

Newsletter



November 2017



Upcoming Events

- Themed Lunch
- Museum Presentation
- Remembrance Day Ceremony
- Science for Seniors
- Crafts
- Remembrance Tea
- Resident Meeting
- Flaman Walker Information Session
- Resident Birthday Party
- Craft Sale
- Choir Practices
- Crib Tournament
- Christmas Decorating
- Manicures
- Pub Night
- Medicine Shoppe Presentation

A message from the Activity Convenor...

We have had a fairly warm October and it was great to see so many people getting some exercise outside! As it does get colder, don't forget to bundle up, wear proper footwear and use caution when walking outside.

During this month of remembrance, take a moment and remember our veterans. Please join us for the Remembrance Day Ceremony on Tuesday, November 7th at 2:00pm in the Heritage Hall. We will also be having a Remembrance Tea on Friday, November 10 @ 2:00pm in the 8th Floor Lounge.

-Karin

November Health Tip: Fall Prevention

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>

Meet our Resident.....Elaine!!



What is your favorite activity at St. Michael's Millennium Pavilion?
Bingo and crib!

Where were you born?
Edmonton, Alberta

If you could pick two foods to eat for the rest of your life, what would they be?
Beef barley soup and oranges

What occupations did you have?
Bank teller, dress shop owner and girl guide leader

Photo Gallery



Amalia. S Helen. G
Bill. P Maria. B Carey. B

Did you know???

- ❖ There is a monthly resident meeting
- ❖ The Resident Christmas Dinner & Concert is on December 1, 2017!

We would like to send a warm welcome to our new resident Elianne and Genevieve!

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



New Octaband for exercise!



Enjoying a great meal at Tony Roma's!