

Del-Air Lodge May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mental Health Week May 1 st - May 7 th →	1 1 – Cribbage 3 – Music Monday w Liz Zatelny	<u>Toonie Tuesday</u> 2 9:30 – Mass 10:15 – Exercises 11 – Walking Club 1:15 – Bingo 2:30 – Books on Wheels	3 10:15 – Chair Yoga 1:15 – Noodle balloon 2:30 – Ice Cream Treat 3:00 – WHIST	4 9-12 – Handivan 1:15 – Bingo 3 – Colouring Club	5 10 – Pottery Club: Part 2 Glazing 11 – Walking Club 1 – Gr 5 buddy visit 2:30 – Happy Hour	6 
7	8 1 – Cribbage 3 – Book Club W Carol Knauft	<u>Toonie Tuesday</u> 9 9:30 – Mass 10:15 – Exercises 11 – Walking Club 1:15 – Bingo 3 – Spring Craft	10 10 – Amici Gardens bus trip 1:15 – Bean Bag Toss 2:30 – Ice Cream Treat 3:00 – WHIST	11 9-12 – Handivan 1:15 – Bingo 3 – Spa Day	12 9:30 – Hairdresser 10:15 – Exercises 11 – Farmers Market 1 – Sask. Rummy 2:30 – Happy Hour	13
14 	15 1 – Cribbage 3 – Music Monday W Kara Walisser	<u>Toonie Tuesday</u> 16 9:30 – Mass 10:15 – Exercises 11 – Walking Club 1:15 – Bingo 2:30 – Books on Wheels	17 10:15 – Chair Yoga 2 – Dog Therapy 2:30 – Ice Cream Treat 3:00 – WHIST	18 9-12 – Handivan 1:15 – Bingo 3 – Painting Club	19 10:15 – Exercises 11 – Walking Club 1 – Sask. Rummy 2:30 – Happy Hour	20
21	22 Victoria Day <u>Long weekend</u>	<u>Toonie Tuesday</u> 23 9:30 – Mass 10:15 – Exercises 11 – Walking Club 1:15 – Bingo 3 – May Activity Book	24 10:15 – Chair Yoga 1:15 – Bocce Ball 2:30 – Ice Cream Treat 3:00 – WHIST	25 9-12 – Handivan 1:15 – Bingo 3 – Resident Ass Meeting	26 10:15 – Exercises 11 – Walking Club 1 – Sask. Rummy 7 – Birthday Party W Happy Hour	27
28 3 – The Hilltop Singers	29 1 – Cribbage 3 – Music Monday Hymns	<u>Toonie Tuesday</u> 30 9:30 – Mass 10:15 – Exercises 11 – Walking Club 1:15 – Bingo 2:30 – Books on Wheels	31 10:15 – Chair Yoga W Betty May 1:30 – Popovich Bn music show 3:00 – WHIST		Craft: Spring Door Wreaths	Schedule may change, please check the Calendar in the Dining Room for updates.

“Everyone has
a place to call
Home”



Message From the Manager

New & Noteworthy

We welcome back our previous employee Allie Lorencz who just returned from an amazing adventure in Australia. We're very happy to have her back on our team.

On Tuesdays the **Walking Club** will be going outside when the weather permits at 11 am. This walk will be a short one (under 1 km).

On Friday the **Walking Club** will be going for longer walks at 4 pm. This walk will be 1km and take about 20-30 minutes.

As the weather gets warmer make sure to wear a hat and sunglasses on the walks to protect yourself from the sun. The Del-Air Lodge also has umbrellas, canes, and walking sticks available for Residents.

Patio Prep: We will be getting the patio garden beds and pots ready for planting. If you like to be outside and active, please join us.
The more the merrier!

Del-Air Lodge Newsletter

Events

May 1st – May 5th: Mental health week
The community Actions for Health and Well-being is organizing daily activities to help promote the importance of mental health and connections. They will meet in the front of the Del-Air Lodge on Monday and Friday at 10am for a wellness walk. Please check the bulletin board in the dining room for their full program.

May 12th: Farmers Market at 11 at the Legion Hall. Please sign up if you would like to go.

May 26th: Birthday Party with Vic and the Chicks at 7pm. Invite your friends and family to celebrate!

May 31st: Popovich music Show
The Resident Association invited Richard & Deborah Popovich for a 1 hour Classic Country Comedy show @ 1:30 pm in the Dining Room. Put on your country outfit and enjoy the music! Friends and Family welcome!

Special Dates

May 5th: MES Gade 5 buddies visit @ 1pm

May 9th: Make your own Flower Wreath @ 3 pm

May 10th: Glaze your clay mug that you build last month @ 10 am

May 11th: Spa Day: The Del-Air Lodge will be doing manicures and painting nails to honour the women who live at the lodge ahead of Mother's Day.

May 12th: The Hairdresser will come at 9:30 am. Please put your name on the sign up sheet if you would like a cut/style.

May 14th: Happy Mother's Day!

May 25th: Resident Association Meeting @ 3 pm in the dining room.

Harvest Lodge May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Bingo 2:00 with Elsie and Dennis	2 Exercise 9:00 65 @ 10:00 Loonie Tuesday Mass 2:00 Card Bingo 2:45	3 Exercise 9:00 Theatre @ 9:30 Walk 10:30 Grand Buddies from STM Card Games main area	4 65 @ 10:00 Shopping 10:30 Shuffleboard Bowling 2:30	5 Exercise 9:00 Stay Sharp 10:30 Crib Tournament 1:30	6 Going to Cumming's Lake Leaving here at 1:30
7	8 Angela off Today Bingo 2:00 with Sandra and Donna	9 Angela in Peace River today 65 @ 10:00 Mass 2:00 Vi & the Chicks 7:00	10 Exercise 9:00 Walk 10:30 Grand Buddies??	11 65 @ 10:00 Shopping 10:30 Shuffleboard Bowling 2:30	12 Exercise 9:00 Mother's Day Tea 2:30	13
14 Happy Mother's Day	15 Exercise 9:00 Bean Bags 10:30 Bingo 2:00 with Elsie and Dennis	16 Exercise 9:00 65 @ 10:00 Loonie Tuesday Mass 2:00 Card Bingo 2:45	17 Exercise 9:00 Walk 10:30 Word Game 2:30	18 65 @ 10:00 Shopping 10:30 Clean up back yard to get ready for flowers Fred K 6:00	19 Exercise 9:00 Stay Sharp 10:30	20
21 Angela on Holidays next 2 weeks ----->>>>	22 Bingo 2:00 with Sandra and Donna Happy Victoria Day!	23 65 @ 10:00 Mass 2:00 Card Bingo 2:45	24 Walk 10:30 Floor Kurling 2:30	25 65 @ 10:00 Shuffleboard Bowling 2:30 Happy trails 7:00	26 Stay Sharp 10:00 Exercise for your mind	27 FHS GRAD Parade @ ???
28	29 Bingo 2:00 with Elsie and Dennis	30 65 @ 10:00 Mass 2:00 Card Bingo 2:45	31 Walk 10:30 Floor Kurling 2:30			

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Message From the Manager

As we move into the month of May, I would like you to take the time to get outside and enjoy the warmer temperatures and remember that it is important to take care of your physical and mental health.

Stay active, eat a well-balanced diet and gets lots of sleep!

Please remember to hand in your NOA's for 2022

Kelli Drake

New & Noteworthy

Harvest Lodge Newsletter

Community Events

Special Dates

Heritage Tower Lodge May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Pool Games 10:30 Exercise 1:30 Bean Bag 3:30 Decorating	2 9:00 Walk a bout 10:00 Church on 6 th 10:30 Shuffleboard 1:30 Health Jeopardy 3:30 Parachute Ball	3 9:00 Pool Games 10:30 Exercise 1:30 Coffee at Timmies 3:30 Word Hunting	4 1:30 Presentation "Fall Prevention" AHS 3:30 Outside cleanup 6:30 Vic & Chicks Band	5 7:30 Ladies Breakfast 10:30 Exercise 11:30 50/50 1:30 Card Bing0	6
7	8 9:00 Pool Games 10:30 Exercise 1:30 Painting "Wish Jars" 7:00 Nampa Gospel	9 Leslie is in a meeting 9:00 Walk a bout 10:00 Church on 6 th 1:30 Fred on Guitar 3:30 Darts on Main	10 9:00 Pool Games 10:30 Exercise 1:30 Floor Kurling 3:30 Noodleball	11 1:30 Foot Spa 3:30 Painting Fingernails 6:30 Lalibertes Band & Mothers Day Celebration	12 9:00 Pool Game 10:30 Exercise 11:30 50/50 1:30 10c Bing0/ Morgan 3:30 Outside	13
Mother's Day 	15 9:00 Pool Games 10:30 Exercise 1:30 Bean Bag 3:30 Jenga	16 9:00 Walk a bout 10:00 Church on 6 th 10:30 Shuffleboard 1:30 Book Mobile inhouse 3:30 Sequence	17 9:00 Pool Games 10:30 Exercise 1:30 Northern Comfort Band 3:00 Bible Study w/Mary K	18 10:30 Shuffleboard 11:00 Therapy Pony- Bob 1:30 Making Cards /Norma 3:30 Noodleball 6:30 Ray on Guitar	19 Leslie is away 10:30 Scrabble 1:30 Cribbage	20
21	22 Victoria Day Stat Leslie is away	23 9:00 Walk a bout 10:00 Church on 6 th 10:30 Shuffleboard 1:30 Floor Bowling 3:30 Talk a bit	24 9:00 Pool Games 10:30 Exercise 1:30 Country Drive 3:30 Cribbage	25 9:00 Walk a bout 10:30 Shuffleboard 1:30 Goodtimers Birthday Party	26 7:30 Men's Breakfast 10:30 Exercise 11:30 50/50 1:30 10c Bing0 /Morgan	27
28	29 9:00 Pool Games 10:30 Exercise 1:30 Floor Kurling 3:30 Crazy 8's Card Game	30 9:00 Walk a bout 10:00 Church on 6 th 10:30 Shuffleboard 1:30 Horse Racing	31 9:00 Pool Games 10:30 Exercise 1:30 Walmart 3:30 Yahtzee			

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Message From the Manager

Welcome to May! I am looking forward to everything turning green & flowers springing up.

Please remember to bring your Notice of Assessment into myself or to Willette in her office as soon as you receive it, so we can complete all Income Reviews in a timely fashion. Once I have everything ready to go, we will set up a date for appointments to get everything signed up.

Enjoy the warm weather that's coming, hoping you're all able to get out & enjoy the spring fresh air. 😊

Melissa

New & Noteworthy

This month we celebrate Mother's Day-join us on the 11th at 6:30 & tap your toes or swing on the dance floor to the Lalibertes music.

We have a Falls Prevention Presentation on the 4th.
Everyone is Welcome.

Welcome new Residents.

Rose Henderson
Richard Carifelle
Shawna Shannon

Heritage Tower Lodge Newsletter

Community Events

3rd Coffee at Tim Hortons

24th Country Drive

31st Walmart Shopping

Other events around town that may be of interest:

Farmers Market May 13th & 27th

Saturdays 10am-2pm

On the West Hill behind Modern Paint
8002 102 ave.

Check out the Peace Regional Swimming Pool in the
North end-7201-98

Special Dates- May Birthdays

2nd Agnus Clark

2nd Keith Paulson

3rd Wally Gushlack

3rd Warren Dunbar

6th Melvin Auger

6th Carol Arkinstall

12th Clair Taylor

16th Marjorie Riczu

22nd Dave Allen

26th Betty Rondeau

28th Christina Parker



North Peace Housing Foundation



WWW.NPHF.CA



Heritage Tower Lodge, NPHF
100, 10123 – 103rd ST., Peace River AB
TOH 1J8



780-624-3919

Homesteader Lodge May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 FV Ministry – 7:00	3 Exercise 10 Book Club 11 Spring Crafts 2:30	4 Exercise 10 Book Club 11 Fred & His Guitar – 2:00	5 Residents Association Meeting 10:00 Letter Writing 1:45 Happy Birthday Annie P! Dean – Tai Chi – 7:00	6 
7 Willie Driedger Music – 7:00	8 Exercise 10 Book Club 11 Spa Day with Dakota – Please Sign up	9 FV Ministry – 7:00	10 Exercise 10 Book Club 11 Prize Bingo 2:30 Happy Trails Band with Ernie Kobbert 7:00	11 Exercise 10 Book Club 11 Painting Figurines 2:30 Eureka Mennonite Music Group – 7:00	12 Happy Birthday Norman! Dean – Tai Chi 7:00	13 
14 Mothers Day Tea @ Homesteader lodge	15	16 Exercise 10 Book Club 11 Floor Curling 2:30 FV Ministry – 7:00	17 Exercise 10 Book Club 11 Outdoor Fire with Marshmallows 2:30	18 Exercise 10 Book Club 11 Hair Day in Fairview – MUST sign up and prepay with Dakota	19 Dean – Tai Chi – 7:00	20 Movie Night! 7:00pm
21	22 Victoria Day (Holiday)	23 Exercise 10 Book Club 11 FV Arts & Crafts Club 1:00 FV Ministry – 7:00	24	25 Exercise 10 Book Club 11 George Lake Picnic 1:45 (Tentative)	26 Exercise 10 Book Club 11 Craft – Birdhouses 2:30 Dean – Tai Chi – 7:00	27
28	29 Exercise 10 Book Club 11 Prep Flower Beds for planting 2:30	30 FV Ministry – 7:00	31 Exercise 10 Book Club 11 Outdoor Walk 2:00 Outdoor Games 3:00			

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Message From the Manager

Hello Everyone!

May is the month of growth and fertility. The trees and flowers begin to bud and remind us of upcoming summer foliage. It is also Mental Health Month Awareness. We encourage and welcome visitors here at Homesteader as some of our residents have no regular visitors and this can help with their mental wellbeing.

We will be having a variety of outdoor activities this month from picnics, going for walks and starting our flowerpots and vegetables seedlings to plant for our residents to enjoy.

Annual Income Reviews are approaching, please ensure your family members have completed their personal income tax return for 2022.

Tara Schlichter

Homesteader Lodge Newsletter

Community Events

Hines Creek Drop-in Centre is open every Tuesday from 1-4 for Seniors.

Card Games, Board Games and Coffee!

Drop-in Centre is located right next door to the Homesteader Lodge

New & Noteworthy

**Huge welcome to our new
Residents!**

Brenda Tokar and Troy Reid!

Special Dates

Happy Birthday To:

Annie Pienazko – May 5th

Norman Lemke – May 12th