



OCTOBER 2026

St. Andrew's Centre MONTHLY NEWSLETTER

Greetings from the Chief Operating Officer,

Welcome, October!

It's hard to believe we are already into October! The leaves are changing, the mornings are getting a little cooler, and there is a wonderful feeling of fall in the air. This is such a lovely time of year to slow down, spend time with friends and neighbours, and enjoy the little things that make our community feel like home.

Our **Annual Flu Clinic will take place on October 6th in the Father Irwin Room**. As we head into the colder months, taking care of ourselves and one another is especially important. We have also updated our outbreak protocol, including increased sanitation, additional staff training, and clear communication measures to help keep everyone safe and well.

Thanksgiving is just around the corner, and it is a wonderful opportunity to gather and reflect on all the things we have to be thankful for. We look forward to celebrating together with our Thanksgiving Dinner at the Garden Café on October 12th. We hope you'll join us for a delicious meal, good conversation, and plenty of fellowship.

Please remember that the Main Office will be closed on Thanksgiving Day and will reopen on the next regular business day.

And then, before we know it, it will be time for some Halloween fun! Our Halloween Party will be held on Wednesday, October 28th at 1:30 p.m. So get those costumes ready and come join us for an afternoon of laughter, fun, and a little bit of Halloween magic. We would love to see everyone dressed up!

Wishing all of our residents a happy and healthy October. Thank you for being such an important part of our St. Andrew's family. We look forward to sharing a wonderful month with you all.

Warm regards,
Correne Killian
Chief Operating Officer



ANNOUNCEMENTS

GENERATOR TESTING

Wednesday October 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

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

Closed

Thanksgiving - October 12th

Security Staff are on duty to assist with EMERGENCIES.

Contact Security @ 780-452-4444

WELCOME TO THE TEAM

Please join us in welcoming Mariia, our new casual Food Service Worker, Leyila, our new casual Hospitality Attendant and Navdeep, our part time Security/Duty 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.

STAFF RECOGNITION

Congratulations to Bernie!

Thirty-five years is a remarkable achievement that shows true dedication and loyalty.

Bernie started as a casual in 1991 and then moved to part time status in 1993 as a Dishwasher/Kitchen Helper, Food Service. Over the years, you have seen many changes, but your positive attitude and strong work ethic have never wavered. Thank you for giving so much of your time, energy, and heart to our workplace. You are an essential part of our history and our family.

Congratulations on this amazing milestone!



FLU/COVID CLINIC

The Flu/Covid clinic is scheduled for **Tuesday, October 6th, at 10:00am in the Father Irwin Room**. Please remember to wear a loose-fitting shirt and bring your Alberta health card.

We encourage everyone to seize this opportunity to protect themselves and those around them. Let's collaborate to maintain a safe and healthy environment for everyone.



UPDATED OUTBREAK PROTOCOL

In addition to our flu clinic, we have strengthened our outbreak protocol to enhance our responsiveness and effectiveness in managing potential health concerns. This includes:

- Enhanced sanitation measures
- Expanded training for our staff
- Establishment of clear communication channels to keep everyone informed

If you are feeling unwell, please notify the Main Office. We need to understand your symptoms and when they began. If you are experiencing vomiting, diarrhea, or a productive cough, our hospitality team will need to initiate a thorough cleaning, which is highly recommended. Please speak to Tess if you require this service.

We also offer tray service exclusively for those who are feeling unwell. Additionally, kindly inform your loved ones so they are aware of your situation. Please seek medical attention if your symptoms aren't getting better.

FINANCE DEPARTMENT

**THANK
YOU**

*... for your patience during the
transition to the NEW POS System!*

Residents using a St. Andrew's Centre Account for Purchases at the Garden Cafe, Hospitality Department Services, or Other Incidental Charges

REMINDER

GARDEN CAFÉ

- Resident Swipe Cards have NOT changed - Keep Yours!
- Renew Swipe Card at Main Office if NOT USED in the LAST 6-7 MONTHS
- KEEP YOUR RECEIPTS from the cash register
- Debit Payment at Suite Door for deliveries is no longer available

HOSPITALITY DEPARTMENT

- Residents will be provided a (yellow) copy of work orders after each service

MAINTENANCE DEPARTMENT & INCIDENTALS

- Residents will be provided a photo copy of work order(s) with their invoice

MONTHLY INVOICES

- Invoices will be in a simplified (one-page) format
- Transaction Details will NOT be shown on new invoices
- If charges are for more than one department (eg. Café, Hospitality, Maintenance), the total charges for each department will be separated.
- Invoices will still be printed and available for pick up and payment at the Main Office within a few business days after the end of each month.



IMPORTANT

**PLEASE KEEP YOUR
RECEIPTS and WORK ORDERS
to VERIFY INVOICE TOTALS**

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.**

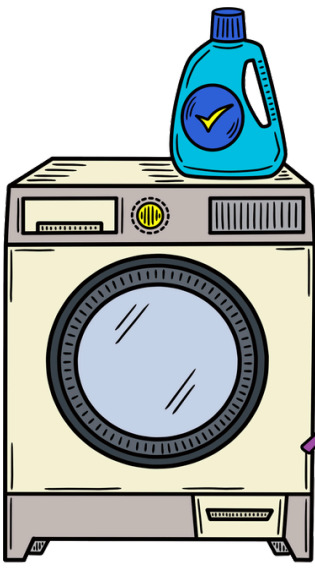
Most requests are completed the same day, and at no charge to the resident.
You will be advised of applicable fees for your request before the work order is dispatched to staff.

AIR CONDITIONER REMOVAL & THERMOSTAT ADJUSTMENTS

As temperatures get colder, please place a work order to have your air conditioner removed if your suite faces the outside of the building.

If you are not comfortable adjusting the thermostat in your suite, you may also place a work order to have the thermostat increased as the weather gets colder.

Thank you.



SCHEDULED VENT CLEANING FOR THE LAUNDRY AREA

Vent cleaning in the laundry area will take place on **Tuesday, October 6, 2026, from 8:30am to 12:00pm**. We kindly request that you avoid entering this area until the team has finished their work. Thank you for your understanding.
Please ensure that all laundry is removed from the machines prior to the cleaning, as access will be restricted during this time.

Your cooperation in this matter is vital for maintaining a safe and efficient environment for everyone. If you have any questions or require assistance, please do not hesitate to reach out to our main office. We appreciate your support in keeping our facilities in excellent condition for all residents.

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

Coming back from the hospital or not feeling well?

We offer housekeeping,
laundry service and
making your bed.



INCLUDES THE FOLLOWING:

- Two staff members wear full PPE (Personal Protective Equipment) for one hour to do basic housekeeping service.
- Clean and sanitize washroom.
- Clean and sanitize all high touch areas.
- Vacuum, sweep and mop flooring.
- Laundry service max 2 loads (we provide coins and soap)
- Make bed.

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.

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

THE RCC MEETING WILL BE HELD ON TUESDAY, OCTOBER 27TH IN THE AUDITORIUM AT 1:00PM

ALL RESIDENTS ARE WELCOME TO JOIN

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

RESIDENTS' ASSOCIATION



As Remembrance Day approaches, we invite those who have served and wish to be honored or would like to lay a wreath to **contact Karin or Kiara by October 15th.** The Remembrance Day program is scheduled for **Wednesday, November 11th, with doors opening at 9:30 a.m.**

FRIENDLY REMINDER

Memberships will be available for purchase at all general meetings. Don't forget to bring your card!

On October 28th, we invite you to join us at the St. Andrew's Centre Halloween Party in the Auditorium at 1:30pm. The raffle draw will take place at the end of the event, so please stay until the end!

RESIDENTS' CORNER



We are thrilled to celebrate birthdays with these incredible residents. It is a privilege to share these joyful moments, and we eagerly anticipate many more celebrations brimming with laughter, happiness, and treasured memories. Here's to another year filled with health, joy, and enduring friendship!



AMENITIES



FARMERS' MARKET
Every Other Thursday

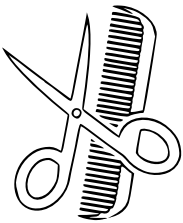
FAMILY PHYSICIANS

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.



Fall is here. It's such a beautiful season with the changing colors. It's also nice to have the cooling temperature in the evenings as it's easier to fall asleep. Thanksgiving is this month—a good time to remember all the people in our lives that we are thankful for.

The Tuck Shoppe will be closed for Thanksgiving on Monday, October 12th.
The Tuck Shoppe will also be closed on Monday, October 19th.

Madeleine, our Clinical Pharmacist, will be at St. Andrew's on Thursday, October 15th.

If you have any questions or concerns regarding your CareRx medications, feel free to stop by. Don't forget to come by and say hello!

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

ACTIVITIES

WALKING GROUP

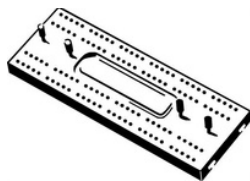
When: Tuesdays and Fridays at 10:00am
Where: Meet in the Atrium for a 20-30 minute INDOOR or OUTDOOR walk, and then coffee-time at the *Garden Café*.
Short distance, or long - you pick. All levels of walkers are welcome!

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 Tuesday 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

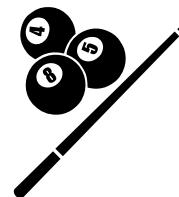
FRIDAY MOVIE NIGHTS

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.

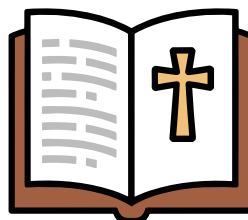
\$3.00 BINGO

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.

COVID/FLU VACCINATION



Please remember to wear short sleeves
and bring your Alberta health card.

TUESDAY, OCTOBER 6TH
10:00AM – 2:00PM
FATHER IRWIN ROOM



Claudia

fashions



+ NO GST

WEDNESDAY, OCTOBER 14TH
12:30PM – 4:30PM
NORTH ATRIUM & GAMES ROOM

Parol

Christmas Lantern Making Workshop



OCTOBER 14TH
1:00PM
ATRIUM/KIARA'S OFFICE
MUST SIGN UP WITH KIARA

FREE
OF CHARGE



Personal Touch Fashions



WEDNESDAY, OCTOBER 21ST
10:00AM – 3:00PM
GAMES ROOM



St. John Ambulance

Dog Therapy Visit!



WEDNESDAY, OCTOBER 21ST
10:00AM – 11:00AM
PINK ROOM

HALLOWEEN

party



Dancing, live music
Be sure to wear your
costumes!

WEDNESDAY, OCTOBER 28TH
1:00 PM
AUDITORIUM





You're Invited to Our Christmas Market

Bring your family and friends for
festive shopping, community, and
Christmas cheer!

November 13th ★ 10:00am–7:00pm

November 14th ★ 10:00am–4:00pm

Atrium

Open to the Public

St. Andrew's Centre

12720 – 111 Avenue
Edmonton, AB T5M 3X3

★ Everyone is welcome! ★