

Del-Air Lodge

May

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 3 – The Hilltop Singers Performs Online	31 10 – Exercise 1 – Cribbage 3 – Book Club 4 – Walking Club					1
2	3 10 – Exercises 12:40 – Gr. 5 Video 1 – Cribbage 3 – Book Club 4 – Walking Club	4 11 – Walking Club 1:15 – Bingo 3 – Fall Prevention 4 – Card Bingo	<u>Hank Williams</u> 5 10 – Exercises 12:40 – Gr. 5 Video 1:30 – Country Drive 3 – Green Acres on TV 4 – Walking Club	6 9-12 Handivan 1:15 – Bingo 3:30 – Noodle Balloon Game	<u>Ladies Spa Day</u> 7 10 – Exercises 11 – Cirque Du Soleil 1-Sask. Rummy 2:30 – Happy Hr. 4 – Walking Club	8 Concert on the TV @ 2:45 pm
<u>Mother's Day 9</u> Pancake Lunch @ Noon 	10 10 – Exercises 12:40 – Gr. 5 Video 1 – Cribbage 3 – Book Club 4 – Walking Club	<u>Toonie Tuesday 11</u> 11 – Walking 1:15 – Bingo 3 – Fall Prevention 4 – Card Bing	<u>Patsy Cline</u> 12 10 – Exercises 12:40 – Gr. 5 Video 1:30 – Country Drive 3 – Green Acres onTV 4 – Walking Club	13 9-12 Handivan 1:15 – Bingo 3:30 – Curling Game	14 10 – Exercises 11 – Animal Hour 1-Sask. Rummy 2:30 – Happy Hr. 4 – Walking Club	15
16	17 10 – Exercises 11 – Preparing Flowerpots 12:40 – Gr. 5 Video 1 – Cribbage 3 – Book Club 4 – Walking Club	18 11 – Walking 1:15 – Bingo 3 – Fall Prevention 4 – Card Bingo	<u>Jimmie Rodgers</u> 19 10 – Exercises 12:40 – Gr. 5 Video 1:30 – Country Drive 3 – Green Acres onTV 4 – Walking Club	20 9-12 Handivan 1:15 – Bingo 3:30 – Bean Bags Game	21 10 – Exercises 11 – <i>Cirque Du Soleil</i> on TV 1-Sask. Rummy 2:30 – Happy Hr. 4 – Walking Club	22 Concert on the TV @ 2:45 pm
23	<u>Victoria Day</u> 24 10 – Exercises (on video) 1 – Cribbage	<u>Toonie Tuesday 25</u> 11 – Walking 1:15 – Bingo 2:30 – Planting Flowers courtyard	<u>Carter Family</u> 26 10 – Exercises 1:30 – Country Drive 3 – Green Acres TV 4 – Walking Club	27 9-12 Handivan 1:15 – Bingo 3:30 – Molkky Lawn Game	28 10 – Exercises 11 - Armchair Travel 1 - Sask. Rummy 2:30 – Happy Hr. 4 – Walking Club	29

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



North Peace Housing Foundation Del-Air Lodge

May 2021

New and Noteworthy

Armchair Travel is going to include using technology and our common area TV, to look up landscapes and places. Technology will be used to show tours and places from **all over the world**. Join us and check out what's going on. If you are interested in a specific place, please let Jessica know.

Gift Cart: Being active and participating in the programs available is a good way to keep your mind and body healthy. The Del-Air Lodge is going to be handing out "plastic tokens" to residents during these activities. Once you have collected 10 tokens, you can redeem them by picking an item from the gift cart.

The resident courtyard is ready to go through a transformation this month. As the weather turns warmer Jessica will be spending time preparing pots and planting flowers. We welcome & encourage all residents to please join her to get some fresh air, sunshine, and your hands dirty!

Holiday/Noteworthy Days

May 7th – Spa Day We will be offering manicures and painting nails to honor the women who live at the lodge.

May 9th - Mother's Day Is observed in Canada as a time for people to thank mothers and mother figures in their lives who took the time to care for them and help them through life's challenges.

May 24th – Victoria Day Long Weekend Is a public holiday to honor Queen Victoria's Birthday born in May 1819.

Bus Trips



Wednesday Country Cruises (weekly) @ 1:30 pm.

The sign-up sheet is posted on the whiteboard in the dining room and will have the location of each weekly trip.

The Handivan also runs Thursday mornings (9am-12pm) for residents who need transportation to the Manning Community Health Center (clinic, lab, and outpatients)

Manager's Notes



Hello May – We Have Been Waiting For You. 

I am feeling excited as announcements continue to be made from the government in regard to changes in visitation, for residents in senior congregate living. Restrictions are starting to change as more seniors & general population are getting vaccinated. I will have information for you & your families in the very near future!

Birthdays

Bernice Lorenzen 4th







Annie Whillans 10th

Anne Simpson 11th



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

Homesteader Lodge May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3. Exercise 10:00 Storytime 10:45 Outdoor Walks 1:30 Card Games 2:45	4. Hairdresser 8:30 	5. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:30 Dime Bingo 2:45 Annie Pieniazko Happy Birthday	6.	7. Resident ASSOC. Meeting 10:00am Outdoor Walk 1:30 Arts & Crafts 2:45	
9. 	10. Exercise 10:00 Storytime 10:45 Outdoor Walks 1:30 Mother's Day Tea Share your favorite Recipe 2:30	11. Exercise 10:00 Storytime 10:45 Outdoor Walks 1:30 Church on The Patio 3:00	12.	13. Exercise 10:00 Storytime 10:45 Outdoor Walks 1:30 Prize Bingo 3:00	14.	15. Movie Night  Call of The Wild
16.	17. Exercise 10:00 Storytime 10:45 Outdoor Walks 1:30 Resident Choice 3:00	18. Hairdresser 8:30 	19. Exercise 10:00 Storytime 10:45 Outdoor Walks 1:30 Spring Planting 2:30	20.	21. Exercise 10:00 Storytime 10:45 Outdoor Walks 1:00 Hot Dog Roast 2:00 Horseshoe Game	22.
23. → Victoria Day	24. Exercise 10:00 Storytime 10:45 Out Walks 1:30 Church	25. Exercise 10:00 Storytime 10:45 Out Walks 1:30 Show & Tell 2:30 Happy Hour 3:00	26.	27. Exercise 10:00 Storytime 10:45 Out Walks 1:30 Birthday Party ! 	28. Happy Birthday Greg Crawford	29. This Calendar may change at times. Keep a watch on big Calendar in hallway.
30. Happy Birthday Ramon Schultz	31.					

Heritage Tower Lodge



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			It always seems impossible until it's Done		Keep an eye on the white board for any changes	1 Movies to be announced
2 10:30 Church Service You Tube	3 10:30 Exercises 1:30 Floor Kurling 3:30 Bean Bag.	4 10:30 Noodleball 1:30 Horse Racing 3:30 Down Memory Lane	5 10:30 Exercises 1:30 Bus Ride 3:30 Word Hunting	6 10:30 Exercises 1:30 Mother's Day Craft 3:30 Senior Pong	7 7:30 Ladies Breakfast 10:30 Exercises 11:30 50/50 1:30 Mother's Day Bingo & Strawberry shortcake Happy Hour	8
9 Mother's Day 10:30 Church Service You Tube	10 10:30 Exercises 1:30 Horse Racing 3:30 Ring Toss	11 10:30 Exercises 1:30 Floor Kurling 3:30 Bean Bag	12 10:30 Catch 1:30 Bus Ride 3:30 Bubbles on the patio	13 10:30 Exercises 1:30 Foot Spa 3:30 Darts	14 10:30 Exercises 11:30 50/50 1:30 10c Bingo 2:30 Jeanne Hill 100 Years Old!	15
16 10:30 Church Service You Tube	17 10:30 Exercises 1:30 Shuffleboard 3:30 Name That Tune	18 10:30 Exercises 1:30 Painting Rocks 3:30 Can Ball	19 10:30 Exercises 1:30 Bus Ride 3:30 Horse Racing	20 10:30 Simon Says 1:30 Floor Kurling 3:30 Bean Bag	21 7:30 Men's Breakfast 10:30 Exercises 11:30 50/50 1:30 10c Bingo	22
23 10:30 Church Service You Tube 30 10:30 Church Service You Tube	24 Victoria Day Stat Holiday 31. 10:30 Exercise 1:30 Shuffleboard 3:30 Pool Games	25 10:30 Exercises 1:30 Floor Kurling 3:30 Tree Crafts	26 10:30 Exercises 1:30 Bus Ride 3:30 Bean Bag	27 10:30 Exercises 1:30 Horse Racing 3:30 Spell off	28 10:30 Exercises 11:30 50/50 1:30 10c Bingo 2:30 Ice cream on the Patio	29



North Peace Housing Foundation
Heritage Tower Lodge

May 2021

Happy Birthday!

2nd Angus Clark

3rd Wally Gusulack

6th Melvin Auger

14th Jeanne Hill

14th Tony Mayowski

16th Marjorie Riczu

22nd Betty Rondeau

24th Jeanette Jacob

The month of May brings new beginnings.

It is a season to renew your "mind set".

Think for a moment, about all the thoughts that play in your head as you move through your day-to-day life.

Narratives like "I don't cope well with change", "I can't do that". These are thoughts that are subconsciously stuck on replay in our minds, whose voices never seem to quieten, gradually chipping away at our sense of self-belief. In your mind, these thoughts are the truth, they are gospel. In your mind, you simply have a realistic view of what you can and cannot do, what you are and what you are not good at. You are just being honest with yourself, right?



But remember this: who told you these things which are now the truth? Probably only yourself.

We are talking about "self-limiting beliefs". We can miss out on a lot if we let these thoughts control us. We are all constantly shifting between two mindsets- 1. Fixed or 2. Growth. If you have a "fixed" mindset you believe that you are born with certain skills. If you have a "growth" mindset you believe that skills are built & that new abilities can be learned through practice & effort. You are in control of your "mindset."

Think of the story, "The Little Engine That Could."

I think I can, I think I can.

Harvest Lodge May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Planting Flowers outside the Lodge Bingo 6:30 With Dennis	 Happy Mother's Day		This Calendar May change At Any time		1
2	3 Exercise 9:00 Bean bags 10:30 Bingo 6:30 With Dennis	4 Loonie Tuesday Exercise 9:00 65 @ 10:00 Card Bingo 2:30	5 Exercise 9:00 Going to Dairy Queen for an Ice Cream Treat 2:30	6 Shopping for Residents 10:15 Shuffleboard Bowling 2:00	7 Exercise 9:00 Stay Sharp 10:30 Tea/Wine Party 2:30	8 National NO Socks day
9 Happy Mother's Day	10 Exercise 9:00 Bean bags 10:30 Bingo 6:30 With Sandra	11 Loonie Tuesday Exercise 9:00 65 @ 10:00 H. H Meeting 2:00	12 Exercise 9:00 Floor Kurling 1:30	13 Shopping for Residents 10:15 Shuffleboard Bowling 2:00	14 Exercise 9:00 Stay Sharp 10:30 Ice Cream Sundae's in the Courtyard 2:30	15
16	17 Exercise 9:00 Bean bags 10:30 Bingo 6:30 With Dennis	18 Loonie Tuesday Exercise 9:00 65 @ 10:00 Card Bingo 2:30	19 Exercise 9:00 Craft 1:30	20 Shopping for Residents 10:15 Shuffleboard Bowling 2:00	21 Exercise 9:00 Stay Sharp 10:30 Word Game 2:30	22
 23	24 Victoria Day Bingo 6:30 With Sandra	25 Loonie Tuesday Exercise 9:00 65 @ 10:00 Card Bingo 2:30	26 Exercise 9:00 Board Games or Card Games in the Main Area 2:00	27 Shopping for Residents 10:15 Shuffleboard Bowling 2:00	28 Exercise 9:00 Stay Sharp 10:30 Card Making 2:00	29 National Hamburger Day