



January 2023

As we head out of the holiday season it can bring mixed emotions for many, often attached to relationships (physical, mental, spiritual, or emotional): the ones we have, the ones we long for, and the ones we've lost along the way. As a leader of our organization that promises to treat you like "family," the significance of this isn't lost on me. As a facility we experience loss, on different levels, on a continuous cycle. However, even being consciously aware of this fact never makes it easier when a loss occurs. For me, the gift of having support from everyone within our community through these difficult moments helps to make the sorrow more bearable and I hope that all citizens experience the same.

I want to take a moment to thank everyone for their participation during our special events in December. It was a wonderful feeling to watch the community come alive with such a luminous spirit and warm, inviting nature. I felt privileged to witness families and friends assemble at our Christmas buffet as well as the extension of camaraderie and generosity as new friends and acquaintances gathered to celebrate together.

The experiences, perspectives, and ideas that citizens, visitors, staff, and other stakeholders shared during the 2022 year influenced the planning, implementation and completion of many projects and activities in and surrounding our community. As 2022 closes it is inspiring to see the positive outcomes of time, effort and money well spent.

It is now time to start forging into the bright new year of 2023. I personally wish to invite all citizens to attend the Citizens forum on January 16th at 10:30am in the auditorium. For citizens who have not had the opportunity to attend this event in the past it is a safe venue to express ideas, opinions, concerns, and solutions as a respectful, collective group for the betterment of our Centre. We will discuss agenda items such as rental increases and repetitive Centre issues during this meeting as well as the age of our building which separately can present unique challenges when faced with unpredictable weather, aging infrastructure, new technology, etc.

As an organization we always have a lot of ongoing work to do to maintain and improve our facility physically, environmentally, and socially. With the help and support of our staff and partners, I am confident we will continue to address the challenges before us, identify improvement opportunities and continue to build a system that better meets the needs of all citizens in our community.

On behalf of all staff "HAPPY NEW YEAR" to all!

Cheers,

Wanda

IMPORTANT NOTICES



MAIN OFFICE

CLOSED Monday, January 2, 2023 – in lieu of New Year's Day (Jan 1)

Security Staff are on duty to assist with EMERGENCIES. **Contact Security @ 780-452-4444**



GENERATOR TESTING Monday, January 9th starting at 2:00pm

The Maintenance Department will be performing routine testing of the building's emergency generators. Elevators may be out of service, ONE AT A TIME for short periods of time during the testing.



COLD WEATHER

A friendly reminder not to leave windows or patio doors open during winter weather and cold temperatures. Pipes are prone to freezing and bursting in these conditions, which may cause flooding in suites and other areas. You will be responsible for the cost of repairs, cleaning, and damages if flooding occurs.

In extremely cold weather conditions, using a personal space heater may help to make your suite more comfortable. And keeping window coverings closed can also help retain heat loss through the glass.

Please call the Main Office @ 780-452-4444 and request a Work Order if you feel your suite thermostat is not adjusting properly to keep the suite temperature comfortable for you.

CITIZENS' FORUM

Monday, January 16th @ 10:30am in the Auditorium

Agenda items will include rental increases, repetitive Centre issues and challenges with the age of our building. This is an opportunity for all to express ideas, opinions, concerns, and solutions in a collective and respectful environment. All are welcome to attend.

DO YOU KNOW??

You may be eligible for a tax-free one-time payment of \$500 from the federal government, if your income and the amount you pay for rent are within certain eligibility parameters.

Applications are being accepted for the *Canada Housing Benefit* until March 31, 2023.

Full details can be found at:

<https://www.canada.ca/en/services/taxes/child-and-family-benefits/top-up-canada-housing-benefit.html>

AMENITIES



FARMERS' MARKET

Will return to the Centre in February 2023, after a winter break.

Community Cupboard

Donations of food and household staples, and monetary contributions are always appreciated to keep the cupboard stocked. Please DO NOT give EXPIRED food products. As always, if you have any need, please do not hesitate to ask one of the Main Office staff. We are pleased to help.

Special Touch Hair Salon

Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, foot, and beauty needs. **To book an appointment, call 780- 452-1105,** and let our staff make your day a little more beautiful. **Open Tuesday through Friday.**



~ How old you are is your business... How young you look is ours!!! ~



Happy New Year to All!

We wish you all health, peace and happiness for 2023. We have cooler temperatures to endure here for the next little while as January and February temperatures tend not to disappoint for coldness so grab your touques, scarfs and mits. You can always stop by the Tuck Shoppe to pick up some cookies and hot chocolate and say Hi.

We do have a new clinical pharmacist that will be visiting St Andrew's. Her name is Samantha Pagnotta. We will have a sign-up sheet so you can have the opportunity to meet up with her for any pharmacy or prescription questions you may have. You are welcome to come to the Tuck Shoppe and see Audrey to sign up with *CareRx* to have your prescriptions delivered right to your door.

Take Care and Here's to a great new year! St Andrew's *CareRx* Tuck Shoppe - *Audrey*

Sole Mates Footcare Ltd.

Sandra Dickerson operates a **Mobile Foot Care Service** for residents of the Centre. For more information or to book an appointment **contact her directly @ 587-926-0422, or e-mail sandradickerson82@gmail.com.**



CENTRE EVENTS & ACTIVITIES

Keep Fit with Bonnie

When: Mondays and Thursdays -> January 9th to May 18th

Time: 10:00 – 11:00 AM Where: Auditorium

Join Bonnie for exercise twice a week. Benefits of being physically active include reduced risk of falls, stronger muscles and bones, better sleep, improved mood and much more.

No classes Monday Jan 23 & 30; no classes on statutory holidays.

Register at the main office by January 6th. Space limited. Cost: \$60 paid directly to Bonnie the first class.

Learn to Crochet with Lauri

When: 3 Thursdays -> January 26th, February 2nd, February 9th

Time: 1:00 PM Where: North Atrium

Crocheting is a wonderful way to express your individuality and creativity. Start with learning the basics in a small group.

Register at main office by January 20th. Only 4 spots. Cost: \$10 for a startup kit is paid at the office when registering.

Newsletter Reading Plus Book Club

When: Tuesdays starting January 3rd

Time: 11:15 AM – 12:00 PM Where: Pink Room (TV room)

Come listen as volunteers read out loud each Tuesday. Listen to stories plus on the first Tuesday of each month the newsletter will also be read.

This group is not only for those that can no longer see the pages of a book or the newsletter. Come join and discuss what is being read. Tell your friends and neighbors.

Off to the Races Horse Races

When: Tuesdays January 10th and 24th

Time: **2:30 PM** start time Where: Games Room

Pony Up. Come have fun cheering your horse, albeit plastic, on. Come watch, cheer, or bring quarters to play.

Coffee Painting

When: January 12th Time: 1:00 PM Where: Games Room

Come make various paint consistencies, colours, and designs. Materials and printed ideas will be provided. As this is a self-directed activity, preparation, and cleanup to be done by each participant.

Fit Fridays

When: January 6th and 20th Time: 1:00 -1:30 pm Where: Auditorium

Gentle exercise for all abilities plus general discussions around increasing bone mass, posture, and balance.

Whatever your ability today, you can improve. Everyone welcome!

ACTIVITIES

CARPET BOWLING

When: Wednesdays @ 9:45am Where: Auditorium

Sense of humour needed and no other skills.



FRIDAY MOVIE NIGHTS

TV Room @ 7pm
Check notice board for weekly title.

WALKING GROUP

When: Tuesdays and Fridays @ 10:00 am
Where: Meet in the Atrium for a 20-30 minute **INDOOR** or **OUTDOOR** walk, and then coffee-time at the *Garden Café*.
Short distance, or long – you pick. All levels of walkers are welcome.



HAPPY HOOKERS CLUB

When: Tuesdays @ 1:00 pm
Where: North Atrium, near the Koi Pond



Since December of 2020, **822 Toques** have been crafted and donated to the Boyle Street Community Services Centre!

\$3.00 BINGO

When: Saturdays @ 6:00 pm
Where: Games Room



WHIST

When: Wednesdays @ 6:00 pm Where: Games Room

BRIDGE

When: Thursdays @ 6:00 pm Where: Games Room

CANASTA

When: Tues, Fri, Sun @ 5:30 pm Where: Games Room

CARD BINGO

When: Monday/Wednesday/Friday @ 2:00pm
Where: Games Room

SHUFFLEBOARD

When: Mondays & Thursdays @ 2:00 pm
Where: Games Room

CRIBBAGE

When: Mon @ 6:30 pm & Tues @ 6:00 pm
Where: Games Room

CREATED BY VECTORPORTAL.COM

RESIDENTS' ASSOCIATION (R.A.)

- GENERAL MEETING & VOLUNTEER APPRECIATION CELEBRATION - **Tuesday, January 24th**
- Valentine's Celebration – **Tuesday, February 14th**
- **Quarterly Birthday Celebration – Tuesday, February 21st (December, January & February Birthdays)**

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

- ❖ Minutes from the December 2022 *Resident Community Committee* meeting are included with this publication.
- ❖ The next meeting is scheduled for: **Wednesday, January 18th @ 1:30pm** in the **Reception Room (Fr. Irwin)**.
- ❖ The Centre has a bulletin board in the atrium next to the piano for RCC information and notices



SUSAN'S NEWS

Contact Susan at 587-525-8713 or susan@standrewscentre.com



Thank you to everyone who assisted with the decorating over this past month. Everything looked lovely this holiday season.

With the koi pond clear again we can easily see the 7 fish. Over the past month we have been fortunate enough to learn improved maintenance and better ways to add nutrients to the pond.

As we move into 2023 the budgies would like to announce that January 5th is National Bird Day. It is recognized in many countries and aims to improve the welfare of birds in captivity by educating people on the importance of various bird species and how to improve their environments.



This day is also used to raise awareness about birds and the harmful effects of the illegal bird trade. To reduce suffering of birds through campaigns against bird breeding mills. There are many other ecological observations to honor birds, improve and protect their environment.

MAINTENANCE DEPARTMENT

MAINTENANCE HOURS: **Monday – Friday** **8:00 am – 4:30 pm** (except holidays)
 Saturday **9:00 am – 3:00 pm**

Please call the main office @ 780-452-4444 to request **Work Orders** for Maintenance tasks in your suite.

Most requests are completed the same day, and at no charge to the resident.
You will be advised if fees are applicable to your request before the work order is dispatched to staff.

**Please keep your windows and patio doors closed during very cold times
to prevent baseboard heating pipes from freezing and bursting
and possibly flooding your suite, neighbouring suites, and surrounding areas.**

SUITE THERMOSTATS

Residents may want to turn up the heat in their suites in the colder weather.
If you are comfortable with changing the temperature setting on your thermostat yourself, please go ahead and increase it.
If you would prefer to have a Maintenance staff member perform this task, please call the Main Office to request a (no charge) work order. This also applies in any case where you feel your suite heating is not working properly.



GARDEN CAFÉ

The *Garden Café* Restaurant is open from 9:00 am to 6:30 pm EVERY DAY serving:

Breakfast	9:00 am – 11:00 am
Lunch	11:00 am – 1:30 pm
Dinner	4:30 pm – 6:30 pm

DELIVERY IS AVAILABLE for a \$2.50 charge per trip.

To order dinner for delivery, please call the Café directly @ 587-525-8718 before 4:00pm.

The Fall & Winter 4-week rotating Menu is in effect. Menu copies are available at the Café and online.
The *Garden Café* accepts payment by Cash, Debit Card, Punch Card, St. Andrew’s Swipe Card or Gift Cards.

FINANCE DEPARTMENT

DEBIT CARD SECURITY



Debit cards are accepted for purchases at the Garden Café, and at the Main Office for account payments and purchases of laundry coins, gift cards, and meal or coffee punch cards.

For your security, when using your debit card please avoid asking the Centre staff, or others, to enter your PIN (Personal Identification Number) on your behalf.

PINs are designed to be CONFIDENTIAL and only known by the cardholder.

If your PIN is revealed and your card is later stolen, the likelihood of fraudulent transactions being processed on your account could be significant and difficult to prove.

If entering your PIN is difficult for any reason, we encourage using the "Tap" feature on your debit card instead of inserting your card. Our terminals are designed to accept both methods.

According to numerous experts – “Contactless cards are among the safest forms of payment. Tap-and-go is equally as secure as inserting a chip card and entering a PIN because both payment methods send a unique one-time code to the terminal to protect a customer's personal information.”

If you don't have the "Tap" feature on your debit card, you can add it by contacting your bank directly. Normally they allow you to choose a dollar-value limit for "Tap" transactions that suits your comfort level and spending habits.

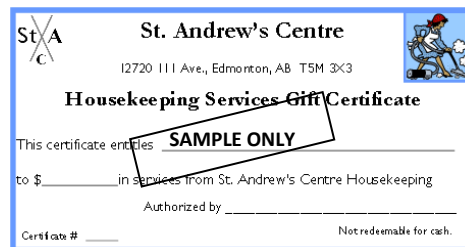
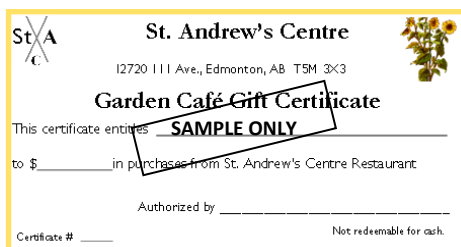
If you are concerned about potential fraudulent use of your debit card with the tap feature if you were to lose it, be assured that in general banks have comprehensive policies and necessary expertise to handle lost or stolen debit cards. They will help to block access to your account, cancel unauthorized transactions and re-issue a new card as soon as you report any issues to them. Please enquire with your own bank about their specific policies and protections.

St. Andrew's GIFT CERTIFICATES MAKE GREAT GIFTS!!

Purchase them in any denomination at the Main Office.

Garden Café Gift Certificates can be used for Food Services, Meals, or Groceries.

Hospitality Gift Certificates are for Housekeeping, Laundry, or Special Cleaning services.



NOTE: Gift Cards are not redeemable for cash and cannot be replaced if lost.

TO REDEEM A GIFT CERTIFICATE:

- ✓ Present Garden Café Gift Certificates to the Café Cashier before ordering.
- ✓ A "Meal Sheet" will be created to track the purchase(s) made, and the unused balance (if any) until the full amount is used up.

--- OR ---

- ✓ Present Hospitality Services Gift Certificates to the Hospitality Attendant at the time service is provided.
- ✓ The amount of the Gift Certificate will be applied to the invoice for services rendered.
- ✓ If the entire Gift Certificate balance is not used, a credit on account will be held by the Finance Office for future services.

HOSPITALITY DEPARTMENT



Our Hospitality Department also offers a variety of services, by appointment, including:

Garbage Disposal

Window Washing

Walker Cleaning

Carpet Cleaning

Kitchen Appliance Cleaning

For full details, pricing and booking of all services, please call **587-525-8714**.

For the convenience of our Residents' families and loved ones, St. Andrew's Centre is pleased to provide Guest Accommodations.

There are 5 fully-furnished suites, each with all necessary items for a comfortable and convenient stay.

Our well-appointed Guest Suites each include; linens, dishes, pots, pans and small appliances.

Call 587-525-8714

Resident Community Committee
Agenda– December 21st, 2022- 1:30pm

Chair: Gail R. Co- Chair: Wanda

1. Call the meeting to order: 1:31 pm
2. Welcome and introductions.
3. Attendance: Wanda (COO), Patricia (ADMIN- minute taker), Doreen B., Louise F., Patrick M., Ellie M., Gail R., Ginger S., and Karin V.

Absent: Joan B., Gerry C., Sr. Anne, Helen D., Lauri G., Linda H., Dolores H., Sharon L., Patti P., Dolores S. and Dora V.

4. Reading/Acceptance of minutes from last meeting
1st Louise F. 2nd Doreen B.

****Please note that meeting minutes are issued in the monthly newsletter****

Changes to minutes: there were no changes made to the minutes.

5. Additions to the Agenda to add under new business, accept Agenda
1st Karin V. 2nd Ginger S.

6. Business arising from the last meeting/old business:

- Lights on the East parkade ramp: lights have been installed
- Motorized scooter parking: outlets in the basement in front of the elevators have been installed. We will be adding painted lines for scooter parking for rent. This project is currently in progress.

7. Standing Agenda Items:

7.1- Food Service: Compliments to the Food Service staff for their hard work during the Christmas buffet.

7.2- Maintenance/Housekeeping: A complaint was made regarding the cleanliness of the floors in the building. The ride-on floor cleaning machine is broken. The staff are keeping up with cleaning the floors the best they can. There are currently job postings listed to fill the vacant positions in hospitality.

7.3- Social/Leisure Activities: the committee shared their appreciation for the activities during the Christmas season.

7.4- Security: the committee shared that they are fortunate and grateful to have security onsite.

8. New Business (suggestion box/Committee concerns): Suggestion Box:

8.1- Automatic door lobby washrooms: a letter was left in the suggestion box recommending the installation of automatic doors in the lobby washrooms. This has been a recurring request. We have been working with the Parish to come up with a solution as it is a shared space.

8.2- Walking Path: a complaint was made that the new walking path along the east and north side of the building has not been cleared. The walking paths cannot be salted as it may harm the new sod as well as the pathway itself. It was decided to not clear the path as it may be dangerous to walk on during the winter.

A suggestion was made to hire an external company for snow removal. The Centre has looked into this option in partnership with the Parish and it is something that we will continue to research.

9. Administration Sharing:



9.1- Smoking Shelter Letter: a signed letter was sent to Wanda and the Board of Directors with a request to have a smoking shelter built. The Board is currently in discussions about the matter and will bring their decision to the Citizen Forum on January 12th.

9.2- First Floor Patio's: the first floor patio railings and gates are almost all completed. Work will continue after the extreme cold weather stretch.

9.3- Citizen Forum: January 12, 2023, at 1:30pm, Auditorium – all are welcome to attend. Please bring any concerns forward during this time.

9.4- Extreme temperatures: a reminder to put in a work order to have your AC removed prior to winter in preparation for the cold weather. As a 40-year-old building, we are aware that the windows and patio doors need to be replaced. There are currently no supplies available. This is an ongoing project.

Meeting Adjourned at 2:08 pm. Next meeting Wednesday, January 18, 2023 at 1:30pm in the FR Irwin Room.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 1  Canasta 5:30pm Music Hour 7pm TV Room	OFFICE CLOSED Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	Walking Group 10am Atrium <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Oral Book Club Pink/TV Room 11:15am – 12noon </div> Happy Hookers 1pm Koi Pond Canasta 5:30pm Cribbage 6pm	Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	National Bird Day  Shuffleboard 2pm Bridge 6pm	Walking Group 10am Fit Friday 1-1:30pm Auditorium Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	Bingo 6pm
8 Canasta 5:30pm Music Hour 7pm TV Room	9 Keep Fit 10-11am Auditorium <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> GENERATOR TESTING starting @ 2pm </div> Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	10 Walking Group 10am Atrium <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Oral Book Club Pink/TV Room 11:15am – 12noon </div> Happy Hookers 1pm Koi Pond <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> "HORSE RACING" 2:30pm Games Room </div> Canasta 5:30pm Cribbage 6pm	11 Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	12 Keep Fit 10-11am Auditorium <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> COFFEE PAINTING Games Room 1 pm </div> Shuffleboard 2pm Bridge 6pm	13 Walking Group 10am Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	14 Bingo 6pm
15 Canasta 5:30pm Music Hour 7pm TV Room	16 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> CITIZENS' FORUM 10:30 am Auditorium </div> Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	17 Walking Group 10am Atrium <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Oral Book Club Pink/TV Room 11:15am – 12noon </div> Happy Hookers 1pm Koi Pond Canasta 5:30pm Cribbage 6pm	18 Carpet Bowling 9:45am Auditorium <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> RCC Meeting 1:30pm Reception Room </div> Card Bingo 2pm Whist 6pm	19 Keep Fit 10-11am Auditorium Shuffleboard 2pm Bridge 6pm	20 Walking Group 10am Fit Friday 1-1:30pm Auditorium Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	21 Bingo 6pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
Canasta 5:30pm Music Hour 7pm TV Room	Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	Walking Group 10am Atrium <div style="border: 1px solid black; padding: 5px; text-align: center;"> Oral Book Club Pink/TV Room 11:15am – 12noon </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> "HORSE RACING" 2:30pm Games Room </div> Happy Hookers 1pm Koi Pond Canasta 5:30pm Cribbage 6pm <div style="border: 1px solid black; padding: 5px; text-align: center;"> Residents' Association General Meeting & Volunteer Appreciation </div>	Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	Keep Fit 10-11am Auditorium <div style="border: 1px solid black; padding: 5px; text-align: center;"> Crochet with Lauri 1 pm North Atrium </div> Shuffleboard 2pm Bridge 6pm	Walking Group 10am Atrium Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	Bingo 6pm
29	30	31	February 1	2	3	4
Canasta 5:30pm Music Hour 7pm TV Room	Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	Walking Group 10am Atrium <div style="border: 1px solid black; padding: 5px; text-align: center;"> Oral Book Club Pink/TV Room 11:15am – 12noon </div> Happy Hookers 1pm Koi Pond Canasta 5:30pm Cribbage 6pm	Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	Keep Fit 10-11am Auditorium <div style="border: 1px solid black; padding: 5px; text-align: center;"> Crochet with Lauri 1 pm North Atrium </div> Shuffleboard 2pm Bridge 6pm	Walking Group 10am Atrium Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	Bingo 6pm

While every effort is made to provide up-to-date calendar event listings, they are subject to change. Please check notice boards also.