

AMICA GEORGETOWN ABUZZ WITH URBAN BEEKEEPING PROGRAM

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There's a sweet new program at Amica Georgetown that allows its residents to get up close and personal with some friendly pollinators.

The retirement residence on Maple Avenue recently partnered with Alvéole, an urban beekeeping company, and installed two

beehives on the property.

In addition to giving residents a chance to learn more about these critical critters, the beehives will be incorporated into programming at the facility, explained Amica Georgetown life enrichment co-ordinator Kristen Southon.

"The residents have absolutely been loving it," she said. "This summer, we have two upcoming workshops for them to partici-

"The residents have absolutely been loving it."

- Kristen Southon, life enrichment co-ordinator

pate in with our beekeeper. She will teach them how to harvest the honey, and how to use the beeswax for can-



Alvéole photo

The beehives at Amica Georgetown are expected to produce about 100 jars of honey this season.

dles as well."

At the end of the beekeeping season, typically around October, Southon said that Amica will also receive about 100 jars of honey from the hives that will be used in the facility's culinary experiences when preparing meals for the residents.

There are also plans to sell some of the sweet harvest to raise money for the

Amica Helping Hands Charity, which supports Canadian seniors in need.

A local beekeeper comes by every three weeks to care for the bees and harvest the honey, said Southon — an occasion that also gives the residents an opportunity to see the important insects up close.

"Recently the residents learned that male bees are not able to sting, so when

the beekeeper comes, she'll let the residents hold some of them," said Southon, noting the bees are very calm and friendly. "It's fantastic."

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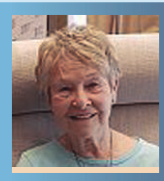
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I'm down 13 3/4" in 3 short months

Joyce Hawley, Retired, Georgetown



A very positive experience! I am more aware of the foods I eat, and I'm eating regular meals everyday now, which I never did before. I am excited about exercising every day, even with a bad knee! I'm down 13 3/4" in 3 short months.* Joyce Hawley, Retired, Georgetown

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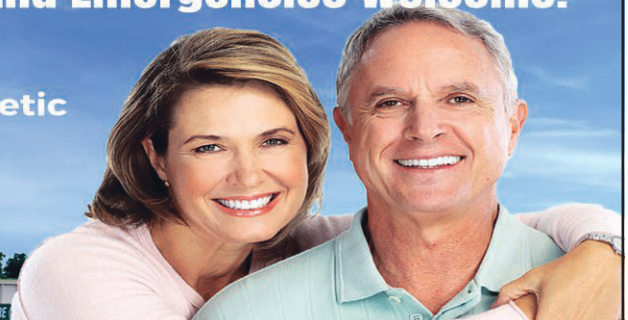
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