

# Newsletter

October 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. If you want to use the IPad between 9am-4:00pm Monday-Friday ask Nicholle. Last month we tested ourselves to see if we were smarter than a 5<sup>th</sup> grader now. It's amazing at the differences in education from then and now. We also had a great time with our live music for our pub afternoon and birthday party and concerts.

We will be having our flu shot clinic this month; we will give you more information as it becomes available. This month we have many social events happening including parties, pub afternoon, reminiscing. So come on out and meet some new people or talk with someone you may not have talked to for a long time. Don't forget about our programming for the holidays; they only come around once a year! There are no restrictions on recreation activities (no more reduced capacity and banned activities). So come on out and enjoy the fun we have in store for you! Have a look at your recreation calendar for all the details.

*-Nicholle Lloyd*

## Upcoming Events

- Reminiscing
- Board games
- Baking
- Arts & Crafts
- Bean Bag Twister
- Pet Therapy
- Thanksgiving Social
- Brain Games
- Decorating
- Halloween Party
- Birthday Party
- Card Bingo
- Pub Afternoon
- Religious Services
- Hangman
- Card Games
- Tuck Cart

*Stay safe &  
enjoy fall  
Everyone!!!*

## Did you know...?

### Should I get the influenza vaccine during the COVID-19 pandemic?

Yes. It's important to protect yourself and others from influenza. Influenza and COVID-19 are respiratory infections. These infections affect your lungs and breathing. They can be very serious, especially for older adults and people with long-lasting (chronic) health conditions. The symptoms of influenza can be the same as COVID-19. Getting immunized for influenza will lower your chance of needing to stay home and away from others (isolating) and being tested for COVID-19. The influenza vaccine is the best way to protect yourself and others from influenza. The best time to get immunized is early in the fall.

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

For more information visit:

<https://myhealth.alberta.ca/Alberta/Pages/Immunization-and-COVID-19-frequently-asked-questions.aspx>



## OCTOBER BIRTHDAYS

Kay T. October 15<sup>th</sup>

Joyce B. October 15<sup>th</sup>

Mary Anne H. October 26<sup>th</sup>

Helen S. October 29<sup>th</sup>

### **Did you know?**

There are hand sanitizing stations on every floor. Make sure to wash your hands or sanitize your hands after touching highly touched surfaces like door handles, elevator buttons, and etc.

### **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*

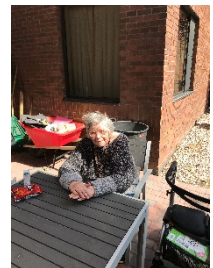
## Photo Gallery



**Throwback to the Challenge program in August. Residents participated in short activities including trivia, tangram, roll-o-trump, and built a structure out of marshmallows and toothpicks.**



**Throwback to the Heads Up program in August. Residents guessed what was written on the paper by clues given by others!**



**Throwback to the Concerts in August. Residents enjoyed live entertainment outdoors!**