

# New Horizons

## TOWER

*NHT NEWS & VIEWS*

*Join the Action • 1140 Bloor Street West*



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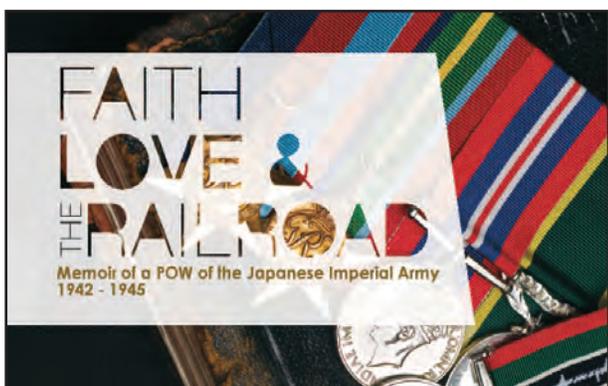
### **Ripley's Aquarium**

After a long cold winter, a welcome March break was planned for residents to spend a day at the new Ripley's Aquarium, downtown Toronto. Residents took in all the sights and sounds including a ride through the middle of "Dangerous Lagoon" on the moving sidewalk, the longest of its kind in North America. Residents enjoyed this day and were happy to come home to a relaxing dinner where stories were shared, and new memories exchanged.

# New Horizons Tower Highlights



**Thank You Volunteers ...** We are able to reach new heights with the more volunteers we have. We just celebrated National Volunteer week, April 6-12<sup>th</sup>. Volunteers have allowed us to be more active in our community. NHT Volunteers walk with residents year round to coffee shops, the mall, and area parks. They enthusiastically run bingo, and provide musical entertainment, companionship, and form friendships with residents which go beyond our expectations. Volunteers make a big difference for everyone, from accompanying residents to Church services in the community, to interacting with our Portuguese residents in their native language. Thank you NHT Volunteers, we could not do this without you!



**NHT Honoured to Host Book Launch ...** Faith, Love & The Railroad; Memoir of a POW of the Japanese Imperial Army was held on March 31st in the NHT Auditorium. Mr. Reginald Bulled and the Association for Learning and Preserving the History of WW II in Asia (ALPHA) published this raw telling of the power of the human spirit, a compelling life story that exemplifies how humour, love and faith can overcome adversity. The book is a firsthand account of Reginald, a British soldier held in captivity in Singapore and Thailand from 1942 to 1945. With astounding courage, Bulled relived his experiences to record them as a testament to the past.



**Our Talented Resident Musicians ...** NHT is lucky to have people who want to share their love of music. Marion Boyce has played violin and mandolin her whole life and has continued to do so. Marion found a companion on Volunteer Toronto who lives nearby and shares the same passion for music. Together they practice and enjoy entertaining us at various events. Marion enjoys playing with her friend Mary Davidson who also lives at NHT. Mary made a career out of her love for music by teaching piano. Often you can find these two ladies in the Heritage lounge playing together and taking the lead once per month at NHT's sing-a-long!



**Celebrating 40 years ...** This year, we celebrate New Horizons' 40th Anniversary. We plan to mark this milestone anniversary with events planned throughout this year. A special Anniversary Dinner was held on Tuesday April 29th. Executive Chef Joseph was on hand to manage the preparation of this special dinner which featured roasted Spring Rack of Lamb, Supreme Chicken with Artichoke and Mushroom Sauce, seasonal vegetables and special dessert. This dinner commemorated the April 26th 1974 official opening; a momentous occasion for the congregation of Dovercourt Baptist Church, the Bloordale neighbourhood, and 23 residents and family who chose NHT as their new home.

# New Horizons' Culinary Sister Act



*Sisters, Elma Luis and Mary Da Rocha pictured left to right above with NHT's Dining Staff*

NHT's very own culinary sister act; Elma and Mary bring the love of family, food and residents together each day to the Bloor Street Dining Room. Mary, who is Dining Services Supervisor, is truly the hostess with the mostess. Mary is described by her sister as the quintessential 'social butterfly' who greets residents and their guests with her priceless smile. Elma, Director of Dining Services, is in the kitchen orchestrating staff and menus, keeping in mind what food residents enjoy and what menus bring out the best in profiling simple, fresh ingredients with a Mediterranean twist. Working together these two sisters bring very special ingredients to NHT - their love and care for residents. This past Easter, Mary knew a resident was away and would be missing the famous 'hot cross buns' that her sister Elma makes sure are included on the holiday menu. So the sisters made arrangements for a few hot cross buns to be put aside. Elma and Mary are looking forward to celebrating Portuguese Day on June 10th where "Pasteis de Nata" the famous custard tarts everyone enjoys will be available. Mark your calendar, you won't want to miss the celebration of their homeland on this special day.

## We are changing the face of NHT

*We invite you to share in the joy of giving*

Celebrating 40 years as a charitable organization we are committed to reinvest in the community we serve, to enhance and enrich the lives of our residents who call New Horizons Tower home. The coming year will see many more new improvements. We are inspired by a foundation of love, hope and faith. Your gifts are highly appreciated! To donate please contact us today. Thanks to you and the faith you have placed in us there is new life at New Horizons Tower.

**Contact:** Ken Sweatman • 416-536-6111  
Ken.Sweatman@NewHorizonsTower.com  
Charitable Number: 107033888 RR 0001

## NHT gets fit ...

**NHT residents and staff discover together the rewards of keeping healthy and fit. With a range of health and fitness programs offered each week everyone can feel the difference! From Sit Fit, Stretch & Strengthen to Fun Fit there is something for everyone!**



## The View from here ...



It is my pleasure to share with you the view from here. As we prepare for our 40th Anniversary celebrations this Fall, we are reminded of those early days. The date was April 26, 1974. Everything was in readiness as friends and families gathered for the official opening. The Honourable Bill Davis, Premier of Ontario and his entourage arrived to cut the ribbon and officially open New Horizons Tower. Mr. George Stinton sang "Bless this House" a fitting tribute for this special day. As you know, we have since officially re-opened NHT 40 years later with a fresh new face. Each day we get closer to our vision of a complete community renewal. We are now down to our last elevator renovation which will better serve you, and as we continue renovations we thank you for your patience and understanding. New Horizons Tower has come a long way in the past 40 years, we are proud of this home, and look forward to serving you in the years to come. We invite you to give us your memories so we can include these in our upcoming celebrations.

*Ken Sweatman, Executive Director*

# New Horizons TOWER

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*Thank you for the tremendous work you do. I know my mother enjoyed the two years she spent at New Horizons and had so many good things to say about everyone who works there. Lorraine loved you all!*  
*Jay, Jill & Family*

## Come Join the Action!

- |      |                  |   |
|------|------------------|---|
| June | 10 <sup>th</sup> | Portuguese Celebration  |
|      | 18 <sup>th</sup> | Dance Performance by Pia Bouman School for Ballet & Creative Movement             |
|      | 27 <sup>th</sup> | Celebrate Summer with Ice Cream at Dufferin Grove Park                            |
| July | 1 <sup>st</sup>  | Canada Day Strawberry Social Evening Concert featuring the band "Friends of Jake" |
|      | 9 <sup>th</sup>  | Toronto Harbour Boat Cruise   |
|      | 19 <sup>th</sup> | NHT is at the Big on Bloor Festival   |
| Aug  | 14 <sup>th</sup> | Dufferin Park Market  |
|      | 20 <sup>th</sup> | Picnic Lunch at Cherry Beach  |
|      | 27 <sup>th</sup> | Alisa Gayle Piano Concert   |

### Contact Us:

New Horizons Tower  
1140 Bloor Street West • 416-536-6111  
[www.NewHorizonsTower.com](http://www.NewHorizonsTower.com)

Take our Virtual Tour  
<http://goo.gl/maps/481P>

