

# Newsletter

September 2024



## Upcoming Events

- Walking Group
- Health Awareness Presentation
- Crib tournament
- Birthday Party
- Manicures
- Baking
- Fitness Classes
- Outings
- Card Games
- Board Games
- Active Games
- Tuck Cart
- Bingo
- Church Services
- Hangman
- Arts & Crafts
- Pet Therapy
- Jeopardy
- Movie & Popcorn

**Stay safe & enjoy Fall  
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 learned about different cultures during our Heritage Day celebration. We also enjoyed going out to the Bountiful Farmer's Market for some fresh fruit & and other goods. The BBQ was tasty, and the live entertainment was enjoyed by the residents

This month we are introducing Familiar Phrases where you must finish the phrase, Finding Words where we create words out of a large word. Outings for this month include Dreamcatcher Farm, Cora's, and the River Cree Casino. 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...?**

### **What are grief and grieving?**

Grief is a natural response to the loss of someone or something very important to you. The loss may cause sadness and may cause you to think of very little else besides the loss. The words sorrow and heartache are often used to describe feelings of grief.

Grieving is the process of emotional and life adjustment you go through after a loss. Grieving after a loved one's death is also known as bereavement.

Grieving is a personal experience. Depending on who you are and the nature of your loss, your process of grieving will be different from another person's experience. There is no "normal and expected" period of time for grieving.

Source: MyHealthAlberta





**September Birthdays**  
**Joyce F. September 2<sup>nd</sup>**  
**Myrna Y. September 15<sup>th</sup>**  
**Anna L. September 18<sup>th</sup>**  
**Connie B. September 27<sup>th</sup>**  
**Bernie K. September 27<sup>th</sup>**



**Residents enjoying some tasty BBQ food!**

### **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 offer extra services for an additional cost. Please check out the poster 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.



**Residents celebrating birthdays!**



**Residents wishing our summer student best of luck on her future!**

*Have Great Day*