

# Newsletter

March 2023



## ***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 were able to have Ukrainian dancers perform for us in heritage hall. It was wonderful to see them once again. We also made it out to the casino this time where we won a little and lost a little but still had some fun. We also managed to go to value village and get some amazing deals! February birthdays were celebrated with some live entertainment. Residents' also enjoyed our carnival games and snacked on some popcorn.

This Month we have many parties to come out to. Surprisingly, we do not have any birthdays in March. So, we will celebrate the end of winter as spring begins! We also have some arts and crafts that you won't want to miss. Make sure to sign up on the few that have limited spaces. We will also be making our way to the cafeteria once again to have a coffee/tea and socialize with one another. We have a new volunteer that will be starting this month. She will be running our step to the music exercise class on Saturday mornings. 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**

- St. Patrick's Day Party
- Spring Party
- Moving & Grooving
- Arts & Crafts
- Active Games
- Coffee in the Cafeteria
- Charades
- Manicures
- Movie
- Karaoke
- Recreation Presentation
- Baking
- Fitness Classes
- Outings
- Balloon Badminton
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Pet Therapy
- Crib tournament

**Stay safe & enjoy Spring  
Everyone!!!**

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

### **How does sleep affect your health?**

Most adults do best when they get 7 to 8 hours of sleep each day. Sleep gives your brain a little holiday. During this break, your brain has time to:

- Grow and repair cells.
- Form new pathways for learning, remembering, and processing information.
- Rebuild your energy for the next day.

Source: My Health Alberta

For more information visit: [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or speak to your health care professional.



**Residents enjoyed the Ukrainian dance groups!**

**Did you know?**

The menu is posted on the bulletin board by the dining room entrance. Our menus change seasonally. We offer menus in a 4 week rotation.



**Resident's celebrating their birthday!**

**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.



**Residents having a blast at our winter carnival!**

*Have Great Day*