

St. Andrew's Centre

MONTHLY NEWSLETTER

Greetings from the Chief Operating Officer,

As we step into the vibrant month of June, I want to take a moment to celebrate the warmth, resilience, and vibrant spirit that each of you brings to St. Andrew's Centre. With summer just around the corner, this is a wonderful time for renewal, connection, and celebration—and there's no better time to do that than during Seniors' Week! From June 2nd to 8th, we recognize and honor the remarkable contributions that our residents make to our families, our community, and our province.

To kick things off, we're excited to host our annual **Health and Wellness Fair on Wednesday, June 4th from 10:00 am to 2:00 pm**. This event will be a rich opportunity to explore a variety of local resources and services designed to support your well-being. From health screenings to educational booths, we've invited professionals who are eager to answer your questions and provide tools to help you live your healthiest life. We encourage everyone to stop by and enjoy this uplifting day dedicated to your care and vitality.

And because no celebration is complete without good food and great entertainment, don't forget to mark your calendars for **Free Lunch Friday on June 6th at 11:30 am**. It will be a joy to gather together over a delicious meal, followed by an enchanting **Magic Show in the auditorium at 1:30 pm**. You won't want to miss this lively performance that promises laughter, wonder, and a little bit of mystery.

This month, we also take time to honour the remarkable men in our lives as we celebrate **Father's Day on Sunday, June 16th**. Whether you are a father, grandfather, uncle, mentor, or a cherished father figure—your wisdom, strength, and steady presence are deeply appreciated. We see the quiet acts of love and leadership that have shaped families and communities, and we are grateful for the legacies you've built and the lives you continue to touch.

Each one of you brings a unique light to our Centre, and it's during times like these that we truly see how much we thrive when we come together. On behalf of our entire team, thank you for being the heart of St. Andrew's. Your presence, your stories, and your continued engagement enrich everything we do. We look forward to celebrating with you and continuing to build a space where all feel valued, inspired, and cared for.

Correne Killian
Chief Operating Officer



ANNOUNCEMENTS

GENERATOR TESTING

Monday June 9th 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

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

ANNUAL GENERAL MEETING with the Board of Directors

Join us on

Thursday, June 19th at 6:30pm in the Auditorium

Refreshments and treats will be served.

RESPECT FOR THE ATRIUM AND COMMON AREAS

If you observe anyone—whether children or adults—interfering with the koi pond by placing their hands, arms, or objects into it, **please contact security immediately** to address the situation.

This policy also applies to individuals disturbing the tropical beds, playing in the soil, or misusing the games room or common areas. It is important to remember that the atrium is not a playground and should not be treated as a space for litter.

We have noticed that many shared spaces are often left in a messy and unkempt state, particularly following gatherings or parties, where tissues and debris are frequently left behind. We kindly request that if you rearrange chairs in these areas, you ensure they are returned to their original positions. Thank you for your cooperation in maintaining a clean and respectful environment.



Samuel (Sam), casual Security/Duty Worker
Christine, casual Security/Duty Worker

FINANCE DEPARTMENT

*Dear
Residents*

CANADA POST SERVICE CHANGES

Effective June 1, 2025
(for May Invoices)



If you use your *St. Andrew's Centre* account to charge Garden Café purchases, Hospitality Service services or incidental bills for light bulbs, batteries, etc...

As discussed at the Resident Community Committee meeting on May 21st,
WE CANNOT DELIVER INVOICES DIRECTLY TO YOUR MAILBOX
due to a Canada Post decision.

Mailing documents out to you using Canada Post is costly and inefficient.



**HELP BY PICKING UP YOUR INVOICES
FROM THE MAIN OFFICE**

To simplify the process, we will ...

- Prepare monthly invoices as soon as possible after the end of each calendar month, which is usually in the first 3-5 business days of the next month.
- Post notifications in elevator lobbies on each floor of the Centre, and near the mailboxes in the atrium once the invoices are ready to be picked up.
- Extend the full payment expectation deadline to the end of the following month, instead of the 15th, giving more time to retrieve your invoice and remit your payment, without penalty.

PLEASE NOTE

If you pay your invoices by automatic bank withdrawal ("PAP"), your invoice will be available as soon as it is prepared, with a reminder note of the bank withdrawal being scheduled for the middle of the month.



Thank You for your cooperation while we navigate new procedures!!

RESIDENTS' ASSOCIATION (R.A)



CANADA DAY CELEBRATION LUNCHEON

Come celebrate with us at a delightful lunch on
Monday, June 30th 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 May Resident Community Committee meeting are included in this publication.
- The next meeting is scheduled for: Wednesday, June 18th @ 1:00 pm 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.

CONSTRUCTION ZONE

Please refrain from entering suites that are currently under
construction and designated as restricted access for contractors
only. We have observed numerous residents accessing these areas,
and we kindly request that this practice be discontinued
immediately. Thank you for your cooperation.





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

A large graphic for an ice cream sundae promotion. It features a brown semi-circle on the left, a pink semi-circle on the right, and a yellow semi-circle at the bottom. In the center, the words "ICE CREAM SUNDAE" are written in large, bold, orange letters. Below this, a yellow speech bubble contains the text "EVERY MONDAY UNTIL SEPTEMBER 29TH" and "2:00pm - 2:30pm". At the bottom, the cost "Cost: \$4.50" is listed. Illustrations of various ice cream treats are scattered around the text: a chocolate-dipped ice cream bar with sprinkles, a waffle cone with three scoops (pink, yellow, and brown), a bowl of ice cream with three scoops (pink, yellow, and brown), and a sundae in a waffle bowl with three scoops (pink, yellow, and brown) and a chocolate drizzle.

ICE CREAM SUNDAE

**EVERY MONDAY
UNTIL SEPTEMBER 29TH**

2:00pm - 2:30pm

Cost: \$4.50

HOSPITALITY DEPARTMENT



Happy Father's Day

Gift certificates can be
purchased at the main
office.

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

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.



Happy Father's Day this month to all the amazing Fathers, Grandfathers, Uncles, and wonderful men out there! You are cherished and valued! It's hard to believe that June has arrived, bringing with it the start of summer vacations for the kids and grandkids at the end of the month. Make sure to step outside and soak up the lovely weather we've been enjoying. And remember to wear your hat and put on sunscreen for protection!

Ishmeet, our clinical pharmacist, will be available at the Tuck Shoppe on the following dates:

- **Friday, June 6th : 10:30 am. – 2:30 pm.**
- **Friday, June 20th : 10:30 am. – 2:30 pm.**

The Tuck Shoppe hours are:
Monday 8:30am - 3:30pm
Friday 8:30am - 3:30pm

If you wish to sign up to receive your medications from CareRx, please visit Audrey at the Tuck Shoppe. For any medication inquiries, feel free to speak with Ishmeet, or you can reach the CareRx pharmacy by **calling 780-444-3257 – Extension 2507.**

ACTIVITIES

WALKING GROUP

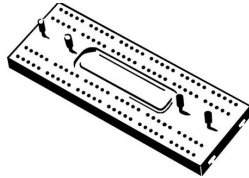
When: Monday, Wednesday and Fridays at 10:00am
Where: Meet in the Atrium for a 20-30 minute INDOOR or OUTDOOR walk, and then coffee-time at the *Garden Café*.
Short distance, or long - you pick. All levels of walkers are welcome!

SHUFFLEBOARD

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

CRIBBAGE

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

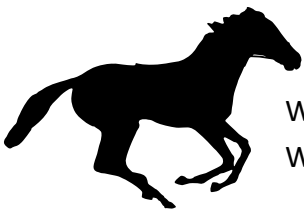


HAPPY HOOKERS CLUB

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

Knitters and those skilled in crochet are warmly welcomed.

OFF TO THE RACES... HORSE RACES



When: Every other Thursday at 1:00pm
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

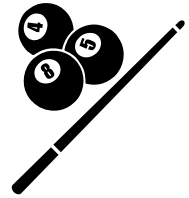
FRIDAY MOVIE NIGHTS

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

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ST. ANDREW'S CENTRE St A HEALTH & WELLNESS FAIR

Wednesday
JUNE 4
10AM - 2PM

  
in the Auditorium

CareRx



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ATOMY



ST. ANDREW'S CENTRE
Residents Association

COSTCO
HEARING AID CENTER

Home Instead.

ears to you.

Cornerstone
COUNSELLING

MELODY
HEARING CLINIC

Nurse Next Door®
home care services

AVALON DENTAL

HAPPY FEET INC.
Bride & Advanced foot care services

sage
Sage Seniors Association

Senior Home Care
by Angels

acumen HEALTH

Trinity Funeral Home
www.trinityfuneralhome.ca

Central
Lions
Seniors Association

Genie
SENIOR SERVICES

IG WEALTH
MANAGEMENT



Presentations by:

Sarah - Trinity Funeral Services
Erica - Cornerstone Counselling
Tracy - Home Instead Services

CHECK
IT
OUT



Join Us for a Sizzling

FREE LUNCH

Friday June 6th
11:30am
Garden Cafe



MAGIC SHOW

FRIDAY JUNE 6TH
1:30PM
AUDITORIUM

HAPPY SENIORS WEEK !



LLOY WILLIAMS' PIANO STUDIO
PRESENTS
AN EVENING OF MUSIC
STUDENT PIANO RECITAL



Auditorium
June 13, 2024
7:00 pm

**Get Fit
With Us!**



MONDAY JUNE 17TH 2025
1:30PM
AUDITORIUM

FREE DEMO CLASS FOR ALL RESIDENTS
PLEASE INFORM KIARA IF YOU ARE INTERESTED!

**CARD MAKING
WORKSHOP**



THURSDAY JUNE 19TH
1:00 PM
Games Room
\$20.00

PLEASE SIGN UP WITH KIARA

KEEP AN EYE OUT FOR POSTERS REGARDING
THIS EVENT.

**KDAY
KICK-OFF
DINNER**

SATURDAY JULY 19TH
4:00 PM





SUSAN'S NEWS

2025 GARDENING SEASON

The weather is better, some gardens already have produce coming up, and some of us waited for the warmer nights to plant. Gardening season is a chance to talk to others, get outside, and enjoy your harvest. If you have questions, concerns, or need any more seeds, please talk to me.

I find myself saying the same thing a few times each gardening season. I cannot stress enough how important it is to please clean up after yourself and have nothing left out that will blow away, roll away, or interfere with others in any capacity. If you need assistance, please ask other gardeners or talk to me. The other huge detail is to please ignore your neighbors' garden unless they have specifically asked you to tend to it. We've already seen gardens watered by others. Overwatering when a person has a schedule can lead to rotting roots/plants. Imagine there is a privacy fence around each garden box. Respectful gardening allows everyone to enjoy the season.

OUTDOOR COMMON SPACES

Explore the various outdoor areas to sit and read, visit friends, and watch the clouds. There is the Inner Courtyard, East/Front Courtyard, and the Garden area on the west side. There are options for sun worshippers and shade seekers.

VOLUNTEERS

For all volunteers who assist with outdoor tasks, as well as those wanting to help, there will be a meeting on Thursday, June 5th, at 10:30 AM. We will confirm what tasks are assigned, what is left to do, and where we need more assistance.

DID YOU KNOW?

Edmonton's River Valley is an impressive 22 times larger than New York's Central Park. Additionally, Edmonton ranks as one of Canada's sunniest cities.











**Thursday June 5
10:30 AM
TV Room (Pink Room)**

A discussion on what is currently under way, how things are going, what is left to do, and where we need more assistance.







This is for volunteers currently tending to areas AND for anyone interested in helping.



**Any questions contact Susan
587-525-8713**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25  Music Hour 7pm Pink/TV Room	26 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	27 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm <div> Quarterly Birthday Celebration Resident Association 2:00pm Auditorium </div> Bible Study 2pm Canasta 5:30pm & 6 pm	28 <div>  Shop Easy 9:30am </div> Walking Group 10am Card Bingo 2pm Canasta 6 pm Whist 6pm	29 <div>  Vaccination Clinic 10:00am - 2:00pm Auditorium Bring ID </div> Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	30 Walking Group 10am <div> Correne Talks: Dementia & Arthritis 1:30pm Auditorium </div> Card Bingo 2pm Movie Night 7pm Pink/TV Room	31 Bingo 6pm
JUNE 1st  Music Hour 7pm Pink/TV Room	2 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	3 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	4 Walking Group 10am <div> Health and Wellness Fair 10:00am - 2:00pm </div> Card Bingo 2pm Canasta 6 pm Whist 6pm	5 <div> Farmers' Market 9:30am - 1:30pm Atrium </div> <div> Volunteer Meeting 10:30am Pink/TV room </div>  Canasta 5:30pm	6 <div> FREE LUNCH 11:30am Garden Cafe </div> <div> Magic Show 1:30pm Auditorium </div>  Bingo 6pm	7 Bingo 6pm
8  Music Hour 7pm Pink/TV Room	9 Walking Group 10am Card Bingo 2pm Generator Test starting at 2pm Shuffleboard 2pm Cribbage 6:30pm	10 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm <div> Resident Association Entertainment 7:00 PM Auditorium </div>	11 Walking Group 10am Card Bingo 2pm Canasta 6 pm Whist 6pm	12 Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	13 Walking Group 10am Card Bingo 2pm <div> Lloy's School of Music Piano Recital 7:00pm Auditorium </div> 	14 Bingo 6pm

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15  Music Hour 7pm Pink/TV Room	16 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	17 Oral Book Club 11:15am Pink/TV Room  FREE Fitness Demo Class 1:30pm Auditorium Canasta 5:30pm & 6 pm	18 Walking Group 10am RCC Meeting 1:00pm Auditorium Card Bingo 2pm Canasta 6 pm Whist 6pm	19 Farmers' Market 9:30am - 1:30pm Atrium Card Making Workshop 1:00pm Games Room Annual General Meeting with Centre 6:30pm Auditorium Movie Night 7pm Pink/TV Room Bingo 6pm	20 Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm	21 Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm
22  Music Hour 7pm Pink/TV Room	23 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	24 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm	25  Shop Easy 9:30am Walking Group 10am Card Bingo 2pm Canasta 6 pm Whist 6pm	26 Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm General Meeting Resident Association 7:00pm Auditorium Movie Night 7pm Pink/TV Room Bingo 6pm	27 Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm	28 Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm
29  Music Hour 7pm Pink/TV Room	30 Walking Group 10am CANADA DAY CELEBRATION LUNCHEON 11:30am Garden Cafe Entertainment to Follow	JULY 1ST  Happy Canada Day Main Office is closed!	2 Walking Group 10am Card Bingo 2pm Canasta 6 pm Whist 6pm	3 Farmers' Market 9:30am - 1:30pm Atrium Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm	4 Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm	5 Walking Group 10am Card Bingo 2pm Movie Night 7pm Pink/TV Room 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.