

# Newsletter

**APRIL 2018**



## 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.



## What's happening at Vegreville Manor!

- April 7** – Seventh day Adventist Choir 1:00p.m.  
St Vladimir Basket Blessing 4:30 p.m.
- April 13** – Men's Group
- April 17** – Resident Meeting and Ice Cream Social
- April 20** – Edmonton Bus Trip
- April 27** – Birthday Celebrations



## In and Around Vegreville!

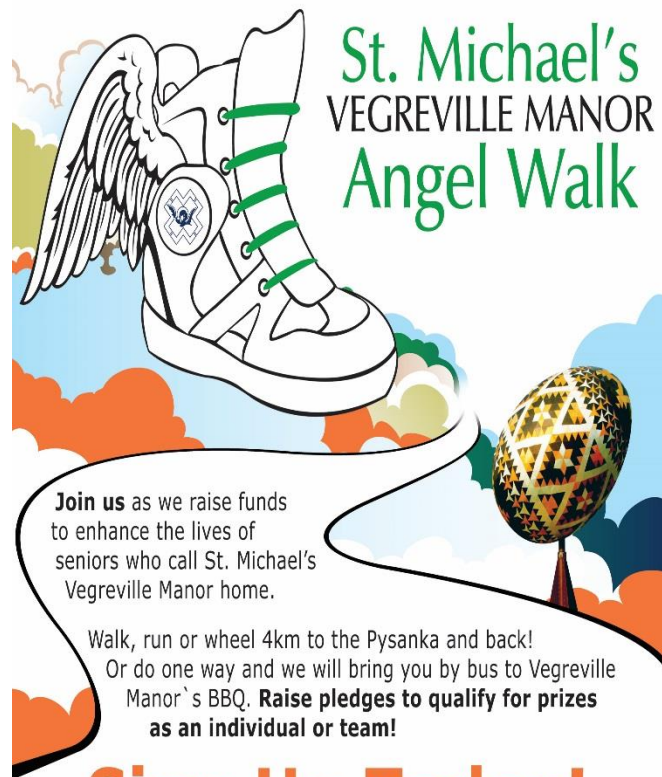
- April 5 – Wendy Brook Music Festival Concert
- April 6 – Farmers Market (at Elks Hall) 8:00 a.m.
- April 8 – Legion pancake breakfast
- April 18 – Volunteer appreciation dinner
- April 28 – Vintage, Antique & Collectables sale (Vegreville Garden Inn) 10:00 a.m.



To our newest residents Andrew & Bill H.

## Fun Facts!!!

- At Chichen Itza, Mexico, the Mayan celebrate the first day of spring with "The Return of the Sun Serpent." On the evening on the spring equinox, the setting sun creates a triangular shadow on the El Castillo pyramid that looks like a descending snake.
- For the Japanese, the opening of the cherry blossom, Japan's national flower, in March or April signals the start of spring.
- During the spring, birds are more vocal as they sing to attract mates and warn



**St. Michael's  
VEGREVILLE MANOR  
Angel Walk**

Join us as we raise funds to enhance the lives of seniors who call St. Michael's Vegreville Manor home.

Walk, run or wheel 4km to the Pysanka and back! Or do one way and we will bring you by bus to Vegreville Manor's BBQ. **Raise pledges to qualify for prizes as an individual or team!**

**Sign Up Today!**

**Sunday, June 10, 2017**

**Arrival  
2:30pm**

**Fun, Prizes  
& BBQ!**

**Vegreville Manor  
5913 - 49 Street**

**Walk Starts  
3:00pm**

Only \$10 to register includes BBQ! Call Emily at 780-632-3540 or email [angelwalk@smhg.ca](mailto:angelwalk@smhg.ca) to sign up or for more information

Registered Charity #108032483RR0001

## Photo Gallery



***A great time at the Easter Bake Sale!***



***Something for everyone!***

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

What city was hit by an earthquake on the 18th of April, 1906?

- a. Madrid
- b. Rome
- c. San Francisco
- d. Tokyo

### **Last month's answer:**

**How many shamrocks in the newsletter?**

**Answer:** (0) there were no shamrocks in the newsletter. There were (20) four-leaf clovers.



***Greenland Nursery Bus Trip!***