

# Newsletter

May 2021



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

Hello all,

If you would like to do virtual calls let us know and we will assist you.

Last month we received our second dose of the Covid-19 vaccine, however, we still must follow all public health measures. We celebrated Easter with multiple activities including a party where we had an egg hunt and spoon race walk. Also, we celebrated birthdays from January till May with the birthday song and some goodies!

**This Month:** Come celebrate mothers at our Mother's Day Tea. We will be getting plants in at the end of the month and planting them on the 25<sup>th</sup> if the weather permits. Also, with weather permitting we will be having a walking group every Thursday at 3:15pm. Another exciting activity making a comeback is Card Bingo. Don't miss out! There are limited spaces available for activities. 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 8<sup>th</sup> floor recreation board for all the details.

*-Nicholle Lloyd*

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

### **What is age-related macular degeneration?**

Age-related macular degeneration is a disease that causes blurring of your central vision. The blurring happens because of damage to the macula, a small area at the back of the eye. The macula helps you see the fine detail in things that your eyes are focusing on.

Macular degeneration makes it harder to do things that require sharp central vision, like reading, driving, and recognizing faces. It does not affect side vision, so it does not lead to complete blindness.

Source: [myhealth.alberta.ca](http://myhealth.alberta.ca)

For more information visit:

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or visit your local optometrist

## **Upcoming Events**

- Card Bingo
- Mother's Day Tea
- Gardening
- Walking Group
- Arts and Crafts
- Coffee Corner
- Yahtzee
- Roll-O-Trump
- Pub Afternoon
- Church services
- Hangman
- Brain Games
- Card Games
- Wii Games
- Colouring
- Tuck Cart

*Stay safe  
& enjoy  
spring  
Everyone!!!*



## Photo Gallery

### May Birthdays Stephanie W. May 13

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

There is a sign-up board for activities located between the elevators and the 8<sup>th</sup> floor lounge area. The sign-up sheets are posted by 4pm on the last day of the month. If you need help, you can ask Nicholle.

#### **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 had a blast at our Easter party!**



### **Residents enjoyed the pub afternoon!**



### **Residents celebrated their birthday at the birthday party!**