

Newsletter

October 2017



A message from the Activity Convenor...

Well everyone, fall is definitely here! Fall is a wonderful season full of beautiful colors! Fall comes with a variety of delicious seasonal flavors, so be sure to join us for our Thanksgiving Tea on Friday, October 6.

We are excited to welcome new student volunteers from University of Alberta to Millennium Pavilion! They will be with us for the next couple months. Thanks to these students there will be an extra program on Saturdays and Sundays! So be sure to come for some weekend fun!

I have recently introduced a new monthly recreation program called Science for Seniors. I believe in lifelong learning and I hope to do this with you in a fun way! Last month we made rock candy and this month we will be doing an experiment called Color Changing Milk! I hope you all come out to learn something new!

-Karin

Upcoming Events

- Bread Making
- Coffee & News
- Crokinole
- Mexican Themed Lunch
- Thanksgiving Tea
- Tony Roma's Lunch Outing
- Science For Seniors
- Pub Afternoon
- Milkshakes
- Horse Racing
- Dance Night
- Halloween Craft
- Crib Tournament
- Halloween Party

October Health Tip: Quick Facts about Influenza

What it is?

- It is an infection of the nose, throat, and lungs that is caused by a virus. Symptoms start suddenly and may include: fever, sore throat, runny nose, cough, headache, muscle aches, loss of appetite, and feeling tired. Vomiting and diarrhea can happen but is more common in young children. Pneumonia is the most common complication of influenza. Influenza can make other health problems worse.

How it spreads?

- It is easily spread when an infected person sneezes, coughs, or even talks. The virus can be breathed in. People can be exposed to it when they touch something that carries the virus (e.g., hands, objects) and then touch their eyes or nose influenza can spread before symptoms start.

How to prevent spreading influenza?

- get immunized
- wash your hands with warm water and soap or use an alcohol-based hand rub (hand sanitizer) often
- cover your cough or sneeze into your arm or a tissue, not your hand
- stay home when you are sick

<http://www.albertahealthservices.ca/assets/healthinfo/hi-flu-influenza-vaccine-information-sheet.pdf>

Meet our Resident.....Sandra!!



Where are you from?

Moncton, New Brunswick

What is your favorite color?

Purple

Do you have a hobby?

I enjoy crocheting and knitting hats, scarves, slippers and blankets for the homeless

I wish for everyone to be happy and smile more!

Photo Gallery



Making fresh bread!



Kay. T Helen. S
Lillian. R Mona. K
Rosemary. E

Did you know???

- ❖ The menu is posted in the dining room
- ❖ The resident information board is on the 8th floor

We would like to send a warm welcome to our new residents, Carey, Shirley and Ina!

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



Having a great time at the Resident Birthday Party!