

Newsletter

March 2025



A message from the Activities Convener...

Hello all,

Last month love was in the air. We celebrated Valentine's Day with drinks, snacks, roses, dancing, and live entertainment.

Some key points to highlight this month include St. Patrick's Day party, Hockey Day @ MPSL, and day light savings time. Be sure to wear something green for our St. Patrick's Day party to show your spirit. On our Hockey Day @ MPSL make sure to wear some fan gear and get your picks in for the playoffs as there will be a prize for the person or people that get the most picks right. Picks must be done and given to Nicholle by March 13 at 5pm to count. Day light saving is on March 9th make sure to change your clocks. We are springing forward an hour.

Outings for this month include River Cree Casino and Jay Bee's Diner. Don't forget to sign up as there are limited spaces available. Have a look at your recreation calendar for all the details.

-Nicholle Lloyd

Upcoming Events

- St. Patrick's Party
- Hockey Day @ MPSL
- Laugh out Loud
- Tea Party
- Movie & Popcorn
- Health Awareness Presentation
- Coffee Corner
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts

**Stay safe & enjoy Spring
Everyone!!!**

Did you know...?

Good 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."

Source: MyHealthAlberta

For more information visit:

www.myhealth.alberta.ca or speak to your health care professional.



March Birthdays Alice V. March 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?

In the event of a personal emergency you may use your emergency pendant, call 9-1-1, or call the 24hr staff number (780-756-0796) for help.

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 grooving to the music!



Residents dining at Tutti Frutti!



Residents Bowling at Sherwood Bowl