

**July 2024**

# Canada's 157<sup>th</sup> Birthday

The Recreation Therapy Department will be busy making sure everyone gets to experience the summer time fun. Be sure to check the recreation calendar so you can find and attend a program that peaks your interest!



## Canadian Chuckles

**What did the snow say to the Rocky Mountains?**  
*I've got you covered!*

**What was the skeleton doing at the hockey game?**  
*Driving the zam-boney*

**What did the beaver say to the maple tree?**  
*It's been nice gnawing you!*

**Why do Canadians love helping people in times of trouble?**  
*Because they are Can-aid-ians.*

**Why are Canadian students so smart?**  
*They get lots of ehs.*

# July Birthday

Angela H	July 1 <sup>st</sup> , 1939
Delores B	July 3 <sup>rd</sup> , 1944
Helen W	July 5 <sup>th</sup> , 1932
Jeanette K	July 6 <sup>th</sup> , 1943
Irene P	July 11 <sup>th</sup> , 1943
Elsa R	July 14 <sup>th</sup> , 1924
Catherine C	July 17 <sup>th</sup> , 1947
Rudy C	July 20 <sup>th</sup> , 1931
Keith D	July 23 <sup>rd</sup> , 1962
Ted S	July 25 <sup>th</sup> , 1927
Veronica W	July 27 <sup>th</sup> , 1930
Ed L	July 29 <sup>th</sup> , 1933

*July Birthday Party will be held on  
Thursday, July 18<sup>th</sup> at 2:00pm in the  
Heritage Hall.  
Musical Guest Band of Brothers*

# Upcoming Events in July

## Outings

- **Edmonton International Street Performers Festival**
  - o Friday, July 5<sup>th</sup>, 2024 | Departing at 1:00 p.m.
- **Lunch at Capital Pizza and Steakhouse**
  - o Wednesday, July 10<sup>th</sup>, 2024 | Departing at 11:00 a.m.
- **Yesterday's Auto Gallery**
  - o Wednesday, July 17<sup>th</sup>, 2024 | Departing at 1:00 p.m.
- **Rundle Park**
  - o Wednesday, July 31<sup>st</sup>, 2024 | Departing at 1:00 p.m.

## Music and Special Events

- **Canada Day Celebration with John B**
  - o Wednesday, July 3<sup>rd</sup> at 2:00 p.m. in the Heritage Hall
- **Monthly Birthday Party with Band of Brothers**
  - o Thursday, July 18<sup>th</sup> at 2:00 p.m. in the Heritage Hall
- **1<sup>st</sup> Floor Resident and Family BBQ with Larry**
  - o Tuesday, July 23<sup>rd</sup> at 5:00 p.m. in the Family Garden
- **2<sup>nd</sup> Floor Resident and Family BBQ with Larry**
  - o Wednesday, July 24<sup>th</sup> at 5:00 p.m. in the Family Garden
- **Movie Matinee**
  - o Wednesday, July 24<sup>th</sup> at 1:30 p.m. in Alberta Room
- **Ice Cream Social**
  - o Thursday, July 25<sup>th</sup> at 2:00 p.m. in the Family Garden
- **Live Entertainment with Mark M**
  - o Friday, July 26<sup>th</sup> at 2:00 p.m. in the Alberta Room

## The Duet Bike!!!

We are excited that the weather has warmed up enough to get our Duet Bike up and running!

The duet bike is a special type of tandem bicycle designed for two riders, making it perfect for residents to enjoy a safe and exciting cycling experience.

Our recreation department will be using the bike as much as possible with our residents! If you are interested in taking it for a spin, please let us know!



# Resident & Family BBQ



1st Floor - Tuesday July 23, 2024  
2nd Floor - Wednesday July 24, 2024

5:00 - 7:00 p.m. in the Family Garden

\$15.00 per person

Residents are FREE

(Additional burgers/hotdogs will be \$5.00)

Please Pay at Reception Desk

by Friday, July 19, 2024

Debit or Credit Only

## On the Menu

Hamburger or Hotdog

Potato Salad

Watermelon

Chips

Pop & Juice

Please note that residents cannot attend unless a family member has signed them up for the event.

Please contact the Recreation Department if you have questions!

780-473-5621 ext. 3409 or BRinguette@smhg.ca

# June Highlights



# Canada Word Search

U L H S F E E W S D G A K P Q  
I S A M Y S C N G R K W L W D  
I L A C O R I I I A T A E Z W  
L E G O R A U Z N O S T P L R  
B D M N T O Z P B B N T E C N  
J Q E N I L S H Z W O O M D U  
J E U R Y I C S Z O W P G D B  
J O S E T A K S E N M R E E D  
M W I L D R O S E S A L O D N  
G O O S E B W Z W R N B G Q X

deer  
elk  
goose  
grizzly  
ice  
lacrosse  
moose  
mountains  
Ottawa  
RCMP  
skates  
skiing  
sled  
snowboard  
snowman  
syrup  
Wild rose

