

Newsletter

October 2020



Hello
November



Upcoming Events

- Make a Poppy
- Birthday Party
- Bowling
- Pub Afternoon
- Colouring
- iPad Time
- Wii Games
- Cribbage
- Brain Games
- Tuck Cart
- Hangman

Stay
safe &
enjoy
fall

A message from the Activities Convener...

Hello all,

The stationary bike and treadmill is open to use during scheduled times. The sign-up sheet is posted on the door next to the bulletin board.

Last Month: We had some tasty pumpkin pie and ice cream at our Thanksgiving Social. Also, we had a great time doing Halloween crafts.

This Month: You have the opportunity to make a poppy for Remembrance Day. We have a birthday party for those with birthdays in September, October, November, and December. We also have Wii Games that you can choose between bowling, tennis, baseball, boxing, and golf. iPad Time gives you the chance to learn how to use the iPad, surf the web, play videos, or play games online. It really is your choice on what you want to do. There are limited spaces available. If you want to be guaranteed a spot please sign up. Have a look at your recreation calendar and our new signup sheets posted in the 8th floor recreation board for all the details.

Reminder: November 1, 2020 we will be turning our clocks back an hour due to daylight saving time. There will be no organized activities on Wednesday, November 11, 2020. If you have any questions or need help, you can come see me on the 8th floor.

-Nicholle Lloyd

Did you know...?

Anyone can fall, but as you grow older, the risk increases. Falls are the leading cause of serious injuries in older adults. The facts do not lie: every year, 1 in 3 Alberta seniors will fall. The good news is that you can take steps to prevent slips, trips and falls.

For more information visit:

<http://www.findingbalancealberta.ca/seniors.html> or speak to your health care provider.



November Birthdays

Helen G. November 6th

Mary Y. November 10th

Walter Z. November 16th

Carey B. November 25th

Adele H. November 25th

Mary P. November 27th

Warren M. November 30th

Did you know?

There is new health information every month on the bulletin board above the piano on the 8th floor. Come check it out.

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.

*Have
Great
Day*

Photo Gallery



Residents having fun at Brain Games!



Residents enjoying their Thanksgiving pumpkin pie and ice cream!



Residents waiting for the flu shot!