

Newsletter

April 2018



A message from the Activity Convenor...

I think spring has finally arrived! With spring comes more opportunities to spend time outside! Please be very careful when walking on the loose gravel left over from winter. The gravel can be slippery.

Thank you for your patience with the renovations on the main floor. The main lobby looks great!

This month there will be three outings. We will be heading to Tony Roma's for lunch and Cora's for breakfast. We will also be visiting Glazing Pots Studio to paint some ceramics! The Latter Day Saints Youth Group and students from Ann Fitzgerald School will be coming back for another visit.

Happy Spring Everyone!

-Karin Serbin

Upcoming Events

- Crib Tournament
- Ukrainian Themed Lunch
- Tony Roma's Lunch Outing
- Ice Cream Floats
- Manicures
- Pet Therapy
- Pub Afternoon
- Science for Seniors
- Ann Fitzgerald School Visit
- Spring Craft
- Old Time Radio Hour
- Bread Making
- Card Bingo
- Glazing Pots Studio Outing
- Cora's Breakfast Outing
- Millennium Angels Chorale Group Performance

April Health Tip: Oral Care

Keeping our teeth healthy as we age is as important as ever. Whether you're entering your golden years or have an older loved one who needs help with their oral health, consider these five things that can have an impact on your teeth.

- Dry Mouth
- Wear & Tear
- Disease
- Root Decay
- Smoking

Source: Smile Guide

<http://www.smileguide.com/dental-care-for-seniors/>

For more information, visit your local dentist.

Meet our Resident.....Max!!



Where were you born?

Born in the Ukraine. I came to Canada in 1966.

Do you have any children?

Yes, two girls

What was your occupation?

Worked on the farm

What is your favorite food?

Mashed potatoes and hamburgers!



Brian. S Bryan. E
Bessie. B Giacinta. D
Max. K Reta. C
Mary. C

Did you know???

- We have a chapel in LTC. Please check our month Church services schedule posted in the 8th floor.

We would like to send a warm welcome to our new resident Anne. C!

We hope you enjoy yourself in your new home! Please do not hesitate to contact the staff @ 780-756-0796, if you have any questions or concerns.

Photo Gallery



Lunch at Boston Pizza



Making Paska!