



September 2022



Upcoming Events

- Spelling Bee
- Horseshoes
- Bowling
- Are you Smarter than a 5th Grader?
- What's New?
- Moving & Grooving
- Name That Tune
- Outings
- What's In Your Bag?
- Birthday Party
- Balloon Badminton
- Show & Tell
- Alphabet Ball
- Target Golf
- Charades
- Beading
- Reminiscing
- Chair Dancing
- Jeopardy
- Decorating

**Stay safe & enjoy Fall
Everyone!!!**

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 went on a few outings. We learned about ETS and took one of their buses to the farmer's market and DQ. We enjoyed the walk in the Devonian Gardens and stuffing our tummies full of food from the Yang Ming Buffet from our other outings last month! We had fun playing games and our picnic even though it was moved indoors due to the weather. Our summer BBQ was great with the live music from the old smoothies! We also had an amazing time at the carnival with LTC!

This Month we have some new programs to look forward to including: What's New? and Show & Tell. In What's New? we will be discussing what is new with each other and in the world. In Show & Tell, everyone will bring an item (picture, souvenir, tickets, etc.) and will tell a short story about it. We also have some returning programs which include: Alphabet Ball, Name that Tune, & Chair Dancing. Come throw a ball around while giving a word in the category. Listen to some music and guess the artist and song in Name that Tune! Let's have some fun dancing in our chairs, no experience necessary! It's time for back to school! Test your knowledge in Are you Smarter than a 5th grader? and your spelling skills in the Spelling Bee! 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

Did you know...?

What is Asthma?

Asthma is a chronic or long-term disease of the airways, the tubes that carry air into our lungs. It causes inflammation and narrowing of the bronchial tubes that leads to airway narrowing and difficulty breathing. The airways of our lungs are surrounded by muscles and contain mucus glands. These muscles are normally relaxed, but when people with asthma encounter triggers, these muscles become inflamed, react by tightening, and the airways can fill with mucus. This makes breathing very difficult and leads to asthma symptoms or an asthma attack (exacerbation).

Source: Asthma Canada

For more information visit: asthma.ca or speak to your health care professional.



September Birthdays

Myrna Y. September 15th

Anna L. September 18th

Mike Y. September 27th



**Callingwood Farmer's Market & DQ
Outing!**



**Tim Horton's & Devonian Gardens
Outing!**

Did you know?
Sept: The food committee meeting minutes are posted on the bulletin board by the dining room. If interested in joining the food committee, see Charlotte.

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.



Summer BBQ!



Have Great Fun!