

Newsletter

MAY 2017



Simple tips for healthy Vision

"Our eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes.

- Have a comprehensive dilated eye exam
- Know your family's eye health history
- Eat right to protect your sight
- Maintain a healthy weight
- Wear protective eyewear
- Quit smoking or never start
- Be cool and wear your shades
- Give your eyes a rest"

For more information, visit your eye care professional.
(<https://nei.nih.gov/healthyeyes/eyehealthtips>)



What's happening at Vegreville Manor?!

- May 3** – Holy Trinity church service 2:00 p.m.
- May 5** – Cinco de Mayo – Mexican theme day
- May 12** – Yorkton Sask. Band performance 9:00 a.m.
- May 13** – Mother's day tea and plant sale 1:00-4:00 p.m.
- May 25** – Farewell tea for Stan 10:30 a.m.
- May 30** – Crazy Hat day

June 4 – St. Michaels Vegreville Manor Angel Walk



In and Around Vegreville!

May 14 – 20 is Emergency Medical Services Week!

- May 5** – Farmers Market at Elks Hall 8:30 -1:00 p.m.
- May 6** –Mother's Day trade show at the library
- May 7** – Canada 150 Talent Show –Social Centre
- May 11** – Royal Purple Ladies Mother's day luncheon 11:00-1:30 p.m. – Elks Hall



Sign Up for St. Michael's Vegreville Manor Angel Walk! We are raising funds to enhance the lives of seniors who call St. Michael's Vegreville Manor home. Only \$5 to register!

June 4, 2017!!



A huge thank you to all of our volunteers and to everyone who helped make our volunteer social special!!

Don't forget to get your tickets for our mother's day gift basket raffle! \$2 each or 3 tickets for \$5. All funds raised go back to our recreation program.

Congratulations to Anne C. for winning 1st place for the spring door decorating contest. Mary H. for 2nd place and Marie B. for 3rd place. Also, Congratulations to Tammie, Shelley and Carol for 1st place with staff room door decorations!



St. Michaels as an organization is going green!!! In doing this we will be reducing the amount of waste at the Vegreville Manor, therefore we will no longer be using the paper placemats. Thanks to everyone for helping us to reduce, recycle, and reuse!!

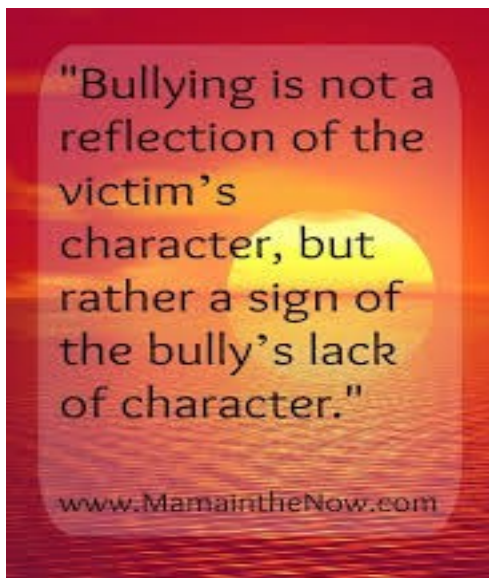


Photo Gallery



Marge and Dwayne, our pub night volunteers at our volunteer appreciation social!



Sopilka Dancer stop by the Manor!



Ages 4-14, these dancers sure are good!