENCE INC.

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"REGULAR" WEEK AT A GLANCE

WEEK 2 WEEK OF: Nov 14-20, Dec 12-18, Jan 9-15, Feb 6-12, Mar 6-12, Apr 3-9, May 1-7, May 29-Jun 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Orange Juice Cream of Wheat Breakfast Sausage Buttered WW Toast	Cranberry Juice Hot Oatmeal Scrambled Egg Buttered WW Toast	Apple Juice Cream of Wheat Poached Egg Buttered Whole Wheat Toast	Orange Juice Hot Oatmeal Hard Boiled Egg Buttered WW Toast	Cranberry Juice Cream of Wheat Scrambled Egg French Toast w/ Syrup	Apple Juice Hot Oatmeal Cheddar Cheese Buttered WW Toast	Orange Juice Cream of Wheat Fried Egg Bacon
A L T E R N A T E C H O I C E S	<u>Alternate Choices</u> Cantaloupe Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Maple Cinnamon Swirl Muffin	<u>Alternate Choices</u> Watermelon Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered Raisin Toast	<u>Alternate Choices</u> Mixed Berries Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Dark Bran Muffin	<u>Alternate Choices</u> Banana Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Butter Raisin Toast	<u>Alternate Choices</u> Fresh Fruit Salad Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered Raisin Toast	<u>Alternate Choices</u> Cantaloupe Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Raspberry Yogurt Muffin	<u>Alternate Choices</u> Watermelon Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered WW Toast
L I G H T M E A L	Italian Wedding Soup Chicken Salad Sandwich on WWB Caesar Salad Mango <u>Alternate Choices</u> Hotdog & Beans in Tomato Sauce Mexican Mixed Veg Mini Butter Tarts	Vegetable Barley Soup Fish Sticks w/Tartar Sauce Steamed Carrots Baked Potato Wedges Butterscotch Pudding <u>Alternate Choices</u> Pastrami Sandwich Creamy Coleslaw Mandarin Oranges	Mulligatawny Soup (Chicken) Sliced Turkey SW on WWB Garden Salad w/Lemon Thyme Dressing Diced Pear <u>Alternate Choices</u> Ham Casserole Peas and Pearl Onions Cream Puffs	Classic Tomato Soup Chicken Pot Pie w/ Gravy Mexican Corn Diced Peaches <u>Alternate Choices</u> Grilled Cheese SW Creamy Cucumber Salad Two Bite Brownie	Seasonal Roasted Vegetable Soup Mini Sausage Roll Braised Onion and Red Cabbage Diced Mango <u>Alternate Choices</u> Salmon Salad SW on WWB Baby Spinach & Carrot Salad Strawberry Ice Cream	Cream of Celery Soup Egg Salad Sandwich Caesar Salad Peaches <u>Alternate Choices</u> Pancake & Syrup w/ Peameal Bacon Winter Blended Vegetable Tangerine Mousse	Carrot & Red Lentil Soup Vegetarian Pizza Italian Blend Vegetables Pumpkin Cheesecake <u>Alternate Choices</u> Turkey Salad SW Rainbow Coleslaw Fruit Cocktail
M A I N M E A L	Caribbean Shrimp Quinoa Buttered Turnips Vanilla Swirl Cake <u>Alternate Choices</u> Red Lentil Dhal Naan Bread Brown Rice Yellow Beans Applesauce	Baked Herb Chicken Mashed Potatoes Winter Blended Vegetables Apricot Halves <u>Alternate Choices</u> Pork & Lentil Tourtiere Roasted Root Vegetables Maple Marble Cake	Basa w/Pineapple Curry Sauce Brown Rice Carrots Banana Yogurt Cake <u>Alternate Choices</u> Vegetarian Lasagna Garlic Bread Sunrise Mixed Vegetables Pineapple Tidbits	Veal Cutlet Mashed Potato Seasoned Kale Carrot Cake <u>Alternate Choices</u> White Bean, Mushroom & Spinach Rotini Alfredo Lemon-Garlic Brussel Sprouts Tropical Fruit Salad	Roasted Five Spice Pork Loin Mashed Potatoes Green Peas Nanaimo Bar <u>Alternate Choices</u> Moroccan Stew Tea Biscuit Butternut Squash Mandarin Oranges	Chicken Kiev Oven Roasted Red Skin Potato Wedges Roasted Zucchini Fresh Grapes <u>Alternate Choices</u> Fall Root Vegetable & Beef Pasta Sliced Carrots Lemon Cream Shortcake	Braised Beef w/Gravy Scalloped Potatoes Corn Niblets Chocolate Cream Pie <u>Alternate Choices</u> Baked Salmon w/Lemon Dill Sauce Roasted Sweet Potatoes French Style Green Beans Mixed Berries

WEEK 2 FALL & WINTER 2022-2023
THE WEXFORD RESIDENCE INC.

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"REGULAR" WEEK AT A GLANCE

WEEK 3 WEEK OF: Nov 21-27, Dec 19-25, Jan 16-22, Feb 13-21, Mar 13-19, Apr 10-16, May 8-14, Jun 5-11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY(Xmas Dinner)
B R E A K F A S T	Cranberry Cocktail Hot Oatmeal Hard Boiled Egg Buttered WW Toast	Apple Juice Cream Of Wheat Scrambled Egg Buttered WW Toast	Orange Juice Hot Oatmeal Cheddar Cheese Buttered WW Toast	Cranberry Juice Cream Of Wheat Poached Egg Buttered WW Toast	Apple Juice Hot Oatmeal Scrambled Egg Buttered WW Toast	Orange Juice Cream Of Wheat Breakfast Sausage Waffle w/Syrup	Cranberry Cocktail Hot Oatmeal Fried Egg Bacon
	<u>Alternate Choices</u> Cantaloupe Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered Raisin Toast	<u>Alternate Choices</u> Watermelon Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Banana Muffin	<u>Alternate Choices</u> Banana Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered Raisin Toast	<u>Alternate Choices</u> Honeydew Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Cinnamon Swirl Muffin	<u>Alternate Choices</u> Blueberries Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered Raisin Toast	<u>Alternate Choices</u> Banana Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered WW Toast	<u>Alternate Choices</u> Seasonal Berries Peanut Butter OR Fruit Yogurt Assorted Cold Cereal Buttered WW Toast
L I G H T	Potato Leak Soup Harvest Chicken Salad Sandwich Cucumber Sweet Chili Salad Pineapple Tidbits	Vegetable Florentine Soup Roast Beef Sandwich Creamy Coleslaw Tropical Applesauce	Cream of Tomato Soup Tuna Salad SW on WWB Garden Salad w/Balsamic Dressing Diced Peaches	Split Pea Soup Deli Style Ham SW Baby Spinach & Mushroom Salad Vanilla Pudding	Sweet Potato & Onion Soup Cheese & Tomato SW Rainbow Salad Mango Chunks	Creamy Chicken Soup Egg Salad on WWB Cucumber & Tomato Salad Lime Jello Whip	Carrot & Red Lentil Soup Chicken Salad SW Caesar Salad Strawberry Mousse
M E A L	<u>Alternate Choices</u> BBQ Pulled Pork on WW Bun Broccoli Butterscotch Pudding	<u>Alternate Choices</u> Cod Nugget w/Tartar Sauce Sweet Potato Fries Green Peas Orange Sherbet	<u>Alternate Choices</u> Broccoli & Cheddar Quiche Green Beans Lemon Square	<u>Alternate Choices</u> Breaded Chicken Tenders W/ Plum Sauce Savory Potatoes Carrots Apricot Halves	<u>Alternate Choices</u> Corned Beef and Potato Hash Sliced Beets Cream Puffs	<u>Alternate Choices</u> Beef Pot Pie w/ Gravy Peas & Carrot Tropical Fruit Salad	<u>Alternate Choices</u> Oktoberfest Sausage w/ Onion Dijon Gravy Potato Pompom Italian Veg Mix Diced Pears
M A I N	Mixed Veggie Cheese Lasagna Garlic Bread Italian Mixed Veg Vanilla Ice Cream	Lemon Oregano Chicken Breast w/Gravy Mashed Potatoes Fall Blend Veg Boston Cream Pie	Veal Marinara Spaghetti Corn Niblets Gingerbread Cake w/Whipped Topping	Baked Haddock w/Kale Pesto Alfredo Sauce Seven Grain Rice Roasted Squash Caramel Pecan Brownie	Tomato Cajun Pork Chop Roasted Potatoes PEI Mixed Vegetable Tiramisu Cake	Turkey Loaf w/Gravy Mashed Potato Yellow Beans Chocolate Mania Cake	Braised Beef w/Gravy Garlic Mashed Potato Asparagus Cherry Pie
M E A L	<u>Alternate Choices</u> Turkey Meatball w/Gravy Mashed Potatoes Harvard Beets Apricot Halves	<u>Alternate Choice</u> Roasted Apple & Onion Pork Loin Roasted Mini Red Potato Baby Carrot Mango Chunks	<u>Alternate Choices</u> Turkey Barley Stew Roasted Potatoes Seasoned Spinach Diced Pears	<u>Alternate Choices</u> Mushroom Beef Tips Egg Noodles Seasonal Kale Fruit Cocktail	<u>Alternate Choices</u> Chicken Thigh w/ Coconut Curry Sauce Mashed Potatoes Buttered Turnips Rhubarb Crisp	<u>Alternate Choices</u> Baked Ham Scalloped Potato Brussel Sprouts Cantaloupe	<u>Alternate Choices</u> Penne Alfredo w/Spinach Garlic Zucchini Grapes

**WEEK 3 FALL&WINTER 2022-2023
THE WEXFORD RESIDENCE INC.**

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"REGULAR" WEEK AT A GLANCE

WEEK 4 WEEK OF: Nov 28-Dec 4, Dec 26-Jan1, Jan 23-29, Feb 22-26, Mar 20-26, Apr 17-23, May15-21, Jun 12-18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	Apple Juice	Orange Juice	Cranberry Juice	Apple Cocktail	Orange Juice	Cranberry Juice	Orange Juice
R	Cream Of Wheat	Hot Oatmeal	Cream Of Wheat	Hot Oatmeal	Cream Of Wheat	Hot Oatmeal	Cream Of Wheat
E	Cheddar Cheese	Boiled Egg	Scrambled Egg	Breakfast Sausage	Omelet	Poached Egg	Fried Egg
A	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	French Toast w/Syrup	Buttered WW Toast	Buttered WW Toast	Bacon
K							
F	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>
A	Fresh Fruit Salad	Grapes	Banana	Watermelon	Mixed Berries	Diced Cantaloupe	Grapes
S	Peanut Butter OR Fruit	Peanut Butter OR Fruit	Peanut Butter OR Fruit	Peanut Butter OR Fruit	Peanut Butter OR Fruit	Peanut Butter OR Fruit	Peanut Butter OR Fruit
T	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
	Fruit Extreme Muffin	Buttered Raisin Toast	Buttered Raisin Toast	Buttered WW Toast	Buttered Raisin Toast	Dark Bran Muffin	Buttered WW Toast
L	Sweet Potato & Leek Soup	Italian Wedding Soup	Vegetable Barley Soup	Cream of Asparagus Soup	Cream Of Tomato Soup	Minestrone Soup	French Onion Soup
I	Shaved Pastrami Sandwich on WWB	Crab Cake w/ Tartar Sauce	Baked Wieners & Beans in Tomato Sauce	Sliced Turkey SW	Butter Chicken	Oatmeal Pancake w/Syrup	Vegetarian Pizza
G	Garden Salad	Cucumber Salad	Maple Mustard Potato Salad	Caesar Salad	Jasmine Rice	Peameal Bacon	Italian Mixed Vegetable
H	Apricot Halves	Ambrosia Salad	Green Beans	Fruit Cocktail	Green Beans	Asparagus	Tropical Fruit Salad
T			Pineapple Tidbits		Orange Wedges	Date Square	
	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>
M	Western Omelet	Cheese Fruit Plate (Cottage Cheese, Strawberries & Peaches/ Lemon Poppysed Loaf)	Chicken Salad SW on WWB	Macaroni & Cheese	Tuna Salad Sandwich	Cheese SW on WWB	Salmon Salad on WWB
E	Winter Mixed Vegetable		Baby Spinach & Mushroom Salad	Broccoli	Creamy Coleslaw	Four Bean Salad	Chef's Salad
A	Neapolitan Ice Cream	Banana Pudding	Triple berry Crumble Bar	Vanilla Mousse	Butterscotch Pudding	Banana	2 Bite Brownies
L							
M	Chicken Divan	Bison Sweet Potato Chili w/Dinner Roll	Steak & Mushroom Pot Pie w/ Gravy	Dijon Marmalade Chicken Thigh	Turkey A La King	Breaded Chicken	Herbed Pork Loin
A	Egg Noodles	Mandarin Orange	Buttered Turnips	Mashed Potatoes	Roasted Potatoes	Scalloped Potatoes	Mashed Potatoes
I	Yellow Beans		Lemon Meringue Pie	California Mixed Veg	Mexican Corn	Romaine Salad/Raspberry	Seasoned Spinach
N	Diced Peaches			Cheesecake	Vanilla Ice Cream	Vinaigrette	Strawberry Shortcake
						Pumpkin Pie	
M	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>
E	Baked Herbed Basa	Honey Mustard Ribs	Penne Primavera	Breaded Perch	Swedish Meatballs	Orange Ginger Pork Stir Fry	Cod a la Casa
A	Baked Potato w/Sour Cream	Mashed Potatoes	Garlic Bread	Mini Red Potatoes	Egg Noodles	Brown Rice	Mini Red Potatoes
L	Asian Mixed Vegetable	Parslied Cauliflower	Seasoned Kale	Roasted Squash	Braised Zucchini	Diced Pears	French Style Green Beans
	Vanilla Caramel Cake	Red Velvet Cake	Diced Melon	Diced Mango	Applesauce		Apricots

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Activities and Pastoral Care Calendar

5
10:00 Sunday Hymn Sing (AR)
2:00 Karaoke (CA)

6
10:00 Physio Exercise Class (CA)
2:00 Entertainment with Joe Zambri (MDR)
6:00 Bingo (CA)

7

8
10:00 Calendar Handout (RR)
10:00 Catholic Mass (MDR)
2:00 Knitting Club (CA)

International Women's Day
10:00 Hymn Sing with Bodene (MDR)
2:00 Knitting Club (CA)

9
10:00 Café (CAF)
2:00 Reader's Circle (CA)

10
10:00 Creative Corner (CA)
2:00 Guest Speakers - Jerry & Lynda (MDR)

11
10:00 Meditation (CA)
2:00 Café (CAF)

12
2:00 Bingo (AR)

12
10:30 Church Service - Dr. Hernandez (AR)

13
10:00 Physio Exercise Class (CA)
2:00 Bingo (CA)

14
10:00 Morning Moves (CA)
2:00 Creative Corner (CA)

15
10:00 Hymn Sing with Bodene (MDR)
2:00 Knitting Club (CA)

16
10:00 Café (CAF)
2:00 Reader's Circle (CA)

17
10:00 St. Patrick's Day Trivia (CA)
2:00 Entertainment - St. Patrick's Day Party with Marie Gogo

18
10:00 Spa Time (CA)
2:00 Bingo (AR)

19
10:00 Sunday Hymn Sing (AR)
2:00 Spa Time (CA)

20
10:00 Physio Exercise Class (CA)
2:00 Famous Places (CA)
6:00 Karaoke with

21

22
10:00 Hymn Sing with Bodene (MDR)
2:00 Knitting Club (CA)

23
10:30 Touch 2 Play (CA)
2:00 Birthday Party with Vivianna (MDR)

24
10:00 Residents' Council Meeting (AR)
2:00 Café (CAF)

25
2:00 Bingo (AR)

26
10:30 Church Service - Dr. Hernandez (AR)

27
10:00 Physio Exercise Class (CA)
2:00 Bocce Ball (CA)

28
10:00 Stretch & Strengthen (CA)
2:00 Animal Moments (CA)

29
10:00 Catholic Mass (MDR)
2:00 Knitting Club (CA)

30
10:00 Café (CAF)
2:00 Reader's Circle (CA)

31
10:00 Ladies' Group (CA)
2:00 Entertainment with Puttin' on the Hits (MDR)

Locations Legend
Common Area (CA)
Main Dining Room (MDR)
Activity Room (AR)
Café (CAF)
Resident's Room (RR)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



7TH FLOOR

Activities and Pastoral Care Calendar

10:00 Calendar Handout (RR) **1**
10:00 Catholic Mass (MDR)
2:00 Café (CAF)

2:00 Creative Corner (Making Rainbow) (CA) **2**
6:00 The price was right (CA)

10:00 Physio Exercise Class (CA) **3**



10:00 Chair Yoga (CA) **4**
2:00 Bingo (AR)

10:00 Sunday Hymn Sing (AR) **5**
2:00 Hand Care (CA)



2:00 Entertainment with Joe Zambri (MDR) **6**

10:00 This Day in History (CA) **7**
2:00 Sing Along (CA)

International Women's Day **8**
10:00 Hymn Sing with Bodene (MDR)
2:00 Café (CAF)



10:00 Chair Yoga (CA) **9**
2:00 Guest Speakers - Jerry & Lynda (MDR)

10:00 Physio Exercise Class (CA) **10**
2:00 Touch to Play (CA)

2:00 Bingo (AR) **11**



10:30 Church Service - Dr. Hernandez (AR) **12**

10:00 Stretch & Strengthen (CA) **13**
11:00 Colouring (CA)

10:00 Puzzles (CA) **14**
2:00 Animal Moments (CA)

10:00 Hymn Sing with Bodene (MDR) **15**
2:00 Café (CAF)

2:00 Sing Along (CA) **16**
6:00 Movie Time (CA)



10:00 Physio Exercise Class (CA) **17**
2:00 Entertainment - St. Patrick's Day Party with Marie Gogo (MDR)

10:00 Meditation (CA) **18**
2:00 Bingo (AR)

10:00 Sunday Hymn Sing (AR) **19**
2:00 Touch to Play (RR)


20



10:00 Riddles (CA) **21**
2:00 Reader's Circle (CA)

10:00 Hymn Sing with Bodene (MDR) **22**
2:00 Café (CAF)

10:00 Ball Exercise (CA) **23**
2:00 Birthday Party with Vivianna (MDR)




10:00 Residents' Council Meeting (AR) **24**
2:00 Physio Exercise Class (CA)

2:00 Bingo (AR) **25**



10:30 Church Service - Dr. Hernandez (AR) **26**



10:00 Chair Yoga (CA) **27**
2:00 Sing Along (CA)

10:00 What's That Smell? (CA) **28**
2:00 Famous Faces (CA)

10:00 Catholic Mass (MDR) **29**
2:00 Café (CAF)

2:00 March Random Trivia (CA) **30**
6:00 Bingo (CA)

10:00 Physio Exercise Class (CA) **31**
2:00 Entertainment with Puttin' on the Hits (MDR)

Locations Legend
Common Area (CA)
Main Dining Room (MDR)
Activity Room (AR)
Café (CAF)
Resident's Room (RR)