

Newsletter

December 2017



A message from the Activity Convenor...

December is busy month full of festive activities and celebrations! We are starting off the season with our Resident Christmas Dinner & Concert on December 1st. We will be having our resident Christmas Party on December 13th. We will also be having an end of the year party on December 28th. There are many other activities this month so pay close attention to your recreation calendar!

Sending warm wishes to you and your family during this Christmas Season. May this joyful season greet you with health and happiness!

-Karin

Upcoming Events

- Resident Christmas Dinner & Concert
- Make a Christmas Card
- Themed Lunch
- Mc Donald's & Walmart Outing
- Resident Christmas Party
- Dance Night
- Pub Afternoon
- Resident Craft & Bake Sale
- Christmas Social with Chris Nielsen
- Christmas Lights Tour Outing
- Science for Seniors
- Resident Birthday Party
- Year End Party

November Health Tip: Lung Health

Breathing

Breathing is something that we all do without usually realizing it. We breathe in and out about 22,000 times a day.

We are powered by breathing. Our lungs fuel us with oxygen, our body's life-sustaining gas. Our lungs breathe in air, then remove the oxygen and pass it through our bloodstream, where it's carried off to the tissues and organs that allow us to walk, talk, and move. Our lungs also take carbon dioxide from our blood and released it into the air when we breathe out.

Our brain controls how fast our lungs draw in air. When we exercise or play, our brain tells our lungs to work faster. When we're sleeping or at rest, our lungs slow down.

Our breathing and our lungs are precious. We need to protect them.

Source: Breath the Lung Association

<https://www.lung.ca/lung-health/lung-info/breathing>

Meet our Resident.....Lucy!!



In your travels, what has been your favorite place?

Hawaii

What is your favorite food?

Pizza

Do you have any hobbies?

***I like gardening and taking care of plants.
I also like reading***

Christmas Wish for residents:

I hope everyone get what they want this year!



**Gordon. D
Marie. L
John. M
Carrie. S
Lois. J**

**Roland. B
Donna. P
William. S
Jack. O
Sara D.**

Did you know???

- ❖ A foot care nurse comes every month! Sign up on the 8th Floor.
- ❖ Our hair salon is located in the basement of St. Michael's Long Term Care

We would like to send a warm welcome to our new residents Raymond, Sara and Lois!

We hope you enjoy yourself in your new home! Please do not hesitate to contact the staff if you have any questions or concerns.

Photo Gallery



Holding a soft coyote pelt at our Fur Trade Museum Presentation!



Beaver hat fun at our Fur Trade Museum Presentation!