



AUGUST 2025

St. Andrew's Centre

MONTHLY NEWSLETTER

Greetings from the Chief Operating Officer,

I trust this letter finds you well. As part of our ongoing commitment to maintaining a safe, respectful, and healthy living environment for all residents and staff, I am writing to reaffirm several policies that are critical to the wellbeing of our community. Your cooperation and adherence to these policies are not only expected but essential to ensuring St. Andrew's Centre continues to be a place of comfort, dignity, and mutual respect.

First, I would like to address an issue of utmost importance. St. Andrew's Centre enforces a **strict zero-tolerance policy regarding harassment**. All forms of harassment whether verbal, physical, emotional, or psychological directed at staff, fellow residents, or visitors will not be tolerated under any circumstance. This includes, but is not limited to, inappropriate language, intimidation, threats, or any behaviour that creates a hostile or uncomfortable environment. **Any resident found to be in violation of this policy will be subject to formal documentation, and such incidents may lead to non-renewal of lease agreements.** Our staff and residents deserve to interact in a community that is grounded in courtesy, professionalism, and mutual respect.

Secondly, I must reiterate the Centre's policy on smoking. In accordance with provincial health regulations and our internal safety standards, **smoking is strictly prohibited inside residential suites, on balconies, and in all indoor areas of the building**. This includes tobacco products, cannabis, and electronic vaping devices. Smoking is permitted only in clearly marked designated outdoor areas. **Any violation of this policy will be documented, and repeated non-compliance will result in non-renewal of your lease.** This policy is enforced to protect the health of all residents and staff, especially those with respiratory or medical sensitivities.

Please also be advised that the **main office will be closed on Monday, August 4th in observance of Heritage Day**. Should you require urgent assistance on that day, please contact Security, who will be on site and available to support residents as needed.

St. Andrew's Centre remains committed to creating a safe and respectful home for all who live and work here. These policies are in place to preserve the quality of life we strive to provide, and we rely on the cooperation of every resident to uphold them.

Thank you for your attention to these important matters and for your continued commitment to our community standards. Should you have any questions or concerns in the meantime, please do not hesitate to contact the Main Office.

Correne Killian
Chief Operating Officer

ANNOUNCEMENTS

GENERATOR TESTING

Thursday, August 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.

MAIN OFFICE

CLOSED

August 4th - Heritage Day

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

IMPORTANT INFORMATION ON SMOKING POLICY

To clarify our policy regarding cigarette and marijuana smoking: St. Andrew's is not classified as a smoke-free environment, which means that smokers are permitted. We allow smokers to lease suites because we cannot discriminate against personal choices. However, we do enforce strict guidelines regarding smoking, which are as follows:

- **NO RESIDENT, GUEST, VISITOR, OR STAFF MEMBER MAY SMOKE CIGARETTES ANYWHERE IN THE BUILDING OR ON THE PROPERTY, EXCEPT IN THE DESIGNATED SMOKING AREA AT THE FRONT OF THE BUILDING.**
- **SMOKING MARIJUANA (INCLUDING FOR MEDICAL USE) MUST OCCUR OFF THE PREMISES.**

Any individual who does not comply with these policies will face potential non-renewal of their lease agreement and may be asked to vacate their suite. All residents are accountable for their guests and visitors; if they fail to adhere to this policy, the resident may also be considered for non-renewal.

We take this policy seriously, and we expect that if you observe anyone violating it, you will report it to security or the management team. Your report will be kept confidential.

Please note that starting February 1, 2026, the designated smoking area at the front of the building will be eliminated, and all individuals who smoke must leave the property. Failure to comply will result in non-renewal of their lease—no exceptions!



Joaquin, **full time Maintenance Worker**
Anura, **casual Maintenance Worker**

FINANCE DEPARTMENT



**...to Everyone who promptly visited
the Main Office to pick up
and pay their JUNE invoices!**

Since Canada Post no longer allows us access to the mailroom, picking up your billings will be a monthly process. We are thankful for your cooperation.

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

Please watch for the July 2025 "RESIDENT INVOICES ARE READY" posters in elevator lobbies, the main floor atrium, and Garden Cafe.

We expect to have billings prepared on or about Friday, August 8th.



MAKING CHANGES TO YOUR ACCOUNT



To be effective the following month, it is important to notify the Main Office by the 20th of the current month to change or update:

- Bank Account Information for Automatic Withdrawals ("PAP"s)
- Parking Stall Rental
- Storage Rental
- Garden Cafe Meal Plan

This enables us to prepare the paperwork and make the changes in our systems completed on time.

Debit Card is our preferred method of payment.

It is very quick and convenient for you and for our staff,
and it's less costly for the Centre to process
compared to credit card, cash, or PAP transactions.



RESIDENTS' ASSOCIATION (R.A)

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

- We are currently on a break.
- The next meeting is scheduled for Wednesday, September 17th, at 1:00 PM in the Auditorium. The Centre has a bulletin board specifically for RCC information and announcements, conveniently located 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.



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 |

To order dinner for delivery, please call the Café directly at 587-525-8718 before 3:30 pm

*DELIVERY IS AVAILABLE for a
\$2.50 charge per trip*

PRIME RIB NIGHT

Starter

Shrimp and Scallop Ceviche

Entree

Slow Roasted Prime Rib

Garlic Mashed Potatoes

Sautéed Mushrooms and Onions

Asparagus

Dessert

New York Cheesecake with Strawberry Compote

SALE STARTS JUNE 23RD

August 28th 2025

4:30pm to 6:00pm

\$35.00

**Tickets will be sold at the Main Office*



YOU DONT WANT TO MISS THIS !

HOSPITALITY DEPARTMENT

THROW GARBAGE IN ITS CORRECT PLACE!

We kindly ask that you **do not leave your garbage on the floor inside the chutes.** This issue has escalated, and leaving trash in that area will result in consequences if you are caught.

Thank you for your cooperation!



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 offer Gel Polish Manicures and Sculpted Nails among 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.



I hope everyone is having a delightful summer so far! The weather has been wonderful, and I'm hoping it continues throughout August. Remember to bring your hat, sunglasses, sunscreen for protection, and a large water bottle to keep hydrated.

Please note that the Tuck Shoppe will be closed on Monday, August 4th, in observance of the Heritage Day holiday.

Our Clinical Pharmacist will be available at St. Andrew's on Friday, August 1st, and Friday, August 15th, to answer any questions you may have about your medications.

Additionally, if you have any expired medications or vitamins you are no longer using, please feel free to drop them off at the Tuck Shoppe for proper disposal.

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

ACTIVITIES

WALKING GROUP

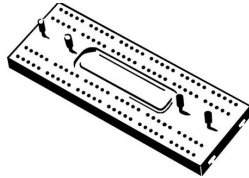
When: Monday, Wednesday and Fridays at 10:00am
Where: Meet in the Atrium for a 20-30 minute INDOOR or OUTDOOR walk, and then coffee-time at the *Garden Café*.
Short distance, or long - you pick. All levels of walkers are welcome!

SHUFFLEBOARD

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

CRIBBAGE

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

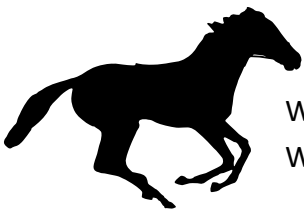


HAPPY HOOKERS CLUB

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

CALLING ALL BRIDGE PLAYERS

BRIDGE

When: every 1st and 2nd Thursday at 6:00pm
Where: Games Room



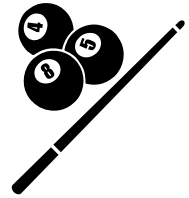
FRIDAY MOVIE NIGHTS

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



WHIST **When:** Wednesdays at 6:00pm

CANASTA **When:** Tuesday at 5:30pm and 6pm
Wednesday at 6pm
Thursday at 5:30pm
Where: Games Room

Note that these activities are resident-initiated, and arrangements or changes are not linked to the main office. For details about those in charge, refer to the resident board.

Get Fit With Us!



Registration Required

10:00 AM

AUDITORIUM

AUGUST 6TH

AUGUST 20TH

Have you signed up for the
informational session yet?



Presentation on:

HomeCare

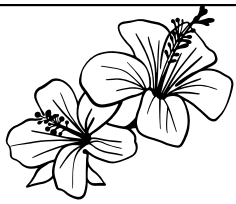
Learn about Home Care

August 8th at 1:30pm

In the Father Irwin Room

Receive a Free Gift
for attending





SUSAN'S NEWS

KOI POND

The koi pond is always a work in progress. With the longer days and warmer temperatures, algae build up occurs quickly and within 24 hours of scrubbing it off, the algae starts to grow again. Note that after a good cleaning, the pond can take hours for the cloudiness to go away.

VOLUNTEERS

Ah, the dreaded paperwork! Please remember to log your hours daily, weekly, or monthly. We started anew on April 1st, and there are numerous blank pages waiting to be filled. You can find the binder on the white shelf in the planting room, located between the games room and the TV room.

Thank you for all that you do!

WHAT WOULD YOU DO?






What would you do if people were throwing garbage into your apartment? You'd likely close the door, report the issue to solve the problem. Right?

Well in the atrium, there's no door to close, and lots of litter is being tossed into the tropical beds. Despite accessible garbage bins, the issue persists, prompting the need to raise awareness.

PLEASE DO YOUR PART IN KEEPING THE ATRIUM FREE FROM GARBAGE !!!!



Any questions? Contact Susan 587-525-8713

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|------------------------|
| 27  Music Hour 7pm Pink/TV Room | 28 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:00pm | 29 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm | 30  Shop Easy 9:30am Walking Group 10am Fitness with Kat 10:00am Auditorium Card Bingo 2pm Canasta 6 pm Whist 6pm | 31 Farmers' Market 9:30am - 1:30pm Atrium Game Day with Students 1:00pm Games Room/Courtyard Canasta 5:30pm Bridge 6pm | August 1st Walking Group 10am Shuffleboard 2pm Card Bingo 2pm Movie Night 7pm Pink/TV Room | 2 Bingo 6pm |
| 3  Music Hour 7pm Pink/TV Room | 4 <i>Heritage Day</i>  | 5 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm | 6 Walking Group 10am Fitness with Kat 10:00am Auditorium Card Bingo 2pm Canasta 6 pm Whist 6pm | 7 Generator Test starting at 2pm Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm Bridge 6pm | 8 Walking Group 10am Home Instead Presentation 1:30pm Father Irwin Room Card Bingo 2pm Movie Night 7pm Pink/TV Room | 9 Bingo 6pm |
| 10  Music Hour 7pm Pink/TV Room | 11 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:00pm | 12 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm | 13 Walking Group 10am Card Bingo 2pm Canasta 6 pm Whist 6pm | 14 Farmers' Market 9:30am - 1:30pm Atrium Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm Bridge 6pm | 15 Walking Group 10am Shuffleboard 2pm Card Bingo 2pm Movie Night 7pm Pink/TV Room | 16 Bingo 6pm |

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|---|
| 17  Music Hour 7pm Pink/TV Room | 18 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:00pm | 19 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm | 20 Walking Group 10am <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Fitness with Kat 10:00am Auditorium </div> Card Bingo 2pm Canasta 6 pm Whist 6pm | 21 Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm Bridge 6pm | 22 Walking Group 10am Shuffleboard 2pm Card Bingo 2pm Movie Night 7pm Pink/TV Room | 23 Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm |
| 24  Music Hour 7pm Pink/TV Room | 25 Walking Group 10am Card Bingo 2pm Shuffleboard 2pm Cribbage 6:00pm | 26 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm | 27 Walking Group 10am Card Bingo 2pm Canasta 6 pm Whist 6pm | 28 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Farmers' Market 9:30am - 1:30pm Atrium </div> Shuffleboard 2pm  Prime Rib Dinner Auditorium 4:00pm Tickets only | 29 Walking Group 10am Shuffleboard 2pm Card Bingo 2pm Movie Night 7pm Pink/TV Room | 30 Shuffleboard 2pm Card Bingo 2pm Movie Night 7pm Pink/TV Room Bingo 6pm |
| 31  Music Hour 7pm Pink/TV Room | September 1st <div style="text-align: center;">  </div> | 2 Oral Book Club 11:15am Pink/TV Room Happy Hookers Club 1pm Bible Study 2pm Canasta 5:30pm & 6 pm | 3 Walking Group 10am Card Bingo 2pm Canasta 6 pm Whist 6pm | 4 Movie Group 2pm Tv Room Shuffleboard 2pm Canasta 5:30pm Bridge 6pm | 5 Walking Group 10am Shuffleboard 2pm Card Bingo 2pm Movie Night 7pm Pink/TV Room | 6 Shuffleboard 2pm 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.