

Newsletter

July 2021



Upcoming Events

- Birthday Party
- Ice Cream Stand
- Smoothie Bar
- Charades
- Outdoor Concert
- Outdoor Games
- Name That Tune
- Board Games
- Jeopardy
- Card Bingo
- The Challenge
- Heritage Day Celebration
- Gardening
- Walking Group
- Arts and Crafts
- Pub Afternoon
- Church services
- Hangman
- Card Games
- Colouring
- Tuck Cart

*Stay safe & enjoy
summer
Everyone!!!*

A message from the Activities Convener...

Hello all,

If you would like to do virtual calls let us know and we will assist you. If you want to use the Ipad between 9am-4:00pm Monday-Friday ask Nicholle. We are almost done with this heat wave! Last month we enjoyed celebrating seniors' week, Father's Day, and Canada Day. We were also able to celebrate Mary E.'s 100th birthday with a surprise party!

There are many exciting new programs this month. We are looking forward to our birthday party for birthdays in June and July there will be a sign up posted for people that want to celebrate with the birthday people. Don't forget to check out The Challenge where we will be doing mini competitions and our Heritage Day celebration where we will learn some new thing and celebrate where we all came from! If you want to be guaranteed a spot please sign up. Have a look at your recreation calendar and our new signup sheets posted in the 8th floor recreation board for all the details.

-Nicholle Lloyd

Did you know...?

Summer Health Tips

Sun Safety

- Dress appropriately for the weather, light clothes will keep you cooler, but guard yourself from the sun.
- Always apply sun screen if outdoors.
- 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.

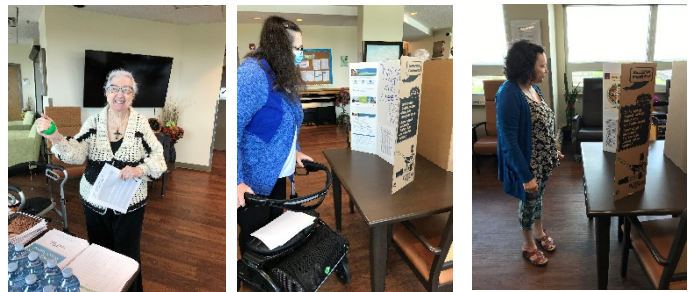


JULY BIRTHDAYS
ROY S. JULY 05
SHRIN S. JULY 06
STEFANIA K. JULY 09
ELAINE S. JULY 10
CHARLES W. JULY 12
TED S. JULY 25

Photo Gallery



Residents planting flowers in the garden!



Residents at our health and wellness fair!



Residents received a treat bag for seniors week!

Did you know?

There are scheduled resident meetings posted on each elevator for the year and in the monthly calendar. There may be times where we have urgent meetings for topics that are time sensitive.

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 Day