

Newsletter

May 2018



A message from the Activity Convenor...

After a very long, snowy winter, spring has officially sprung! Green grass is starting to grow, new buds on trees are peaking through and flowers are starting to bloom! Spring is a beautiful time of year!

Our annual Tomato Plant and Hotdog sale will be returning on Wednesday, May 16th from 10am until 3pm. It will be held in the courtyard located between Millennium Pavilion and the Long Term Care buildings. All proceeds will go towards activities and outings for Millennium Pavilion residents!

In May we will also be celebrating Mother's Day with a High Tea! In addition, alongside volunteers from ATCO we will be planting flowers in our garden beds! Keep an eye on your recreation calendar for lots of fun activities this month!

-Karin Serbin

Upcoming Events

- Tomato Plant & Hotdog Sale
- Italian Themed Lunch
- Beijing House Lunch Outing
- Manicures
- Pet Therapy
- Pub Night
- Science for Seniors
- Ann Fitzgerald School Visit
- Spring Soap Making
- Song Request Hour
- Bread Making
- Card Bingo
- Bowling Outing
- Sun Safety Presentation
- Garden Planting
- Blood Pressure Clinic
- Mother's Day High Tea

May Health Tip: Dysphagia

What is difficulty swallowing (dysphagia)?

Difficulty swallowing is also called dysphagia. It is usually a sign of a problem with your throat or esophagus-the muscular tube that moves food and liquids from the back of your mouth to your stomach. Although dysphagia can happen to anyone, it is most common in older adults, babies, and people who have problems of the brain or nervous system.

Source: MyAlberta.health

<https://myhealth.alberta.ca/health/Pages/conditions.aspx?hwid=tp23477spec>

For more information, speak with your family doctor.

Meet our Resident..... Paula!!



Where were you born?

On a farm in Cudwatch, Saskatchewan

Do you have any children?

I have 3 daughters and 9 grandchildren

What is your favorite spring flower?

Tulips!

What is your favorite holiday?

Easter because of the blessing of the baskets and pysanka.



**Thomas. H
Stephanie. W
Joseph. G**

Did you know???

- Residents may reserve the Rotary Room to have meals with guests. For details please speak to Charlotte.



Photo Gallery



Games with students from Ann Fitzgerald



Spring Crafts