

Del-Air Lodge September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10 – Exercises 1 – WHIST 3:15 – Country Drive	2 9-12 Handivan 1:15 – Bingo 3 – Bean Bag Toss	3 10 – Exercises 1 – Sask. Rummy 2:30 – Happy Hr. 4 – Walking Club	4 1-2 Books on Wheels
5	<u>Labour Day</u> 6 <u>Long Weekend</u> 10 – Exercises (on video) 1 – Cribbage 3 – Book Club	<u>Toonie Tuesday</u> 7 1:15 – Bingo 3 – Fall Prevention 4 – Card Bingo	8 10 – Exercises 1 – WHIST 3:15 – Country Drive	9 9-12 Handivan 1:15 – Bingo 3:30 – Crafting	10 10 – Exercises 10:45 – Market 1 – Sask. Rummy 2:30 – Happy Hr. 4 – Walking Club	11
12 <i>Grandparents Day</i>	13 10 – Exercises 1 – Cribbage 2:30 - 3 – Book Club	14 1:15 – Bingo 3 – Fall Prevention 4 – Card Bingo	15 10 – Exercises 1 – WHIST 3:15 – Country Drive	16 9-12 Handivan 1:15 – Bingo 3 – Molkky (lawn bowling)	17 10 – Exercises 1 – Sask. Rummy 2:30 – Happy Hr. 4 – Walking Club	18 <u>Int'l Rice Krispie Day</u> 1-2 Books on Wheels
19	<u>Corn Roast</u> 20 10 – Exercises 1 – Cribbage 3 – Book Club	<u>Toonie Tuesday</u> 21 1:15 – Bingo 3 – Fall Prevention 4 – Card Bingo	<u>Fall Equinox</u> 22 10 – Exercises 1 – WHIST 3:15 – Country Drive	23 9-12 Handivan 12:20 – Gr. 5 visit 1:30 – Bingo 3:30 - Crafting	24 10 – Exercises 10:45 - Market 1 – Sask. Rummy 2:30 – Happy Hr. 4 – Walking Club	25
26 7 – Hilltop Singers Perform Online	27 10 – Exercises 1 – Cribbage 3 – Book Club	28 1:15 – Bingo 3 – Fall Prevention 4 – Card Bingo	29 10 – Exercises 1 – WHIST 3:15 – Country Drive	30 9-12 Handivan 1:15 – Bingo 3 – Bean Bag Toss		

The monthly calendar is subject to additions and/or deletions. Please check Whiteboard for most recent schedule



North Peace Housing Foundation Del- Air Lodge

September 2021

New and Noteworthy

We welcome Margaret Pawlowich back to the community as she becomes our newest resident in September.

Books on Wheels will be coming every second Saturday for the residents. If you would like to order something from the library, please let Jessica know so that she can add you on the list.

Molkky: A game from Scandinavia that is played on the grass. It can be done standing or sitting in a chair and is like Lawn bowling. Come join us to soak up the last of the warm weather.

Holiday/Noteworthy Days

Labour Day is a statutory holiday to officially celebrate workers. It is the last long weekend of the calendar year and will be celebrated on **September 6th**.

Grandparents Day is celebrated in Canada on **September 12th**. This day recognizes the importance of grandparents & grandparent figures to the structure of every family and in the nurturing, upbringing, and education of children.

Corn Roast: September 20th we will enjoy a delicious corn roast to celebrate the harvest season.



Bus Trips

While the roads are in good condition, we will continue with Wednesday afternoon drives @ 3pm.

September 1st - Country Drive down to Kulyna's Flats to check out all the Fall colors

September 10th & 24th – Legion Farmer's Market @ 10:30am

September 15th – Ice Cream treat from Snack Shack

Manager's Notes



I will continue to do my best to keep all residents and families informed of the current & changing COVID19 protocols that pertain/affect our facility.

If you have any questions or need clarification, please don't hesitate to stop by my office for a visit.

It is important that the Residents remember to voice their concerns or requests to the Manager or staff for us to resolve or implement solutions to the best of our capabilities. A suggestion box is also available at the front sign in desk.

As we say goodbye to summer and prepare for the approaching fall season, take time to enjoy the fresh outdoors! Take a walk, sit on the patio, or use the visitation deck!

Birthdays

Evelyn Thomson 5th








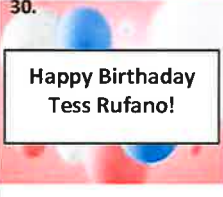
Marjorie Greschner 21st

Arthur Cowie 23rd



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HOMESTEADER LODGE SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Exercises 10 Stories 10:45 Walks 1:30 Church 3	2. Exercises 10 Stories 10:45 Walks 1:30 Dime Bingo 3	3.	4. Movie & Popcorn! 
5.	6.	7. Hairdresser 8:30 Exercises 10 Stories 10:45 Resident choice 	8. Exercise 10 Stories 10:45 Walks 1:30 Arts & Crafts 2:30	9.  Happy Birthday Jutta Strunk!	10. Residents Association Mtg. 10 a.m. Happy Hour/ Name that Tune	11.
12  HAPPY GRANDPARENTS DAY	13. Exercise 10 Stories 10:45 Walks 1:30 Card Making 2	14.	15. Exercise 10 Stories 10:45 Walks 1:30 Bean Bags 3	16.	17. Exercise 10 Stories 10:45 Walks 1:30 Church 3	18. Movie & Popcorn! 
19.	20. Exercise 10 Stories 10:45 Walks 1:30 Resident choice 3	21. Hairdresser 8:30 	22. Exercise 10 Stories 10:45 Walks 1:30 Arts & Crafts 2:30	23.  Happy Birthday Dakota Buck!	24. Exercises 10 Stories 10:45 Mini Spa Day 2:30	25.
26.	27. Exercise 10 Stories 10:45 Walks 1:30 Church 3	28. Exercises 10 Stories 10:45 Walks 1:30 Bingo 3	29. Exercises 10 Stories 10:45 Walks 1:30 Monthly Birthday Celebrations 2:30	30.  Happy Birthday Tess Rufano!		Calendar may change Please check the calendar on wall

HERITAGE TOWER LODGE



2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Great works are performed- not by strength but by perseverance	1 10:30 Exercise 1:30 Bus Ride 3:30 Can Toss	2 10:30 Exercise 1:30 Foot Spa 3:30 Darts 7:00 Ray on Guitar	3 7:30 Ladies Breakfast 10:30 Exercise 1:30 10c Bing0	4
5 10:30 Church On You Tube	6 	7 10:30 Exercise 10:30 Church on 2nd 1:30 Shuffleboard 3:30 Pool Games	8 10:30 Exercise 1:30 Northern Comfort Band (Brian, Maurice & Dan) 2:30 Grandparents Tea& Goodies	9 10:30 Exercise 1:30 Floor Kurling 3:30 Ring Toss	10 10:30 Exercise 11:30 50/50 1:30 10c Bing0 3:30 Shuffleboard	11
12 10:30 Church On You Tube 4:00 Living Water Singing	13 10:30 Exercise 1:30 Kaylee & Jaxx(puppy) 3:30 Pool Games	14 10:30 Exercise 10:30 Church on 2nd 1:30 Floor Kurling 3:30 Bean Bag	15 10:30 Exercise 1:30 Bus Ride 3:30 Outside Chat	16 10:30 Exercise 1:30 Shuffleboard 3:30 Cribbage	17 10:30 Exercise 11:30 50/50 1:30 10c Bing0 3:30 Catch	18
19 10:30 Church On You Tube	20 10:30 Exercise 1:30 Floor Kurling 3:30 Darts	21 10:30 Exercise 10:30 Church on 2nd 1:30 Horse Racing 3:30 Noodleball	22 10:30 Exercise 1:30 Bus Ride 3:30 Bean Bag 7:00 Living Waters	23 10:30 Exercise 1:30 Shuffleboard 3:30 Bubbles Outside	24 7:30 Men's Breakfast 10:30 Anita & Puma(pup) 11:30 50/50 1:30 10c Bing0	25
26 10:30 Church On You Tube	27 10:30 Exercise 1:30 Horse Racing 3:30 Outside -craft prep	28 10:30 Exercise 10:30 Church on 2nd 1:30 Floor Kurling 3:30 Nature Craft	29 10:30 Exercise 1:30 Bus Ride 3:30 Name That Tune	30 10:30 Exercise 1:30 Goodtimers Band Birthday Party Happy Hour	Keep your eye on the board for updates 	



North Peace Housing Foundation
Heritage Tower Lodge

September 2021

HAPPY
BIRTHDAY

8th Marita Brust

8th Dave Rose

21st Margaret Huber

24th Francis Dobranski

25th Bud McDonnell

Anxiety...


is the body's physical response to a threat or a **perceived** threat. It causes a pounding heart, rapid breathing, butterflies in the stomach & a burst of energy as well as mental responses such as excessive fears, worries or obsessive thinking.

For some people anxious feelings don't go away. They see situations as much worse than they really are, & it affects their ability to concentrate, sleep & carry out ordinary tasks.

Common types of anxiety are:

- Generalized anxiety disorder (*uncontrollable worry*)
- Social anxiety disorder (*fear of social situations & or rejection*)
- Panic disorder (*attacks, irrational fears*)
- Agoraphobia (*avoidance due to fear of panic attacks*)
- Specific phobias (*pertaining to a specific fear*)
- Obsessive compulsive disorder (OCD)
(*Unwanted thoughts & impulses-obsessing*)
- Post-traumatic stress disorder PTSD
(*Continuing feelings of fear after a traumatic life event*)

Harvest Lodge September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 65 @ 10:00 Shuffleboard Bowling with Yvette today at 1:30	3 Exercise 9:00 Exercise your mind 2:00	4
5 	6 Labour Day Angela not in today Bingo 6:30 Sandra	7 Loonie Tuesday Exercise 9:00 65 @ 10:00 Mass 2:00 Card Bingo 2:45	8 Exercise 9:00 Walk 10:30 Afternoon coffee at Mary Ann's 1:45	9 65 @ 10:00 Shopping for Residents 10:30 Shuffleboard Bowling 1:30 Teddy Bear Day	10 Exercise 9:00 Stay Sharp 10:30 Bring your teddy bear along with your show and share item starting at 1:30	11
12 Grandparents Day Morning walk @ 10:30 Vic & the Chicks 2:00	13 Exercise 9:00 Bean Bags 10:30 Happy Harvesters Meeting 2:30 Bingo 6:30 Dennis Elise	14 Loonie Tuesday Exercise 9:00 65 @ 10:00 ATB Bank 10:00 Mass 2:00 Card Bingo 2:45	15 Going for a picnic at Dunvegan Maples 11:00	16 65 @ 10:00 Shopping for Residents 10:30 Shuffleboard Bowling 1:30 Fred K 6:00	17 Angela off today in Lieu of Sept 12 th	18
19	20 Exercise 9:00 Bean Bags 10:30 Punch & Potato chips 2:30 Bingo 6:30 Sandra National Punch Day!	21 Loonie Tuesday Exercise 9:00 65 @ 10:00 Mass 2:00 Mel M 2:30	22 Angela working 11-7 today Afternoon walk 2:00 Going to Pizza Haven for wings. 4:45	23 65 @ 10:00 Shopping for Residents 10:30 Shuffleboard Bowling 1:30 Bonfire 7:00	24 Exercise 9:00 Stay Sharp 10:30 Card Making 2:30	25
26	27 Exercise 9:00 Bean Bags 10:30 Bingo 6:30 Dennis & Elise	28 Loonie Tuesday Exercise 9:00 65 @ 10:00 Mass 2:00 Card Bingo 2:45 Peace Country Band 7:00	29 Going to George Lake for picnic! Leaving at 11:00	30 65 @ 10:00 Shopping for Residents 10:30 Shuffleboard Bowling 1:30 Happy Trails 7:00	