

Newsletter

May 2023



Upcoming Events

- Election Polling Station
- Tomato Plant/Hot Dog Sale
- Mother's Day Tea
- Victoria Day Social
- Birthday Party
- Social Committee Meet
- Walking Group
- Gardening
- Arts & Crafts
- Moving & Grooving
- Active Games
- Manicures
- Recreation Presentation
- Baking
- Fitness Classes
- Outings
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Pet Therapy
- Crib tournament

**Stay safe & enjoy Spring
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 residents enjoyed Easter with our church services, Egg colouring, basket making, and social that included an Easter egg hunt! The residents were also able to receive another dose of the covid-19 vaccine if they were eligible during our clinic.

Don't forget to vote! We are having a polling station on the 29th in the 8th floor lounge. Also, this month, we have we will be moving outdoors as long as the weather permits it with our tomato plant/hot dog sale, walking group, outdoor games, and gardening. There will be many opportunities to socialize including our Mother's Day tea, birthday party, Victoria Day social, and moving & grooving. Be sure to check where the activities will be taking place. The calendar has a legend on the bottom right corner and if there are any changes it will be posted on the white board. 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 are cataracts?

Cataracts are a painless, cloudy area in the lens of the eye. They block the passage of light to the retina. Nerve cells in the retina detect light entering the eye and send nerve signals to the brain about what the eye sees. Because cataracts block this light, they can cause vision problems.

Cataracts are common in older adults. But changes caused by aging don't always lead to cataracts. People with a family history of cataracts may also develop them. Sometimes children are born with cataracts.

Source: My Health Alberta



May Birthdays

Eldwin W. May 7

Ivan F. May 11

Stephanie W. May 13

Diane S. May 27

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 colouring Easter eggs!



Resident's painting butterflies and cats!



Residents playing balloon badminton!