

# Newsletter

April 2024



## Upcoming Events

- Mornville Minstrels Choir
- Pub Afternoon
- Ukrainian Dancers
- Info Session
- Calorie Crusher
- Walking Group
- Coffee In the Cafeteria
- Health Awareness Presentation
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Active Games
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy

**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 we wore some green and celebrated St. Patrick's Day with some live entertainment by Craig Repchuk. Some of us were lucky and some of us were not at the casino but we didn't go hungry. The Ukrainian dancers were great to watch especially those little ones. We had a great visit with the school children. Residents looked for some goodies that the Easter bunny hid for them. We were amazed by the magic show.

This month we have some new programming to look forward to. There will be a choir group singing for us in the hall. There will be another Ukrainian dance group performing in the hall as well. We have an information session on the NDP dental care program you may want to learn about. Calorie Crusher is a new exercise program that will focus on burning calories by strengthening your muscles. Outings this month include Kingsway Mall and Fenwyck Heights (our newest building). 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***

## **Did you know...?**

### **. Learn about advance care planning**

Advance care planning is a way to help you plan and document your wishes for the type of healthcare you want now and in the future. Advance care planning is a process where you do the following:

- Think about values and wishes for medical treatments you may or may not want.
- Talk about your healthcare goals.
- Make a plan that reflects your values and wishes.
- Put your plan in writing (document your plan).

Source: myhealthalberta & Alberta Health Services

For more information visit:

<https://www.albertahealthservices.ca/info/page12585.aspx>

or speak to your health care professional.



**April Birthdays**  
**Thomas M. April 7**  
**Reta C. April 9**  
**Ron H. April 13**  
**Amalija B. April 16**  
**Laura B. April 25**  
**Giacinta D. April 29**  
**Mary C.**

### **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 hold regular health and wellness presentations (please check the calendar) and have an education board by the piano.

### **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 celebrating St. Patrick's Day!**



**Residents at the casino!**



**Residents watching Ukrainian Dancers in the hall!**