



Newsletter

July 2024

Carol M: Resident of the Month



Health Topic

Staying Safe Under the Sun

- **Cover up.** When the UV Index is 3 or higher, protect your skin as much as possible. Wear light colored, long-sleeved shirts, pants, and a wide brimmed hat made of breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.
- Always apply sun screen if outdoors, SPF 30 or higher.
- Keep hydrated, drink plenty of water.
- If you feel weak and nauseated after being in the sun for an extended period of time, slowly sip water and seek medical help.

For more information, speak to your health care professional.

Carol was born in Edmonton on July 1st. She is the youngest of 4 siblings. She has 2 children, a girl and a boy. Her proudest moment in her life was when she met her husband. The best gift she ever received were her wedding rings. Her best memory growing up was spending time with her father when she was 5 years old. Her favorite thing to talk about is her family. Her favorite person to spend time with is her son and his family.

Carol's favorite season is Spring when the trees are budding. She also likes the fall colours in the Fall and in the Summer, she likes to see the old cars on the road. Her favorite holiday is Canada Day. Her favorite colour is blue and her favorite music is mainly Christian music. Her favorite animals are dogs.

Carol's favorite activity to do at Grove Manor are puzzles and horse races. She also enjoys crocheting. Carol's best talent is her sense of humour and her ability to make others laugh. When asked if she had made anything she was really proud of, she said "her crochet work (trivets she made) and her salt and pepper collection".

Celebrating July Birthdays



<i>July 1st</i>	<i>Carol M</i>
<i>July 7th</i>	<i>Evelyn J</i>
<i>July 11th</i>	<i>Phyllis V</i>
<i>July 15th</i>	<i>Helen B</i>
<i>July 16th</i>	<i>Jean M</i>
<i>July 20th</i>	<i>Skip D</i>
<i>July 20th</i>	<i>Barb B</i>

Information Corner

Friendly Reminders:

- Please remember to wash your hands and/or use hand sanitizers located throughout the building to avoid picking up and/or spreading germs. Also please remember to sneeze or cough into your elbow area not your hand. Thank you so much 😊

General Resident Meeting:

The next General Resident Meeting will be held on Tuesday, July 9th at 10:30am. in the C/D Room. Hope you can join us 😊

Health Presentation:

The Topic for the July Health Presentation is on Nutrition and will be held on Monday, July 15th at 3:00pm. in the C.D Room. All are welcome 😊

Recreation Programs:

Picnics & BBQ's:

Sign-Up Lists will be posted on the bulletin board across from the laundry room for all food related events for seating and food planning purposes. There will be 2 BBQs in July, One on July 12th for a Hotdog BBQ Lunch at 11:30am. The cost is \$5.00 and on July 24 there will a Resident/Family Hamburger BBQ at 5:00pm. and the cost will be \$6.00 per person with a limit of 2 guests per resident. See Sandy for payment.

Bus Outings:

Monday, July 15th-Devon Lions Campground for Picnic Lunch.

Thursday, July 18th-Art Gallery of Alberta

Monday, July 29th-Peaceful Valley Lodge Day Trip & BBQ Lunch

For further information, please contact Sandy, the Activities Convenor at 780-962-6149, Ext. 203 or email at sclarke@smhg.ca

Photo Gallery



Community Senior's Week Strawberry Tea



Paint Class



Bus Outing to Jack's Drive-In for Ice cream