



St. Andrew's Centre

MONTHLY NEWSLETTER

From the Office of the Chief Operating Officer

As the leaves begin to turn and a crispness enters the air, we find ourselves transitioning from the warmth of summer into the embrace of fall. This change in seasons brings with it a sense of renewal and reflection, and at St. Andrew's Centre, we're ready to welcome all the opportunities and events that autumn has to offer. Our community continues to thrive, and I'm pleased to share some exciting upcoming events and important information with you.

Grandparents Day is just around the corner on September 8th, a day to honor and celebrate the cherished role grandparents play in our lives. To mark this special occasion, we will be hosting a **FREE BBQ LUNCH and entertainment on Wednesday, September 11th**. It promises to be a joyous event, filled with laughter, good food, and wonderful memories. We hope you'll join us in the Garden Cafe at 11am - 1pm for what is sure to be a delightful time.

As we move further into September, we also observe **Truth and Reconciliation Day on September 30th**. This day serves as a solemn reminder of the importance of acknowledging the past and working toward a future rooted in understanding and unity. We encourage all residents to take a moment to reflect on this significant day and what it means for us as a community and a nation.

Looking ahead to October, I want to remind everyone about the **FLU CLINIC is scheduled for October 8th in the auditorium**. To ensure everything runs smoothly, please fill out the consent forms provided and return them to the main office as soon as possible. Staying healthy is a top priority, especially as we enter flu season, so please take advantage of this important clinic.

Finally, I'd like to highlight the **Resident Community Committee Meeting on September 18th at 1:30pm**. This meeting will be particularly important as all department heads will now be present to hear your thoughts and concerns directly. We believe this will foster even better communication and ensure that your voices are heard and valued in every aspect of our operations. I look forward to seeing you all at these upcoming events. Let's embrace this new season with open hearts, ready to support one another and continue making St. Andrew's Centre the warm, vibrant community we all cherish.

Warm regards,

Correne Killian
Chief Operating Officer

ANNOUNCEMENTS

MAIN OFFICE

Closed

September 2nd

Labour Day

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

GENERATOR TESTING

Monday, September 9th 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.



FLU/COVID CLINIC

The Flu/Covid clinic is scheduled for **Tuesday, October 8th at 9am** in the auditorium. Kindly ensure that your consent forms are completed promptly and brought back to the Main Office **before the Deadline of October 1st.**

Should you have any questions or concerns, please do not hesitate to reach out to the Main Office. Your cooperation is greatly appreciated as we work together to ensure the health and well-being of our community.

ANNUAL SUITE INSPECTIONS

Please stay alert for upcoming notices about the annual suite inspections in the next few weeks. Notices will be placed on your door that will indicate the date and time of the planned inspections. We appreciate your cooperation and understanding as we work to ensure that all suites meet our community standards. Thank you for your attention to this matter.

UNCLOGGING THE KITCHEN DRAIN

We will commence the process of unclogging kitchen drains to mitigate backflow and potential leaks, thereby engaging in preventative maintenance. Notices will be placed on your door when a date has been picked.

LINT REMOVAL

We will be conducting our semi-annual furnace cleaning in the laundry room area on **Friday, September 20th between 9:00am- 12pm.** Please remove all items and clothes from that designated area. **All laundry rooms will be shut down from 8:30am till 12pm.**

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

Resident Community Committee meeting will be Wednesday, September 18th @1:30pm, and the meeting minutes will be included in the next publication.

The next meeting is scheduled for: Wednesday, October 16th @ 1:30pm in the Reception Room (Fr. Irwin)

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



Hospitality Attendant, Abby

FINANCE DEPARTMENT

Prices Effective August 1, 2024

Correction August 20, 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 per day. (muffin, daily cake special, or comparable item)
- o **one small juice per day.**

•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 per day. (muffin, daily cake special, or comparable item)
- o **one small juice per day.**

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

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

JOIN US FOR A BBQ LUNCH

Purchase your ticket for **\$15.00** at the Garden Cafe before heading to the Games Area to enjoy your BBQ lunch!



SEPTEMBER 18TH

**Chicken Burger or Smokies
with a side of Macaroni salad
and Chips**

SEPTEMBER 25TH

**Burger or Smokies with Potato
salad and Chips**

SURF AND TURF DINNER

Friday, September 20th 2024



Time: 4:30pm to 6:00pm

Price: \$35.00

Auditorium

Tickets will be sold in the Main Office

RESIDENTS ONLY

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



Fall 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.**



We have introduced Gel Polish Manicures and Sculpted Nails to our services.



Welcome to September! Hopefully everyone had a lovely summer.

This is a beautiful time of year where the daytime temperatures are nice and it cools off at night. If you didn't get a chance to get out much this summer because of the heat, this month is lovely to get out and enjoy some fresh air.

This month the Tuck Shoppe will be closed on **Monday September 2nd for the Labour Day Weekend.**

**The Tuck Shoppe hours are:
Monday 8:30am - 3:30pm
Friday 8:30am - 3:30pm**

You can sign up to get your prescriptions through CareRx at the Tuck Shoppe - it is very easy - just stop by and we will be happy to help.

Our new clinical pharmacist is Ishmeet Viridi. She will be in the Tuck Shoppe on:

Friday September 6th and Friday September 20th. If you have any questions about your prescriptions, please come by to see her.

As always, please stop by to say hello. It's always nice to see you!

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

When: Tuesday 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

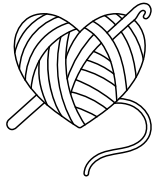
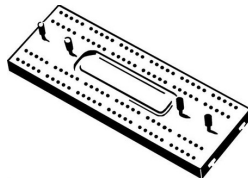
When: Mondays & Thursdays at 2:00pm

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

starting again September 9th

OFF TO THE RACES... HORSE RACES



Postponed until the FALL



WHIST

When: Wednesdays at 6:00pm

CANASTA

When: Tuesday at 5:30pm and 6pm

Wednesday at 6 pm

Thursday at 5:30pm



Where: Games Room

FRIDAY MOVIE NIGHTS

TV Room at 7:00pm every Friday

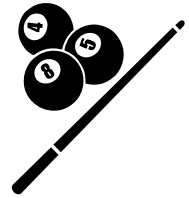
Check notice board for weekly title.



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 - 8:00pm

Where: Games Room



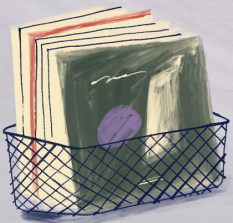
CARD BINGO

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

Where: Games Room

Vinyl Time

Browse through records.
Enjoy listening, singing, & dancing.



Friday, September 6th
Auditorium
1:45pm

BONNIE AUSTEN
Fitness instructor

FALL/WINTER 2024

***STARTING MONDAY SEPTEMBER 9TH**

Mondays and Thursdays

10:00 a.m -11:00 a.m.

in the Auditorium

Cost is \$50.00 for all classes

Please sign up at the Main Office



HAPPY
GRANDPARENTS DAY!

JOIN US FOR A FREE BBQ LUNCH AND ENTERTAINMENT

11am: Lunch
12pm: Music

WEDNESDAY,
SEPTEMBER 11TH

ATRIUM



Gentle, good-natured, soft-hearted and grand,
Ready always with a smile and a warm, helping hand.
Admired and regarded as knowledgeable and wise,
Nurturing their grandchildren to reach for the skies.
Devoted to each moment they can spend with family,
Proudly showing pictures for everyone to see!
Always telling stories of how things used to be,
Reading books, playing games, or listening patiently.
Easy-going, easy living, enjoying life's pleasures,
Noticing that long life brings so many treasures.
Truly grandparents are wonderful in so many ways,
Special people who always seem to brighten our days.



Christmas Arts & Crafts Sale

INTERESTED IN A TABLE?
SELL YOUR ITEMS?

VENDOR MEETING

Friday, September 13th
2:00pm
TV ROOM



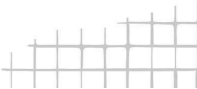
Therapeutic Informational Session & Live Demonstration

SEPTEMBER | 17th | 2024

TIME: 11 AM
AUDITORIUM



SIGN UP AT THE MAIN OFFICE



STORYTELLING IMPROV WORKSHOP

JOIN US ON TUESDAY, OCTOBER 9TH

TIME: 1:30PM
COST: \$11
AUDITORIUM

LIMITED TO 15 RESIDENTS

PROVIDED BY:



SIGN UP AT THE MAIN OFFICE





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.

GARDENING

With increased harvesting and cleaning of garden boxes please let me or another staff know if there is full garbage. The broom and dustpan are hanging behind the water barrel for you to use. Just know that some gardeners will leave foliage over the winter to house ladybugs. For new and existing gardeners, the 2025 sign up for garden boxes will be next March.

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!



LETS BE ATHLETES TOGETHER!

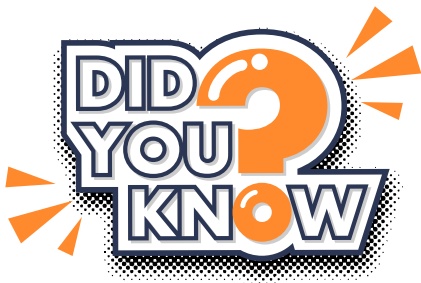
VOLUNTEERS

As fall settles in, there will be cleanup of outdoor common areas. Watch for notices as it will be weather dependent.

The koi pond will get a fall cleaning (yes with the koi still in it) which will be a group effort. Those with happy shoulders and arms (no open sores or skin conditions on arms) can join me to clean the inside walls on Tuesday, September 10th at 10:30 AM. With a few of us it won't take long.

FALL

The Autumn Equinox is Sunday, September 22 at 6:43 AM. It occurs at the same moment worldwide for the Northern Hemisphere.



The main reason leaves change color is not due to changing weather. It is the lack of daylight that tells deciduous plants to stop gathering energy and get ready for winter. A combination of factors starts the process of chlorophyll breakdown therefore the green color fades and we see the other pigments show through.

FUN ZONE

Get to know the staff!



Vanessa

Hospitality Worker

What is your favorite animal?

I love dogs.

Do you like traveling?

Yes, I do, and I love it very much! 😊😊



Who is your hero?

My Mom and my Dad.

Tea or coffee - which do you prefer?

I personally lean towards tea.

How do you define Success?

Success is achieving desired outcomes through hard work and dedication, leading to fulfillment and happiness. It can be measured in various areas of life like career, relationships, personal growth, health, and finances.

What is your most cherished possession and why?

Family photos or heirlooms represent love and connection.

A personal achievement award or recognition signifies hard work and dedication.

— HAPPY —







Sunday, September 8th, 2024



Grandparents have ears that really listen, arms that always hug & hold, love that's never-ending, and a heart that's made of gold."

We hope you enjoy some extra special time with your families!


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25  Music Hour 7pm Pink/TV Room	26 Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	27 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Canasta 5:30pm & 6 pm	28 Card Bingo 2pm Canasta 6 pm Whist 6pm	29 <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Farmers' Market 9:30am - 1:30pm Atrium </div> Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	30 Walking Group 10am Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room	31 Bingo 6pm
September 1st  Music Hour 7pm Pink/TV Room	2 Labour Day  Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	3 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Quarterly Birthday Celebration 2:00pm Auditorium R.A. Canasta 5:30pm & 6 pm	4 Card Bingo 2pm Canasta 6 pm Whist 6pm	5 Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	6 Walking Group 10am Fit Friday 1pm Auditorium Record Playing and Dance with Susan and Kiara 1:45pm Auditorium Movie Night 7pm Pink/TV Room	7 Bingo 6pm
8  Music Hour 7pm Pink/TV Room	9 Keep Fit with Bonnie 10am Auditorium Generator Test starting at 2pm Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	10 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	11 FREE BBQ LUNCH 11:00 am Garden Cafe Entertainment 12:00pm Atrium Residents Only Canasta 6 pm Whist 6pm	12 <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Farmers' Market 9:30am - 1:30pm Atrium </div> Keep Fit with Bonnie 10am Auditorium Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	13 Walking Group 10am Fit Friday 1pm Pink Room Christmas Art & Craft VENDOR Meeting 2:00pm Pink/TV Room Movie Night 7pm Pink/TV Room	14 Bingo 6pm

St. Andrew's Centre

September 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Music Hour 7pm Pink/TV Room	16 Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	17 Walking Group 10am Therapeutic Informational Session 11:00am Auditorium Bible Study 2pm Canasta 5:30pm & 6 pm General Meeting 7pm Auditorium R.A	18 BBQ LUNCH 11:00 am RCC Meeting 1:30pm Reception Room Card Bingo 2pm Canasta 6 pm Whist 6pm	19 Keep Fit with Bonnie 10am Auditorium Movie Group 2pm TV Room Shuffleboard 2pm Canasta 5:30pm	20 Walking Group 10am Fit Friday 1pm Auditorium Surf and Turf Dinner Tickets ONLY 4 pm - 6:30pm Auditorium Movie Night 7pm Pink/TV Room	21 Bingo 6pm
22 Music Hour 7pm Pink/TV Room	23 Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	24 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	25  Shop Easy 9:30am BBQ LUNCH 11:00 am Card Bingo 2pm Canasta 6 pm Whist 6pm	26 Farmers' Market 9:30am - 1:30pm Atrium Keep Fit with Bonnie 10am Auditorium Shuffleboard 2pm Canasta 5:30pm	27 Walking Group 10am Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room	28 Bingo 6pm
29 Music Hour 7pm Pink/TV Room	30 Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	October 1 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	2 Card Bingo 2pm Canasta 6 pm Whist 6pm	3 Keep Fit with Bonnie 10am Auditorium Movie Group 2pm TV Room Shuffleboard 2pm Canasta 5:30pm	4 Walking Group 10am Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room	5 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.