



# Newsletter

# November



**NOVEMBER 2017**



## What's happening at Vegreville Manor!

**November 2** – Youth Bowling Canada Wii Bowling and Purdy Chocolate Bar Sale 2:00 – 3:00 p.m.

**November 5** – Daylight Savings Time



**November 8** – United Church Service & Remembrance Day Ceremony 3:00 p.m.

**November 10** – Christmas Choir starts



**November 13** – No Activities

**November 15** – Pub Night with Soul Spice 6:30 p.m.

**November 28** – Value Drug Mart Christmas Sale 9:00 a.m. -12:00 p.m.

**December 3** – Resident & Family Christmas Social 1:30 – 3:30 p.m.

**December 7** –Resident & Staff Christmas Social

### November Health Tip:

Preventing falls is important to staying independent. It is about being able to enjoy life's moments; it is about playing with grandchildren and keeping up with friends. Falls can result in injuries that stop you from daily tasks like getting in a car, rising out of a chair or carrying groceries.



Anyone can fall, but as you grow older, the risk increases. Falls are the leading cause of serious injuries in older adults. The facts do not lie: every year, 1 in 3 Alberta seniors will fall.

The good news is that you can take steps to prevent slips, trips and falls.

<http://www.findingbalancealberta.ca/seniors.html>



## In and Around Vegreville!

**November 1** – Seniors Health and Wellness Day at the Sunshine Club. 9:00 -3:00 (Must have a ticket)

**November 8** – Diabetes – The Basics Workshop 9:30 a.m. -12:00 p.m. –Alberta Healthy Living Program

**November 12** – Legion Pancake Breakfast

**November 18** – Vegreville Chamber of Commerce Christmas Arts & Crafts Sale



## Welcome!

*Bienvenido a la mansión Elia!*

## Fun Facts!!!

Starch is used as a binder in the production of paper. It is the use of a starch coating that controls ink penetration when printing. Cheaper papers do not use as much starch, and this is why your elbows get black when you are leaning over your morning paper.

# Remembrance Day

**On Remembrance Day...**



We recognize the many sacrifices made by our men and women in uniform both today and throughout our nation's history.

We honor their courage and dedication, and we thank them for their contribution to our country.

Thank you, Veterans



The Legion has provided us with a Poppy box. This box is located on the counter in the dining room until Friday, November 10<sup>th</sup>. *Take a poppy....make a contribution.*

## **TIME CHANGE – November 5**

(Set clocks back Saturday night & sleep in an extra hour Sunday morning)



**Just a reminder...**



Please keep the front door to the Manor closed at all times for security reasons. If you do not know who is at the door and wanting in, please let a staff member know and they will let them in.



## **Monthly Trivia Question???**

**What was a "Sign of Good Taste" in 1958?**

- a. Cadillac
- b. Coke
- c. Dick Clark Jewelry

## **Photo Gallery**



*Just making 450 perogies!*



*Enjoy a cappuccino with friends!*



*A party is always fun!*