

# St. Andrew's Centre

## MONTHLY NEWSLETTER

### Greetings from the Chief Operating Officer,

As we step into the beautiful month of May, I want to begin by thanking each and every one of you who joined me for last month's mental health talk. It was an incredibly insightful and meaningful experience, and I appreciated the openness, vulnerability, and community spirit that filled the room. It reminded me how important it is that we continue to create safe spaces where we can support each other through life's many journeys.

I am pleased to share that I will be hosting another resident discussion on Friday, May 30th—this time focusing on dementia and arthritis. These are topics that touch many lives in different ways, and I hope this session will offer clarity, comfort, and encouragement for those affected, whether directly or indirectly. I truly hope to see many of you there.

May is also a time to honour and celebrate the nurturing spirit within our community. Whether or not you are a mother, we recognize and appreciate the care, wisdom, and kindness you extend to others. Join us for a Mother's Day Brunch on Sunday, May 11th—tickets are now available for purchase and we encourage you to get yours early! And on Monday, May 12th at 1:30pm, we'll continue the celebration with a live performance sure to bring joy and warmth to your heart.

We also want to keep you well and thriving! The Flu Clinic returns on Thursday, May 29th, and we encourage everyone to attend if you're due for a vaccine. Your health is always a top priority here at St. Andrew's Centre.

As the weather continues to warm up, we understand many are eager to have their air conditioners serviced. We kindly ask that you do not pre-book these work orders. Our maintenance team is currently triaging a number of concerns and doing their best to prioritize urgent needs while remaining flexible. We appreciate your mindfulness and patience as they work diligently to create comfort for all.

Spring is a season of renewal, and it brings with it fresh energy and hope. May this month be filled with sunny days, good conversations, and little moments that make you smile.

With warmth and appreciation,

Correne Killian  
Chief Operating Officer



## ANNOUNCEMENTS

### GENERATOR TESTING

Wednesday, May 7<sup>th</sup> 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.

### MAIN OFFICE

Closed

May 19th

Victoria Day

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444



## SPRING COVID VACCINATION

Thursday, May 29th  
10:00 AM – 2:00 PM  
Auditorium

Remember to bring  
your Alberta health  
card.



Maren, work experience student in the **Food Service department**. She will be with us from May 12, 2025 to June 13, 2025.

Helen, **casual Hospitality Attendant**

# FINANCE DEPARTMENT



## CANADA POST

Effective June 1, 2025

**Canada Post will no longer allow Centre staff any access to the mailroom.**

They are citing financial reasons for the change.

Canada Post suggests that all of our correspondence be sealed in envelopes, stamped with postage and mailed out to our residents.



Aside from being a much less efficient process, it will be very costly to the Centre. Also, there is potential to create complications and delays. The enduring possibility of postal worker strike actions means that their services may not be available at all times.



Distributing documents without access to the mailroom will affect Centre operations significantly. Coordinating delivery of time-sensitive items, such as account invoices, payment receipts, notices and updates will be challenging.

**Unfortunately, there are no simple solutions.**

We are pursuing alternatives to full-price postage (currently \$1.23/item) as well as options to avoid using *Canada Post* altogether. Optimally, we hope to get documents directly to our residents, but minimize increased costs for labour, stationary, etc. This may include:

- E-Mail directly to residents, family or third-party payers.
- Pre-Authorized Payments ("PAP") to receive invoice payments from residents by automatic bank withdrawal (a reliable method currently being used by numerous residents).
- Scheduled Pick-Up dates for residents to retrieve invoices, receipts, etc. from the Main Office.
- Door Delivery (when necessary), either in person or posted on door.
- Reduced postage rate to mail out documents using *Canada Post* (if needed).

***Thank You for your patience and cooperation while we navigate this issue!***

### **IMPORTANT NOTES**

- Mail delivered incorrectly by *Canada Post*, will no longer be redirected.
- If you have moved to a new suite within the building and fail to notify all your contacts and/or purchase mail forwarding from *Canada Post*, mail delivered to your previous suite mailbox will no longer be redirected.

**If you receive any mail that does not belong to you  
PLEASE DO NOT bring it to the Main Office.**



***According to Canada Post you are expected to cross through the address and mark "RTS" on the envelope, then drop into a red outgoing mailbox.***

## RESIDENTS' ASSOCIATION (R.A)



### **CANADA DAY CELEBRATION LUNCHEON**

COME CELEBRATE WITH US AT A DELIGHTFUL LUNCH ON TUESDAY, JULY 1ST, AT 11:30 AM!

Tickets are available for just \$2.00 and can be purchased in the North Atrium beginning June 3rd.

**The doors will open at 11:00 AM for the Canada Day lunch celebration.**

**WE HAVE A LIMITED AVAILABILITY OF 150 TICKETS FOR SALE. IT'S FIRST-COME, FIRST-SERVED, SO BE SURE TO ACT QUICKLY!**

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

- Minutes from the April Resident Community Committee meeting are included in this publication.
- The next meeting is scheduled for: Wednesday, May 21<sup>st</sup> @ 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**

To initiate a work order, please reach out to the main office. Residents should not engage in direct conversations regarding maintenance issues, as there are set procedures for logging labor hours, and our team may overlook what was discussed. It is crucial to submit work orders, even for minor tasks, to ensure accurate tracking and maintain a clear record of completed work. Adhering to these procedures enables the team to allocate resources effectively and prioritize tasks according to their urgency.





## 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

special  
Mother's Day  
brunch

**Sunday | May 11, 2025**

10: 30 AM to 1:30 PM

Auditorium

St. Andrew's Centre

Reserve your spot now and make this  
Mother's Day truly unforgettable! ♥

***Tickets available***

***at main office on April 1, 2025***

Residents	\$25.00
Guest	\$30.00
Children (6-12 YO)	\$15.00
Children (5 and below)	FREE

*Maximum of 160 people only*



# Celebrate Mother's Day with Us!

and enjoy a delicious brunch crafted to make this day extra special for the amazing women in our lives.

## Menu Highlights:

Indulge in a delicious array of dishes, including:

- **Assorted Baked Goods:** Fresh pastries and breads to start your day.
- **Salads:** Greek Salad and Caesar Salad for a refreshing twist.
- **Breakfast Favorites:** Cheesy scrambled eggs, Eggs Benedict, fluffy pancakes, crispy bacon, savory sausage, and golden hashbrowns.
- **Signature Entrees:** Salmon Wellington, Chicken Cordon Bleu, and Rice Pilaf crafted to perfection.
- **Desserts:** A decadent spread of cheesecakes, squares, pies, fresh fruits, and chocolate-dipped strawberries.
- **Beverages Included:** Coffee, tea, and juice to complement your meal.

## Why Choose Us?

We understand concerns about pricing, but rest assured, our brunch offers exceptional value compared to similar events:

River Cree	\$99.99
Double Tree (Senior's Price)	\$76.73
West in Downtown	\$87.00
Fantasy Land Hotel (Senior's Price)	\$69.00
Delta South Edmonton	\$65.00

Source: <https://www.todocanada.ca/2025-mothers-day-brunch-dinner-and-high-tea-in-edmonton/>

### Reserve Your Spot Today!

Tickets are limited—don't miss out.  
Purchase your tickets now at the main office.

## HOSPITALITY DEPARTMENT



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### 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.



"The month of May is the gateway to summer" - Jean Hershey

Let's get out and enjoy the beautiful month of May this year. May is also our month to celebrate ladies, so Happy Mother's Day to all!

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

**Victoria Day on Monday, May 19th**

Ishmeet, our Clinical Pharmacist, will be in the Tuck Shoppe for a visit on Friday, May 9th, and Friday, May 23rd, if you have any pharmacy questions.

**The Tuck Shoppe hours are:**

Monday 8:30am - 3:30pm

Friday 8:30am - 3:30pm

If you have any old medications that you are no longer taking or that have expired, you can drop them off at the Tuck Shoppe to be properly disposed of.

Remember to stop by the Tuck Shoppe to say hi!

# ACTIVITIES

## WALKING GROUP

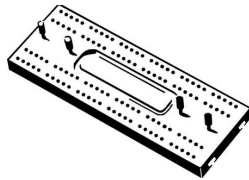
**When:** Tuesday and Fridays at 10:00am  
**Where:** Meet in the Atrium for a 20-30 minute INDOOR or OUTDOOR walk, and then coffee-time at the *Garden Café*.  
**Short distance, or long - you pick. All levels of walkers are welcome!**

## SHUFFLEBOARD

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

## CRIBBAGE

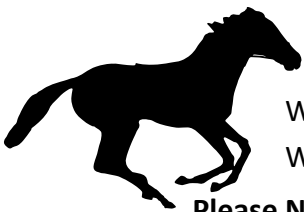
**When:** Monday at 6:30pm  
**Where:** Games Room



## 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

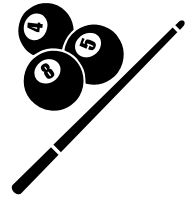
## FRIDAY MOVIE NIGHTS

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.**





# ICE CREAM SUNDAE




**EVERY MONDAY STARTING  
MAY 5<sup>TH</sup> - SEPTEMBER 29<sup>TH</sup>**

**Cost: \$4.50**




# MOTHER'S DAY



**Monday, May 12th**

Entertainment by Dahlia:  
Singing the Classics

1:30PM  
AUDITORIUM

## CARD MAKING WORKSHOP



**THURSDAY MAY 15TH  
1:00 PM  
Games Room  
\$20.00**

PLEASE SIGN UP WITH KIARA

## *Dementia & Arthritis*

DISCUSSION WITH CORRENE

*Navigating the Path to Mental Well-being,  
One Conversation at a Time.*

**Friday, May 30th**

**1:30pm**

**Auditorium**







## SUSAN'S NEWS

### **2025 GARDENING SEASON**

As we head into May, some of you are anxious to get planting. If you want to plant prior to the May long weekend, ensure to check the long-range forecast. Water barrels and tools will be put out soon. Let's be respectful gardeners by ensuring you clean up after yourself, remove anything not fastened down (including all items under the garden boxes), and if you need assistance, you speak up. As much as you have your own garden box, you are part of the gardening community. A follow-up gardeners' meeting will be held on Tuesday, May 6th, at 11:00 AM. See below.



#### **GARDENERS MEETING**

WHEN: TUESDAY MAY 6

TIME: 11:00 AM

WHERE: TV ROOM (PINK ROOM)



#### **Missed the last meeting? Need to know where your garden box is?**

To discuss: Assigned garden boxes for new gardeners, amending soil, vegetable health, bugs, available tools, cleaning, and cats.



### **KOI POND**

I cannot stress this enough: Please insist that your guests and all kids keep their hands, heads, and objects out of the koi pond. There has been a few situations lately that can negatively affect both the koi and the person. The koi have been healthy the last few months and we would like it to stay that way!

**If you see anyone disregarding this please call security immediately so they can deal with it. This also goes for anyone going through the tropical beds, playing in the dirt, or misusing the games room. The atrium is not a playground or place to dump garbage.**





### **TOWER GARDENS**

The tower gardens in the planting room will be winding down this month. They will start up again in the fall. Thank you to our volunteers for the weekly cleaning and harvesting that benefited many.







# St. Andrew's Centre

# May 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 Oral Book Club 11:15am Pink/TV Room  <b>Volunteer Appreciation Luncheon</b> <b>BY INVITATION ONLY</b>  Bible Study 2pm  Canasta 5:30pm & 6 pm	<b>30</b>  <b>Shop Easy 9:30am</b>  Card Bingo 2pm  Canasta 6 pm  Whist 6pm	<b>May 1<sup>st</sup></b> Keep Fit with Bonnie 10am Auditorium  Movie Group 2pm Tv Room  Shuffleboard 2pm  Canasta 5:30pm  Bingo 6pm	<b>2</b> Walking Group 10am  Card Bingo 2pm  Movie Night 7pm Pink/TV Room  Bingo 6pm	<b>3</b>
<b>4</b>  Music Hour 7pm Pink/TV Room	<b>5</b> Keep Fit with Bonnie 10am Auditorium  Card Bingo 2pm  Shuffleboard 2pm  Cribbage 6:30pm	<b>6</b> <b>Gardener Meeting 11:00am</b> <b>Pink/TV Room</b>  Oral Book Club 11:15am Pink/TV Room  Happy Hookers Club 1pm Bible Study 2pm  Canasta 5:30pm & 6 pm	<b>7</b> <b>Generator Test starting at 2pm</b>  Card Bingo 2pm  Canasta 6 pm  Whist 6pm	<b>8</b> <div> <b>Farmers' Market 9:30am - 1:30pm</b>  <b>Atrium</b> </div> Movie Group 2pm Tv Room  Shuffleboard 2pm  Canasta 5:30pm  Bingo 6pm	<b>9</b> Walking Group 10am  Card Bingo 2pm  Movie Night 7pm Pink/TV Room  Bingo 6pm	<b>10</b>
<b>11</b>  <b>Mother's Day Brunch</b> <b>Ticket holders only</b>  Music Hour 7pm Pink/TV Room	<b>12</b> <div> <b>Mother's Day Entertainment 1:30 PM</b>  <b>Auditorium</b> </div> Shuffleboard 2pm  Cribbage 6:30pm	<b>13</b> Walking Group 10am Oral Book Club 11:15am Pink/TV Room  Happy Hookers Club 1pm  <div> <b>General Meeting</b>  <b>Resident Association 7:00 PM</b>  <b>Auditorium</b> </div>	<b>14</b> Card Bingo 2pm  Canasta 6 pm  Whist 6pm	<b>15</b> <b>Card Making Workshop 1:00pm</b> <b>Games Room</b>  Movie Group 2pm Tv Room  Shuffleboard 2pm  Canasta 5:30pm	<b>16</b> Walking Group 10am  Card Bingo 2pm  Movie Night 7pm Pink/TV Room  Bingo 6pm	<b>17</b>

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>  Music Hour 7pm Pink/TV Room	<b>19</b> <b>FAMILY DAY</b>  <b>The main office is closed!</b>	<b>20</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>21</b> <div>RCC Meeting 1:00pm Auditorium</div> Card Bingo 2pm Canasta 6 pm Whist 6pm	<b>22</b> <div>Farmers' Market 9:30am - 1:30pm Atrium</div> Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	<b>23</b> <b>Submission Deadline for COVID Vaccination Forms</b> Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room	<b>24</b> Bingo 6pm
<b>25</b>  Music Hour 7pm Pink/TV Room	<b>26</b> Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	<b>27</b> Walking Group 10am Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm <div>Quarterly Birthday Celebration Resident Association 2:00 PM Auditorium</div> 	<b>28</b> Card Bingo 2pm Canasta 6 pm Whist 6pm	<b>29</b>  <div>Vaccination Clinic 10:00am - 2:00pm Auditorium Bring ID</div> Shuffleboard 2pm Canasta 5:30pm	<b>30</b> Walking Group 10am <div>Correne Talks: Dementia &amp; Arthritis 1:30 PM Auditorium</div> Movie Night 7pm Pink/TV Room	<b>31</b> Bingo 6pm
<b>June 1<sup>st</sup></b>  Music Hour 7pm Pink/TV Room	<b>2</b> Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	<b>3</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>4</b> <div>Health and Wellness Fair 10:00am - 2:00pm Auditorium</div> Card Bingo 2pm Canasta 6 pm Whist 6pm	<b>5</b> <div>Farmers' Market 9:30am - 1:30pm Atrium</div> Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	<b>6</b> Walking Group 10am <div>Magician 1:00pm Auditorium</div> Card Bingo 2pm Movie Night 7pm Pink/TV Room	<b>7</b> 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.