NOVEMBER 2026

St. Andrew's Centre
MONTHLY NEWSLETTER



The Remembrance Day Ceremony unites the community annually to honor Canadian veterans' sacrifices. It allows reflection on the lives of those who fought for freedom and those seeking safety from war. This gathering expresses gratitude and acknowledges current service members.

You are warmly invited to attend the
Remembrance Day Ceremony
Hosted by the Residents Association

Wednesday, November 11th, 2026
Doors open at 9:30am
Please be seated by 10:15am
Auditorium

St. Andrew's Centre
MONTHLY NEWSLETTER

Greetings from the Chief Operating Officer,

Embracing November: A Time for Reflection and Connection

November presents a wonderful opportunity to contemplate the people, experiences, and traditions that are significant to us. At St. Andrew's Centre, we feel fortunate to belong to a community where neighbors become friends, familiar faces bring comfort, and small acts of kindness illuminate our days.

Honoring Remembrance Day

On November 11th, we observe Remembrance Day, a time to pause and pay tribute to the brave men and women who have served our nation, along with those who made the ultimate sacrifice for the freedoms we hold dear. We honor their courage, commitment, and selflessness, and we express our heartfelt gratitude for the sacrifices made by our veterans and their families. As we wear our poppies and take a moment of silence, let's reflect on the true essence of remembrance and the crucial importance of peace. Lest we forget.

Staying Connected

As the month unfolds, we encourage everyone to maintain connections—check in on a neighbor, share a smile, or engage in a friendly chat. Often, it is the simplest gestures that leave the most profound impact. With winter on the horizon, please remember to dress warmly, wear appropriate footwear, and be cautious when outdoors.

Don't forget to invite your family and friends to our Christmas Market, happening from November 13th to November 14th. We'll have plenty of handcrafted items, treats, and goodies. For more details, please check the bulletin boards.

May November bring you comfort, good health, meaningful moments, and the warmth of friendship. Thank you for being such a vital part of our St. Andrew's Centre community. We look forward to enjoying another wonderful month together.

Warm wishes,
Correne Killian
Chief Operating Officer

ANNOUNCEMENTS

GENERATOR TESTING **MONDAY NOVEMBER 9TH 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** **WEDNESDAY NOVEMBER 11TH - REMEMBRANCE DAY**

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

Security Staff are on duty to assist with EMERGENCIES. **Contact Security @ 780-452-4444**

VOLUNTEERS WANTED

We are seeking resident volunteers who are interested in dedicating their time in the mornings to participate in our Monitor Program. If you're interested, please sign up at the main office.

BALCONY REMINDER

As temperatures drop, please ensure that outdoor furniture and personal belongings are secured appropriately for the winter season.

Remember to remove any items that could be damaged by cold weather, such as plants and delicate decorations. Let's work together to keep our building safe and ready for winter!

WELCOME TO THE TEAM

Sonia, Practicum Student, Administration

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.

SUITE HEATING

For your safety, please do not use your stove or oven as a source of heat in your suite. Using cooking appliances for heating can create a serious fire and safety hazard.

If you are having difficulty keeping your suite comfortable or need help adjusting your thermostat, please submit a work order so our maintenance team can assist you.

If additional heat is needed, residents may provide their own portable electric heater, provided it meets building safety requirements and is used according to the manufacturer's instructions.

Thank you for your cooperation in keeping our community safe and comfortable!

WASHER/DRYERS IN LAUNDRY AREA

Residents are kindly reminded **not to unplug the appliances or place signs on them saying they don't work**. Should you experience any issues with the washer or dryer, please visit the main office to report the problem with a work order. If the issue occurs after hours, please inform the security personnel on duty.

FINANCE DEPARTMENT

Interested in paying your monthly invoices by Automatic Bank Withdrawal?



Visit the Main Office to complete a Pre-Authorized Payment ("PAP") authorization form. Withdrawals are scheduled for the 15th of the following month, or next business day.





Message the Finance Office to receive invoices by EMAIL

tracey@standrewscentre.com

PAPERLESS OPTION

Whether you choose to receive invoices by email or not, please let the Main Office know ***if you DO NOT WANT paper copies***.



The Holiday Season is almost here !

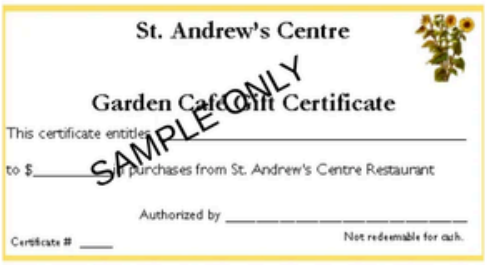


St. Andrew's Centre GIFT CERTIFICATES

are a great idea to give and nice to receive...

Purchase at the Main Office using Debit Card or Cash Only

Available in any denomination for the Garden Cafe or Housekeeping Services





- *For Resident Use Only*
- *Not Redeemable for Cash*
- *Not Refundable or Transferable*
- *Cannot be Replaced if Lost or Stolen*

PURCHASER MUST PROVIDE THE RECIPIENT'S NAME AT TIME OF PURCHASE

ST. ANDREW'S CENTRE

Residents & Family

Christmas BUFFET DINNER

Music, food & treats

SATURDAY | DECEMBER 5TH, 2026
4:00 PM – 6:00 PM

PLEASE KEEP AN EYE OUT FOR POSTERS ANNOUNCING WHEN TICKETS WILL GO ON SALE.

TICKETS	PRICE
Residents	$ 35.00
Guests (11 yrs and up)	$ 40.00
Children (5 - 10 yrs)	$ 15.00
Children (4 yrs and under)	FREE

Limited Tickets Available | No refunds after Nov 26th

Seating reserved in Advance with Ticket Purchase

50/50 Raffle Tickets will be sold during the event for $1.00 each.
Please remember to bring cash.
50% of all proceeds will support residents' entertainment.

PLEASE NOTE:

ONLY BOTTLED WINE & SINGLE-SERVE ALCOHOLIC BEVERAGES ARE PERMITTED.
HARD LIQUOR IS NOT ALLOWED.
PLEASE BRING YOUR OWN BOTTLE OPENER.

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 HELD ON WEDNESDAY NOVEMBER 18TH 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' CORNER



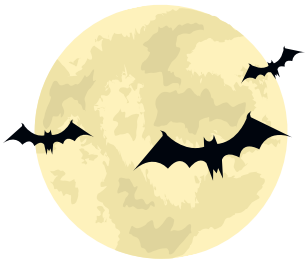
SPOTLIGHT: A Warm Contribution from The Hooking Club

While not everyone is shown, The Hooking Club has graciously donated a remarkable total of 1,544 toques so far. If you're interested in participating in this initiative, we invite you to join us every Tuesday at 1:00pm near the Koi Pond. No previous experience is required!





It's that spooktacular season again here at St. Andrews! 🎃👻







HAPPY HALLOWEEN










FART
FASHION







AMENITIES



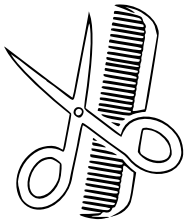
FARMERS' MARKET
Every Other Thursday

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.

Sandra's Mobile Footcare

CareRx

November and weather changes are coming. Time to get those winter tires on. Be sure to bundle up. This month we recognize Remembrance Day as we remember those who sacrificed for our freedom.

The Tuck Shoppe will be closed on Wednesday November 11th for Remembrance Day.

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

Our Clinical Pharmacist will be at St Andrew's on Thursday Nov 26th from 10:00 am - 2:00pm.
She will be located outside the Tuck Shoppe at a nearby table if you have any questions or concerns with your CareRx medications.

Fall is a good time to look through your medications, and if you have any that have expired or that you are no longer taking, you can drop them off at the Tuck Shoppe for proper disposal. The pills need to be put in a plastic baggie and removed from vials or packages.

Be sure to drop by and say hello. It's always nice to see you!

ACTIVITIES

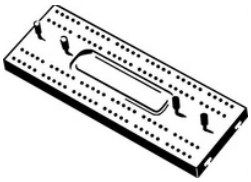
WALKING GROUP

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 Tuesday at 1:00pm
Where: Games Room

BRIDGE

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

CANASTA

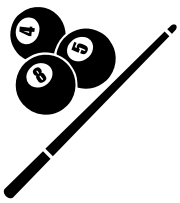
When: Tuesday at 5:30pm and 6pm
Wednesday at 6 pm
Thursday at 5:30pm
Where: Games Room

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.

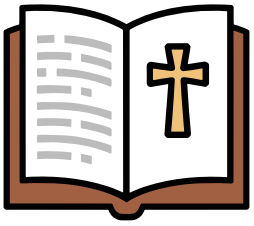
$3.00 BINGO



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.

1st AB MedSupplies
Medicine Place Group of Companies Partner



1st AB MedSupplies is coming to YOUR community.

Please join us for private product consultation for continence support.

- 1:1 Private Consultations for Men and Women
- Follow-up Visits and Support is Available
- Questions Welcomed Expert Guidance
- Troubleshoot Current Product Concerns
- AADL + Other Funding Program Vendor
- Continence Care Fitters will advise and assist you

WEDNESDAY NOVEMBER 4TH
1:00PM
FATHER IRWIN ROOM

MedHealth Group

UPCOMING HEALTH INFORMATION SESSION

NEED A DOCTOR?

CARE IS COMING TO YOU!

SEE A DOCTOR & PHARMACIST
Discuss health concerns without travelling to a clinic.

GET FREE MEDICATION DELIVERY!
Ask questions about medications, renewals and delivery.

YOUR HEALTHCARE - RIGHT WHERE YOU LIVE

Want to learn more? Join us:

REFRESHMENTS WILL BE SERVED!
• BRING YOUR QUESTIONS • ALL ARE WELCOME •

SIGN UP AT MAIN OFFICE

THURSDAY NOVEMEBR 5TH
1:00PM
AUDITORIUM

St. John Ambulance

Dog Therapy Visit!



NOVEMBER 12TH
11:00AM – 12:00PM
PINK ROOM

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!

St. Andrew's Centre

NOVEMEBER 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25  Karaoke 7:00pm	26 Keep Fit with Bonnie 10am Auditorium Card Bingo 1:30pm Bible Study 2pm Shuffleboard 2pm Cribbage 6:00pm	*27* Walking Group 10am Oral Book Club 11:15am Pink/TV Room Horse Racing 1pm Happy Hookers Club 1pm Canasta 5:30pm & 6 pm	Chair Yoga 10am Auditorium *28*  Halloween Party 1:30pm Auditorium Canasta 6 pm	*29* Keep Fit with Bonnie 10am Auditorium Movie Group 2pm Tv room Canasta 5:30pm Bridge 6pm	*30* Walking Group 10am Card Bingo 1:30pm Shuffleboard 2pm Prayer Meeting 2pm Movie Night 7pm Pink/TV Room	*31*  Bingo 6pm
November 1st  Karaoke 7:00pm	*2* Keep Fit with Bonnie 10am Auditorium Card Bingo 1:30pm Bible Study 2pm Shuffleboard 2pm Cribbage 6:00pm	*3* Walking Group 10am Oral Book Club 11:15am Pink/TV Room Horse Racing 1pm Happy Hookers Club 1pm Canasta 5:30pm & 6 pm	*4* Chair Yoga 10am Auditorium Incontinence Informational Session 1:00pm Father Irwin Room Card Bingo 1:30pm Canasta 6 pm	*5* Farmers' Market 9:30am - 1:30pm Atrium Keep Fit with Bonnie 10am Auditorium MedHealth Informational Session 1:00pm Auditorium Bridge 6pm	*6* Walking Group 10am Card Bingo 1:30pm Shuffleboard 2pm Prayer Meeting 2pm Movie Night 7pm Pink/TV Room	*7*  Bingo 6pm
8  Karaoke 7:00pm	*9* Keep Fit with Bonnie 10am Auditorium Generator Test starting at 2pm Bible Study 2pm Shuffleboard 2pm Cribbage 6:00pm	*10* Walking Group 10am Oral Book Club 11:15am Pink/TV Room Horse Racing 1pm Happy Hookers Club 1pm Canasta 5:30pm & 6 pm	*11* REMEMBRANCE DAY Ceremony Door Open 9:30am Auditorium  MAIN OFFICE IS CLOSED!	*12* Keep Fit with Bonnie 10am Pink Room  Dog Therapy 11:00am Pink Room Canasta 5:30pm Bridge 6pm	*13*  Christmas Market 10:00am -7:00pm Atrium	*14*  Christmas Market 10:00am -4:00pm Atrium

While we aim to keep our event calendar up to date, changes may occur. Please check notice boards for updates, as not all events can be listed due to space limitations.

St. Andrew's Centre

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

NOVEMEBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15  Karaoke 7:00pm	*16* Keep Fit with Bonnie 10am Pink Room Card Bingo 1:30pm Bible Study 2pm Shuffleboard 2pm Cribbage 6:00pm	*17* Walking Group 10am Oral Book Club 11:15am Pink/TV Room Horse Racing 1pm Canasta 5:30pm & 6 pm R.A General Meeting 7:00pm Auditorium	*18* Chair Yoga 10am Auditorium RCC Meeting 1:00pm Auditorium Card Bingo 1:30pm Canasta 6 pm	*19* Farmers' Market 9:30am - 1:30pm Atrium Keep Fit with Bonnie 10am Auditorium Movie Group 2pm Tv room Canasta 5:30pm Bridge 6pm	*20* Walking Group 10am Card Bingo 1:30pm Shuffleboard 2pm Prayer Meeting 2pm Movie Night 7pm Pink/TV Room	*21*  Bingo 6pm
22  Karaoke 7:00pm	*23* Keep Fit with Bonnie 10am Auditorium Card Bingo 1:30pm Bible Study 2pm Shuffleboard 2pm Cribbage 6:00pm	*24* Walking Group 10am Oral Book Club 11:15am Pink/TV Room  Quarterly Birthday 2:00pm Auditorium Canasta 5:30pm & 6 pm	*25* Shop Easy 9:30am Card Bingo 1:30pm Canasta 6 pm	*26* Keep Fit with Bonnie 10am Auditorium Movie Group 2pm Tv room Canasta 5:30pm Bridge 6pm	*27* Walking Group 10am Card Bingo 1:30pm Shuffleboard 2pm Prayer Meeting 2pm Movie Night 7pm Pink/TV Room	28  Bingo 6pm
29  Karaoke 7:00pm	*30* Keep Fit with Bonnie 10am Auditorium Card Bingo 1:30pm Bible Study 2pm Shuffleboard 2pm Cribbage 6:00pm	Dec 1st Walking Group 10am Oral Book Club 11:15am Pink/TV Room Horse Racing 1pm Happy Hookers Club 1pm Canasta 5:30pm & 6 pm	*2* **All activities have been cancelled.**	*3* **All activities have been cancelled.**	*4* **All activities have been cancelled.**	*5* CHRISTMAS BUFFET  4:00pm -6:00pm *Tickets must be purchsed at main office.*