

Newsletter

September 2023



Health Tip:

Arthritis

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 or
speak to your health care
professional

What's Happening at Vegreville Manor?

September 4 – Labour Day
(No Activities)

September 7 – United Church Service

September 8 – Movie & Popcorn Day!

September 10 – Grandparents Day

September 12 – North Pointe Church

September 15- Tony Mapa

September 20 – Jim Davis Band

September 21- Resident Meeting
September 21-Hat Day!

September 29 – Making Cards
with Judy



As per our Resident Meeting:
Please remember not to give out
any personal or financial
information over the phone

BRAIN TEASERS

Missing Letters!

- A _ _ L E
- B R _ _ M
- C H E _ _ Y
- D O _ _ A R
- E _ _ O R
- F O _ _ O W
- G I R A _ _ E

Photo Gallery



Welcome North Pointe Church!



Lunch Club at Albert's



Garden Fresh Beans!