

# Newsletter

**March 2025**



## Health Tip:

### Oral Health

As you get older, your mouth health can be affected by aging, diseases, or medicines you take. Prevention is the best way to keep your mouth healthy at any age. This includes brushing and flossing every day and visiting the dentist regularly. A healthy mouth is important for a healthy body and mind.

It's also easier to get gum disease and harder to get rid of it. Gum disease is caused by plaque left on your teeth and gums. Having a dry mouth, using tobacco, and drinking alcohol can make gum disease worse. For healthy gums, brush and floss daily, eat a variety of healthy foods each day, and get your teeth cleaned regularly. Also, avoid using tobacco and limit how much alcohol you drink. If you have signs of a dry mouth, ask your health professional for help.

## What's Happening at Vegreville Manor?

**March 5<sup>th</sup> – Gospel Meeting  
With Brianna & Lyndsay**

**March 11<sup>th</sup> – North Pointe Church  
Service**

**March 13<sup>th</sup> – Resident Meeting  
March 13<sup>th</sup> – United Church**

**March 14<sup>th</sup> – Lisa & Viola  
The Carefree Crooners  
Sing-a-long**

**March 17<sup>th</sup> – St Patrick's Day  
Happy Hour  
Wear Your Green!**

**March 20<sup>th</sup> – Miss Laura's  
Piano Recital**

**March 25<sup>th</sup> – Cards w/ Judy**

**March 27<sup>th</sup> – Jim Davis Band**

# Photo Gallery



"In Like A Lion,  
Out Like A Lamb"  
by Lorie Hill

March roars in like a lion  
So fierce,  
The wind so cold,  
It seems to pierce,



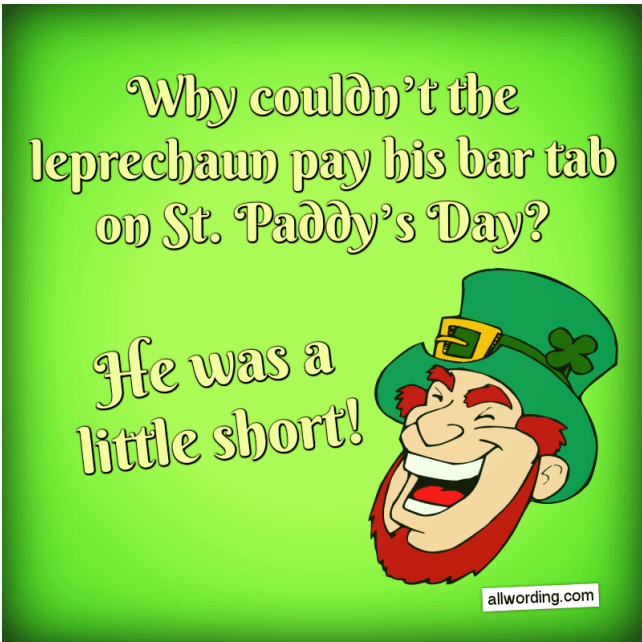
The month rolls on  
And Spring draws near,  
And March goes out  
Like a lamb so dear.



Baking!



News & Views



Cards with Judy