

# Newsletter

September 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 enjoyed our trip to the park where we had a picnic, games, socialized and went for a walk. We celebrated birthday's including a 100 year milestone! Unfortunately, it's that time of year we see our summer student leave. We had the opportunity to thank her at her farewell tea party.

This month the fun doesn't stop. We have our Resident BBQ in the courtyard. Don't miss out on our crib tournament with the Day Support. They will be hosting us and have required a sign-up as they have limited space. Another program you won't want to miss is our board game café with Grove Manor. We will have snacks, coffee, board games, cards and an option to just visit with their residents! A new program to look out for is Puzzle Masters. This is a puzzle competition to see who can solve their puzzle the fastest. Depending on the amount of residents that come out we may do it in partners! 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**

- Resident BBQ
- Moving & Grooving
- Crib tournament with Day Support
- Board Game Café with Grove Manor
- Birthday Party
- Presentation
- Puzzle Masters
- Movie in Heritage Hall
- Brain Games
- Arts & Crafts
- Active Games
- Manicures
- Baking
- Fitness Classes
- Outings
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Pet Therapy

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

### **What is Arthritis?**

Arthritis is a disease of the joints (the areas where 2 bones meet). It often causes pain, swelling, and stiffness in your joints. It's called a chronic disease because it doesn't go away and a progressive disease because it can get worse

Source: My Health Alberta

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

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



## September Birthdays

Joyce F. September 2<sup>nd</sup>  
Myrna Y. September 15<sup>th</sup>  
Anna L. September 18<sup>th</sup>  
Bernie K. September 27<sup>th</sup>  
Connie B. September 27<sup>th</sup>

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

### **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 went to the Ukrainian Village**



**Residents went to Rundle Park for a picnic!**



**Residents Celebrating August Birthdays!**