

Newsletter

February 2018



Upcoming Events

- Crib Tournament
- Filipino Themed Lunch
- Ricky's Lunch Outing
- Ice Cream Floats
- Manicures
- Pet Therapy
- Dance Night
- Valentine's Day Party
- LDS Youth Group Visit
- Chinese New Year Celebration
- Ann Fitzgerald School Visit
- Chocolate Making
- Old Time Radio Hour
- Bread Making
- Card Bingo
- Pub Afternoon

A message from the Activity Convenor...

I hope everyone has enjoyed the first month of a brand new year! Residents celebrated the New Year with our first annual year end party. We had a pizza lunch, entertainment and games! A great time was had by all and we can't wait to do it again next year!

Last month we started a new program called Old Time Radio Hour. Our new volunteer bus driver refurbishes old radios. He brings in one of his radios and residents are able to sit around the radio and listen to old radio shows!

February is full of fun activities. Students from Ann Fitzgerald School will be returning for monthly visits. We will be having outings to Ricky's, The Art Gallery of Alberta and IHOP. We will also be celebrating Valentine's Day and Chinese New Year! Have a look at your recreation calendar for all the details!

-Karin Serbin

February Health Tip: Heart Attack

What is a heart attack?

A heart attack is when the flow of blood to a section of the heart becomes blocked and the heart can't get oxygen. If blood flow is not restored quickly, that section of the heart begins to die. The level of damage depends on how long blood supply is cut off. The result can be mild damage, or it could lead to severe, lifelong problems.

Source: Heart & Stroke Foundation

<http://www.heartandstroke.ca/heart/conditions/heart-attack>

Meet our Resident.....Sandra!!



Where were you born?

Born and raised in Edmonton, AB

What has been your favorite vacation?

Las Vegas!

If you could eat one food for the rest of your life, what would it be?

Pizza

What was your occupation?

I worked in the deli at Safeway



**Nick. K
Pearl. K
Nancy. K**

Did you know???

- ❖ We have Ukrainian Catholic and Ukrainian Orthodox Church services on the 8th floor. Please check out the monthly calendar for the dates.

We would like to send a warm welcome to our new resident Josephine. T!

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



Lunch Outing to Montana's



Science for Seniors did an experiment with Skittles!