



Newsletter

September 2024



Health Tip:

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

For more information visit:

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=hw164282> or speak to your health care provider.

What's Happening at Vegreville Manor?

September 2nd – Labor Day: No Activities

September 6th - National Read a Book Day!

September 10th – North Pointe Church

September 12th - National Chocolate Milkshake Day!

September 13th - Good Ol' Gospel Singalong

September 13th – Chocolate Milkshake Social

September 17th - Card Making with Judy

September 20th – Tony Mapa Music

September 22nd – First Day of Fall

September 25th – Holy Trinity Church

September 26th - Lunch Club: Boston Pizza

September 27th – Jim Davis Band

*Please note that all scheduled activities are subject to change

Fall-Themed Door Decorating Contest!

Get ready to embrace the beauty of autumn with our Fall-Themed Door Decorating Contest!

Throughout the month of September, as the leaves change colors and the air turns crisp, it's time to let your creativity shine and bring the spirit of fall right to your doorstep.

We can't wait to see how you bring the season to life with your door!

Winners to Be Announced
October 1st



Marion L – September 30th

Photo Gallery



Bus Trip to Two Hills!



Floor Curling Fun!



Happy 100th Annie W!