

St. Andrew's Centre

MONTHLY NEWSLETTER

From the Office of the Chief Operating Officer

I hope this message finds you in good spirits and enjoying the beautiful summer days. As August unfolds, many of our management team members will be taking their well-deserved summer holidays, recharging and spending precious time with their loved ones. During this period, our dedicated staff will continue to ensure that all your needs are met and that St. Andrew's Centre remains the vibrant and welcoming community we all cherish. We appreciate your understanding and patience during this time, and we are always here to support you.

We are delighted to bring a touch of the tropics to St. Andrew's Centre with our highly anticipated Hawaiian-themed dinner! On Saturday August 17th, from 5 pm to 9 pm, we will transform our Centre into a tropical paradise. Join us for an evening filled with mouth-watering island-inspired cuisine, lively music, and festive decorations that will transport you to the beautiful islands of Hawaii. This special event is designed to bring joy and create wonderful memories, so we encourage everyone to join in the fun and celebration.

In addition to the Hawaiian dinner, our August calendar is brimming with activities to keep you engaged and entertained. From fitness classes, presentations on hearing loss and cozy movie nights, there is something for everyone to enjoy. Our goal is to ensure that each day is filled with opportunities for connection, creativity, and fun. Be sure to check our activity board for the full schedule and join in as many events as you can – we look forward to seeing your smiling faces.

At St. Andrew's Centre, we are committed to fostering a warm, supportive, and inclusive community. Your happiness and well-being are at the heart of everything we do. If you have any suggestions, feedback, or simply want to share a moment with us, please do not hesitate to leave them in the suggestion boxes around the centre. Enjoy the rest of your summer, take in the sunshine, and we look forward to sharing these special moments with you at our upcoming events.

With warmest regards,

Correne Killian
Chief Operating Officer

ANNOUNCEMENTS

MAIN OFFICE

Closed

August 5th

Heritage Day

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

GENERATOR TESTING

Thursday, August 1st starting at 2:00 pm

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.



**DON'T FORGET TO SWING
BY THE MAIN OFFICE TO
PURCHASE YOUR TICKETS!**

**Staff, Residents, and Family
Luau Dinner at
St. Andrew's Centre on
Saturday, August 17th, 2024**

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

There was no Resident Community Committee meeting in August, and therefore there are no meeting minutes to be included in this publication.

The next meeting is scheduled for: Wednesday, September 18th @ 1:30pm in the Reception Room (Fr. Irwin), after taking a break for the summer months.

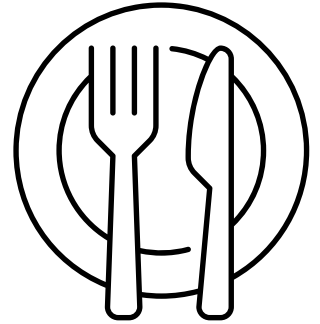
The Centre has a bulletin board for RCC information and notices. It can be found in the atrium next to the piano.

FINANCE DEPARTMENT

Prices Effective August 1, 2024

MEAL PLANS

For your convenience, St. Andrew's Centre offers Meal Plans for use at our Garden Café with built-in price discounts compared to daily 'pay-as-you-go' full price meal options.



Meal Plans are **pre-paid** by automatic bank withdrawal on the first day of each month with your rent.

•Plan A – 3 meals - \$950 per month

- o 3 meals per day (Breakfast, Lunch, and Dinner)
- o unlimited tea, coffee, and hot chocolate
- o one snack (muffin, daily cake special, or comparable item)
- o one small juice

•Plan B - 2 meals - \$645 per month

- o 2 meals per day (Breakfast or Lunch, and Dinner)
- o unlimited tea, coffee, and hot chocolate
- o one snack (muffin, daily cake special, or comparable item)
- o one small juice

If you choose a Meal Plan, we will provide a St. Andrew's Centre swipe card to be presented at the *Garden Café* cash register when ordering your qualifying Meal Plan purchases.

Garden Café purchases not included in the Meal Plan are recorded and invoiced at the end of each calendar month. These billings are payable on receipt, at the Main Office using debit card, credit card, cash, or automatic bank withdrawal (Pre-Authorized Payment or "PAP") if preferred.

Visit the Main Office to sign-up for a Meal Plan

FINANCE DEPARTMENT

Prices Effective August 1, 2024

PUNCH CARDS

Punch Cards can be purchased at the Main Office using debit card, credit card, or cash.

Punch Cards are for Resident use only and are not transferable.

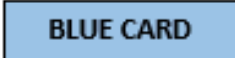
Pricing includes discounts compared to daily 'pay-as-you-go' full price options.

10 Punches per Card

Includes Tea, Coffee or Hot Chocolate

Breakfast	\$ 105.00	
Lunch	\$ 110.00	
Dinner	\$ 135.00	 (also includes feature dessert)

20 Punches per Card

Coffee	\$ 25.00	
---------------	----------	--

PLEASE NOTE:

Punch cards are non-refundable, cannot be replaced if lost, and are not redeemable for cash.

Punch cards cannot be used for special brunches or buffets, including but not limited to:

- Feast of St. Andrew's
- St. Andrew's Resident & Family Christmas Buffet
- Sunday Brunches
- Other occasions where pricing is specific and/or tickets may be required

**Yellow Dinner Punch cards & Green Breakfast/Lunch
Punch Cards expire on July 31, 2024.**

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 at 587-525-8718 before 3:30 pm

Sunday Brunch

Available Every Sunday

From 9:00am to 1:00pm

Residents: \$16
Guests: \$23
Children aged 3 - 12: \$10
Children aged 2 & under: FREE



ICE CREAM SUNDAE

EVERY MONDAY THROUGHOUT THE MONTH OF AUGUST

TIME: 2PM - 2:30PM
COST: \$4.25



MAINTENANCE DEPARTMENT

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

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 of applicable fees for your request before the work order is dispatched to staff.

HOSPITALITY DEPARTMENT



Summer Cleaning Special

- ❖ **One Hour of Housekeeping**
- ❖ **Fridge Cleaning**
- ❖ **Stove Cleaning**
- ❖ **Window Cleaning**

Bachelor	\$130.00
One-bedroom	\$150.00
Two bedroom	\$165.00

- All services must be completed on the same day.
- No substitutions of services allowed.
- Must be booked within 60 days of purchase.

For full details and booking, please contact
the **Hospitality Department @ 587-525-8714**

GUEST SUITE RATES

\$85.00 per night - **Bachelor** Guest Suite

\$100.00 per night - **1-Bedroom** Guest Suite

Discounts are available for longer stays.

Cots can be rented for a \$25 flat rate (up to 1 week)

**For more information and bookings, please contact Juvy at the Main
Office at 587-525-8707**



AMENITIES



FARMERS' MARKET

**BI-WEEKLY on THURSDAYS
in the Atrium**

Family Physicians

Dr. Hakirat Sidhu is on-site for Resident appointments in the Centre two evenings each week, starting at 5:00pm. Pre-booking is required. Mark your name in an open time slot on the whiteboard in the hallway just past the east tower elevator lobby.

Please note that St. Andrew's Centre is not affiliated with the doctors, or medical staff.



Special Touch Hair Salon

Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, hand, and foot care needs for both women and men. We are open Tuesday-Friday at 8:00 am. **To book an appointment call 780-452-1105.**



Starting from Tuesday, May 28th, we will introduce Gel Polish Manicures and Sculpted Nails to our services.



Happy August! It sure has been a hot summer so far. Hopefully everyone is remembering to hydrate with lots of fluids. Here's hoping for some 20 degree weather in August so we can all go outside more and enjoy our summer. The Tuck Shoppe has a new Clinical Pharmacist. Dillon has moved onto other responsibilities within CareRx and he said he will stop by periodically to say hello. We wish him well and he will be missed!

Our new Clinical Pharmacist is Ishmeet Viridi. Ishmeet has been working in the CareRX pharmacy and will now be doing site visits. She will be at the Tuck Shoppe on:

- Friday August 9th
- Friday August 23rd

The Tuck Shoppe hours are:

Monday 8:30am - 3:30pm

Friday 8:30am - 3:30pm

If you have any questions or concerns, please stop by the

Tuck Shoppe or just stop by to say hello and introduce yourself to her.

The Tuck Shoppe will be **closed for the Heritage Day holiday on Monday August 5th.**

Have a wonderful rest of your summer and I hope to see you soon

Sandra's Mobile Footcare

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.



ACTIVITIES

WALKING GROUP



DATE CHANGE

When: Monday, **Wednesday** and Fridays at

Where: 10:00 am

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!

SHUFFLEBOARD

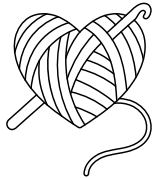
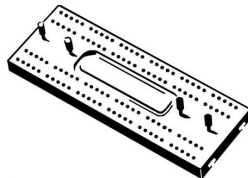
When: Mondays & Thursdays at 2:00pm

Where: Games Room

CRIBBAGE

When: Monday at 6:30pm

Where: Games Room



HAPPY HOOKERS CLUB

When: Tuesday at 1:00pm

Where: North Atrium near the Koi Pond

Postponed until the FALL

OFF TO THE RACES... HORSE RACES



Postponed until the FALL

FRIDAY MOVIE NIGHTS

TV Room at 7:00pm every Friday

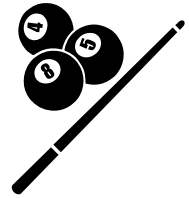
Check notice board for weekly title.



POOL

When: Tuesday at 1:00 pm

Where: Games Room



NEWSLETTER READING + BOOK CLUB

When: Tuesdays from 11:15 am - 12:00 pm

Where: Pink Room (TV Room)

Come listen as volunteers read either the newsletter or a novel out loud. This group is for everyone. Join in and discuss what is being read.

\$3.00 BINGO

When: Saturdays at 6:00pm

Where: Games Room



CARD BINGO

When: Monday/Wednesday/Friday at 2:00pm

Where: Games Room



WHIST

When: Wednesdays at 6:00pm

Postponed until the FALL

CANASTA

When: Tuesday at 5:30pm and 6pm

Wednesday at 6 pm

Thursday at 5:30pm

Where: Games Room

Seated Volleyball and Games!!

Thursday August 1st
1:00pm
Auditorium



Join us for some Games
with the students of
Abbottsfield Youth Project!

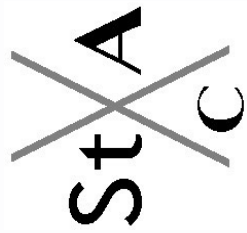


HEARING LOSS AND SERVICES PRESENTATION



Join us for a
presentation on Hearing
Loss and the Services
provided.

**Tuesday,
August 20th
1:30 pm
Auditorium**



ST. ANDREW'S CENTRE

Staff, Residents, and Family Luau Dinner

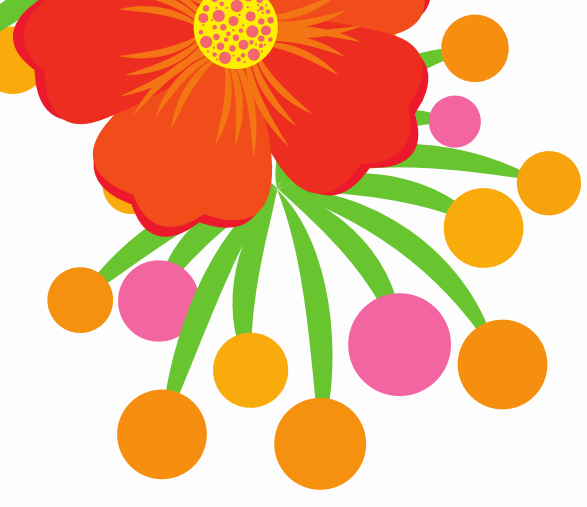
Saturday, August 17th, 2024
5:00 pm - 9:00 pm

TICKETS ON SALE
July 25th - August 9th
(Or Earlier If Sold Out)
PURCHASE at MAIN OFFICE ONLY
Monday - Friday ~ 8am - 4pm

RESIDENT	\$16
GUESTS	\$18
CHILDREN	\$10
CHILDREN	Free
	For 12 & under 5
	5 years & under

ONLY 4 TICKETS per Resident
Limited Tickets Available
No Refunds after Sales Closing Date

FOOD PIG ROAST LEIS MUSIC FUN





SUSAN'S NEWS

Susan's notices are located in the planting room (between games & tv rooms) and between the piano and west elevators on the main floor.

With the heat and smoke this past month I want to relay my deepest appreciation and gratitude to all the volunteers. You kept plants & trees watered, barrels full, courtyards swept, fed the koi, cared for the budgies, and watered inside.

FIT FRIDAY

WHAT IF WE CHANGED THE DEFINITION OF AN ATHLETE TO ANYONE WHO WORKS ON INCREASING STRENGTH, BALANCE, AND MOBILITY.

THIS CAN BE YOU.

STAND TALLER! BE STRONGER! FEEL BETTER!

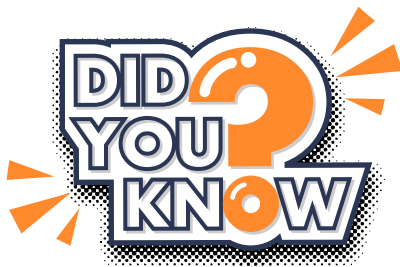
FRIDAYS
1:00PM
AUDITORIUM



LETS BE ATHLETES
TOGETHER!

Join us at Fit Fridays to address this and much more

Note: No Fit Friday August 30th



Mosquito eaters don't eat mosquitos. Their actual name is crane fly, and they sometimes will eat mosquito larvae, but their main source of food is flower nectar.

Fitness/Exercise Room

What you can do at home?

- When walking, change the tempo of the walk and lift those knees up to get the heart working.
- When sitting watching TV do ankle circles and some sit to stands.
- March on the sport either sitting or standing.
- Use a soup can or water bottle as free weights for some arm muscle building.
- Work on standing tall.

Footwear

If you were to slip or lose balance would your shoes help or hinder you? For all of us and especially anyone that has decreased confidence when walking, shoes that fit well and do not slip off are best. Increasing balance can decrease your fear of falling.

FUN ZONE

Get to know the staff!



Erica

Hospitality Worker

What activities do you typically enjoy during your days off?

Personally, I find solace in camping excursions and embarking on road trips.

What's your biggest fear?

My biggest fear is losing my loved ones.

What do you do to wind down after work?

I like engaging in activities such as listening to music, watching TV, and playing with the cats.

What was your favourite subject in school?

My favourite subject was science

Do you have any pets?
Yes, I have 3 beautiful cats!!
1 rescued 2 is adopted.



What did you want to be when you were younger?

I wanted to be a teacher

Mysteries of the Month: August's Awe-Inspiring Riddles

Riddle: I am the eighth chapter in the book of time, my heat delights, my festivals chime. What am I?

Answer: _____

Riddle: I am the king of the jungle, high in the sky, sharing my time with July. Who am I?

Answer: _____

Riddle: Golden petals facing the sun's glow, I stand tall and in the summer I show. What am I?

Answer: _____






Riddle: I am the break you seek from grind and toil, embracing adventure or resting on soil. What am I?

Answer: _____






Riddle: A haven for castles and a place to get tanned, by the waves of the ocean's vast land. What am I?

Answer: _____

Games Activities take place in the Games Room unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21  Music Hour 7pm Pink/TV Room	22 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	23 Oral Book Club 11:15am Pink/TV Room Pool 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	24  Shop Easy 9:30am Walking Group 10am Card Bingo 2pm Canasta 6 pm	25 Movie Group 2pm TV Room Shuffleboard 2pm Canasta 5:30pm	26 Walking Group 10am Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room	27 Bingo 6pm
28  Music Hour 7pm Pink/TV Room	29 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	30 Oral Book Club 11:15am Pink/TV Room Pool 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	31 Walking Group 10am Card Bingo 2pm Canasta 6 pm	AUGUST 1 Farmers' Market 9:30am - 1:30pm Atrium Volleyball and Games with Students 1:30pm Auditorium Generator Test starting at 2pm	2 Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room	3 Bingo 6pm
4  Music Hour 7pm Pink/TV Room	5  HERITAGE DAY OFFICE CLOSED	6 Oral Book Club 11:15am Pink/TV Room Pool 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	7 Walking Group 10am Card Bingo 2pm Canasta 6 pm	8 Movie Group 2pm TV Room Shuffleboard 2pm Canasta 5:30pm	9 Walking Group 10am Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room	10 Bingo 6pm

Games Activities take place in the Games Room unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>12</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>13</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Bible Study 2pm</p> <p>Canasta 5:30pm & 6pm</p>	<p>14</p> <p>River Cree Outing 11am-3:30pm</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p>	<p>15</p> <p>Farmers' Market 9:30am - 1:30pm Atrium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>16</p> <p>Walking Group 10am</p> <p>Fit Friday 1pm Pink Room</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>17</p> <p>Hawaiian Luau Dinner 5:00 PM - 9:00 PM Tickets are Required</p> 
<p>18</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>19</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>20</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Hearing Loss Presentation 1:30pm Auditorium</p> <p>Bible Study 2pm</p> <p>Canasta 5:30pm & 6pm</p>	<p>21</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p>	<p>22</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>23</p> <p>Fit Friday 1pm Auditorium</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>24</p>
<p>25</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>26</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>27</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Pool 1pm</p> <p>Bible Study 2pm</p> <p>Canasta 5:30pm & 6 pm</p>	<p>28</p>  <p>Shop Easy 9:30am</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p>	<p>29</p> <p>Farmers' Market 9:30am - 1:30pm Atrium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>30</p> <p>Walking Group 10am</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>31</p> <p>Bingo 2pm</p>

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