

NOVEMBER 2024



St. Andrew's Centre

MONTHLY NEWSLETTER

As fast as the fall leaves have turned colors and fallen so has the return of blistery cool winds reminding us that soon Old Man Winter will surely be showing his face.

We, as St. Andrew's Centre staff, have been grasping with the new reality of how our environment not only has changed from season to season but situation to situation as of late.

I hope all of you had a wonderful Thanksgiving and were able to enjoy the gift of time to celebrate with family and friends the superb blessings we have been given and experienced this past year. It has been a pleasure being part of such an amazing and dynamic community. Thank you for sharing your home and life with us.

Over this past month we have had several incidents that are of great concern to me. Due to the severity of those events, I kindly ask that all residents please be mindful when and where they are going at later times in the evening.

I brought the smoking area upfront so there could be better visibility of the residents, however security cannot always be monitoring that area 24/7. With residents going out to smoke after 9pm this means it is not always possible to keep that front door locked as it used to be. The door to the Centre is locked but it takes all of us to be diligent to keep us all safe. Please do not let others you do not know in behind you. Call security if you have concerns. If you are going out in the back parking area, I am pleading with you to watch and make sure the door is closing correctly behind you.

I appreciate everyone wanting to help and requesting information when events happen. Asking security and making judgment calls on how they handle situations is not something a resident should be addressing with them. I would rather those concerns and questions come to myself directly please. Security nor other staff can give residents all the information they are asking for. This is largely due to there being an ongoing investigation that is taking place. Safety is the main priority whenever any incident occurs.

November is a special month for many of us. November 11th, (Remembrance Day) is a day to remember and honor those who served Canada in times of war, military conflict and peace. Lest We Forget those who have served and continue to serve for us. Those of you who live in St. Andrew's Centre and have served, I personally want to take the time to say Thank you for your service.

Sincerely,

Correne Killian
Chief Operating Officer



FINANCE DEPARTMENT

December is just around the corner, and it is always a busy time at the Centre, especially with residents' family members and friends requesting Guest Suites bookings for holiday-time visits.

Due to very high demand for **Guest Suite** accommodations, **all bookings with dates in the month of December:**

- Must be paid in full at the time of booking.
- Rooms will not be reserved without advance payment.
- All charges are NOT refundable in the case of cancellation.
- Extension of stay is dependent on availability at the time of request.



...to all our Residents, and their Families, who routinely ensure their monthly invoices are **paid upon receipt!**

We endeavor to produce and distribute billings in a timely manner for monthly Garden Café charges, Hospitality Department charges and incidental fees.

We always appreciate your prompt payments.

Paying With Cash ? \$



***Please Consider Paying
by DEBIT CARD Instead***

DEBIT CARD payment processing is quick and convenient for you and for our staff, and transactions are automatically recorded on your bank account and statement.

DEBIT CARDS ARE ACCEPTED AT THE MAIN OFFICE and GARDEN CAFÉ.

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

Feast of St. Andrew's Day

Free Pancake Breakfast

Friday, November 29th 9:00am - 10:30am



Residents and staff only!
Cash donations will be accepted

Sunday Brunch

Available Every Sunday

From 9:00am to 1:00pm

Residents: \$16

Guests: \$19

Children aged 3 - 12: \$10

Children aged 2 & under: FREE



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



MERRY CHRISTMAS

Gift certificates are now available in the main office. Celebrate this Holiday Season with your loved ones. For details, please call (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***



ACTIVITIES

WALKING GROUP

When: Tuesday and Fridays at 10:00am

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!

SHUFFLEBOARD

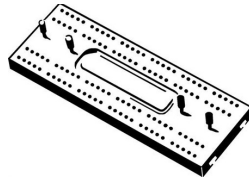
When: Mondays & Thursdays at 2:00pm

Where: Games Room

CRIBBAGE

When: Monday at 6:30pm

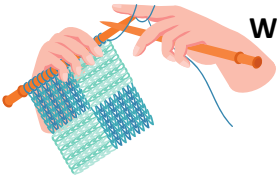
Where: Games Room



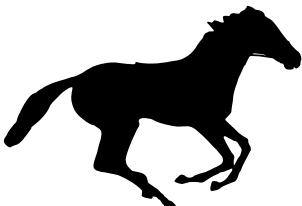
HAPPY HOOKERS CLUB

When: Tuesday at 1:00pm

Where: North Atrium near the Koi Pond



OFF TO THE RACES... HORSE RACES



When: Every other Tuesday at 2:00pm

Where: Games Room



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

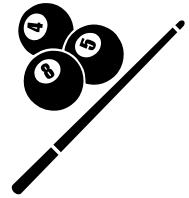
TV Room at 7:00pm every Friday
Check notice board for weekly title.



POOL

When: Tuesday at 1:00pm

Where: Games Room



NEWSLETTER READING + BOOK CLUB

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

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



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.

HEALTH AND WELLNESS

November is Fall Prevention month. Here are exercises to improve balance and strength. Three times a week to start is great.

- **Sit to stand** – Sit on a solid chair with feet flat on the floor. You can use your hands to help or have arms out in front. Stand up and slowly lower yourself to sitting. **Repeat 10x's**. Note: if you use a walker for support ensure brakes are on.
- **One leg stands** – Stand holding a counter. Raise one knee up and hold for 10 seconds. Switch sides. **Repeat 10 x's**. The goal is to increase the hold to 30 seconds each leg with the knee up as high as you can get it.
- **Wall leans** – Stand facing a wall with your arms straight out and palms flat on the wall. To modify, put forearms on the wall. Take a step backwards so the weight of your body is going through your arms. Hold this position for **up to 1 minute** or **repeat the exercise 3 times**.

See you at Fit Fridays!

DID YOU KNOW?

In nature the Norfolk Pine can grow to a height of 60 meters (200 feet), with a trunk sometimes reaching 3 meters (10 feet) in diameter. They are found on Norfolk Island between Australia and New Zealand. The ones here in the atrium have been topped a couple of times over the years to keep control over these towering pines.

NOVEMBER IS FALL PREVENTION MONTH

**Lets move, improve & remove.
Prevent slips, trips & falls.**

Discussions on fall risks, getting up, why walking is not enough, and benefits of being active.

Everyone, no matter their ability, can improve.

Work on increasing strength, balance, and posture.
Learn things you can do at home and with friends.

Why is this important?

Because a fall can change your life – instantly.

“Age does not define us”.






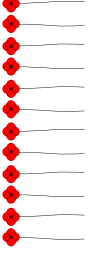
**Fit Fridays
1:00 PM
Auditorium**

Free for everyone.
All abilities.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Music Hour 7pm Pink/TV Room	28 Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	29 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	30  Shop Easy 9:30am Card Bingo 2pm Tech Time with Edmonton Library 2:30pm Reception Room Canasta 6 pm Whist 6pm	31 Keep Fit with Bonnie 10am Auditorium Halloween Celebration 1:30pm Atrium  Canasta 5:30pm	Nov 1 Walking Group 10am Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm	2 Bingo 6pm
3 Music Hour 7pm Pink/TV Room	4 Keep Fit with Bonnie 10am Auditorium Bowling Party 1:00pm Auditorium 	5 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	6 Leather Workshop 1:30pm Reception Room Card Bingo 2pm Canasta 6 pm Whist 6pm	7 Farmers' Market 9:30am - 1:30pm Atrium Keep Fit with Bonnie 10am Auditorium Generator Test starting at 2pm Canasta 5:30pm	8 Walking Group 10am Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm	9 Bingo 6pm
10 Music Hour 7pm Pink/TV Room	11 The Office is closed for Remembrance Day 	12 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm General Meeting 7pm Auditorium R.A	13 Card Bingo 2pm Tech Time with Edmonton Library 2:30pm Boardroom Whist 6pm	14 Keep Fit with Bonnie 10am Auditorium Movie Group 2pm TV Room Shuffleboard 2pm Canasta 5:30pm	15 Walking Group 10am Fit Friday 1pm Auditorium Vinyl Time 1:30pm Auditorium Movie Night 7pm Pink/TV Room Bingo 6pm	16 Bingo 6pm

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 Music Hour 7pm Pink/TV Room	18 Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Karaoke Party 1:00pm Pink Room Cribbage 6:30pm	19 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	20 Card Making Workshop 11:00am Games Room RCC Meeting 1:30pm Auditorium Tech Time with Edmonton Library 2:30pm Reception Room	21 Farmers' Market 9:30am - 1:30pm Atrium Keep Fit with Bonnie 10am Auditorium Shuffleboard 2pm Canasta 5:30pm	22 Walking Group 10am Wreath Decorating 11:00am Games Room Fit Friday 1pm Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room	23 Bingo 6pm
24 Music Hour 7pm Pink/TV Room	25 Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	26 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Quarterly Birthday Celebration 2:00pm Auditorium R.A	27 Shop Easy 9:30am Christmas Arts & Crafts Sale 10:00am-7:00pm Atrium Tech Time with Edmonton Library 2:30pm Reception Room	28  Christmas Arts & Crafts Sale 10:00am-4:00pm Atrium Keep Fit with Bonnie 10am Pink Room Shuffleboard 2pm Canasta 5:30pm	29 Feast of St. Andrew's Free Pancake Breakfast 9am Garden Cafe Harpist Concert 11:30am Atrium Fit Friday 1pm Pink Room	30 Bingo 6pm
December 1st Music Hour 7pm Pink/TV Room	2 Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	3 Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	4 Card Bingo 2pm Canasta 6 pm Whist 6pm	5 Keep Fit with Bonnie 10am Auditorium Farmers' Market 9:30am - 1:30pm Atrium Shuffleboard 2pm Canasta 5:30pm	6 Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room	7 Christmas Buffet 4:00 pm - 6:00 pm Tickets must be purchased at main office 

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