

# LAC STE. ANNE FOUNDATION

## Sept/Oct 2025 Newsletter

### PLEASANT VIEW LODGE

Pamela Lacaille – Site Manager

Mayerthorpe

#### Hello and Happy September!

As summer winds down and we begin to see the first signs of fall, it's a great time to reflect on all the warmth and beautiful days we've enjoyed these past few months. Here's to a cozy and colourful autumn ahead!

#### Back to School Stay Safe and Healthy

September begins with the return to school for many children in our community. With more kids out and about, please remember to drive carefully, especially near school zones and crosswalks. It's also a good time for a gentle reminder about virus prevention; proper hand hygiene remains one of the most effective ways to keep everyone healthy. Let's all keep washing hands regularly, using hand sanitizer when needed, and staying home when feeling unwell. Together, we can help protect each other. Please let staff know if you are feeling unwell.

#### Welcome to our New Staff Members!

We're happy to welcome two new team members who have recently joined us. Be sure to say hello when you see them around the lodge!

- Adele – Cook/LA
- Reese – Cook/LA

#### Move out

David has moved out of the lodge, we will all miss him.

#### This Month:

Know it Sooner - Tech Help Sessions for Seniors

These free, hands-on sessions continue this month to help you feel more confident using your devices. Open to all seniors. Bring your phone, tablet, or questions. These short interactive sessions will help you feel confident using your devices.

# PLEASANT VIEW LODGE

## **Sewing Club Returns!**

We're excited to welcome back the Sewing Club after a summer break.

September 20th in the Community Centre.

Bring your projects or just drop in to see what's happening!

## **Fundraiser Thanks**

A big thank you to everyone who supported the Western Financial Fundraiser in August. Your generosity helped raise funds for our lodge programs. We appreciate every one of you who donated, volunteered, or spread the word.

## **Meetings**

- Staff Meeting: September 16th at 1:30 pm
- Resident Council: September 29th at 10:15 am

## **Seniors Taxi Service**

Call 780-284-8937 to schedule.

Fall is officially here! The leaves are changing, the air is getting cooler, and we're settling into the cozy season. As we move into October, there are a few safety reminders, updates, and activities to share with you.

## **Fire Prevention Week October 5–11**

It's Fire Prevention Week in Alberta, a good time for all of us to think about fire safety.

Here at the lodge:

- Maintenance staff regularly test all smoke alarms to keep us safe.
- Please don't block doorways or hallways and avoid using any unapproved electrical items in your room. Electrical cords must be CSA approved.
- We have regular Fire Drills and two Full Evacuations per year to help prepare us in the event of an emergency.

Thanks for doing your part to keep everyone safe!

# PLEASANT VIEW LODGE

## Fall Prevention Reminder

As the weather cools down and sidewalks get slick, fall prevention becomes even more important. Falls are one of the leading causes of injury for older adults.

A few simple ways to stay safe:

- Wear proper shoes with good grip.
- Use handrails, walkers, or canes as needed.
- Keep your room well-lit, especially when you are getting up at night.
- Let staff know if you feel unsteady or dizzy. We're here to help.

For more tips, visit:

- Parachute Canada: <https://parachute.ca/en/>
- Finding Balance Alberta: <https://findingbalancealberta.ca/>

## Cold Weather Reminder to Close Windows at Night

With overnight temperatures dropping, please remember to keep your windows closed at night. Leaving windows open in cold weather can lead to frozen pipes, which may cause serious damage. If you're feeling too warm, let staff know, we can help adjust the heat in your room.

## Sewing Club

Sewing Club continues this month in the Community Centre. Next Date: October 18.

## Welcome New Staff

Please join us in welcoming the newest members of our team:

- **HCA's – Lisa B, Megan W, Kayla.**

We're happy to have them on board!

## Welcome New Residents

A warm welcome to our newest residents who joined us in October:

Welcome Verla and Delia.

We're glad you're here and hope you feel right at home.

## Vaccine Clinic

Rexall will be in the Family Dining Room on October 30th at 11am for annual flu and covid 19 vaccines.

# PLEASANT VIEW LODGE

## **Window Cleaners**

Staff have been working their way around the building to clean interior windows. The exterior windows will be cleaned on October 15th.

## **Meetings**

- Friendship Club: October 21st at 10am
- Staff Meeting: October 21st at 1:30 pm
- Friends of the Lac Ste. Anne Foundation: October 22nd at 10am
- Resident Council: October 27th at 10:15 am

## **Seniors Taxi Service**

Call 780-284-8937 to book the Seniors Taxi Service.

## **Banking Date**

Reminder that ATB is here October 29th in the Family Dining Room from 9:30am-10:30am for your banking needs.

## **Church**

St. Agnus Church is using the Community Centre Sunday mornings for their service while their church is undergoing some construction. Everyone is welcome to join.

## **Cold & Flu Season Reminder**

As we head into cold and flu season, please let a staff member know right away if you're feeling unwell especially if you have symptoms like a cough, sore throat, fever, or fatigue. By letting us know early, we can support you and help protect others in the lodge.

And don't forget:

- Wash your hands regularly especially when leaving and returning to your room.
- Cough or sneeze into your elbow.
- Rest and stay hydrated.
- Use the provided hand sanitizers before and after meals and activities.

Wishing you a peaceful October and Happy Halloween!



# PVL STAFF



**Congratulations to our August**  
**Make Others Great Award Winner**  
**Chastity Moreau!**

# PVL STAFF



**Congratulations to our September**  
**Make Others Great Award Winner**  
**Sharlene Lindemann!**

# PVL ACTIVITIES

**Dallys Crossland - Activities Coordinator**

**Mayerthorpe**

The trees are starting to change colour, that means its almost time for our Fall Drive! The kids are all back to school and fall is in the air.

We would like to thank Anna Cierny for donating the cost of our August Birthday Party. Anna has donated the cost of this event for years now, and we appreciate all of her continued support.

We tried our hand at hydro dip once more, although its tricky and some results are definitely better than others, it was a good time.

Soon, we will have our final Tech Training for Seniors class, this course has been very beneficial to our residents and to lots of seniors in the community. We hope to host it again in the future.

Stacey Lundle, one of our staff here at PVL, had her baby recently so we all got together and threw her a little baby shower here at the lodge. We had coffee, tea and Tm Horton's muffins. It was a lovely time. There is something about having a baby in the house that just feels so special.

Our walking club has been meeting up to walk laps on Thursday mornings. This past Thursday we surpassed 1km walked in a session. It took us 20 minutes and 6 laps around the loop to accomplish this.

We had a chaotic bus trip, our driver cancelled the morning of a trip we had been looking forward to, so I jumped on the phone and luckily Rhonda came in to help us out. Because we were so short on time we ended up having a quick shopping trip and a stop at A&W rather than our usual restaurant stop and it was still a great time. So, no harm done!

We would like to thank Western Financial, who held a bottle drive here at PVL. We had a great time handing out popcorn and drinks and collecting bottles. They raised \$480.00 towards PVL activities and to help pay for the taxi program 🍷 Awesome!



# PVL ACTIVITIES

And of course, just like every September, I picked all the apples from our courtyard, the ladies helped to peel them, Brandi then used them to make into a crisp to serve at our Grandparents' Day event.

We would like to wish a very Happy Birthday to Caroline, Anna, Bill G, Bill. K, Evelyn, and Linda, who all celebrated birthdays in August.

It has been pretty quiet here this past month, we did have our final tech training for seniors class here at PVL. We loved having this class available here for not only all of our residents but also for seniors in the community. We hope to offer this class again in the future.

We had our Fall Drive as well as a shopping trip this past month. Both were a great time, we look forward to our fall drive, its so nice to go see our old homes and all the fall colours. And who doesn't love a shopping trip!

We had Edward Pimm come in to perform for us on September 21st, we always enjoy when Edward comes by to put on a show.

Gloria Keller and friends came by for entertainment as well. Thank you to them for making the trip!

This past week we had advanced polls for our local election. Our public library submitted a list of questions to all candidates to which each candidate replied with their responses to the questions. We were able to use that information to create information sheets for our residents to review prior to the election. It would have been nice to be able to attend an actual debate, but this was the next best thing available to us. Thank you to our library for making this information available to our community.

We would like to wish a very Happy Birthday to John M, Muriel, Donna and Nadine who all celebrated Birthdays in September!



# PVL ACTIVITIES



**HAPPY  
BIRTHDAY**





# PVL ACTIVITIES





# PVL ACTIVITIES





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# PVL ACTIVITIES



baby



baby



# PVL ACTIVITIES





# PVL ACTIVITIES





# SPRUCE VIEW LODGE

**Diane Robbins - Site Manager**  
**Clarissa Titong - Activities Coordinator**

**Whitecourt**

Greetings from Spruce View Lodge. Another month has flown by, but we are still enjoying the remainder of the summer! We began on August 6th with a delightful happy hour and singalong, creating a welcoming and joyful environment for all who attended. It was the ideal way to spend a relaxing afternoon surrounded by friends and music.

Mid-month, on August 15th, we held a garage sale and invited the "Fro on the Go" ice cream truck to park in our driveway to attract more customers. Regardless of the weather, we can say it was a successful afternoon.

August 19th and 20th we hosted smartphone training sessions led by Joanne. These sessions were informative and engaging, providing valuable skills to residents eager to enhance their digital literacy. It was a great opportunity to learn and connect over technology.

A bittersweet moment came when Payton Baker, the organizer behind the Gifts for Seniors initiative, visited us with treats to say goodbye. As she prepares to embark on her college journey, we all gathered to wish her the best of luck and success in this exciting new chapter of her life. Her dedication and kindness have left a lasting impact on our hearts.

On August 22nd, the summer festivities continued with a lively afternoon of games including the banana challenge, the in-and-out challenge, and act it out. The event was filled with loud laughter and friendly competition, followed by a refreshing treat of creamsicles and chips. What an afternoon!

Adding to the month's highlights, "The Press" newspaper featured Phillip Bell in an article that earned him well-deserved attention.

Congratulations to Vicki for winning "Make Others Great for the month of August. Shout to Karen for winning the Door Bingo.

The cooking show featured "Lemon Posset" it is a traditional British dessert known for its creamy, tangy, and smooth texture and it was hit with residents and staff, another taste to remember.

# SPRUCE VIEW LODGE

For our monthly birthday party, we had Eric "The Accordion" player entertain our residents, and Deputy Mayor Derek personally greeted our birthday celebrants; Effie, Phillip & Stephanie. We also had some RCMP officers join us to invite residents to the upcoming Musical ride.

Thank you ALL for making August another wonderful month, stay tuned for more fun.

## **Happy Fall Y'all!**

September at Spruce View Lodge was filled with fun celebrations, engaging activities, and meaningful moments that drew everyone closer together.

On October 5th, we celebrated Grandparents Day by serving ice cream, a simple treat that put a smile on everyone's face.

On our Travel Tuesday sessions, we discussed Mackinac Island, its uniqueness in not having motorized vehicles, its grand hotel, which was constructed in 1860 and has the longest porch in the world, among many other fascinating facts.

Thanks to Joanne from "know it sooner," we also wrapped up our smartphone training program with a session focused on games and apps.

On September 15th, we held a special bingo event for family, friends, and staff. Cecilia was the day's star, winning both the jackpot and door bingo. We also played Jeopardy, which proved to be both entertaining and interesting. We are grateful for the continuation of the Catholic Mass service, which provides spiritual comfort to our residents.

Karen hosted an afternoon tea on September 19th, where she shared her talent for bending forks into cute decorations. Following that day the residents enjoyed making crafts with the children and the parents with a thanksgiving theme.

On September 23rd, we made homemade pizza for our cooking show, which was a delicious activity that everyone enjoyed. Another taste to remember!

Lauren from Congdon's Company gave an informative talk on fall prevention, including important information about mobility aids and safety precautions, both were educational and empowering for residents.

# SVL STAFF



We are delighted to welcome Jodie Moran to Spruce View Lodge, where she began working as a casual healthcare aide August 26, 2025. Jodie is originally from Ontario and moved to Alberta in 2002. After 14 years in management, she decided to pursue her passion for helping others by taking a healthcare aide course and joining our team.

Jodie's passion for her job is evident in her dedication to the residents. She enjoys making them laugh and smile.

Jodie and her husband have been married since 2012 and share a close bond as "home buddies." When they are not working, they run a Matco Tools Truck business together. Jodie enjoys learning new skills and is a certified lash technician.

Jodie, a true book lover owns over 1,000 books and enjoys both reading and collecting them. She is fluent in both French and English.

We welcome Jodie to Spruce View Lodge and are excited about the positive energy, kindness, and dedication she will bring to our family.

# SVL RESIDENT

welcome



welcome

We are very happy to welcome Bruce Pike as a new resident. Bruce joined our lodge on August 13th and has been delighted to be here with his wife, Lorraine.

Bruce was born and raised in Newfoundland on April 17, 1948, and has lived a full and varied life. He proudly served in the military, with a deployment to Germany. Following his military service, Bruce worked in Edson's coal mines before relocating to Whitecourt in 1986 and joining Millar Western.

Bruce and Lorraine enjoy camping together, embracing nature and each other's company.

Bruce's advice to others is simple yet profound: "Be yourself, and don't be afraid to try new things."



# SVL ACTIVITIES





# SVL ACTIVITIES





# SVL ACTIVITIES





# SVL ACTIVITIES



Yummy!



# SVL ACTIVITIES





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# SVL ACTIVITIES





# ADMINISTRATION

Sylvia Bonnett - Operations Manager

## HEALTH CARE AIDE APPRECIATION DAY OCTOBER 17, 2025



**Wishing all the LSAF Health Care Aides a wonderful appreciation day !  
Your daily efforts and dedication to the health & safety of our residents is an  
inspiration. You are an essential part of our team!**

# CHATEAU LAC STE. ANNE

Tracy Nkonge - Site Manager

Onoway



Hello from Chateau Lac Ste. Anne Lodge,  
September is here, the summer went by way too fast. Next thing we will be doing is watching the leaves fall and everything change colour. For the Fall lovers, this is great news.

I would like to welcome our newest staff member to the team: Melissa Gordon. Melissa has a vibrant, kind personality which we know will be a great addition to our team, and she will quickly become a friendly face for our residents.

We also want to welcome Tilly, our new pet therapy dog to the Chateau. She is the biggest sweetheart, and the residents already love her to pieces.

September 30th is the National Day for Truth and Reconciliation Day and Orange Shirt Day. Each year, September 30 marks the National Day for Truth and Reconciliation; it honours all the children who never returned home and all the Survivors of residential schools. We will also honor the many families and communities affected by the painful history and ongoing impacts of residential schools.

The Orange shirt is worn on September 30th to promote the concept of "Every Child Matters" – the orange shirt is a symbol of the stripping away of culture, freedom, and self-esteem experienced by Indigenous children over generations. On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.

Next Proposed Resident Meeting: October 1st, 2025.

Next Proposed Staff Meeting: October 29th, 2025.



# CHATEAU LAC STE. ANNE



Hello from Chateau Lac Ste. Anne Lodge,  
Welcome to October, the month of little candies and treats.

I would like to welcome our newest staff member to the team: Melissa Elliott. I know Melissa is already a familiar face to some staff and residents, so we are confident she will be a great addition to our team, and we are looking forward to working alongside her.

We want to wish our resident Rosemary Blakeman who has moved out of the Chateau, health and happiness in her new home – we already miss your sense of humor, smile and personality.

We would like to welcome our newest resident: Guy. Welcome to the Chateau, we look forward to getting to know you and we hope you love living here!

We had a beautiful Thanksgiving dinner at the Chateau on the 12th. We have a gigantic monster in our hallways collecting treats to feed to our little goblins that visit us on Halloween. Although the weather is getting colder, we do love this time of year for Thanksgiving and Halloween celebrations. We do hope you all get a chance to enjoy the holidays, and festivities as well.

Next Proposed Resident Meeting: November 5th, 2025.

Next Proposed Staff Meeting: November 26th, 2025.

# CLSA RESIDENT

Welcome



Welcome

Born in Peace River and raised in the Manning District, Lorna's early years were shaped by the rugged beauty of northern Alberta. As a young woman, she worked as a cook in a logging camp but her heart was always with children.

As she followed her heart, she began teaching those who hadn't yet had the opportunity to attend school. Once they were ready, she helped the students transition into the regular school system.

After marrying, Lorna embraced motherhood with open arms, raising eight beautiful children - all within just seven years. Life was busy and she supported her growing family with various odd jobs, always finding ways to contribute.

When her youngest turned six, Lorna seized the opportunity to continue her own education. Once she finished her schooling she worked at Procter & Gamble for 14 years, where she cooked and cleaned with the same care and dedication she brought to everything else she did. In 2022, Lorna moved to the Onoway area to live with her daughter and has since joined our Chateau family. Lorna enjoys her days playing crib, tackling word searches, and sharing stories with fellow residents who she has become good friends with.

Welcome to the Chateau, Lorna - we're so glad you're here!



# CLSA RESIDENT

Welcome



Welcome

Marian was born and raised in Toronto, Ontario. In 1977, she made a bold move to Edmonton with her two beloved children, following her husband's job relocation.

While he flew ahead to prepare, Marian embraced the journey by train, turning the move into a memorable family milestone. In 1992, Marian built a beautiful home on her lake lot in Sunrise Beach—a place that became a true haven. Her commitment to community shone brightly through her long-standing role as a director on the Sun & Sand Community League, where she served with heart and dedication from 1988 until her retirement in 2025.

As a former wedding planner, she brought joy and elegance to countless celebrations. Her hobbies—painting serene landscapes, crafting, and enjoying music—reflect her artistic soul and love for beauty in everyday life. Since joining the Chateau, Marian has been fitting in wonderfully. Her warmth, experience, and vibrant energy make her a treasured part of our family.

# CLSA STAFF



My name is Mylie. I was raised in Lake Isle on the family farm. When I'm not at work, you'll find me spending quality time with my beloved animals, and close-knit family. Since joining the Chateau a few months ago, I am loving the team and all the residents that I have met.

# Welcome



# CLSA STAFF



Hello, I'm Melissa. As a 30-year-old resident of the Lac Ste Anne area, I've formed some wonderful connections within the community.

My family is blended; my 16-year-old son and 12-year-old daughter bring me immense joy. Four years ago, I married my best friend on our 10-year anniversary in the beautiful mountains.

Our acreage near Onoway keeps us busy but in my downtime, we go to car shows, hang out in the pool during the summer, and utilize our hot tub in the winter! And of course, lots of family time! I'm excited to get to know you all within this lovely lodge.

# CLSA ACTIVITIES

**Shauna Londeau - Activities Coordinator**

**Onoway**

It's a gentle reminder that September holds the warmth of summer and the promise of fall, all wrapped into one golden moment.

On August 1st, we gathered for a delicious dose of nostalgia at our Retro Treat Retreat. Here we enjoyed our favorite pies and scoops of ice cream in hand.

On August 5th, we took a stroll through local shopping delights with Treena's Finds. All the beautiful brooches filled the day with some well-deserved retail therapy.

On August 6th, we welcomed 12 stunning vintage and modern vehicles to our Show & Shine event - turning heads, bringing smiles, and sparking conversations. From gleaming classics to sleek new rides, each car brought its own story and style to the lot. Residents enjoyed complimentary Tim Hortons, generously donated by our local MLA, Shane Getson, adding a warm touch to an already memorable day.

On August 8th, our residents gathered for a delightful Ice Cream Social, where classic floats stole the show. Root beer, cola, orange soda was served with scoops of creamy vanilla reminiscent of our childhood days where we enjoyed these treats so much.

On August 12, we came together for a special Show & Share event. Each resident brought an item that holds personal significance - a cherished keepsake, a handmade gift, or a symbol of a life journey. As each story unfolded, laughter and emotion filled the room, reminding us how important it is to not just share, but to also the memories and meaning behind them.

On August 13th, we welcomed Jeff from Acera Insurance for an informative presentation on Tenant Insurance. Residents learned about what tenant insurance covers - including protection for personal belongings, liability coverage, and support for temporary living expenses in the event of an emergency.

On August 18th and 20th, we welcomed Joanne from Know It Sooner for two engaging smartphone training sessions. This month's focus was all about communication—from sending texts and making phone calls, to using apps like FaceTime and email to stay in touch with loved ones near and far.



# CLSA ACTIVITIES

On August 22nd, our residents gathered for a lively Sip N Paint party, with a twist! Instead of traditional brushes, we dipped Q-Tips into vibrant paints and painted some gorgeous owls. The afternoon was made even more special thanks to the addition of wine and beverages generously donated by our local favorite: Wally's Bar & Grill; their support helped turn a creative gathering into a true celebration of community and expression.

On August 27th, we were thrilled to welcome back Linda, who generously volunteered her time and amazing musical talent for another sing-along. Her energy and warmth lit up the room as residents joined in on familiar tunes.

On August 29th, we came together for our monthly Birthday Party, celebrating the wonderful Bernadette, Marie, Charlie, Dot, Tom N., Wayne, and Werner. Although our scheduled entertainment had a last-minute conflict, the afternoon was far from quiet - we filled the room with classic oldies, toe-tapping tunes, and plenty of smiles. With laughter, cake, and heartfelt birthday wishes, it was a beautiful reminder that joy doesn't need a stage—it just needs good company.

Congratulations to Marina who was the winner of our lunch time progressive bingo.

Congratulations to Georgina, our lucky winner of the quilt raffle! This stunning quilt, generously donated by the Westerlund family, raised \$194 for the activity department programs. Thank you for the donation, and to everyone who bought raffle tickets!

A heartfelt thank you to a local family who generously donated their wedding flowers to the Chateau. These stunning arrangements filled our space with a fragrance that lifted everyone's spirits.

**"October's poplars are flaming torches lighting the way to winter." - Nova Bair**

There's something truly magical about spending time with Pal & Deb. On September 5th, we enjoyed another peaceful afternoon in their company. It's amazing how the gentle presence of a horse lifts your spirits and bring back cherished memories of the good old days on the farm.

# CLSA ACTIVITIES

On September 9th, we added a playful twist to our day with a brand-new activity: the Poker Walk! Residents began at a starting station to receive their first card, then made their way through four more locations around the building to complete their hand. Once everyone gathered all five cards, we came together to reveal the winning poker hand - congratulations to our lucky winner Blanche, who received a tuck shop gift certificate. To wrap up the fun, we enjoyed a refreshing beverage and played a few lively hands of poker together. We will do this activity again as there was lots of laughs and learning taking place in this game!

On September 11th, we awakened our creativity with a beautiful two-part art activity: Zen-tangle painting. In the first session, we painted with watercolor. Then, in the next session, we brought our designs to life - layering intricate patterns and thoughtful details to complete each unique work of art.

On September 12th, we treated our residents to a sweet surprise - delicious banana splits! With scoops of ice cream, fresh bananas, whipped cream, and all the toppings, it was a delightful way to brighten the day.

On September 16th, our hearts were lifted during a lovely sing-along with Linda. Her amazing voice filled the room with joy, and as always, the residents were delighted.

On September 20th, we hosted a pub and crib afternoon that brought out a fantastic turnout! Residents gathered to enjoy friendly games of crib, refreshing beverages, and plenty of laughter.

On September 24th, our residents took part in an engaging Show & Share afternoon. Each person brought an item close to their heart - something that held a story, a memory, or a special meaning, and shared it with their fellow residents.

On September 29th, we welcomed Personal Touch Fashions for another delightful shopping experience. As always, they brought a wonderful selection of beautiful clothing for our residents to browse and enjoy.



# CLSA ACTIVITIES

We wrapped up our season of smartphone training on September 15th and 17th with Joanne from Know It Sooner. It was a great 4 sessions, filled with helpful tips, clever tricks, and plenty of "aha!" moments. A big thank-you to Joanne for her patience and expertise.

Our monthly birthday party was a great success, filled with music, laughter, and heartfelt celebration! Gary Thomas graced us with a wonderful performance. We celebrated our September birthdays - Laura, Marian, Katrina, Larry, and Ted - with cake, and plenty of applause.

A big congratulations to our Progressive Bingo winners! Ivan and Bernadette each took home \$22.50, while Marina won the following bingo prize of \$40.50.

A BIG SHOUT OUT to our wonderful residents who shared their beautiful flowers with us. Walking through the lodge grounds and seeing all the vibrant blooms was so welcoming. The fragrance was just as lovely, filling the air with the sweet scent of summer's farewell.



# CLSA ACTIVITIES





# CLSA ACTIVITIES



# CLSA ACTIVITIES

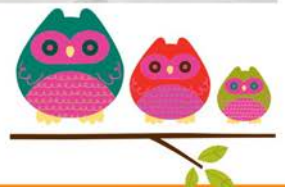




# CLSA ACTIVITIES



# CLSA ACTIVITIES





# CLSA ACTIVITIES



# CLSA ACTIVITIES



***dance  
party***





# CLSA ACTIVITIES



# CLSA ACTIVITIES

