



JULY 2026

# St. Andrew's Centre

## MONTHLY NEWSLETTER

### **Greetings from the Chief Operating Officer,**

As we welcome the month of July, I hope many of you enjoyed the wonderful Canada Day celebration held yesterday and made possible by our dedicated Resident Association. From the music and laughter to the delicious food and fellowship, it was a wonderful opportunity to come together as a community and celebrate what makes St. Andrew's Centre so special—each one of you.

While summer has officially arrived, Mother Nature has certainly had plans of her own. The frequent rain has made it more difficult to enjoy our outdoor spaces, take walks, or simply sit outside and enjoy some fresh air. I know many of us look forward to spending time outdoors during these warmer months, and it can be disappointing when the weather doesn't cooperate. Here's hoping the weeks ahead bring more sunshine and opportunities to enjoy the beauty of the season together.

Many of you have heard that our planned Summer Event has been cancelled. We understand this news may be disappointing, especially for those who were looking forward to gathering with friends and neighbours. While this year's event will not move forward, our team is already thinking ahead and exploring ways to make next year's celebration even bigger, better, and more memorable. Sometimes taking a step back allows us to build something stronger for the future, and we are committed to creating an event that will be worth the wait.

You may also have noticed activity around the Garden Box area. This space has become a cherished part of our community, and we are excited about the improvements being planned. At the time this newsletter was published, we had not yet received final updates regarding the construction timeline and next steps. As soon as information becomes available, we will ensure memos are distributed so that everyone remains informed throughout the process.

As always, thank you for your patience, understanding, and the kindness you show one another every day. Whether sharing a conversation in the hallway, lending a helping hand, or simply offering a smile, it is the people of St. Andrew's Centre who make this community feel like home. Wishing you a peaceful, enjoyable, and hopefully sunnier July.

Warmly,  
Correne Killian  
Chief Operating Officer



# ANNOUNCEMENTS

## **GENERATOR TESTING**

**Tuesday, July 7<sup>th</sup> 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**

Monday - Friday 8:00am - 4:00pm

Security Staff are on duty to assist with EMERGENCIES.

**Closed**

**Canada Day**

**July 1st**

**Contact Security @ 780-452-4444**

## **CONSTRUCTION ZONE**

Please refrain from entering zones 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.

## **SUMMER EVENT**

After much deliberation, we regret to announce that this year's summer event has been cancelled. Last year, we enjoyed a festive country theme, while the year before featured a delightful luau. Rest assured, next year's event will be even bigger and better!

## **HEAT WAVE ADVISORY**

During extremely high temperatures, the Centre will provide cots in the TV/Pink Room for residents seeking relief from the heat while sleeping. This area is air-conditioned. If you use a cot, kindly leave the bedding untidy to indicate to the Hospitality staff that it needs changing for the next user. Additionally, there are other air-conditioned spaces available for cooling down, such as the Garden Cafe and the Auditorium. Remember to seek shade when outdoors and stay hydrated during the hottest summer days! Residents are encouraged to purchase a fan or air conditioner if needed, as it is not the Centre's responsibility to provide these items.



## **WELCOME TO THE TEAM**

Please join us in welcoming Ryan, our new casual Security/Duty Worker, and rejoining us Anura, casual Maintenance Worker.

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.

## **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.

## FINANCE DEPARTMENT



**...to Residents and family who ensure monthly invoices are paid promptly !**

**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.



### **Already paying your invoices by PAP?**

- The paper copy of your invoice will be available to pickup at the main office as well, once the "Resident Invoices are Ready" 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.
- Your invoice amount will be withdrawn from your bank account (same as monthly rent) on the 15<sup>th</sup> of the following month, or next business day.

## **MAKING CHANGES TO YOUR ACCOUNT**

To be effective the following month, it is important to **notify the Main Office by the 20<sup>th</sup> 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 sure the changes in our systems are completed on time.

# 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*

## HOSPITALITY DEPARTMENT



**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.***



## COMMUNITY ENRICHMENT COORDINATOR CORNER

### ATRIUM

Why do leaves that drop get picked up when they are great nutrition for the soil?

Maybe you have wondered about this, maybe you haven't. Normally leaves and plant debris would be left on the ground to break down and add nutrients back into the soil. This works well outdoors, however, in an enclosed area such as our atrium it becomes a breeding ground for the pests that we are continually trying to control to keep the plants alive and healthy. Other facilities that have indoor atriums do the same. We are in line with what the Muttart Conservatory does to keep the area cleaned up and for pest control.

### VOLUNTEERS

Thank you everyone for your time and efforts.

**VOLUNTEER**



**MONDAY, JULY 6TH AT 11:00 AM IN THE PINK ROOM (TV ROOM)**

Asking all volunteers, **past & present**, to please join me for a discussion to review the past couple of years and look at what is coming up.

### GARDENERS

Normally a delay in gardening would mean a year of no produce. Areas in and around Edmonton are struggling with gardens, seeds, and roots rotting in the soil. It is a year of re-seeding in hopes for a longer fall. Fingers crossed this is the case and that we can move forward soon. Notices will be put on your door when the engineer's results are in.

Note that fertilizers are available for you. Various types are in the cupboard by the planting table, which is between the games room and the TV/pink room.

**Contact Susan at 587-525-8713 or [susan@standrewscentre.com](mailto: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.



Welcome to summer!

It has started out a little wet, but hopefully we'll have some sunny days ahead too.

The Tuck Shoppe will be closed on Friday, July 3rd.

Madeleine, our Clinical Pharmacist, will be visiting outside the Tuck Shoppe on Thursday Jul 9th and Thursday Jul 23rd from 10:00am to 2:00pm. If you have any medicine questions or concerns, please stop by with your inquiries. If you have any old medications that have expired, you can drop them off at the Tuck Shoppe for proper disposal. Please empty pills into a plastic baggie, as the plastic pill bottles are not accepted.

The CareRx main phone number is 780-444-3257 if you have any questions about your prescriptions.

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

Have a great month and enjoy some outdoor time! Also, stop by to say hi. It's always nice to see you.

# ACTIVITIES

## WALKING GROUP

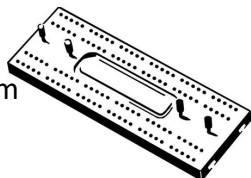
**When:** Tuesdays and Fridays at 10:00am  
**Where:** Meet in the Atrium for a 20-30 minute **INDOOR** or **OUTDOOR** walk, and then coffee-time at the *Garden Café*.  
**Short distance, or long - you pick. All levels of walkers are welcome!**

## SHUFFLEBOARD

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

## CRIBBAGE

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



## 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 1<sup>st</sup> and 2<sup>nd</sup> Thursday at 6:00pm  
**Where:** Games Room

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

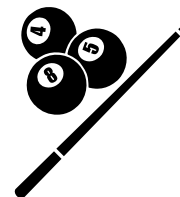
## FRIDAY MOVIE NIGHTS

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.

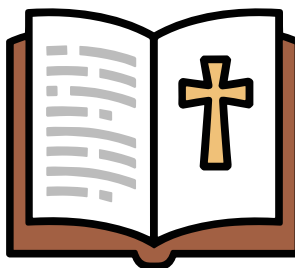
## \$3.00 BINGO

**When:** Saturdays at 6:00pm  
**Where:** Games Room



## CARD BINGO

**When:** Monday/Wednesday/Friday at 1:30pm  
**Where:** Games Room



## BIBLE STUDY

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

## PRAYER MEETING

**When:** Friday at 2:00pm  
**Where:** Pink Room

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

STAY INFORMED



## Personal Touch Fashions

**HIV**  
EDMONTON



# JOIN US

Join open-minded sessions to discuss and address community health challenges, fostering understanding and providing valuable information in a supportive environment.

**FRIDAY, JULY 3RD**  
**10:00AM - 3:00PM**  
**GAMES ROOM**

**WEDNESDAY, JULY 8<sup>TH</sup>**  
**1:30PM**  
**FATHER IRWIN ROOM**

## Diabetes Awareness & Medication Support

Join us for an informative session on managing diabetes and understanding your medications.



**MONDAY, JULY 27<sup>TH</sup>**  
**1:30PM**  
**FATHER IRWIN ROOM**

**ASPEN PEOPLES**  
**PHARMACY CLINIC**