



MAY 2026

St. Andrew's Centre

MONTHLY NEWSLETTER

Greetings from the Chief Operating Officer,

As we step into May, there is a quiet but meaningful shift in the atmosphere here at St. Andrew's Centre. The days feel a little lighter, conversations a little longer, and there is a comforting sense of familiarity returning to our shared spaces. Even in simple moments seeing familiar smiles in the hallway or hearing laughter in the dining room it is clear how much this community continues to mean to one another.

Although I have been away, I want to sincerely express how deeply touched I have been by the emails, phone calls, and thoughtful messages many of you have left for me. Your kindness did not go unnoticed. In fact, it has been one of the most grounding reminders of what makes St. Andrew's Centre so special. To be thought of and included, even in my absence, speaks volumes about the heart of this community, and I am truly grateful.

I have also been hearing that many of you are slowly settling back into routines and reconnecting with programs and activities. Transitions can take time, and there is no rush what matters most is that people feel comfortable and supported as they ease back in. What stands out most is the quiet strength and patience within this community, where people continue to show care for one another in steady and meaningful ways.

May is a time to unite in celebration of all the incredible women who have impacted countless lives with their love, guidance, and resilience. We warmly invite you to our Mother's Day Celebration on , Monday, May 11th at 1:30pm in the auditorium. It will be an afternoon filled with reflection, appreciation, and shared connection. It will be an opportunity to honour those bonds in a way that feels both heartfelt and sincere.

As we move through the month ahead, I want you to know how much I look forward to being back with you and reconnecting in person. This Centre continues to stand out not because of any one event or moment, but because of the everyday care, patience, and humanity that you all bring into it. It is something truly meaningful, and I feel fortunate to be part of it.

With deep appreciation,
Correne Killian
Chief Operating Officer



ANNOUNCEMENTS

GENERATOR TESTING

Thursday, May 7th 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

VICTORIA DAY

MAY 18TH

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

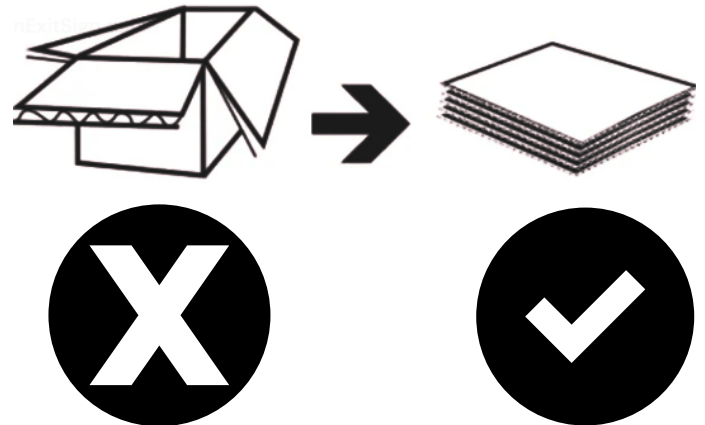
WORK ORDERS

Please refrain from visiting the Maintenance office downstairs to submit work orders. *All work orders must be processed through the main office.* In the event of an emergency after hours, please consult the security desk for assistance. Our goal is to streamline operations and ensure that maintenance requests are handled efficiently. By directing all work orders through the main office, we can prioritize tasks effectively and maintain clear communication. Your assistance in following this procedure helps us serve you better and maintain a smoothly functioning environment for everyone. If you have any questions or need further clarification on the work order process, please feel free to contact the main office during regular hours.

CARBOARD BOXES

Please do your part and make sure to flatten and break down all cardboard boxes before placing them in the indoor or outdoor bins.

This practice maximizes space and promotes efficient recycling. Furthermore, refrain from putting non-recyclable materials in the recycling bins, as this can contaminate the contents and hinder the recycling process. Your cooperation in keeping our environment clean and organized is greatly appreciated. Thank you for your support of our community's sustainability initiatives!



MASKING POLICY

We kindly request that individuals who are unwell wear a mask. If you are feeling ill, please refrain from coming downstairs. Thank you for your cooperation. We appreciate your efforts in maintaining a healthy and safe environment for everyone. By following these guidelines, you help protect not only yourself but also your fellow community members. Together, we can ensure a supportive and considerate atmosphere. If you have any questions or need assistance regarding the masking policy, please do not hesitate to reach out to the main office.

WELCOME TO THE TEAM

Please join us in welcoming Shoukat, our new part-time Security/Duty Worker, and Edith, our new casual Hospitality Attendant.

We're excited to have them on board and look forward to working together!

Please be sure to give them a warm welcome and introduce yourself when you see them around.



FINANCE DEPARTMENT



**...to Everyone who promptly visited
the main office to
pickup and pay their March invoices!**

Debit Card is our preferred method of payment as 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 Pre-Authorized Payment "PAP" transactions.



Already paying your invoices by PAP?

- The paper copy of your invoice is available to pickup at the main office, once the posters are up each month.
- If you prefer not to have a paper copy for your records please let us know, if you haven't already done so.

Would you like to start paying your invoices by PAP?

- Please visit the Main Office and ask to sign up.
- Amount due will be withdrawn from your bank account used for monthly rent, on the 15th of the following month.

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 allows adequate time to prepare the necessary paperwork and make the changes in our accounting and banking systems completed on time.

MAINTENANCE DEPARTMENT

MAINTENANCE HOURS: Monday – Friday 8:00am – 4:30pm (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	9:00am - 11:00am
Lunch	11:00am - 1:30pm
Dinner	4:30pm - 6:30pm

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

Mother's Day Brunch

Sunday, May 10th
9am - 2pm
Auditorium

Residents: \$25
Guests: \$30
Children 12& under: \$15

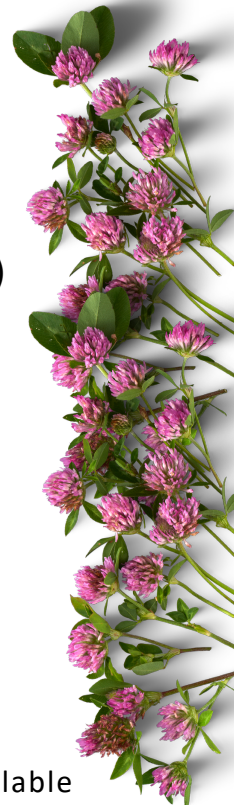
Assorted Baked Goods
Pasta Greek Salad / Caesar Salad
Scrambled Cheesy Eggs
Egg Benedict / Pancakes
Bacon/Sausage/Hash Browns

Salmon (Salmon Wellington)
Chicken Cordon Bleu
Rice Pilaf
Assorted Desserts
Fresh Fruit

Coffee, Tea, Juice Included

GET YOUR TICKETS TODAY!
AVAILABLE AT THE MAIN OFFICE.

*Please reserve before May 6th to secure your table. Limited seating available



RESIDENT COMMUNITY COMMITTEE (R.C.C.)



The upcoming meeting is scheduled for:
Wednesday, May 20th, at 1:00pm in the Auditorium.
The minutes from the previous meeting are available in this publication.

For your convenience, the Centre features a bulletin board dedicated to RCC information and announcements, located in the atrium adjacent to the piano.

We encourage all residents to engage actively in the community by attending meetings and sharing their ideas and concerns. Together, we can enhance our Centre, fostering a vibrant and welcoming environment for everyone.

HOSPITALITY DEPARTMENT



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.



COMMUNITY ENRICHMENT COORDINATOR CORNER

2026 GARDENERS

Free Seeds - Vegetables and herbs. Last seed giveaway for gardeners who missed the previous dates. If you are a new gardener and we have not talked about this coming season, please come see me at one of these times.

Seed Giveaway -> Tuesday May 5th from 9:30am– 10:30am and 1:30pm – 2:30pm

Due to unfinished construction inside the west courtyard, we are asking gardeners, and all residents, to hold off entering this area. A notice of 'No Entry' is on the gate and will be changed once the work is completed. Thank you in advance.

TOWER GARDENS

The tower gardens in the planting room are winding down. These aeroponic systems will start up again in the fall. Thank you to our volunteers for the weekly harvesting that benefited many.

OUTDOORS AND VOLUNTEERS

Some of the outdoor cleanup has been completed, although there will be more to do as the weather improves. Volunteers are needed for a few ongoing summer tasks. Watch the noticeboards for new information.



Hey Gardeners - Seed Giveaway

Games Room

Tuesday May 5th

9:30 - 10:30 AM
and 1:30 - 2:30 PM



Don't buy yet. Check what we have.

Contact Susan at 587-525-8713 or susan@standrewscentre.com

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.



Happy Spring! We are hopeful for pleasant weather this month, providing an excellent opportunity to enjoy outdoor walks and fresh air. Additionally, I would like to extend heartfelt wishes for Mother's Day to all our wonderful mothers and to the women who have positively impacted our lives. Thank you for all that you do!

The Tuck Shoppe will be closed on Monday, May 18th in observance of the Victoria Day holiday.

Our Clinical Pharmacist, Madeleine, will be available outside the Tuck Shoppe on the following dates:

- Thursday, May 14th from 10am to 2pm
- Thursday, May 28th from 10am to 2pm

If you have any questions or concerns, feel free to stop by.

You can reach the Tuck Shoppe at 780-217-6940 (Audrey's work cell).

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

Wishing you a fantastic month, and we hope to see you drop by to say hello!

ACTIVITIES

WALKING GROUP

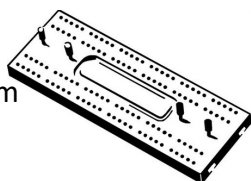
When: Tuesdays and Fridays at 10:00am
Where: Meet in the Atrium for a 20-30 minute **INDOOR** or **OUTDOOR** walk, and then coffee-time at the *Garden Café*.
Short distance, or long - you pick. All levels of walkers are welcome!

SHUFFLEBOARD

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

CRIBBAGE

When: Monday at 6:00pm
Where: Games Room



The Cribbage Tournament is scheduled for Tuesday, May 12th, from 1:30pm to 4:30pm.

HAPPY HOOKERS CLUB

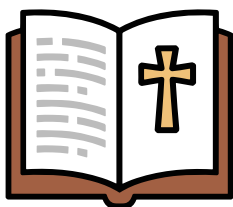
When: Tuesday at 1:00pm
Where: North Atrium near the Koi Pond

OFF TO THE RACES... HORSE RACES

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

BRIDGE

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



BIBLE STUDY

When: Monday at 2:00pm
Where: Board Room

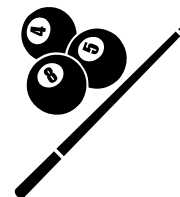
FRIDAY MOVIE NIGHTS

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 1:30pm
Where: Games Room

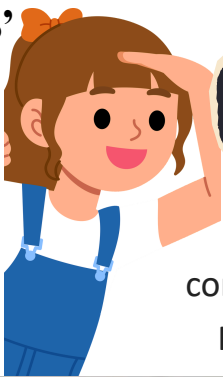


WHIST **When:** Wednesdays at 6:00pm

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

These activities are initiated by residents and are not managed by the main office. For details on those responsible, consult the resident board.

RESIDENTS' CORNER



CHECK THIS OUT!

One of our very own residents has turned recycling into a lively community hub. It encompasses everything you can think of. Thank you, Russell, for sharing this incredible initiative with us! It's truly inspiring!



RESIDENTS' CORNER

Last month, we had the privilege of honouring all the volunteers at St. Andrews.

It is truly hard finding the right words to convey our gratitude for your efforts. Your commitment and drive, coupled with your hard work and innovative ideas, have made a significant impact on our community. We genuinely hope that the positive effects of your contributions return to you manifold.

✨ Thank you for your unwavering dedication to volunteering. ✨



STAY INFORMED

RESEARCH  CAPITAL
CORPORATION

PRESENTATION ON ROMANCE SCAMS



**MONDAY, MAY 4TH
1:30 PM
FATHER IRWIN ROOM**

FALL PREVENTION

**WITH
BONNIE AUSTEN
KEEP FIT
INSTRUCTOR**



Learn steps to
reduce fall risks
and maintain
confidence in
daily activities to
make 2026
YOUR BEST YEAR YET!

**FRIDAY, MAY 8TH
11:00AM
AUDITORIUM**

MOTHER'S DAY CONCERT



Join us for an
afternoon of
entertainment with
Dahlia as she performs
the classics!

**MONDAY, MAY 11TH
1:30PM
AUDITORIUM**

DON'S PRESENTATION ON BIRDS & BUTTERFLIES



**TUESDAY, MAY 26TH
10:00AM
FATHER IRWIN ROOM**