

Newsletter



November 2023



Upcoming Events

- Moving & Grooving
- Bowling Tournament with LTC
- LTC Social
- Choir
- Decorating
- Remembrance Day Service
- Social Committee Meeting
- Crib tournament
- Birthday Party
- Presentation
- Active Games
- Manicures
- Baking
- Fitness Classes
- Outings
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Pet Therapy

**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 said goodbye to our friend, neighbour, and volunteer wishing her the best in her new adventure. She will be greatly missed by all. We also had some happier moments like bowling an almost perfect game, winning at the casino, and checking out all the great costumes and games at the Halloween party.

This month be on the lookout for our bowling tournament Verses LTC with refreshments and a trivia social with LTC. Remembrance Day is around the corner don't forget to stop in for the service in the hall. If you would like to be a part of the choir this year please come to the meeting to discuss songs and such. Don't forget you can help Nicholle with decorating to help set up for the holidays. 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...?

Falls are the leading cause of injury among older adults

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

You **can** prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!

Source: Government of Canada

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



November Birthdays

Mary Y. November 10

Mike K. November 18

Bill S. November 20

Adele H. November 25

Murray S. November 30

Want to Volunteer?

There are many different opportunities to volunteer for whether you want to help with the dining room, welcoming new residents, or in recreation there is a place for you!

Get in touch with:

Nicholle (780-473-5621 Ext. 3240) or
Jasmine (780-473-5621 Ext. 4534).

Did you know?

The Social Committee meets 4 times per year to discuss activities for the season. If you'd like to join, see 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
Day*



Residents dancing to live music!



Residents stuffing their bellies full with Chinese food from Beijing House Restaurant!



Residents enjoying our Pub Afternoon!