

APRIL 2025



# St. Andrew's Centre

## MONTHLY NEWSLETTER

### Greetings from the Chief Operating Officer,

As we step into April, we welcome the season of renewal, hope, and fresh beginnings. Spring reminds us that change is not only natural but necessary for growth. In Edmonton, April is a month of transition—one where winter lingers, but warmth slowly returns. Temperatures can range from chilly mornings at  $-2^{\circ}\text{C}$  to sunnier afternoons reaching  $12^{\circ}\text{C}$ , and soon, we will see the first signs of greenery and hear the cheerful songs of birds returning home.

This season of renewal also serves as a reminder of the importance of mental well-being. The shift in seasons can bring about many emotions, from relief and excitement to feelings of loneliness or uncertainty. That is why community is so essential. Here at St. Andrew's Centre, we strive to create a space where every resident feels valued, connected, and supported. Whether it's sharing a conversation over coffee, participating in one of our programs, or simply enjoying the company of others, these moments of connection play a crucial role in maintaining both physical and emotional wellness.

As the flowers begin to bloom, I encourage each of you to find ways to nourish your own well-being. This could mean taking a short walk outside to soak in the fresh air, engaging in a hobby that brings you joy, or reaching out to a friend or neighbour for a heartfelt chat. Small acts of self-care and kindness can brighten not only your own day but also the days of those around you. Let's continue to build a community where everyone feels seen, heard, and valued.

With April also comes Easter, a time of reflection, gratitude, and togetherness. Whether you celebrate with faith, family, or simple moments of peace, we hope this season brings joy to your heart. Please note that in observance of the holiday, **our main office will be closed on Good Friday, April 18th and Easter Monday April 21st.** We encourage residents to plan ahead for any administrative needs before these dates.

I will be hosting a **Mental Health Discussion on Friday, April 25th at 1:30pm in the Auditorium**, my hope is that many of you all attend. Please remember that no matter what this season holds, that you are never alone—our St. Andrew's family is here to support and uplift one another. Wishing you all a month filled with warmth, friendship, and peace.

Correne Killian  
Chief Operating Officer



# ANNOUNCEMENTS

**MAIN OFFICE** Security Staff are on duty to assist with EMERGENCIES. Contact Security @ 780-452-4444

## **GENERATOR TESTING**

Monday, April 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.

## **CHARITY SALE - ST. VINCENT DE PAUL**

The charity sale will take place from **Wednesday, April 2nd to Saturday, April 5th, in the Auditorium.** Entrance will be accessible via the front lobby through the sunroom. The event is open to the public.

## **BIRD FEEDING GUIDELINES**

We kindly request that you **do not feed birds from your balconies.**

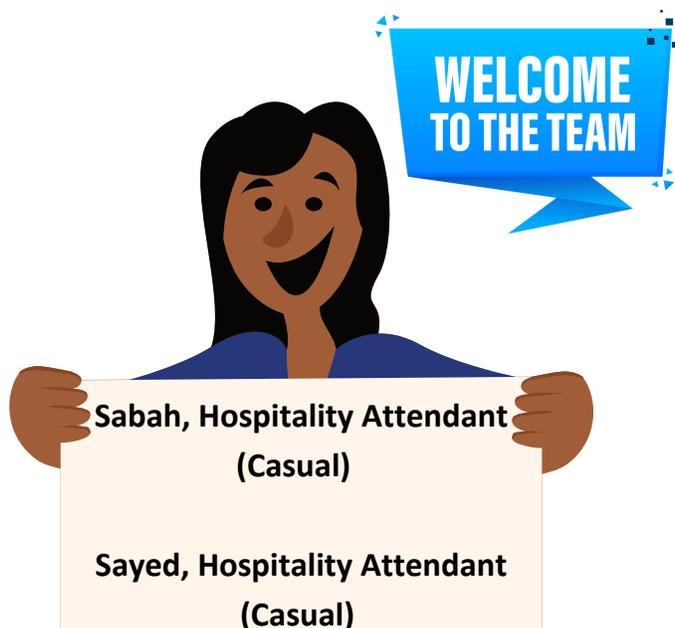
Please avoid installing any bird feeders and remove any that you may have already set up. This practice tends to attract pigeons, which can cause damage and potentially take over the building's exterior. We truly appreciate your cooperation.



To foster a harmonious living environment, we encourage everyone to enjoy birdwatching from a distance while respecting the needs of our shared space. If you have any questions or need further clarification on these guidelines, please do not hesitate to reach out to the management office. Your understanding and support are key to maintaining the beauty and integrity of our community. Thank you for your attention to this matter.

## **RETURN TO SENDER MAIL**

We kindly request that you do not throw away any mail that does not belong to you. Instead, please mark it "RTS" and return it to the mailbox. This allows the rightful recipient the opportunity to receive their mail and contributes to an organized and efficient mailing system. Thank you for your understanding and cooperation in helping our community function smoothly.



# FINANCE DEPARTMENT

## **March 31st is the FISCAL YEAR END**

for accounting purposes at St. Andrew's Centre

*It is especially important and beneficial to have all outstanding balances cleared as soon as possible after this date, so that our Financial Statements reflect the most current information.*



Invoices for March Garden Café, Hospitality and incidental charges are expected to be delivered to resident mailboxes on Friday, April 4, 2025

**Please plan to remit your payment as quickly as possible once received.**

- Debit or Credit Card are the preferred methods of payment.
- Automatic Bank Withdrawal (Pre-Authorized Payment "PAP") is also available. Sign up at the Main Office if you would like to use PAP.

**Your cooperation is greatly appreciated!**



**Melodie Lee**, Finance Manager



**587-525-8709**



**melodie@standrewscentre.com**

**Tracey Bourque**, Finance & Administrative Assistant



**587-525-8711**



**tracey@standrewscentre.com**

# RESIDENTS' ASSOCIATION (R.A)



## VACANT EXECUTIVE & VOLUNTEER POSITIONS

Our association aims to enhance your life through entertainment, birthday celebrations, and holiday lunches. However, we can only thrive with the active support of our members. Joining the board is straightforward, and no special skills are required. All that's needed is a willingness to invest some time and work alongside engaging individuals while enjoying the process of giving back to the community.

**Nominations are coming up soon!**

## DATES TO REMEMBER

**April 8th** - Executive Meeting at 7pm

**April 22nd**- Entertainment at 7pm

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

- Minutes from the March Resident Community Committee meeting are included in this publication.
- The next meeting is scheduled for: Wednesday, April 16th @ 1:00pm in the Auditorium.
- 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 , Dial 0 .  
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.

## WORK ORDERS



We have encountered multiple instances where work orders were submitted for malfunctioning phone or cable services. After dedicating 30 to 40 minutes to troubleshooting, we often found that the root cause was actually a billing issue that led to service interruptions. To expedite the process, we may inquire if there have been any billing problems. If maintenance is unable to resolve the issue within 10 minutes, a technician from the service provider will need to be dispatched to determine why the services are malfunctioning.



## 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



# Mother's Day BRUNCH

Sunday, May 11th  
10:30am - 1:30pm

Resident \$25.00  
Guest \$30.00  
12 and under \$15.00  
4 and under is Free  
Auditorium



# Mother's Day BRUNCH

- Assorted Baked Goods
- Pasta Greek Salad / Caesar Salad
- Scrambled Cheesy Eggs
- Egg Benedict / Pancakes
- Bacon / Sausage / Hash Browns
- Salmon (Salmon Wellingtons)
- Chicken Cordon Bleu
- Rice Pilaf
- Assorted Desserts
- Cheesecake / Squares / Pie
- Fresh Fruit
- Chocolate-Dipped Strawberries
- Coffee, Tea, and Juice Included

Ticketed Event Only\*

## HOSPITALITY DEPARTMENT

### **EMERGENCY CLEANING**

This service is available to assist you after an emergency has occurred, especially if you find it challenging to clean up on your own. For a modest fee, we are more than willing to handle the cleaning for you, allowing you to feel more at ease.

### **COMFORTER CLEANING**

Great news! We now have the capacity to clean your comforters, ensuring a fresher, healthier sleep. Here's why it matters:

- ✓ Removes allergens & dust mites for better air quality.
- ✓ Eliminates bacteria & odors from sweat and spills.
- ✓ Preserves fabric & extends lifespan of your comforter.
- ✓ Enhances sleep quality with fresh, clean bedding.

**Enjoy a cozier, cleaner sleep—ask us about this new service today!**



### **SPECIAL RATE FOR HOUSEKEEPING**

(After experiencing any type of illness) (fixed rate of \$100.00).

This package includes:

- Two staff members fully equipped with Personal Protective Equipment (PPE) for one hour to perform basic housekeeping services.
- Cleaning and disinfecting all high-touch surfaces.
- Cleaning and disinfecting the washroom.
- Vacuuming, sweeping, and mopping the floors.
- Laundry service for a maximum of two loads (we provide coins and detergent).
- Bed-making service.

***Please reach out to Tess at (587) 525-8714.***

---

### **ARE YOU LOOKING TO RESERVE ONE OF OUR GUEST SUITES?**

#### **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 additional details and to make bookings, please reach out to Tess at (587) 525-8714.***

# AMENITIES



## **FARMERS' MARKET**

EVERY OTHER THURSDAY

## **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.*

## **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.



Spring is just around the corner, and the arrival of warmer weather will be delightful! Wishing everyone a Happy Easter!

As we welcome Spring, it's a perfect opportunity to review your medications and engage in some spring cleaning.

Feel free to drop off any expired medications at the Tuck Shoppe for safe disposal.

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

- Friday, April 18th for Good Friday.
- Monday, April 21st for Easter Monday
- Monday, April 28th

### **The Tuck Shoppe hours are:**

Monday 8:30am - 3:30pm

Friday 8:30am - 3:30pm

Ishmeet, our Clinical Pharmacist, will be here in the Tuck Shoppe on Friday, April 11th and Friday, April 25th.

Please stop by the Tuck Shoppe to say hello. It's always nice to see you!

# ACTIVITIES

## WALKING GROUP

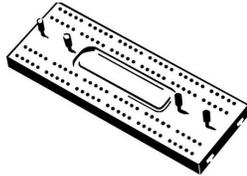
**When:** Tuesday and Fridays at 10:00am  
**Where:** Meet in the Atrium for a 20-30 minute **INDOOR** or **OUTDOOR** walk, and then coffee-time at the *Garden Café*.  
**Short distance, or long - you pick. All levels of walkers are welcome!**

## SHUFFLEBOARD

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

## CRIBBAGE

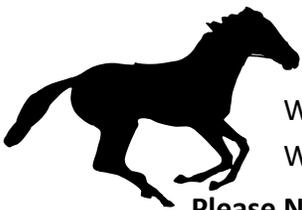
**When:** Monday at 6:30pm  
**Where:** Games Room



## HAPPY HOOKERS CLUB

**When:** Tuesday at 1:00pm  
**Where:** North Atrium near the Koi Pond

## OFF TO THE RACES... HORSE RACES



**When:** Every other Thursday at 1:00pm  
**Where:** Games Room

**Please Note: Time and date has been adjusted**



## 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 revisions are not associated with the main office. For information regarding the individuals in charge, please refer to the resident board.**

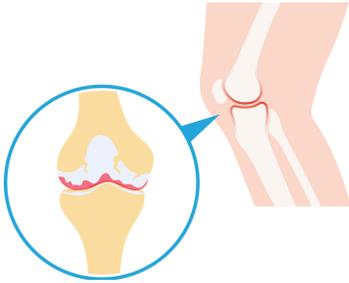


## Let's Talk About Osteoarthritis

Led by:  
**Nicole Johnston (BKin, CSCS) with Acumen Clinic**

**WEDNESDAY, APRIL 2  
11AM**

**FATHER IRWIN ROOM**



### What to expect:

- Information session on osteoarthritis
- What osteoarthritis is
- How to manage osteoarthritis
- Treatment options and more



## GARDENERS MEETING



WHEN: THURSDAY, APRIL 3  
TIME: 1:00 PM  
WHERE: TV ROOM (PINK ROOM)

New and current gardeners.  
Discuss garden boxes, available tools, cleaning, amending soil, vegetable health, bugs, and cats.



Find out what vegetable seeds and tomato plants are available and when to get them.



## COOPERATIVE MEMORIAL SOCIETY

Compassion. Dignity. Fairness

# Join Us for a Presentation

### About Us

At the Cooperative Memorial Society (CMS), we believe that end-of-life planning should be accessible to everyone—not just a privilege. Every individual deserves a funeral that reflects their wishes and budget, free from pressure, hidden costs, or uncertainty.

Friday, April 4th

11:00am

Father Irwin Room



# Fire Safety Presentation

**FRIDAY, APRIL 11TH 2025 AT  
2:00 PM  
AUDITORIUM**

REFRESHMENTS WILL BE SERVED





Students from AYP Explorers will visit on **Wednesday, April 9th, from 4 PM to 5 PM** to discuss their studies and play board games with residents. Interested participants should sign up at the Main Office or contact Kiara for details.

# CARD MAKING WORKSHOP



**THURSDAY APRIL 17TH**  
**1:00 PM**  
**Games Room**  
**\$20.00**

PLEASE SIGN UP WITH KIARA



**WEDNESDAY APRIL 23RD**

## **CREATIVE WELLNESS WORKSHOP**

**1:00pm**  
*Father Irwin Room*

*Sign up with Kiara*





**National Volunteer Week** will be celebrated from April 27 to May 3 this year. We have a fantastic group of volunteers who contribute to our community in numerous ways, and they will be honored during this special week. If you have volunteered with the Centre in any role, please watch for an invitation to this event.



---

## Explore the exciting happenings in **WESTMOUNT!**

### **WESeniors Men's Shed**

**Join us at the WESTEND SENIORS ACTIVITY CENTRE** on Wednesday evenings at 6:30 p.m. for a relaxed night of cards, billiards, great conversations, and engaging presentations. Whether you want to sharpen your skills at the pool table, swap stories over a deck of cards, or just enjoy good company, Men's Shed is the perfect place to be.

We're more than just a social club—we're a community. No pressure, no expectations—just a friendly space where men can connect, unwind, and share a few laughs. So grab a coffee, pull up a chair, and join us.

Because let's face it—*good things happen when we get together!*

**WEDNESDAY EVENINGS**

**6:30 P.M. TO 8:30 P.M.**

**COMMUNITY CAFE**

**Questions? Call Mark at 780 905-4714 or Grant at 780 952-2673**

## SUSAN'S NEWS



St. Andrew's Centre was awarded a Peavy Mart grant a little over five years ago, which facilitated the operation of the koi pond and the establishment of the tower gardens.

As the farm retail chain Peavy Mart shuts down, they leave behind a lasting legacy in numerous communities. Many rural areas have significantly benefited from their services and generosity.

### **2025 GARDENING SEASON**

For all gardeners, new and current, there will be a gardening meeting April 3rd at 1:00 PM in the TV Room (Pink Room). At the meeting we will announce dates for the seed and tomato plant giveaway plus general gardening details.

Thank you to our donor for the vegetable seeds again this year. It is truly appreciated by the gardeners.

### **TOWER GARDENS**

Volunteers harvest to ensure the produce is not overpicked, allowing for continued growth. Bring your bowls or baggies down Tuesday mornings between 10:00 AM – 10:30 AM. If there is produce left over, you can find individual portions in the fridge (TV room).

### **OUTDOORS**

Over the next month we hope to put out the furniture and make the common areas usable. Volunteer task lists will be posted on the notice boards by the elevators.

### **NATIONAL STRESS AWARENESS MONTH**

Increasing your activity levels is essential for improving overall wellness. Start with just two minutes each day. If you're unsure about how to add more movement into your daily routine, consider reaching out to your healthcare provider for advice. Begin by incorporating activities you enjoy, whether it's a refreshing walk outdoors, a gentle chair yoga class, or dancing to your favorite songs. Gradual progress can lead to significant changes. Remember, every small step contributes to a healthier lifestyle. Additionally, participating in community activities, such as those at St. Andrew's Centre, can create a supportive atmosphere that keeps you motivated and connected.



## Mindful Moments: Celebrate the Joy!

Spring has arrived, bringing with it a wonderful opportunity to shed the winter blues and embrace new beginnings! This month, let's concentrate on discovering joy in the small things, whether it's the melodic chirping of birds, the gentle warmth of the sun on your skin, or the laughter shared with loved ones.

### Here's a delightful challenge for April: The 7-Day Joy Hunt!



Each day, identify one thing that brings a smile to your face and jot it down. It could be a tasty meal, a humorous joke, or simply the pleasure of stretching your legs on a refreshing walk. By the end of the week, you'll have a lovely collection of life's simple joys!

Mindfulness is not only about tranquility; it's also about enjoying life's happiest moments.

So, go ahead and welcome the joy this month offers—you truly deserve it!

MONDAY: \_\_\_\_\_

TUESDAY: \_\_\_\_\_

WEDNESDAY: \_\_\_\_\_

THURSDAY: \_\_\_\_\_

FRIDAY: \_\_\_\_\_

SATURDAY: \_\_\_\_\_

SUNDAY: \_\_\_\_\_

# St. Andrew's Centre

# April 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>23</b>  Music Hour 7pm Pink/TV Room	<b>24</b> Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	<b>25</b> Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	<b>26</b>  Shop Easy 9:30am Leather Workshop 2:00pm Father Irwin Room Card Bingo 2pm Canasta 6 pm Whist 6pm	<b>27</b> <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	<b>28</b> Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room	<b>29</b> Bingo 6pm	
<b>30</b>  Music Hour 7pm Pink/TV Room	<b>31</b> Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	<b>April 1st</b> Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	St. Vincent De Paul Sale			<b>4</b> Cooperative Memorial Information Session 11:00 AM Father Irwin Room Movie Night 7pm Pink/TV Room	<b>5</b>  Chair Yoga Sign up required 9:45am Father Irwin Room Bingo 6pm
<b>6</b>  Music Hour 7pm Pink/TV Room	<b>7</b> Keep Fit with Bonnie 10am Auditorium Generator Test starting at 2pm Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	<b>8</b> Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	<b>9</b> Acumen Health Information Session 11:00 AM Father Irwin Room Card Bingo 2pm Canasta 6 pm Whist 6pm	<b>10</b> <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	<b>11</b> Walking Group 10am <b>Fire Safety Meeting</b> <b>ALL RESIDENTS ARE                      WELCOME TO JOIN</b>  Movie Night 7pm Pink/TV Room	<b>12</b>  Chair Yoga Sign up required 9:45am Bingo 6pm	

# St. Andrew's Centre

# April 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>13</b>  Music Hour 7pm Pink/TV Room	<b>14</b> Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	<b>15</b> Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	<b>16</b> <div style="border: 2px solid black; padding: 5px; display: inline-block;">                         RCC Meeting                          Auditorium                          1:00pm                     </div> Card Bingo 2pm Canasta 6 pm Whist 6pm	<b>17</b> Keep Fit with Bonnie 10am Auditorium Card Making Workshop 1:00pm Game's Room Sign up required STAFF <b>FIRE SAFETY MEETING</b> The office will be closed from 2:00 PM to 3:00 PM.	<b>18</b> <b>GOOD FRIDAY</b> <div style="border: 2px solid black; padding: 5px; display: inline-block; background-color: red; color: white; text-align: center;">                         SORRY WE'RE                          CLOSED                     </div>	<b>19</b>  Chair Yoga Sign up required 9:45am PINK ROOM Bingo 6pm
<b>20</b>  Music Hour 7pm Pink/TV Room	<b>21</b> <b>EASTER MONDAY</b> <div style="border: 2px solid black; padding: 5px; display: inline-block; background-color: red; color: white; text-align: center;">                         SORRY WE'RE                          CLOSED                     </div> Keep Fit with Bonnie 10am CANCELLED	<b>22</b> Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm <div style="border: 2px solid black; padding: 5px; display: inline-block;">                         Entertainment                          Resident Association                          7:00 PM                          Auditorium                     </div> 	<b>23</b> Creative Wellness Workshop 1:00pm Father Irwin Room Sign up required Card Bingo 2pm Canasta 6 pm Whist 6pm	<b>24</b> <div style="border: 2px solid black; padding: 5px; display: inline-block;">                         Farmers' Market                          9:30am - 1:30pm                          Atrium                     </div> Keep Fit with Bonnie 10am Auditorium Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	<b>25</b> Walking Group 10am Mental Health Discussion with Correne 1:30 Auditorium Card Bingo 2pm Movie Night 7pm Pink/TV Room	<b>26</b>  Chair Yoga Sign up required 9:45am Bingo 6pm
<b>27</b>  Music Hour 7pm Pink/TV Room	<b>28</b> Keep Fit with Bonnie 10am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	<b>29</b> Walking Group 10am Volunteer Appreciation Luncheon <b>BY INVITATION ONLY</b> Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	<b>30</b> Card Bingo 2pm Canasta 6 pm Whist 6pm	<b>May 1st</b> Keep Fit with Bonnie 10am Auditorium Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	<b>2</b> Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room	<b>3</b>  Chair Yoga Sign up required 9:45am 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.