

**May 2017**



## Health Topic

### 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 well into your golden years.

- Have a comprehensive dilated eye exam
- Know your family's eye health history
- Eat right to protect your sight
- Maintain an healthy weight
- Wear protective eyewear
- Quit Smoking or never start
- Be cool and wear your shades
- Give your eyes a rest”
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For more information, visit your eye care professional.  
(<https://nei.nih.gov/healthyeye/eyehealthtips>)

## Kay S: Resident of the Month

Kay S has lived at Grove Manor for about a year. She enjoys St. Michael's Grove Manor and how many activities are offered. She loves to participate in many of the activities such as the morning exercise group, bingo, movies and most activities involving games. Kay says she enjoys how friendly everybody is, enjoys the freedom she has and enjoys volunteering at Grove Manor for various programs and activities. Kay is a Resident Volunteer and a member of the Grove Manor Ladies Group. Kay raised 5 children, worked as a secretary when she was younger and is an avid cribbage player winning twice 1<sup>st</sup> Place with her partner Mildred U in the last two Grove Manor Cribbage Tournaments.

Resident of the Month is a new initiative for Grove Manor's Site Newsletter and you could be next to be interviewed for this area highlighting Grove Manor residents.

## Grove Manor Library

Grove Manor has a Resident Library of donated books and magazines including a large print book collection. The resident library is open 24 hours and is located off the C/D Room. Grove Manor Resident Volunteer, Evelyn T maintains and looks after the upkeep of the library.

Also located in the Library is a computer and printer, a treadmill and an exercise bike for resident use. Please contact Sandy, the Activity Convenor if you have questions about the use of the above equipment.

## The Lighter Side of Life.....

**“My memory is gone Mildred, so I changed my password to “Incorrect.” That way when I log in with the wrong password, the computer will tell me... “Your password is incorrect.”**

## Manager's Corner

### New Supervisor

Please welcome to Grove Manor, Lina Ponce. Lina's position is called Supportive Services Supervisor. Her first day of work was April 17, 2017. Her office is located in the Lobby Area.

### Recreation Department Notes

**Mother's Day Tea:** The Grove Manor Ladies Group will be selling tickets as a fundraiser for a Mother's Day Tea to be held at 1:30pm., Thursday, May 11<sup>th</sup>.

**Taste of China and Travel Movie:** On May 11<sup>th</sup> travel to China from your chair in the afternoon at 1:30pm. Experience what you would experience as a tourist touring the country of China and taste a sample of food and a beverage from China.

**Retirement Tea for CEO/President Stan Fisher:** Come and say farewell to our St. Michael's President/CEO before he retires from his position with St. Michael's. Cake and refreshments will be served at 10:30am on May 26<sup>th</sup>. All are welcome.

**Men of Faith:** Welcome back the Men of Faith as they come to play and sing on Saturday, May 13<sup>th</sup> at 1:30pm.

### Meet Your Neighbour Coffee

**Social:** Come and join in a Coffee Social with desserts to meet your fellow residents of Grove Manor on May 2<sup>nd</sup> at 2:30pm.

### Bus Outings:

Monday, May 8<sup>th</sup>, 1:00pm. - Mystery Drive and Coffee Bus Outing

Monday, May 29<sup>th</sup>, 11:15am. - Lunch Out at IHOP Restaurant in Edmonton

**Please contact Sandy, the Activity Convenor if you have any questions at 780-962-6149, Ext. 203 or stop by the office in the A Dining Room.**

## Photo Gallery



*Lunch Bus Outing for Chinese Food, April 2017*



*Grove Manor Easter Tea, April 2017*



*Easter Basket Raffle Winner, Marjorie P*