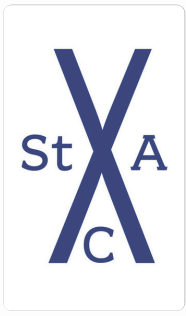


JANUARY 2025



# St. Andrew's Centre

## MONTHLY NEWSLETTER

### **Greetings from the Chief Operating Officer,**

We are heading into January 2025. Wow. December feels like a blur. Old man winter is here to stay for the next several months. As 2024 ends, 2025 is going to come in shining brightly.

Saying goodbye can be difficult. As one door closes, a new door will open with new beginnings, new experiences, and new memories.

Year after year, the background scenery of the Centre changes ever so slightly. As new residents move in, they bring new ideas and share their experiences from the places they lived in the past. New ideas and knowledge can be an amazing thing. As we learn more, we know more. It can also be scary as new ideas can bring about change. Change is not always a comfortable adjustment.

We become comfortable with our surroundings and like the way our lives are placed out in front of us. We are creatures of habit, they say. I feel as I age, I do see this as being true for myself. Life isn't always going to be a flat road where you will never have to swerve for an animal or take a different road to your destination.

No, life is like a sail ship where some days we will face enormous waves and learn how to adapt to sailing in that environment. 2025, I feel, is going to be like this. We do not know if we will have to face big waves or will have clear sailing ahead. I can only anticipate a strategic plan for each outcome that we might face. One thing is clear not only for the Centre but also for the city of Edmonton and the province, 2025 is going to bring about change.

I know with the team behind me, no matter what comes our way, we will be okay. The staff and I are here to support you with your housing needs. St. Andrew's Centre is one of the most beautiful and unique buildings I've ever been in. I hope everyone can appreciate what this Centre truly brings to the table. I know how special of a place this is. The question is, do you? Do you appreciate its true value? That is the question.

The staff and I are wishing you the best in 2025. I hope 2025 will bring you all lots of laughter, love, great memories, great health, and happiness.

Correne Killian  
Chief Operating Officer



Happy New Year!

# ANNOUNCEMENTS

## MAIN OFFICE

Closed

Wednesday January 1st 2025 - New Year's Day

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

## GENERATOR TESTING

Tuesday January 7th 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.

## UNDERGROUND PARKING

Effective January 1, 2025, Underground parking rates will increase from \$55 to \$75 a month.

Anyone who has had a spot prior to August 1, 2024, your January rent amount will increase by \$20 to reflect the new parking amount.

## SMOKING UNDERGROUND IN THE PARKING GARAGE

Smoking is strictly prohibited inside vehicles within the underground parkade. All smoking must occur above ground and away from the property. **Failure to adhere to this policy will result in penalties**, as maintaining a healthy environment for all residents is our top priority.



## GARBAGE CHUTES

We kindly request that all residents place their garbage in bags before disposing of it in the chutes. It has been observed that some individuals are placing items directly into the chute without bags. To maintain cleanliness and hygiene, please ensure that all items are properly bagged prior to disposal. Furthermore, if you have large or bulky items that cannot fit in the garbage chute, please refrain from leaving them on the floor. Instead, dispose of them directly in the basement garbage bins. This will help avoid blockages and keep the chutes functional for everyone.

Let's collaborate to keep our living environment clean.

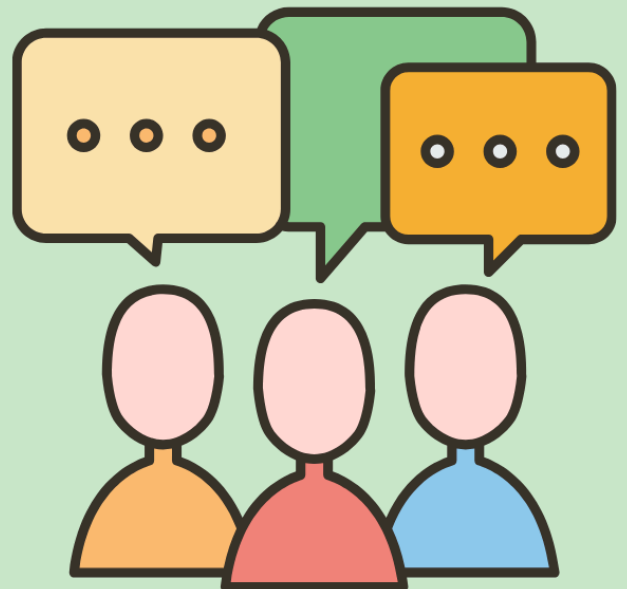
## LAUNDRY

This is a friendly reminder to kindly collect your laundry in a timely manner. The washing cycle lasts around 30 minutes, whereas the drying cycle typically takes between 45 minutes to an hour. If items are left unattended for too long, they may be cleared to enable others to use the machines. We appreciate everyone's cooperation in maintaining a tidy and accessible laundry room for all residents.

# **RESIDENTS' FORUM**

Monday January 13th  
1:00 PM

**IN THE AUDITORIUM**



## RESIDENTS' ASSOCIATION (R.A)



We warmly invite you to join us for our Resident's General Meeting on January 21st at 7 PM in the Auditorium.

### RESIDENT COMMUNITY COMMITTEE (R.C.C.)

- Minutes from the December Resident Community Committee meeting are included in this publication.
- The next meeting is cancelled for January 15th, 2025 due to the resident forum.
- The Centre has a bulletin board for RCC information and notices. It can be found in the atrium next to the piano.

## 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.

### TEMPERATURE IN SUITES

Due to the ongoing temperature fluctuations, please avoid opening windows and doors if your suite feels excessively warm. Instead, reach out to the main office to request a maintenance work order for your thermostat. Using ceiling fans or portable fans can also help improve the comfort of your suite. Keeping windows and doors open may lead to rapid pipe breaks. If a pipe break occurs in your suite, it could result in substantial costs, and you may be held responsible for the damages. This liability could extend not only to your suite but also to neighboring suites and the building as a whole.





# FINANCE DEPARTMENT

Happy  
New Year

*We hope that everyone enjoyed a wonderful holiday season, and some received St. Andrew's Centre Gift Certificates from family and friends!*

## TO REDEEM GIFT CERTIFICATES

### Garden Cafe

St. Andrew's Centre  
Garden Café Gift Certificate

This certificate entitles \_\_\_\_\_  
to \$\_\_\_\_\_ in purchase from St. Andrew's Centre Restaurant

Authorized by \_\_\_\_\_

Certificate # \_\_\_\_\_ Not redeemable for cash.

- Present your gift certificate to the Cashier at the Garden Cafe before ordering.
- A “Meal Sheet” will be created to track purchase(s) made.
- If there is an unused balance, it will be tracked on the Meal Sheet until it is used up.

### Housekeeping

St. Andrew's Centre  
12720 111 Ave., Edmonton, T5M 3X3

Housekeeping Services Gift Certificate

This certificate entitles \_\_\_\_\_  
to \$\_\_\_\_\_ in service from St. Andrew's Centre Housekeeping

Authorized by \_\_\_\_\_

Certificate # \_\_\_\_\_ Not redeemable for cash.

- Present your gift certificate to the Hospitality Attendant at the time service is provided.
- The amount of the gift certificate will be applied to the invoice(s) for services rendered.
- If the entire gift certificate value is not used up, a credit on account will be held by the Finance Office for future services.
- If the gift card limit is exceeded at the end of the month, an invoice will be issued to you for the excess amount.

## RESIDENTS WITH UNDERGROUND PARKING STALLS

Effective January 1, 2025, the fee for each underground parking stall is \$75 per month.

If you had a stall before August 1, 2024 your payment will increase by \$20 per month.

**REMINDER**



## 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

**STARTING JANUARY 1ST 2025**



**HAPPY**

*Birthday*

Celebrate your birthday with **one complimentary breakfast** valued at \$12 during your birthday month.

Residents can order one breakfast meal and drink, with the total cost not exceeding \$12. Note that Sunday brunches are excluded.

***\*Please remember, if the meal exceeds \$12, you must cover the extra cost\****



## HOSPITALITY DEPARTMENT



**WISHING YOU A  
HAPPY NEW YEAR!**



Gift certificates are now  
available at the main office.  
For more information, 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***

## AMENITIES



### FARMERS' MARKET

**CLOSED** FOR A BREAK FROM DECEMBER 19TH TO FEBRUARY 13TH.

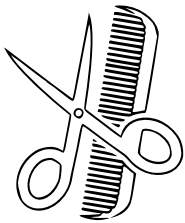
### Family Physicians

**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 are excited to add Gel Polish Manicures and Sculpted Nails to our range of services.*



Happy New Year! Welcome to 2025. We still have a bit of winter to navigate before spring comes around again. Make sure to wear proper footwear to handle the slippery sidewalks.

Please note that the Tuck Shoppe will be closed on Friday, January 3rd, and will reopen on Monday, January 6th. For any pharmacy needs, feel free to contact CareRx pharmacy at 780-444-3257.

Ishmeet, our Clinical Pharmacist, will be available at the Tuck Shoppe on Friday, January 17th, and Friday, January 31st, to answer any questions or review your medications.

If you're interested in signing up to receive your medications through CareRx, please visit the Tuck Shoppe. We also invite you to drop by and say hello – it's always a pleasure to see everyone!

**The Tuck Shoppe hours are:**

Monday 8:30am - 3:30pm

Friday 8:30am - 3:30pm

### 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

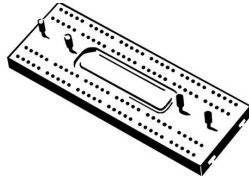
**When:** Tuesday and Fridays at 10:00am  
**Where:** Meet in the Atrium for a 20-30 minute **INDOOR** or **OUTDOOR** walk, and then coffee-time at the *Garden Café*.  
**Short distance, or long - you pick. All levels of walkers are welcome!**

## SHUFFLEBOARD

**When:** Mondays & Thursdays at 2:00pm  
**Where:** Games Room

## CRIBBAGE

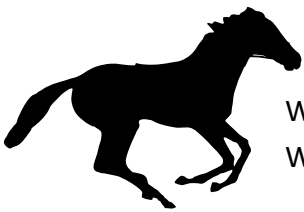
**When:** Monday at 6:30pm  
**Where:** Games Room



## 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 CANASTA

**When:** Wednesdays at 6:00pm  
**When:** Tuesday at 5:30pm and 6pm  
Wednesday at 6 pm  
Thursday at 5:30pm



**Where:** Games Room

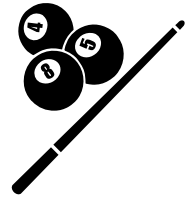
## FRIDAY MOVIE NIGHTS

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

**\*Please be advised that these activities are initiated by residents, and any arrangements, set up or modifications are not associated with the main office. For information regarding the individuals in charge, please refer to the resident board.**



# WANT TO PARTICIPATE?

# WE HAVE A VARIETY OF ACTIVITIES WAITING FOR YOU!

## CHAIR YOGA DEMO CLASS

Tuesday, January 7th  
10:00am  
Auditorium

Come and explore whether this class is the right fit for you!



Friday, January 10th  
Father Irwin Room

*Limited spots are available*



Our mobile hearing clinic will come right to your front door!  
Locally owned and operated with over 25 years experience in the industry!



Winter / Spring 2025

\*Starting Monday January 13th

Mondays and Thursdays

10:00-11:00 a.m. in the Auditorium

*Cost is \$60.00 for all classes (34) January to mid-May*

**PAID DIRECTLY TO KIARA**





## 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.

A big thank you to everyone who assisted with the Christmas decorating. The Atrium and main floor rooms all looked amazing this year.

### KOI AND BUDGIES

Thank you for respecting the birds and the koi. Everyone and their guests need to understand that keeping hands and items out of the pond is for the Koi health as well as their own. Those koi have seen the vet a lot in the last couple of years with a few that did not make it. Their health is our responsibility.

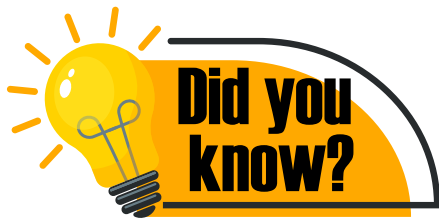
A big shout out to our vet, Dr. Jackson, for coming onsite to check the koi, water conditions and have conversations about their health.

### TOWER GARDENS

The tower gardens will get back into action this month. It will be a few weeks before the produce will be ready at which time the volunteers will harvest weekly. Watch for notices as there will be fresh kale, lettuce, and basil available.

### EXERCISE ROOM AND FITNESS

"We are only limited by what we choose not to do". See you at Fit Friday's at 1:00 pm. This class is for everyone, and all abilities are welcome. For anyone interested in learning more about the equipment in the exercise room, please contact me to book a time.



Poinsettias originate from Mexico and Central America. Joel Roberts Poinsett, first US Ambassador to Mexico, introduced the plant to the US in the 1820's. Poinsettias grow into large shrubs and trees in various regions.

The red leaves on poinsettias are called bracts and they are not flower petals. The flowers are clusters that grow in the middle of the bracts called cyathia, which is Greek for cup.

## FIT FRIDAYS

**BOOST ENERGY  
IMPROVE POSTURE & BALANCE**

**EVERYONE WELCOME NO MATTER YOUR ABILITY**

**FRIDAYS  
1:00PM  
AUDITORIUM**

**FEEL BETTER  
REACT FASTER  
BE STRONGER  
STAND TALLER**





## FUN ZONE

*Get to Know the Team!*

Welcome to our newest segment where we will feature a member of our St. Andrew's Centre team once a month!

**What kind of music do you enjoy?** I truly love listening to Country and Folk music. My favorite artist is Maren Morris.

**If you had to choose just one dish to enjoy for the rest of your life, what would it be?** Personally, I could happily eat Pho and spring rolls every single day. That's how much I love it!



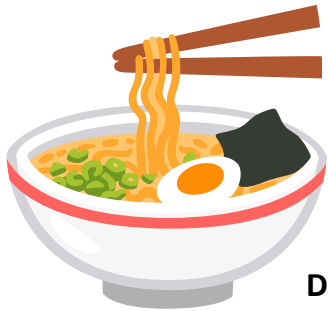
Sheneice  
Security/Duty Worker

**Do you engage in regular exercise? What's your favorite type of workout?**

Yes, I work out as often as possible. My favorite day at the gym is leg day, and I enjoy using the leg curling machine.

**Do you identify more as an extrovert or an introvert?**

Personally, I tend to be a homebody and lean towards being an introvert.



**Are you watching any television shows at the moment?**

Yes, I'm currently watching Outlast on Netflix.

**Do you prefer tea or coffee?** Personally, I'm a fan of tea, especially Earl Grey.

# Making the Most of 2025

My **word** of the year: \_\_\_\_\_


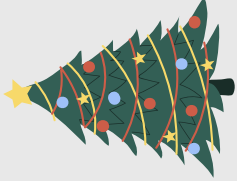






Things I want to **learn** this year: \_\_\_\_\_

Things I want to **do** this year: \_\_\_\_\_

# St. Andrew's Centre

# January 2025



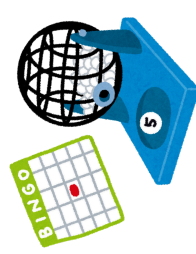



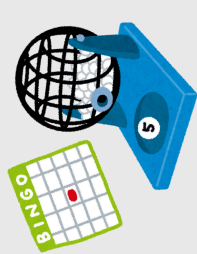
Games Activities take place in the Games Room unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>23</p> <p>Residents Carols 11:30am Atrium</p> <p><b>Door Decorating Contest Judging</b></p> <p>Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm</p>	<p>24</p> <p><b>Christmas Sweater Day</b></p> <p>Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm &amp; 6 pm</p>	<p>25</p> <p><b>Christmas Day Office Closed</b></p> 	<p>26</p> <p><b>Boxing Day Office Closed</b></p> 	<p>27</p> <p>Walking Group 10am Ukrainian Choir 1:30 PM Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room</p>	<p>28</p>  <p>Bingo 6pm</p>
<p>29</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>30</p> <p>Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm</p>	<p>31</p> <p>Walking Group 10am <b>Entertainment with Roy and Luci 10:30am Auditorium R.A</b></p> 	<p>January 1st</p> <p><b>HAPPY NEW YEAR</b></p> <p><b>New Year's Day Office Closed</b></p>	<p>2</p> <p>Movie Group 2pm TV Room Shuffleboard 2pm Canasta 5:30pm</p>	<p>3</p> <p>Walking Group 10am <b>Fit Friday 1pm Auditorium</b> Card Bingo 2pm Movie Night 7pm Pink/TV Room</p>	<p>4</p>  <p>Bingo 6pm</p>
<p>5</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>6</p> <p>Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm</p>	<p>7</p> <p><b>Chair Yoga Demo Class 10am</b> Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm <b>Generator Test starting at 2pm</b> Bible Study 2pm Canasta 5:30pm &amp; 6 pm</p>	<p>8</p> <p>Card Bingo 2pm Canasta 6 pm Whist 6pm</p>	<p>9</p> <p>Movie Group 2pm TV Room Shuffleboard 2pm Canasta 5:30pm</p>	<p>10</p> <p>Walking Group 10am <b>Fit Friday 1pm Auditorium</b> <b>Hearing Clinic 1:30 PM Father Irwin Room Sign up required</b> Card Bingo 2pm Movie Night 7pm Pink/TV Room</p>	<p>11</p>  <p>Bingo 6pm</p>

# St. Andrew's Centre

# January 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>13</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Annual Resident Forum 1:00pm Auditorium</p> 	<p>14</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Happy Hookers Club 1pm</p> <p>Bible Study 2pm</p> <p>Canasta 5:30pm &amp; 6 pm</p>	<p>15</p> <p><b>RCC Meeting CANCELLED</b></p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>16</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>17</p> <p>Walking Group 10am</p> <p>Fit Friday 1pm Auditorium</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>18</p>  <p>Bingo 6pm</p>
<p>19</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>20</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>21</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Happy Hookers Club 1pm</p> <p>Bible Study 2pm</p> <p>Canasta 5:30pm &amp; 6 pm</p>	<p>22</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>23</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>24</p> <p>Walking Group 10am</p> <p>Fit Friday 1pm Auditorium</p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>25</p>  <p>Bingo 6pm</p>
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While every effort is made to provide up-to-date calendar event listings, they are subject to change. Please check notice boards also.