

Newsletter

January 2025



**Happy
New Year!**

A message from the Activities Convener...

Hello all,

Last month we celebrated Christmas with parties, baking, and more. Now we get to ring in the new year! If your new year's resolutions are to increase fitness or cognition levels, I have added programming on how to play chess, checkers, use the treadmill or the bike this month.

Some key points to highlight this month include an orthodox Christmas & New Year's party, Laugh out Loud (watch funny videos/stand-up videos/jokes/etc.), Winter Carnival (games/popcorn/etc.), Hawaiian themed day (Pictionary/Beach volleyball/travel to Hawaii video). Don't forget to wear something to go with the Hawaiian theme.

Outings for this month include Sherwood Park Bowling and Yang Ming Chinese Buffet. Don't forget to sign up as there are limited spaces available. Have a look at your recreation calendar for all the details. Happy New Year everyone!

-Nicholle Lloyd

Upcoming Events

- Orthodox Christmas & New Year's Party
- Laugh out Loud
- Winter Carnival
- Travel to Hawaii
- Movie & Popcorn
- Health Awareness Presentation
- Reminiscing
- Coffee Corner
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts

**Stay safe & enjoy winter
Everyone!!!**

Did you know...?

How does Lewy body dementia affect a person?

"A person living with Lewy body dementia will experience a decline in thinking and memory over time. Even in the early stage, Lewy body dementia can affect the ability to plan and organize. It can also affect how quickly the brain can process information."

Source: Alzheimer Society of Canada

For more information visit:

www.alzheimer.ca or speak to your health care professional.

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January Birthdays

Hilda C. Jan. 6
Lynn S. Jan. 9
Lucy D. Jan. 13
Kevin N. Jan. 26

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?

We have a food committee meeting and a residents meeting monthly, and a social committee meeting quarterly. For dates and times check the calendar. We post the meeting minutes on the board by the dining room.

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 hopped on the train at
Glow Edmonton!**



**Residents and Staff Christmas Party
with Santa and Mrs. Claus!**



**Residents celebrating December
birthdays!**