

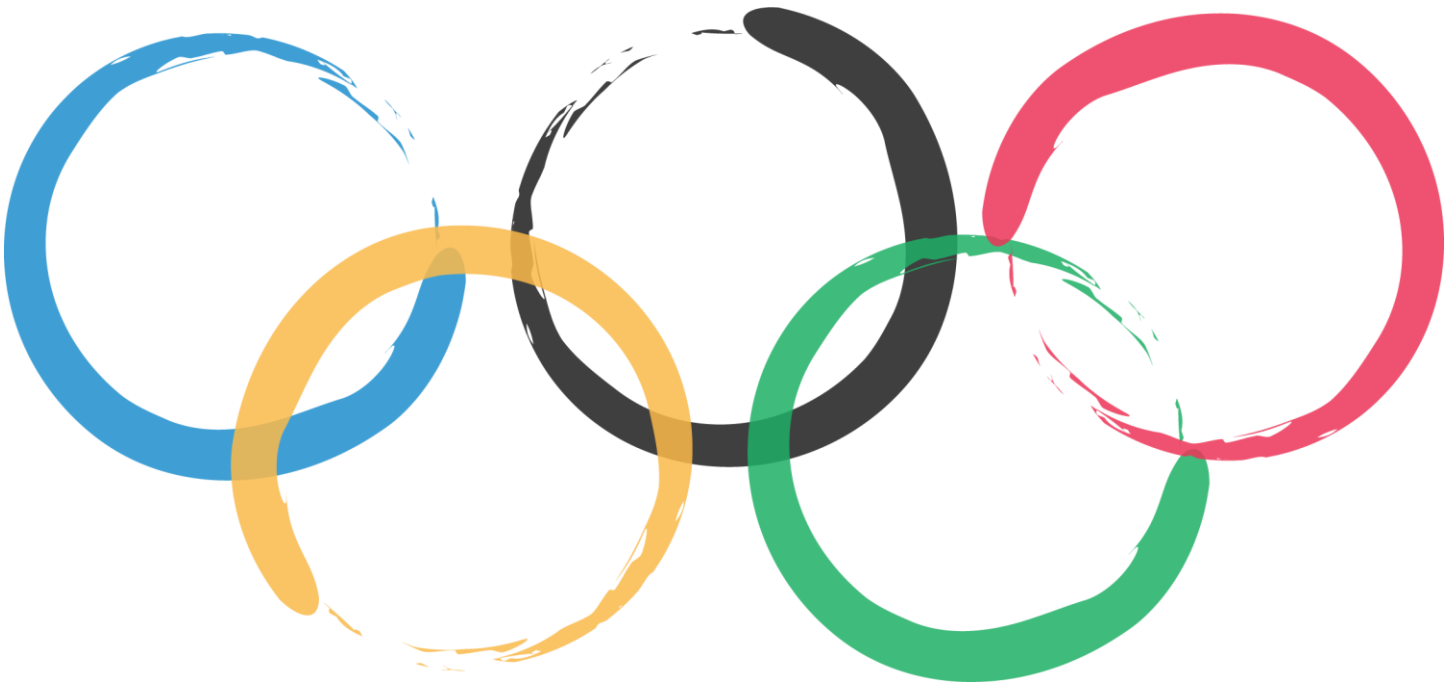


St. Michael's
HEALTH GROUP

St. Michael's Long Term Care Centre

News & Recreation

AUGUST 2024



This month, we are getting into the Olympic spirit by hosting the 2024 SMHG Summer Olympics! We have planned various events taking place until August 22. Please check out the calendar for more details!

Our recreation department will be taking every opportunity to bring resident's outside for walks, bike rides, and garden visits. Weather permitting, we will move programs to the Family Garden!

Please note: We will not be taking residents outside or on outings if the temperature exceeds 26 degrees Celsius. This measure is to ensure their safety and comfort during these hotter days. Thank you for your understanding!

August Birthdays

Dora M.	August 2, 1925
Magdalena K.	August 6, 1929
Cherill L.	August 11, 1947
Lovette C .	August 14, 1929
Gary S.	August 15, 1940
Roula T.	August 15, 1943
Paul P.	August 16, 1934
Marilyn J.	August 19, 1933
Nancy S.	August 20, 1929
Nellie P.	August 24, 1924
Margaret F.	August 26, 1934
Mildred B.	August 29, 1942
Karen W.	August 29, 1958



Upcoming Events in August

Outings

- **Capital Pizza Lunch**
 - o Tuesday, August, 13th, 2024 | Departing at 11:15 a.m.
- **U of A Botanic Gardens**
 - o Wednesday, August 21st, 2024 | Departing at 12:30 p.m.
- **Rundle Park**
 - o Wednesday, August 28th, 2024 | Departing at 1:00 p.m.

Music and Special Events

- **Happy Hour with Douglas**
 - o Thursday, August 8th 2024 | 2:00 p.m. in Alberta Room
- **YMCA Children's Visits**
 - o Monday, August 12th, 2024 | 2:00 p.m. in Heritage Hall
- **Monthly Birthday Party with Wes and Wendy**
 - o Wednesday, August 14th, 2024 | 2:00 p.m. in Heritage Hall
- **Live Entertainment with Len**
 - o Thursday, August 22nd, 2024 | 2:00 p.m. in Heritage Hall
- **Nellie P. 100th Birthday Celebration**
 - o Friday, August 23rd, 2024 | 2:00 p.m. in Family Garden
- **Ice Cream Social**
 - o Thursday, August 29th, 2024 | 2:00 p.m. in Family Garden



July Highlights ☺



Just Cruising



BAR
BRIDGE
CABIN
CAPTAIN
CASINO
CHAMPAGNE
CUSTOMS
DANCING
DECK

DINING
EXCURSION
GAMES
GANGWAY
HULL
LIFE JACKET
LOUNGE
LUGGAGE
MUSIC

PASSENGER
POOL
PORT
SHIP
SHORE
SOUVENIR
SPA
STATEROOM
STEWARD

