

Newsletter

November 2024



A message from the Activities Convener...

Hello all,

Last month we decorated for fall and this month it will be turned into a Christmas wonderland. If you'd like to help, we will be taking a couple days to decorate the main and 8th floor, there are many things to help out with those days.

Christmas is coming which means it is time to get our choir to come together for some rehearsals before the main event at Christmas dinner. If you are interested in joining the choir, please show up to the meeting. If you are unable to join the meeting and still want to join, see Nicholle for more information.

Christmas dinner is on December 6th don't forget to have family/friends get their tickets by the end of November as there will be a seating arrangement made.

Outings for this month include Dollarama/Walmart/Tim Horton's, Premium Outlet Mall, 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.

-Nicholle Lloyd

Upcoming Events

- Remembrance Day service
- Health Awareness Presentation
- Choir
- Social Committee Meeting
- Decorating
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Card Games
- Board Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy

**Stay safe & enjoy Fall
Everyone!!!**

Did you know...?

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and loss of independence in people ages 65 and older.

There are many reasons older people fall. They may lose their footing when stepping off a street curb. Or they may fall after getting dizzy from taking medicines. Some falls may be related to the effects of aging, such as muscle weakness or delayed reflexes. Or falls may be related to the results of a stroke.

Experts agree that some falls in older adults can be prevented. But since each person's risks are a bit different, talk to your doctor about what might be most helpful for you.

Source: myhealthalberta

For more information visit: www.myhealth.alberta.ca or speak to your health care provider.



November Birthdays

Mee Lain W. November 10th

Marina G. November 12th

Mike K. November 18th

Bill S. November 20th

Adele H. November 25th

Warren M. November 30th



Residents enjoy a pub afternoon!

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.



Everyone showing support for orange shirt day!



Residents having a blast with live entertainment!

Have Great Day