EASTER SERVICES
The Royale will be having Good Friday Service with Lise at 10:00am. Easter Monday Tom Watson will be holding a non-denominational service at 11:00am in the chapel. All residents are welcome to attend both.

FIRE DRILL
The next fire drill is on Monday April 15th at 9:45am. Please remember to stay in your suites and wait for further instructions. If you are in the lower level remain in one of the common rooms and wait for further instructions.

WALKING CLUB
With the warm weather finally on its way the walking club will be starting their mini adventures outside. For April join Holly as the group heads to the library and gardens by the mall. A short 10-15 minute walk and residents will get the opportunity to register for a library card and exchange their own books.

RETROSPECTIVE MILLINERY FASHION SHOW
The Royale will be hosting a fashion show in the dining room on Friday April 12th at 2pm. We are looking for residents to volunteer to model the hats for the event. Please see Sheena if you are interested.

MIND & BODY WELLNESS
In partnership with the Seniors Association, the Royale will be hosting a 7 week session every Thursday from 3:00pm-4:00pm. The topic will be on mind and body wellness. Sign up is required. More details will be posted.

GARDENING CLUB MEETING
All residents interested in participating in the gardening club should join us for a meeting on April 16th at 10:30am in the Club Royale. This is a chance for the Club to give management their ideas for the stand up plots.

SHIPPING NEWS
Wednesday April 24, 1:30pm Enjoy an overview of local shipping history in Kingston – the canals, ship building, and related businesses – through the personal anecdotes and photographs of a life-long enthusiast. Speaker: Ron Walsh, Marine Historian & Retired Captain

CRUISE SHIP DINNER
Following our shipping news presentation enjoy a cruise ship themed dinner featuring special guest entertainment, fish and chips and more. Please sign up family well in advance to secure their spot.

ENTERTAINMENT
Apr 7–Dinner Music with Linda
Apr 11– Spencer Evans
Apr 16-Sing A Long with Linda
Apr 18– Open Mic Night (Sign Up to Show off your talent)
Apr 19– Birthday Social with Richard Loney
Apr 25– Pub Night with Eileen Hennessey

What’s been happening at The Royale
Top Left: Trip to see Orchestra Kingston Concert. Middle Left: Server, Laurie out painting the Royale snowmen. Middle Left: Partita Trio performing at our Open House. Bottom Left: Executive Chef, Kevin Adams at Open House. Top Right: Ribbon cutting at official opening of the Royale Gift Shop. Bottom Right: Royale staff having fun in the snow.

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The Royale Kingston
2485 Princess St, Kingston, Ontario K7M 3G1
Feature article

New and Improved Library

With the new book shelves finally in place the Resident Relations Assistant has been working hard to get the library organized making easier for residents to find their favourite book.

Sections of books will be colour coded in the following:
- **Red** - romance
- **Blue** - non-fiction
- **White** - fiction
- **Black** - self help
- **Yellow** - health & wellness
- **Purple** - sci-fi/horror
- **Green** - thriller/mystery,
- **Orange Band** - large print books.

There will be a sign indicating this information when you go to the library to chose a book.

The first set of original shelving to your left, as you walk into the library, will be for returns. This will be the area residents should return their books to help us keep the library organized at all times. It will be labeled as well.

We have a huge selection of books available, some examples are: hard cover, paperback, classic books such as “Of Mice and Men”. Shakespeare, New novels, how to play bridge better or even photographic books containing images of places both near and far away.

We hope you enjoy the new and improved library!!

Meet the resident: Mary Bodner

Mary Bodner, nee Cancilla was born on December 24th, 1920 in Winnipeg, Canada. Her father was a beer waiter and mother was a housewife when the children were growing up, later working at Eatons. Mary grew up with her two sisters in Winnipeg. She graduated in 1939 from Daniel Macintyre Collegiate Institute. Her first job was working in a coat factory. Mary’s career was working for the CNR railway express in the value department. This is where the films came through and all valuables were inspected before going on the train. The CNR is where Mary met Michael Bodner who was a policeman working for the railway. They were married in September, 1947 and moved to Toronto. In 1950, the Bodners moved to London. In 1964 Mary applied for a job to work for Eatons in London for the Christmas season. She ended up staying there for 20 years. Mary retired in 1985. Mary thought it was a great place to work. Michael and Mary had two wonderful daughters. Suzanne worked for the Royal Military College teaching the French soldiers how to speak English. Debra lives in Vancouver. She worked for a museum and then went back to University to get her Masters. She now works in an office in the city of Vancouver. Mary has no grandchildren.

Mary did a lot of volunteer work at the seniors centre in London.

Mary’s husband passed away in 1984. She lived independently in her London house until she came the Royale in 2011. What she loves most about living at the Royale are the people. They are all so friendly and she loves all the activities.

Some of Mary’s hobbies include playing Euchre, watching her favourite baseball team, the Blue Jays and doing word searches. Mary has also had the opportunity to travel a lot. She experienced many day trips when she lived in London and has also been on five cruises.

Mary is most proud of her daughters. They both grew up to be good and wonderful women.

Meet the staff: Kathy Pringle

Kathy Pringle, nee Norris was born in Kingston, Ontario. Raised on Howe Island with her two sisters and one brother, Kathy and her siblings grew up with parents who were dairy farmers. Kathy attended Regiopolis Notre Dame Catholic Secondary School. Furthering her education, Kathy graduated from St Lawrence College and a Registered Practical Nurse.

Her first job was at St. Mary’s of the Lake hospital where she worked for nine years. For five years she worked on the geriatric assessment unit. For four years she worked in palliative care. With a change in career, Kathy began work out in the community as a visiting nurse. She did this for four years. Deciding to try management, Kathy began a position at St. Elizabeth’s as a personal support supervisor. She worked there for six years. Kathy went back to CSI Home Health for a year as a community nurse before coming to the Royale in January of 2013.

What Kathy loves most about working for the Royale are all the interactions with residents. She loves how independent they are and the environment in the building is very comfortable and “homey”. The staff are also really great.

Kathy met Jeff Duncan over 20 years ago. They have been together for 7 wonderful years. She has two fantastic children from a previous marriage. Jordan is 15 years old attending high school at Regiopolis and plays competitive soccer for the Cataraqui Clippers Regional Team. Owen is 10 years old and plays competitive soccer as well. Kathy enjoys spending time with her family and friends. She hosts dinner parties, and enjoys hosting pool parties in her backyard in the summer time. She also loves to shop. Kathy is an avid volunteer for Martha’s Table and she also volunteers at Owen’s school for the hot lunch program.

Kathy had the opportunity to do some traveling. She has been to Florida, Mexico, Cuba and the Dominican. She is looking forward to going back to Cuba in March.

Kathy would want to be remembered for being a loving partner, mother, daughter, sister, Aunt and nurse.

Kathy is most proud of her children. They are good people and are very caring and outgoing individuals.
### April 2013

**From: Sheena Brazeau**

**Resident Relations Manager**

**Ext 7008**

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td><strong>7</strong></td>
<td>**2:**00 Smoothie Social (B)</td>
<td>**2:**00 Family Matinee (T)</td>
<td>**2:**00 Math Puzzles (B)</td>
<td>**4:**45 Dinner music with Linda (DR)</td>
<td>**6:**30 Series Movie (T)</td>
<td>**6:**30 Series Movie (T)</td>
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<tr>
<td><strong>8</strong></td>
<td>**8:**15 Strength &amp; Stretch (E)</td>
<td>**9:**15 Strength &amp; Stretch (E)</td>
<td>**10:**00 Strength &amp; Stretch (E)</td>
<td>**10:**00 Baking (CR)</td>
<td>**10:**00 Baking (CR)</td>
<td>**10:**00 Baking (CR)</td>
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<tr>
<td><strong>14</strong></td>
<td>**9:**15 Strength &amp; Stretch (E)</td>
<td>**9:**45 Fire Drill</td>
<td>**10:**00 Strength &amp; Stretch (E)</td>
<td>**10:**30 Meeting with Gardening</td>
<td>**11:**30:100 Host A Friend (S)</td>
<td>**12:**00 Welcome Committee (E)</td>
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<td><strong>21</strong></td>
<td>**9:**15 Strength &amp; Stretch (E)</td>
<td>**9:**45 Fire Drill</td>
<td>**10:**00 Strength &amp; Stretch (E)</td>
<td>**10:**00 Bistro with Deb (B)</td>
<td>**10:**00 Comic Strips (B)</td>
<td>**10:**00 Comic Strips (B)</td>
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<tr>
<td><strong>28</strong></td>
<td>**9:**15 Strength &amp; Stretch (E)</td>
<td>**9:**45 Fire Drill</td>
<td>**10:**00 Strength &amp; Stretch (E)</td>
<td>**10:**30 Centric Health presents Tai Chi Seminar (T)</td>
<td>**10:**30 Comic Strips (B)</td>
<td>**10:**30 Comic Strips (B)</td>
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**Legend**

- B-Bistro
- C-Chapel
- CR-Club Royale
- DR-Dining Room
- E-Exercise Studio
- F-Fireplace 1st Floor
- G-Billard Room
- GZ-Gazebo

- **LL-Lower Level**
- **L-Library**
- **S-Sign Up Required**
- **B-Bistro**
- **C-Chapel**
- **CR-Club Royale**
- **DR-Dining Room**
- **E-Exercise Studio**
- **F-Fireplace 1st Floor**
- **G-Billard Room**
- **GZ-Gazebo**