

FEBRUARY 2025



# St. Andrew's Centre

## MONTHLY NEWSLETTER

### Greetings from the Chief Operating Officer,

As we enter February—a month characterized by love, warmth, and family, I would like to extend my heartfelt greetings to each of you. This time of year serves as a poignant reminder of the joy that connection and community bring to our lives, particularly within the close-knit family we share here at St. Andrew's Centre. Whether you are celebrating Valentine's Day with a loved one, connecting with friends, or taking some time for self-care, I hope this month brings you both happiness and peace.

We invite you to share your thoughts through our **Annual Resident Survey**, which will be available starting **February 3rd, 2025**. These surveys can be collected at the main office, and we kindly request that they be **returned by February 24th, 2025**. Your feedback is invaluable to us, as it plays a critical role in shaping the services and experiences we provide. Your insights and suggestions truly impact our efforts to ensure that St. Andrew's Centre remains a place that feels like home for everyone.

In recognition of **Family Day on Monday, February 17, 2025, our main office will be closed**. While our team takes this time to focus on family and loved ones, we encourage you to make the day meaningful. Whether you choose to reflect quietly, engage in conversations with neighbors, or reach out to someone special, Family Day is a wonderful opportunity to appreciate the relationships that enhance our lives. If you're looking to connect with others, we invite you to visit the Garden Cafe that day, as it's a perfect chance to strengthen bonds and create new memories together.

Thank you for being an integral part of this remarkable community. Your warmth, kindness, and contributions make St. Andrew's Centre a truly special place. Let us continue to make February a month dedicated to connection and care for one another. Together, we can cultivate an environment where everyone feels valued and appreciated, reinforcing the bonds that make our community thrive.

Correne Killian  
Chief Operating Officer

*happy valentine's day* 

# ANNOUNCEMENTS

## MAIN OFFICE

Closed

Monday, February 17th 2025 - Family Day

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

## GENERATOR TESTING

Monday, February 10 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.

## ANNUAL RESIDENT SURVEY

Our annual resident survey will be available to residents of St. Andrews Centre beginning on **February 3rd, 2025**. This survey will be accessible online at [www.standrewscentre.com](http://www.standrewscentre.com) or in paper form. To eliminate the wastage of paper copies the survey will not be delivered to each suite. Residents wanting to complete the survey in paper form can pick up a copy outside the main office doors. Please have all surveys returned to the box provided outside the main office no later than **Friday, February 24th, 2025**. The intent of the Centre is to issue the results in the March newsletter. We encourage all residents to participate as your feedback helps us to improve our community.



## TAX SERVICES

We would like to inform you that Joanne David from *Financial Planning & Tax Planning* **will no longer be offering her tax services at St. Andrew's Centre.**



**Carlo, Full Time Maintenance Worker**

# ANNOUNCEMENTS

## COMMON AREA DÉCOR

We would like to say a warm “Thank you” to all residents current and past who have opened their hearts and donated décor items, framed pictures and furniture that is placed in the common areas of the Centre. However, at this time we have decided to “take a good look around” and do a “tidy up”. As some of you may have noticed we have started to paint our feature walls by the elevators on each floor. We are also making some minor changes to the décor that adorns those walls.



We are also taking this opportunity to look at the balcony alcove areas on each floor. A number of them are crowded with items that are not functional to the space and need to be removed or rehomed.

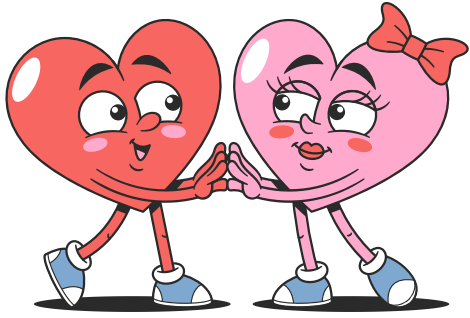
We appreciate the items “left” in these areas for use by all, but we are now encouraging anyone who has donated items to elevator areas, balcony alcoves and common rooms to consider if they would like to take back these items or leave them. Any décor items, framed pictures or furniture that are left will be repurposed or disposed of at the discretion of Centre Staff. **We encourage you to remove any items you wish to take back on or before February 28th, 2025, please remember anything left will become the property of St. Andrew’s Centre.**

We do encourage donations of such items, as they are appreciated. Moving forward we ask that items are not left or set out in the areas at free will, that you please speak to Tammy Watts in the main office.

**Please keep in mind that as common areas are updated, any décor items such as pictures will be re-hung or changed at the discretion of Centre staff members. We ask that you refrain from hanging and or moving items on your own accord. Also please do not put in work orders for these items to be completed. It will be done but it may take a few days.**

With Kindness.

## RESIDENTS' ASSOCIATION (R.A)



We cordially invite you to be part of our Resident's Valentine's Day Party, taking place at 7 PM in the Auditorium on February 11th.

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

- There are no minutes from the January Resident Community Committee meeting in this publication due to the Resident Forum held on January 13th.
- The next meeting is scheduled on Wednesday, February 19th, 2025.
- 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



## RENT CHANGE NOTICES

**A rental rate change was announced at the Resident Forum on January 13, 2025, as a 4.5% increase to be effective on May 1, 2025**

- Individual letters detailing the change to your rent amount have been delivered to your mailbox.
- If your current lease is more than one year old, and you did not receive a letter, please notify the Main Office immediately.
- Residents whose lease is less than 1-year-old as of May 1, 2025 will not receive a rent letter until 3 months prior to the 1st anniversary of their lease.

### **Please Note**

If you currently pay your monthly rent by Pre-Authorized Payment ( "PAP" ), you are not required to do anything to enact the change in monthly amount.

Your new monthly amount will be automatically updated through your bank.

### **ACCOUNT BALANCES**

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

**Monthly invoices are due upon receipt.**

Accounts with invoices not paid in full by the 15th of the following month may be subject to suspension and/or finance charges.





# GARDEN CAFÉ

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

<b>Breakfast</b>	9:00 am - 11:00 am
<b>Lunch</b>	11:00 am - 1:30 pm
<b>Dinner</b>	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

 *Valentine's*  
**DINNER MENU**  
*Friday, February 14th*  
*Garden Cafe*

**MAIN DISH**  
*Garlic Bread Stick*  
*Lobster Ravioli Pesto Cream*  
*Sauteed Garlic Asparagus*

OR

*Roasted Pork Tenderloin Cranberry Chutney*  
*Duchess Potato*  
*Sauteed Garlic Asparagus*

**DESSERT**  
*Chocolate Dipped Strawberry and*  
*Chocolate Cake* 

## HOSPITALITY DEPARTMENT



**Gift certificates can be purchased at the Main Office.**

**For further details, please contact us at**

**(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.

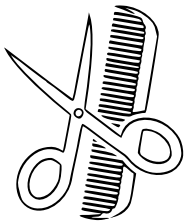
### Family Physicians

**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.*



We've arrived - it's Heart Month. Happy Valentine's Day to everyone! It's a great time to connect with family and friends and do something fun! It's also good to make sure that we are making good choices to take care of our heart health: healthy foods, keeping stress low, doctor-approved exercises, and being kind.

**The Tuck Shoppe will be closed on the following dates:**

- Monday, February 17th for Family Day
- Friday, February 21st

It will reopen on Monday, February 24th.

**Ishmeet, our Clinical Pharmacist, will be at the Tuck Shoppe on:**

- Friday, February 14th
- Friday, February 28th

Feel free to stop by with any medication questions. Stay warm and say hello—it's always a pleasure 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.

**The Tuck Shoppe hours are:**

Monday 8:30am - 3:30pm

Friday 8:30am - 3:30pm





# ACTIVITIES

## WALKING GROUP

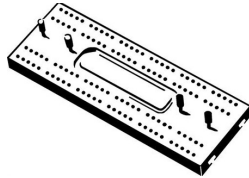
**When:** Tuesday and Fridays at 10:00am  
**Where:** Meet in the Atrium for a 20-30 minute INDOOR or OUTDOOR walk, and then coffee-time at the *Garden Café*.  
**Short distance, or long - you pick. All levels of walkers are welcome!**

## SHUFFLEBOARD

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

## CRIBBAGE

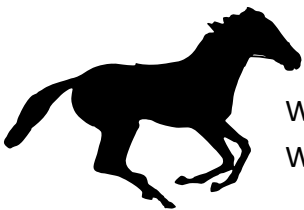
**When:** Monday at 6:30pm  
**Where:** Games Room



## 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

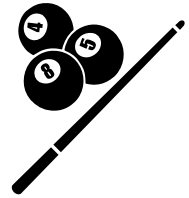
## FRIDAY MOVIE NIGHTS

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.**

# Get Moving with Moose



## Information Session

Come join us for a fun session to chat about the different types of mobility aids available: safety usage and maintenance tips through equipment demonstrations and Q&A time.

### What To Expect

Overview of Different Mobility Aids  
Products & Services Moose Offers  
Common FAQs

Special Product Discounts for your Residents

"Want to try a ride?"

"Let Moose Come to You!"

"Pop-Up Shop"



We will also have printed resources available for you!

- Tuesday, February 11th @ 11am -

St. Andrew's Centre in the Father Irwin Room

# LIVING SPRINGS HEALTH CARE INC.

Set Apart for Excellence!



## YOUR PARTNER IN QUALITY HOME CARE AND NURSING SERVICES

- COMPANIONSHIP
- PERSONAL CARE
- HOME CARE AND SUPPORTS
- MEMORY CARE
- RESPITE CARE
- LIVE-IN-CARE
- PERSONALIZED CAREGIVERS
- NURSING CARE
- ADVANCED FOOTCARE
- AND OTHER SERVICES

JOIN US ON WEDNESDAY, FEBRUARY 19TH

11 AM

FATHER IRWIN ROOM

# CARD MAKING WORKSHOP



WEDNESDAY, FEBRUARY 12TH

11:00 AM

Games Room

\$20.00

PLEASE SIGN UP WITH KIARA



## VOLUNTEER MEETING WITH SUSAN

For past, present, potential volunteers.

Just curious?

Come discuss details on what, where, when, who, and why. Bring your questions.

Thursday February 20

1:00 PM

Pink Room (TV Room)

# SUSAN'S NEWS



## **ATRIUM**

Why don't we use sprinklers or other watering systems in the atrium?

Due to the diversity of plant life in the atrium, watering by hand is necessary to control the amount of water on various plants. Many plants that only require water weekly are beside plants that prefer a good drink two or three times a week.

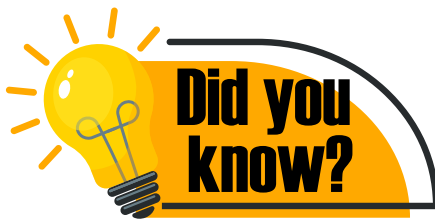
Watering overhead benefits all the plants with greater humidity but specifically the Tree Philodendrons and Monstera's. In their native habitats, these plants with aerial roots grow on or up other trees. These aerial roots collect moisture and help the plant support itself.

## **2025 GARDENING SEASON**

The sign up for individual garden boxes will be in March. New gardeners will be placed on a wait list until current gardeners are contacted. At that time, any remaining gardens will be assigned. Watch the March newsletter for more information.

## **VOLUNTEERING**

An information session on volunteering will be held Thursday, February 20th at 1:00 PM in the TV room. Past and present volunteers plus those with a curiosity are welcome. We will discuss what, where, when, who, and why. See you there.



The lower leg, calf muscle, is referred to as your 'second heart'. It needs to be worked daily to increase circulation and reduce related risk factors. Simple heel raises will help, but find out more during Fit Fridays.

## **CELEBRATE HEART MONTH**



**February Fit Friday's**

**1:00 PM**

**Auditorium**

**We will discuss the importance of cardiovascular health and how small actions can increase heart health. Learn what is referred to as your 'second heart'.**

**All abilities welcome.**



# 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!



Nuria  
Hospitality Attendant

## Do you prefer coffee or tea?

I personally enjoy a freshly brewed homemade coffee.



## What's your preferred way to enjoy your days off?

For me, my ideal day off involves visiting friends, engaging in conversations, enjoying coffee together, and contributing to the community.

## What is the most valuable lesson you've gained from your current role?

I've discovered that public relations is the most rewarding aspect.

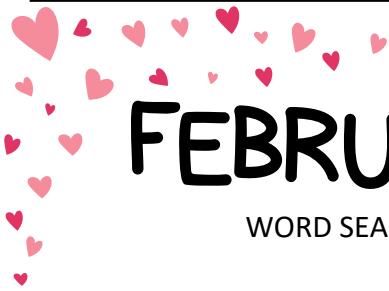
## What's your favorite dish to prepare?

I absolutely enjoy making my signature recipe, which is a spicy chicken stew. It holds a special place in my tradition and is crafted from red onions, tomatoes, garlic, and chili spices.



## What's your favorite subject?

I have a passion for art, history, and geography.



# FEBRUARY

WORD SEARCH



- SWEETHEART
- FLOWERS
- CANDY
- FRIENDS
- CUPID
- GROUNDHOG
- PRESIDENTS
- LINCOLN
- WASHINGTON
- CHOCOLATE
- VALENTINES
- LEAP YEAR
- SHADOW
- HEARTS
- KISSES

S	T	O	S	W	E	V	S	T	R	A	E	H	L
S	I	G	L	D	A	A	S	H	A	D	O	W	I
D	R	N	W	W	N	L	E	R	S	L	N	E	N
A	R	N	R	P	O	E	E	O	K	S	E	F	C
G	A	O	O	R	S	N	I	E	S	E	E	L	O
O	E	T	R	E	W	T	C	R	W	S	C	O	L
H	Y	G	D	S	E	I	S	I	F	S	H	W	N
D	P	N	I	I	E	N	E	E	E	I	O	E	I
N	A	I	P	D	T	E	O	R	F	K	C	R	E
U	E	H	U	E	H	S	S	E	N	I	O	S	H
O	L	S	C	N	E	C	A	N	D	Y	L	O	L
R	N	A	R	T	A	S	R	E	A	A	A	K	N
G	E	W	L	S	R	Y	A	W	L	U	T	E	L
R	H	A	R	O	T	T	O	E	E	N	E	H	E

# St. Andrew's Centre

# February 2025









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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>20</p> <p><b>Keep Fit with Bonnie 10am Auditorium</b></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><b>Keep Fit with Bonnie 10am Auditorium</b></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><b>Fit Friday 1pm Auditorium</b></p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>25</p>  <p><b>Chair Yoga Sign up required 10am</b></p> <p>Bingo 6pm</p>
<p>26</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>27</p> <p><b>Keep Fit with Bonnie 10am Auditorium</b></p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>28</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>29</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>30</p> <p><b>Keep Fit with Bonnie 10am Auditorium</b></p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>31</p> <p>Walking Group 10am</p> <p><b>Fit Friday 1pm Auditorium</b></p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p><b>Februaury 1</b></p>  <p><b>Chair Yoga Sign up required 10am</b></p> <p>Bingo 6pm</p>
<p>2</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>3</p> <p><b>Keep Fit with Bonnie 10am Auditorium</b></p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>4</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Happy Hookers Club 1pm</p> <p>Music with Morris Auditorium 1pm-3pm</p> <p>Canasta 5:30pm &amp; 6 pm</p>	<p>5</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>6</p> <p><b>Keep Fit with Bonnie 10am Auditorium</b></p> <p>Movie Group 2pm TV Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>7</p> <p>Walking Group 10am</p> <p><b>Fit Friday 1pm Auditorium</b></p> <p>Card Bingo 2pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>8</p>  <p><b>Chair Yoga Cancelled</b></p> <p>Bingo 6pm</p>

# St. Andrew's Centre

# February 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>10</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Generator Test starting at 2pm</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>11</p> <p>Walking Group 10am</p> <p>Moose Mobility Information Session 11:00 AM Father Irwin Room</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Valentine's Day Party Resident Association 7pm</p>	<p>12</p> <p>Card Making Workshop 11:00 AM Games Room Sign up required</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>13</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>14</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>15</p>  <p>Chair Yoga Sign up required 10am</p> <p>Bingo 6pm</p>
<p>16</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>17</p>  <p>Family Day CLOSED</p> <p>Keep Fit with Bonnie 10am Cancelled</p>	<p>18</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>19</p> <p>Living Springs Information Session 11:00 AM Father Irwin Room</p> <div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p>RCC Meeting Auditorium 1:00pm</p> </div> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>20</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Volunteer Meeting 1pm Pink Room</p> <p>Shuffleboard 2pm</p> <p>Canasta 5:30pm</p>	<p>21</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>22</p>  <p>Chair Yoga Sign up required 10am</p> <p>Bingo 6pm</p>
<p>23</p>  <p>Music Hour 7pm Pink/TV Room</p>	<p>24</p> <p>Keep Fit with Bonnie 10am Auditorium</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p> 	<p>25</p> <p>Walking Group 10am</p> <p>Oral Book Club 11:15am Pink/TV Room</p> <p>Quarterly Birthday Party Resident Association 2pm</p>	<p>26</p> <p>Card Bingo 2pm</p> <p>Canasta 6 pm</p> <p>Whist 6pm</p>	<p>27</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>28</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>March 1st</p>  <p>Bingo 6pm</p>

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

