

November 2024



Health Tip:

Falls Prevention

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.

What's Happening at Vegreville Manor?

November 6th – Miss Laura's Piano Recital

November 7th – Remembrance Day Ceremony

November 11th – Remembrance Day:
No Activities

November 13th – Shop with Vegreville Drug Mart

November 14th – St. Vladimir Church Service
- United Church Service

November 15th – Tony Mapa Music

November 20th – Lunch Club: Boston Pizza

November 21st – Resident Meeting

November 26th – Cards with Judy

November 27th – Holy Trinity Church Service

November 29th – Jim Davis Band

Happy Birthday!

Dave H. – November 2nd

Elizabeth C. – November 24th

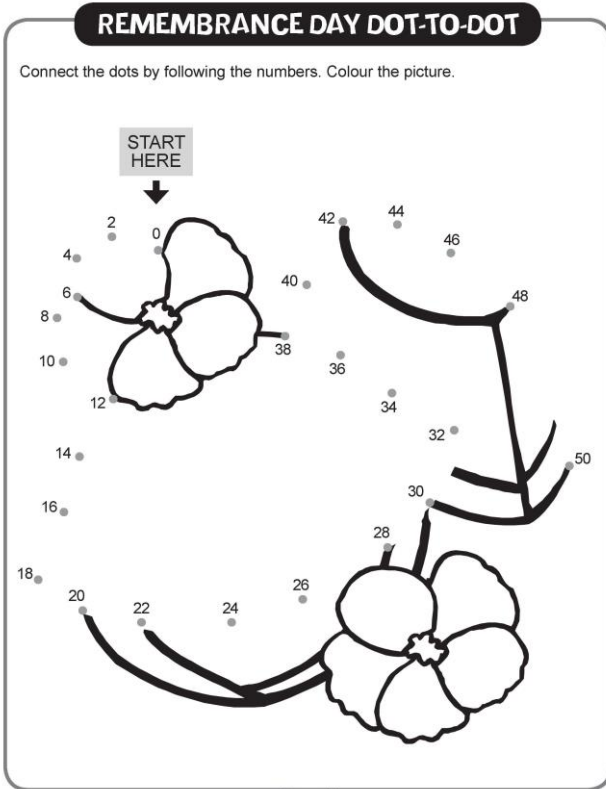
Jim B. – November 24th



Photo Gallery



Taco in a Bag!



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Carving Pumpkins!



Personal Touch Fashions!