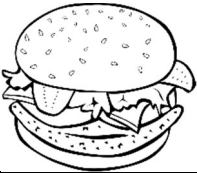







Del-Air Lodge

July

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		  		<u>Canada Day</u> 1 	2 10 – Exercises (on video) 1 – Sask. Rummy 2:30 – Happy Hour	3 Concert Series on the TV @ 2:45 pm
4 3 – The Hilltop Singers Perform @ 3 pm	5 10 – Exercises (on video) 1 – Cribbage 4 – Walking Club	<u>Toonie Tuesday</u> 6 11 – Walking Club 1:15 – Bingo	7 10 – Exercises (on video) 1:30 – Country Drive	8 No Handivan Today 1:15 Bingo 4 – Walking Club	9 10 – Exercises (on video) 1 – Sask. Rummy 2:30 – Happy Hour 4 – Walking Club	10
11	12 10 – Exercises (on video) 1 – Cribbage 4 – Walking Club	13 11 – Walking Club 1:15 – Bingo	14 10 – Exercises (on video) 1:30 – Country Drive	15 9-12 Handivan 1:15 Bingo 4 – Walking Club	16 10 – Exercises (on video) 1 – Sask. Rummy 2:30 – Happy Hour 4 – Walking Club	17 Concert Series on the TV @ 2:45 pm
18	19 10 – Exercises 1 – Cribbage 3 – Book Club 4 – Walking Club	<u>Toonie Tuesday</u> 20 11 – Walking Club 1:15 – Bingo 3 – Fall Prevention Program 4 – Card Bingo	21 10 – Exercises 11:15 – Green Acres 1:30 – Country Drive 3 – WHIST Card Game 4 – Walking Club	22 9-12 Handivan 1:15 – Bingo 2:30 – Movie: The Light between Oceans (Book Club)	23 10 – Exercises 11 – Cirque Du Soleil 1 – Sask. Rummy 2:30 Happy Hour 4 – Walking Club	24
25 3 – The Hilltop Singers Perform @ 7 pm	26 10 – Exercises 1 – Cribbage 2:30 Ice Cream Sundae's 3 – Book Club 4 – Walking Club	27 11 – Walking Club 1:15 – Bingo 3 – Fall Prevention Program 4 – Card Bingo	28 10 – Exercises 11:15 – Green Acres 1:30 – Country Drive 3 – WHIST Card Game 4 – Walking Club	29 9-12 Handivan 1:15 – Bingo 3:30 – Curling 4:30 – Short Walk	30 10 – Exercises 11 – Nature Hour 1 – Sask. Rummy 2:30 Happy Hour 4 – Walking Club	31 Concert Series on the TV @ 2:45 pm

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



North Peace Housing Foundation Del-Air Lodge

July 2021

New and Noteworthy

Welcome to our new resident, Mathilda VantErve. We are happy you have chosen us as your new home. 

New Card Game: Jessica will be teaching anyone who is interested in learning how to play Kaiser. Check out the new time beginning July 21 (Wednesday) at 3 pm.

Wednesday Picnics are Back!

For the summer months of July & August we will be having a “**Picnic Supper**” every Wednesday. We welcome your suggestions, if you have a favorite summer food you would like us to try.

Holiday/Noteworthy Days

July 1 - Canada Day will be celebrated all day with great food & fun!

July 26 - Ice Cream Sundae Day @ 2:30 pm

Bus Trips



Country Drives on Wednesday's @ 1:30 are in full swing. This is a great opportunity for you to go for a drive and see so many places of local interest. We also get to keep an eye on the crops!! The sign-up sheet is posted weekly on the information white board in the dining room.

Manager's Notes



We wanted summer & we got it! Consistent high temperatures have been breaking records for the past week. We have set up a **Cool Room in North 1 (N1)**. This is for all residents & staff to use when you need some extra relief from the heat. It is set up as an air-conditioned sitting room for your convenience. We always have a steady stream of frozen cloths on hand as well! A memo from NPHF was distributed to all residents with great tips on “How to Beat the Heat”. The main tip, **STAY HYDRATED** with water and be sure to let us know if you are feeling any symptoms of heat exhaustion.

We are still following the current CMOH order, and I will keep you informed as changes start to happen in Senior Supportive Living!




Theresa Sonntag 6th

Matilda Chmielewski 13th

Mary Greff 24th

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

Homesteader Lodge July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Happy Canada Day 	1. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:3 Celebration 2:30	2.	3. Movie & Popcorn
4.	5. Exercise 10:00 Storytime 10:45 Bus trip to Dunvegan 1:30	6.	7. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:30 Courtyard games Horseshoes 2:45	8.	9. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:30 Prize Bingo 2:45	10.
11.	12. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:30 Church in Courtyard 2:45	13. Hairdresser 8:30	14. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:3 Ice Cream Floats 2:30 Resident Choice	15. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:3 Courtyard games Bean Bags 2:45	16.	17. Movie & Popcorn
18..	19.	20. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:3 Happy Hour 2:30 Name that tune.	21. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:3 Prize Bingo 2:45	22. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:3 Arts & Crafts 2:45	23.	24.
25.	26. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:3 Hawaiian Luau Tiki Bar 2:30 Card Game	27. Hairdresser Exercise 10:00 Storytime 10:45 Outdoor Walk 1:3 Stay Sharp 2:45	28. Exercise 10:00 Storytime 10:45 Outdoor Walk 1:30 Monthly Birthday Celebrations 2:30	29.	30. Happy Birthday! Emil Bask	31. Happy Birthday ! Martha Furstenwerth

Heritage Tower Lodge

July

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>It is with a calm mind that we can face our challenges</p>		<p>1 </p> <p>10:30 Exercise 11:30 50/50 1:30 Canada BingO 2:30 Happy Hour & Cheese/crackers</p>	<p>2</p> <p>10:30 Exercise (tv) 1:30 Shuffleboard 3:30 Pool</p>	<p>3</p>
<p>4</p> <p>10:30 Church On You Tube</p>	<p>5</p> <p>10:30 Exercise 1:30 Bean Bag 3:30 Horse Racing</p>	<p>6</p> <p>10:30 Exercise 1:30 Floor Kurling 3:30 Pool Games</p>	<p>7</p> <p>10:30 Exercise 1:30 Bus Ride 3:30 Word Hunting</p>	<p>8</p> <p>10:30 Exercise 1:30 Paper mache Craft Part 2. 3:30 Ladder ball</p>	<p>9</p> <p>7:30 Ladies Breakfst 10:30 Anita & Puppy (Puma) 11:30 50/50 1:30 10c BingO</p>	<p>10</p>
<p>11</p> <p>10:30 Church On You Tube</p>	<p>12</p> <p>10:30 Exercise 1:30 Floor Kurling 3:30 outside stroll</p>	<p>13</p> <p>10:30 Exercise 1:30 finish paper Mache craft 3:30 Bubbles</p>	<p>14</p> <p>10:30 Exercise 1:30 Bus Ride 3:30 Bean Bag</p>	<p>15</p> <p>10:30 Exercise 1:30 Foot Spa 3:30 Ladderball</p>	<p>16</p> <p>10:30 Exercise 11:30 50/50 1:30 10c BingO</p>	<p>17</p>
<p>18</p> <p>10:30 Church On You Tube</p>	<p>19</p> <p>10:30 Exercise 1:30 Bean Bag 3:30 Ladder Ball</p>	<p>20</p> <p>10:30 Exercise 1:30 Horse Racing 3:30 Floor Kurling</p>	<p>21</p> <p>10:30 Exercise 1:30 Bus Ride 3:30 Darts</p>	<p>22</p> <p>10:30 Exercise 1:30 Rock Patterns 3:30 Outside Stroll</p>	<p>23</p> <p>7:30 Men's Breakfst 10:30 Exercise 11:30 50/50 1:30 10c BingO 3:30 Water Flowers</p>	<p>24</p>
<p>25</p> <p>10:30 Church On You Tube</p>	<p>26</p> <p>10:30 Exercise 1:30 Horse Racing 3:30 Outside Stroll</p>	<p>27</p> <p>10:30 Exercise 1:30 Shuffleboard 3:30 Senior Pong</p>	<p>28</p> <p>10:30 Exercise 1:30 Bus Ride 3:30 Gardening</p>	<p>29</p> <p>10:30 Exercise 1:30 Floor Kurling 3:30 Bean Bag</p>	<p>30</p> <p>10:30 Exercise 11:30 50/50 1:30 10c BingO</p>	<p>Keep your</p>  <p>on the board for updates</p>



North Peace Housing Foundation
Heritage Tower Lodge

July 2021



15th Brian Randall

17th Robert Simon

19th Gerald Sidoroff

28th Marlene Kennedy

28th Francoise Lussier

The Benefits of Drinking Water



Drinking an adequate amount of water daily aides in-

- Carrying nutrients & oxygen to your cells
- Flushing bacteria from your bladder
- Aiding digestion
- Preventing constipation
- Normalizing blood pressure
- Stabilizing the heartbeat
- Cushioning joints
- Protecting organs & tissues
- mental clarity

Your body is about 70% water & drinking enough of it is vital for optimal health & may help you to feel fuller.

5 simple ways to increase your water intake...

- . Set a daily goal
- .Keep a reusable water bottle with you
- .Set reminders
- .Replace other drinks with water
- .Drink 1 glass before each meal
- .Drink it hot or cold
- .Use your favorite glass or a straw

Harvest Lodge July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2	3
4	5 Exercise 9:00 Bean bags 10:30 Canada Day Quiz Main Area 2:30 Bingo 6:30	6 Loonie Tuesday Exercise 9:00 65 @ 10:00 Mass 2:00 Card Bingo 2:45	7 Angela & Sherrie cleaning up downstairs storage room	8 65 @ 10:00 Shopping for Residents 10:30 Shuffleboard bowling 2:30	9 Exercise 9:00 Stay Sharp 10:30 Afternoon drive 2:00	10
11 National Cheer up the lonely Day	12 Exercise 9:00 Bean bags 10:30 Ice Cream Sundae's 2:30 Bingo 6:30	13 Loonie Tuesday Exercise 9:00 65 @ 10:00 Mass 2:00 Card Bingo 2:45	14 Exercise 9:00 Walk 10:30 Word Game 2:30	15 65 @ 10:00 Shopping for Residents 10:30 Shuffleboard bowling 2:30	16 Exercise 9:00 Stay Sharp 10:30 Going to Stan & Chris Burkholder's for afternoon coffee 1:45	17
18	19 Exercise 9:00 Bean bags 10:30 Bingo 6:30	20 Loonie Tuesday Exercise 9:00 65 @ 10:00 Mass 2:00 Card Bingo 2:45	21 Picnic at Dunvegan 11:00	22 65 @ 10:00 Shopping for Residents 10:30 Shuffleboard bowling 2:30	23 Exercise 9:00 Stay Sharp 10:30 Card Making 2:00	24
25 Angela not in this week ----> Sandra will be here to do activities with you!	26 Exercise 9:00 Bingo 6:30	27 Exercise 9:00 Mass 2:00 Card Bingo 2:45	28 Exercise 9:00 Crib Tournament 1:30	29 Exercise 9:00 Shuffleboard Bowling 2:30 Happy Trails 7:00	30 Exercise 9:00 Stay Sharp 1:30 National Cheesecake Day	31 Always be Kind