



St. Andrew's Centre MONTHLY NEWSLETTER

Greetings from the Chief Operating Officer,

As we welcome August, it is hard to believe how quickly the summer is passing. While July brought its share of rainy days, I hope everyone still found time to enjoy the season and the many opportunities to connect with friends, neighbours, and family. The rain certainly helped keep our grounds and gardens looking beautiful, but I think we are all looking forward to a little more sunshine in the weeks ahead.

It has been wonderful hearing about the many ways residents have been enjoying their summer. Some of our residents have travelled to visit family and friends, explored new places, and created special memories along the way. Others have enjoyed the comforts of home, spending time with neighbours, enjoying our beautiful surroundings, and taking part in the many opportunities that make our community unique.

We know many residents have also been looking forward to spending time in our garden boxes. Thank you for your patience while the garden area was temporarily closed. We are happy to share that the garden boxes are now open and available for residents to enjoy. We hope you take time to visit the gardens, tend to your plants, and enjoy the peaceful moments that gardening brings.

As a friendly reminder, dining punch cards are intended for **resident use only**. We kindly ask that residents do not purchase meals or punch cards for staff members or family members. Family and guests are always welcome to enjoy a meal with us and may purchase meals directly through the Garden Café. Thank you for your cooperation and understanding as we work to ensure this program remains available for the residents it is intended to serve.

We are also excited to share that a new Point of Sale (POS) system will be coming soon. This upgrade will help improve service and streamline transactions throughout the building. More information and details will be shared in the coming weeks.

As we move through August, I hope we are blessed with more warm, sunny days before we begin preparing for the arrival of fall. Thank you for continuing to make St. Andrew's Centre a welcoming and caring place to call home. Wishing everyone a wonderful August filled with sunshine, good health, and many happy moments.

Warm regards,
Correne Killian
Chief Operating Officer



ANNOUNCEMENTS

GENERATOR TESTING

Monday, August 10th 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

Closed

Heritage Day - August 3rd

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

WELCOME TO THE TEAM

Please join us in welcoming Melat, our new full time Hospitality Attendant and Midhuna, casual Food Service 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.

RESIDENT HOSTING EVENTS IN COMMON AREAS

When using the tables for an event in the common areas, please inform the hospitality team or the main office to ensure it's added to the shared event calendar. This helps maintain the tables properly. Additionally, remember to leave the space clean and organized for the next group of residents.

This includes:

- Wiping down tables if any spills occur
- Disposing of trash correctly
- Promptly removing any decorations or personal items after your event

By doing this, you contribute to a welcoming and tidy environment for everyone to enjoy. If you have any questions or need assistance, don't hesitate to contact our hospitality team.



WATER DISPENSER

We urge all residents to use the water dispenser properly. Too often, we receive reports of leaks when, in reality, there are none. Please refrain from dumping old water or attempting to clean your glass, as the dispenser is designed to catch water directly. Many work orders are submitted stating that the dispenser is malfunctioning, but in fact, it is functioning correctly; residents are simply not utilizing it as intended.

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

ACCOUNT BALANCES



We endeavor to produce and distribute resident invoices in a timely manner for monthly Garden Cafe charges, Hospitality Department billings, and incidental fees.

- Invoices are normally ready for pickup and payment at the Main Office 3 - 5 business days after the end of each month.
- Please watch for notices posted in elevator lobbies and the main floor atrium once the invoices are finalized.

Monthly Invoices are Due Upon Receipt

Accounts with invoices not paid in full by the end of the following month may be subject to suspension and/or finance charges.

CONTACT US at the Main Office, with questions or concerns regarding charges and payments for Rent, Monthly Invoices, or Parking & Storage Rentals:

Melodie Lee, Finance Manager: 587-525-8709 melodie@standrewscentre.com

Tracey Bourque, Finance & Admin Assistant: 587-525-8711 tracey@standrewscentre.com

**Did You
KNOW?**

PUNCH CARDS

**Can Be Purchased at the Main Office
for use at the Garden Cafe**

... with up to \$1.50 savings per meal

Breakfast	\$105	10 punches
Lunch	\$110	10 punches
Dinner	\$135	10 punches



Coffee \$25
20 Punches
\$5.00 savings per card

- *Not Redeemable for Cash*
- *Not Refundable or Transferable*
- *Lost or Stolen Cards will not be Replaced*
- *May Not Be Used for Some Events*

FOR RESIDENT USE ONLY

Purchase using Debit Card or Cash Only

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



LAUNDRY ROOM REMINDER

Please keep in mind: **Do not use** sharp objects or other items to clean the dryer filter screens, as they may fall into the machine and cause damage. We also want to remind residents to use only **one laundry pod** per wash cycle. Laundry pods are formulated for a full load, and using more than one can lead to excess soap and may cause the washer to stop.

Thank you for your cooperation in helping us maintain our laundry equipment for everyone's benefit.



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), book the cots with Juvy.

For additional details and to make bookings, please reach out to Tess at (587) 525-8714.



COMMUNITY ENRICHMENT COORDINATOR CORNER

VOLUNTEERS

Paperwork. Yes, that dreaded paperwork. Please ensure you track your time either daily, weekly, or monthly. We started fresh April 1st and there are many empty pages that need to be filled in. Binder is on the shelf in the planting room (between games room and tv room).

Thank you for everything you do.

GARDENERS

After a waiting period to start the gardening season, things are now in full swing. Thank you all for your patience as we waited for the engineer's report regarding the concrete in the west courtyard.

With all the recent rain, be mindful when you water. Watering tomato leaves and branches can cause blight, leaf spots, or other issues leading to blossom end rot. It's best to water the soil and let Mother Nature do the rest.

Note: Fertilizers are available for you. Various types are in the cupboard by the planting table between the games room and the TV/pink room.

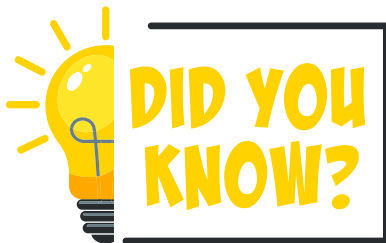
Contact Susan at 587-525-8713 or susan@standrewscentre.com

RESIDENT COMMUNITY COMMITTEE (R.C.C.)



THE RCC MEETING WILL BE ON BREAK UNTIL SEPTEMBER.

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



St. Andrew's Centre has a ***WEBSITE as well as a Facebook and Instagram page.*** Residents, Family, and Friends can visit the website at www.st.andrewscentre.com. Our Newsletters are also available online! Anyone can subscribe to receive monthly newsletters automatically by email at standrewscentre.com/monthlynewsletters. This is a great way for your loved ones to stay informed as well.

RESIDENTS' CORNER

Butterflies vary significantly in size, measuring anywhere from a tiny 1/8 inch to an impressive almost 12 inches.



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 August. Have we had enough rain yet? Hopefully, the month of August will ease up a little on the rain, and some good outside weather days will be ahead.

The Tuck Shoppe will be closed on **Monday, August 3rd for Heritage Day.**

Madeleine, our clinical pharmacist, will be at St. Andrew's on Thursday, August 20th from 10:00am to 2:00pm if you have any questions or concerns with your medications. If you have any old medications that you are no longer taking or that have expired, please drop them off at the Tuck Shoppe for proper disposal. Please put any pills into a plastic baggie for disposal, as they are placed into a pail that only takes the pills.

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

Have a wonderful month, and hopefully we will get some nice sunny days to enjoy. Be sure to stop by the Tuck Shoppe 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

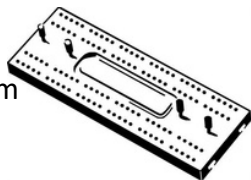
When: Mondays & Thursdays at 2:00pm

Where: Games Room

CRIBBAGE

When: Monday at 6:00pm

Where: Games Room



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

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

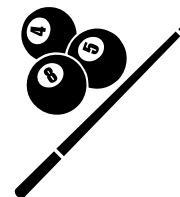
Check notice board for weekly title.



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

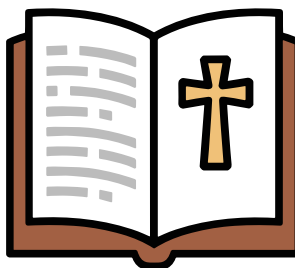
Where: Games Room



CARD BINGO

When: Monday/Wednesday/Friday at 1:30pm

Where: Games Room



BIBLE STUDY

When: Monday

at 2:00pm

Where: Board Room/Father Irwin Room (subject to availability; may change based on room availability)

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

MARK YOUR CALENDARS!



CHAIR YOGA WITH KAT IS BOUNCING BACK INTO ACTION!!!!

\$20.00 FOR 4 SESSIONS
WEDNESDAY, AUGUST 5TH
10:00AM
AUDITORIUM



St. John Ambulance

Dog Therapy Visit!



Join us for a warm, joyful session
with cuddles and good company.

WEDNESDAY, AUGUST 5TH

1:30PM

PINK ROOM



Trinity Funeral Home



Planning: Your Estate & Pre-Planning Wishes

**(Helping you protect your estate and ensure your
wishes are honoured)**

What We'll Cover:

- Duties of Power of Attorney, Personal Directive Agent, and Executor
 - Financial impact of estate taxes and planning strategies
 - Strategies to preserve wealth
 - Benefits of pre-planning final arrangements
 - Reducing stress for loved ones through planning
- Flexible options for manageable planning

OPEN TO FAMILY
THURSDAY, AUGUST 6TH
6:30PM
AUDITORIUM

COFFEE & TIMBITS WILL BE PROVIDED



Personal Touch Fashions

FRIDAY, AUGUST 14TH
10:00AM - 3:00PM
GAMES ROOM