

# Newsletter

February 2024



## ***A message from the Activities Convener...***

Hello all,

If you want to use the iPad between 9am-5:15pm Monday-Friday ask Nicholle. Last month we rang in the New Year with some great entertainment. It was so cold outside that we hibernated for a week. When it warmed up we enjoyed going to coliseum steak and pizza for lunch and brought the kids over to visit.

This month we will be visiting Grove Manor for some games, snacks, and great conversations. This year we are combining pub afternoon with Valentine's Day for a great day of excitement! It is Therapeutic Recreation Month! So come check out what it's all about during the presentation where I can answer any questions you may have! Have a look at your recreation calendar for all the details.

***-Nicholle Lloyd***

## **Upcoming Events**

- Pub Afternoon
- Coffee In the Cafeteria
- Health Awareness Presentation
- Trivia
- Reminiscing
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Active Games
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy

**Stay safe & enjoy winter  
Everyone!!!**

## **Did you know...?**

### **What is arrhythmia?**

Usually, a heart beats between 60 and 80 times per minute, but everyone has their own normal heartbeat rhythm. Some hearts beat faster or more slowly than others. When you are diagnosed with arrhythmia, it is an abnormal heart rhythm for you, but not necessarily for someone else.

Arrhythmia may cause your heart to beat too slowly (bradycardia, less than 60 beats per minute) or too quickly (tachycardia, more than 100 beats per minute), or cause uncoordinated contractions (fibrillation)

Source: Heart and stroke Foundation

For more information visit:

[www.heartandstroke.ca](http://www.heartandstroke.ca) or speak to your health care professional.



## February Birthdays Ludwina C. Feb. 8

### **Want to Volunteer?**

There are many different opportunities to volunteer for whether you want to help with the dining room, welcoming new residents, or in recreation there is a place for you!

Get in touch with:

Nicholle (780-473-5621 Ext. 3240) or  
Jasmine (780-473-5621 Ext. 4534).

### **Did you know?**

We hold regular fire drills (2 times per year). There is a fire route plan in every room behind the door.

### **Your Safety**

While in our building, the safety of our residents, staff, family, visitors and volunteers is very important to us. Should you notice something that you think is unsafe, or should you experience an incident where your safety was compromised, please complete a Concerns Resolution Form and take it to the Manager. The Manager will investigate your concern and will follow up with you. These forms can be found in a binder on the main floor, next to the sign in/out book.

*Have  
Great  
Days*



**Residents celebrating birthdays!**



**Residents playing balloon badminton!**



**Resident ringing in the New Year!**