

Newsletter

January 2018



Upcoming Events

- Crib Tournament
- Greek Themed Lunch
- Montana's Lunch Outing
- Healthy Smoothies
- Fraud & Identity Theft Presentation
- Manicures
- Resident Birthday Party with Craig Repchuk
- Pet Therapy
- Science for Seniors
- Hot Chocolate Bar
- Bowling Outing
- Crafts
- Bread Making
- Pub Night with the Awesome Twosome



A message from the Activity Convenor...

I hope everyone had a very merry Christmas surrounded by family and friends! As we celebrate a year ending and a new one beginning, let us look back at all the great experiences we had. Let us also look forward to this New Year with excitement for all the great things that are going to happen!

December was full of holiday parties and special events! We had a youth group come and sing carols. We had special visits from Santa at our resident Christmas party and our Christmas Social with Chris Nielsen. Just before Christmas, we went on an outing to Candy Cane Lane and looked at the beautiful lights. At Candy Cane Lane, we dropped off 60 pounds of food that residents had collected over the past few weeks!

This month you can look forward to a bowling outing. We will also be adding an additional day for our crib tournament since it is such a popular event! Looking forward to seeing you all the activities this New Year!

-Karin Serbin

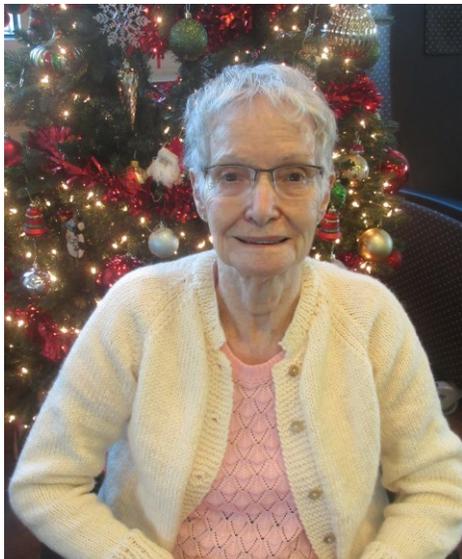
January Health Tip: Dementia

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60 to 80 percent of cases.

Source: Alzheimer's Association

<https://www.alz.org/what-is-dementia.asp>

Meet our Resident.....Elianne!!



Where were you born?
Falher, Alberta

Where did you go to school?
Girouville, Alberta. I went to school in a convent. We stayed there during the week and went home on the weekends.

How many children do you have?
4 girls and 1 boy

What was your occupation?
I worked in an Accounting Dept. at Park Memorial for 19 ½ years

Photo Gallery

Happy Birthday

**Caroline. O
Lucy. D
Eva. D
Genevieve. S
Sandra. L**

Did you know???

- ❖ A foot care nurse comes every month! Sign up on the 8th Floor.
- ❖ Monthly Blood Pressure Clinic in the 8th Floor Rotary Room.

We would like to send a warm welcome to our new resident Paula!

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



Millennium Angel Chorale group performing at the Christmas Dinner & Concert



Reta won some prizes at our Resident Christmas Party!