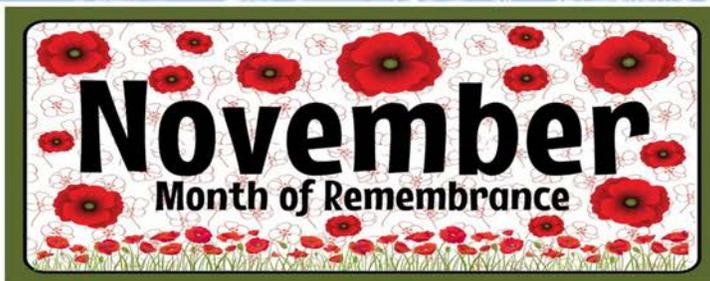


LAC STE. ANNE FOUNDATION

Mid Winter 2025 Newsletter

Diane
Robbins -
Site Manager



Whitecourt

Remembrance Day Poppy
I'll wear a little poppy,
As red as red can be,
To show that I remember,
Those who fought for me.

We have begun the month in happy spirits, now being removed from outbreak and excited for what November has to offer. This month we will be celebrating Remembrance Day- thankful to Pastor Clayton of the Baptist Church for coming into the lodge for our Remembrance Day Assembly. This is a very special day for many residents of the Spruce View Lodge and they always appreciate being able to honour those who have fought, and those who have lost loved ones through the war.

Sadly we had to say goodbye to a spunky and vibrant woman- Sandra Krischuk moved out late October and we wish her all the best in her new home and hope she will come back to visit us here at the lodge.

This month we will be performing our Full Site Evacuation, we appreciate everyone's patience and understanding when we do these. It offers such a great training opportunity for staff . As well, provides residents some peace of mind knowing we are prepared and confident.

As a group we will also begin our Christmas Decorating on November 21st and I for one love to see all of the lights and sparkles that come from Christmas.



"It's the most wonderful time of the year"...

December has already been quite the month, and now that snow is on the ground it makes it feel more like Christmas.

On November 29th for the first time our lodge had an emergency involving a fire; although it was small it was still a scary time for all staff and residents. The staff did an amazing job at evacuating all of the residents, and the fire department and RCMP were incredible at keeping everyone calm, and ensuring the safety of all those involved. Thank you to all of the staff and emergency responders for all that you did and continue to do.

Our Christmas Festivities have already begun here at the lodge, and many deliveries of chocolates and goodies have come along with that.

Sadly we had to say goodbye to a friend, and long-time resident Gerry Crouse, we do wish her all the best on her next venture and move. We hope that her and her family will come back to visit us. We will miss her gorgeous outfits with matching shoes, and a smile that lights your heart.

We welcomed a new resident- Barbara Pysar; she is such a joy and sweetheart. She has really enjoyed herself thus far.

For the month of December, we have so many wonderful people coming into the lodge, whether to visit, deliver goodies and or donate. It just shows how supportive our community is, and how involved they are with the lodge. Huge shout out to the "Gift for Seniors" run by Melissa Baker and community. Thank you to Mountain Steak & Pizza for always being a huge supporter of the lodge, as well as the Eagle River Casino.

Merry Christmas to all and to all a good month...

SVL STAFF



We are happy to welcome Tara Friend as our new Social Leisure Aide! Tara joined us on October 14th and has already had a positive impact.

Tara was born in Edmonton and raised in Mayerthorpe. She is a devoted mother to two wonderful daughters who mean everything to her. She enjoys attending cheerleading competition with her daughters. Additionally, she is a certified Nail Technician who is very eager to share her skills with our residents.

Tara appreciates her new role's friendly and happy atmosphere, which compliments her warm and caring personality. We look forward to her enthusiasm and commitment to the lodge. Welcome aboard, Tara!

SVL RESIDENT



We are happy to welcome Barbara Pysar to our family! Barbara was born on May 22, 1941, in Edmonton, Alberta. She is a mother of six children, grandmother to six grandchildren, and great-grandmother to one great-grandchild.

After growing up in Edmonton, Barbara and her family moved to Lac La Biche, then Yellowknife, before finally settling here in Whitecourt. She completed her high school education and worked at Walmart for over 10 years as a greeter. Barbara truly enjoyed her time there, as it gave her the opportunity to meet many people and build lasting friendships with both coworkers and customers.

Barbara's most treasured memories include her trip to Rome, where she had the unforgettable experience of attending mass with the late Pope Francis. She was deeply moved by her visit to Vatican City, particularly the beauty and solemnity of its churches, and described it as one of the most memorable experiences of her life.

Barbara's hobbies include crocheting and knitting, which she finds both relaxing and satisfying.

Her advice to everyone is simple yet profound: enjoy life and be easy on yourself

SVL ACTIVITIES

Clarissa Tittong - Activities Coordinator

Whitecourt

"Autumn shows us how beautiful it is to let things go" - Unknown

The month began on October 8th, with an Oktoberfest celebration. Residents came together to enjoy pretzels, refreshing beer, and mocktails while listening to German music.

We hosted a special bingo event on October 14th, inviting family, friends, and staff to join the fun. Congratulations to Cecilia, who not only won the \$25.00 jackpot prize but was also a door bingo winner. She is truly a lucky lady!

On October 16th, we held our first meet-and-greet with the mayoral and town council candidates. This event gave residents the opportunity to learn about the candidates' platforms and advocacy, strengthening the bond between our community and local leaders.

On October 17th, we went to Eagle River Casino for a fish and chips lunch, which was fantastic, everyone had a good time.

Despite facing an outbreak beginning on October 20th, our spirits remained high. We were able to enjoy activities like bingo, cribbage and other board games. Activity staff prepared and delivered goodie bags containing cough drops with a little note "Cough drops and love we've got you covered" to each room to show care and love.

On October 28th, we held our "Taste to Remember" event where pumpkin spice lattes were prepared and enjoyed by both residents and staff, adding a warm and cozy touch to the season.

On October 29th, as part of our tradition we bagged all the Halloween candies generously donated by staff and residents. We made 300 bags and 125 assorted chips, followed by a hot chocolate social. A special thank you goes to Jody, our HCA for her generous contribution.

SVL ACTIVITIES

For our monthly birthday party, we had Norman and Shirley Rice entertain our residents. Their performance was thoroughly enjoyed by all. And our newly elected Mayor Ray joined us to personally greet our birthday celebrants, Karen, Sheila V., Lorraine, Elaine, Kay H., John, Kay C. and Marie. Congratulations to Louise for being "Make Others Great" for the month of October and to our CAO Dena for winning the 50/50 fundraiser.

Thank you to everyone who made October a month to remember! Stay tuned for additional exciting events and activities in the coming months. Follow us on our Facebook page Spruce View Lodge Whitecourt☺

November has been a month of fun, memories, special celebrations, and holiday preparations.

The month began with a relaxing arts and crafts day in which residents painted wooden Christmas ornaments; it was a very enjoyable afternoon. We are delighted to welcome Faith Milton and students, who shared their musical talents and entertained everyone with their performances.

On November 11th, Pastor Clayton of the Baptist Church led a solemn and heartfelt Remembrance Day celebration, providing an important opportunity to honor and remember our soldiers.

We held a Pie Social, an afternoon dedicated to enjoying each other's company. Jenna-Mae's piano playing of Christmas songs inspired residents to sing along, another fun afternoon!

For our "Taste to Remember" event, we prepared a light and delicious strawberry dessert made with ladyfingers, strawberries, and cream, which was enjoyed by all.

SVL ACTIVITIES

As the holiday season approached, staff began decorating for Christmas on November 21st, thanks to Jody & Norma who gave their time and effort. Our Nail Spa returned on November 25th, bringing pampering and smiles thanks to Tara and Adrianna's excellent work. Staff assisted a few residents in decorating their doors and Christmas trees, to bring more festive spirit!

On November 26th, we held our annual Christmas photoshoot in collaboration with Serena Lapointe Photography, this was a wonderful occasion that brought together family and friends to capture happy memories. Throughout the month, residents had a good time playing ladderball, pool noodle volleyball, horse race, crib, and bingo. Congratulations to Phillip for winning the \$22.00 Door Bingo prize and to Lil for being recognized as "Making Others Great" in November.

The highlight of the month was an extremely special birthday celebration for Anne, who turned 100 years old. Mayor Ray joined us to personally greet our birthday celebrants, Judy, Claude, Morley and Anne. The Baxters' music filled the room, making everyone's experience memorable.

November was truly a month to remember, filled with celebration and gratitude. Thank you to everyone who made this month so special and meaningful.



SVL ACTIVITIES



STABEUS

**100 YEARS AGO
BACK IN
1925**

ANNE LENKO
was born on November
29th, 1925
in Alberta, Canada

Popular Movies Released in 1925

The Bad Man	Charles Chaplin
Black and White	William S. Hart
Conquest	Tom Mix
Love and Loyalty	William S. Hart
Man of the West	Tom Mix
My Darling Clementine	John Ford
The Phantom	Tom Mix
The Phantom of the Opera	Tom Mix

What things cost

Pork	10¢	Very expensive
Beef	15¢	Very expensive
Butter	25¢	Very expensive
Eggs	10¢	Very expensive
Wheat	1.00	Very expensive
Flour	1.00	Very expensive
Wheat	1.00	Very expensive
Flour	1.00	Very expensive

WORLD POPULATION
1.2 billion

Prime Minister of Canada in 1925
William Lyon Mackenzie King
Served as Prime Minister from 1921 to 1930

Canada through a significant growth
Cultural and Scientific Milestones



**BEST
birthday
EVER**

SVL ACTIVITIES





SVL ACTIVITIES



ADMINISTRATION

Sylvia Bonnett - Operations Manager



James CCSA
Kinsey CCSA
Diane - SVL SM
Valerie - SVL LPN
Pamela - PVL SM
Sylvia - OM
Phylicia - CLSA LPN
Tracy - CLSA SM

Congratulations to our Managers on the completion of the
CCSA Safety Leadership Course!
Continuing Care Safety Association (CCSA)
November 6, 13 & 20, 2025

Way to go!
You did it!
Great job!





ADMINISTRATION

HAPPY APPRECIATION DAY **SITE MANAGERS & LPN'S**

Leadership is essential in influencing the organizational culture, motivating employees, and driving an organizations success.

We appreciate that you are able to lead with confidence, are supporting your teams effectively, and remain engaged in your roles within our lodges.

Please know that your hard work is recognized, appreciated & valued.

Enjoy your day !!



CHATEAU LAC STE. ANNE

Tracy Nkonge
- Site Manager

Onoway



Welcome to November, the month of Remembering.

Remembrance Day – November 11th:

We celebrate Remembrance Day to commemorate the end of World War I, and to honor all military members who have died in the line of duty. It is a time to honor the sacrifices of those who served in the Canadian Armed Forces and other Commonwealth nations.

We like to observe Remembrance Day with a two-minute silence at 11 a.m. Take these two minutes to remember the fallen and those that fought for our freedom.

At the Chateau we held a Remembrance Day ceremony on November 8th at 10:00am.

This November we want to wish a couple residents goodbye: Joyce and Guy, you both were a joy to have here, and we hope you are exactly where you want to be and are enjoying your new homes. You will be thought of often.

We would like to welcome our newest residents to the Chateau: Verla, Elaine, and Donna. Welcome to the Chateau family to you ladies, we look forward to getting to know you and we hope you love living here!

As we are headed into the last month of 2025, with the Christmas season upon us. We hope you enjoy spending the next few weeks admiring the festive decorations (as they begin to be set up) and getting into the next holiday spirit.

CHATEAU LAC STE. ANNE



DECEMBER

Hello from Chateau Lac Ste. Anne Lodge,

The holiday season has arrived, and we are busy at the Chateau making this month one of joy!

We hope you love spending the next few weeks enjoying the festivities, holidays, and absorbing the holiday spirit. With a packed activity calendar, and lots of fun things going on in the lodge, we hope you all get enjoyment out of everything!

I want to send a heartfelt “thank you”, to everyone who has sponsored a resident this year, and to others that have contributed to our lodge by way of monetary donations – your support does not go unnoticed, and we thank you from the bottom of our hearts. I also want to send our appreciation out to those who have donated their time by volunteering during activities, and those who have come in and participated in various activities with, and for, our residents; it is because of you that the resident’s activity calendar is filled with excitement and joy during the holidays.

Lastly, I want to thank our invaluable staff at the Chateau for going above and beyond for the residents and your team(s); whether you are working during the holidays or during special events, or participating in your team’s door decoration challenge for the resident’s enjoyment, you guys are appreciated immensely for all you do, and for giving your best every day. Thank you for making a difference in the lives of everyone around you.

Happy Holidays to all our residents, staff, families, supporters, and community members. We hope your season is filled with joy, gratitude, peace, and love.

CLSA RESIDENT



Verla Young

From the quiet prairies of Berwyn to the coastal charm of Prince Rupert, Verla Young's life has been a tapestry of resilience, hard work, and heartfelt service. She spent over 30 years in Prince Rupert, where she wore many hats - waitress, school maintenance worker, and community contributor. After retiring to Kamloops for 14 years, Verla's story took a lively turn when her son asked her to manage a laundromat in Alberta Beach.

Never one to shy away from a challenge, she stepped up, trading quiet retirement for suds and spin cycles. Now, Verla is embracing a well-earned chapter of true retirement here at the Chateau. Her pass time during her younger years was woodworking, knitting, and curling up with a good book; her love of reading is still going strong. We're delighted to have Verla with us, welcome to the Chateau family.

CLSA RESIDENT



Elaine

Elaine was born and raised in Summerford, Newfoundland, arriving in the world on March 27, 1955, in her grandmother's home - a place filled with family, and the spirit of the island, that she still holds close to her heart.

Elaine moved to Carters Cove where she raised her family. She is a proud mother of three children, two daughters and one son; she takes every opportunity to spoil her five grandchildren.

Elaine would spend time baking, gardening, and caring for her chickens, cats, and dogs. Elaine moved to Alberta last year to live with her daughter, but Newfoundland remains her true home in spirit. She carries its memories, its people, and its coastal beauty with her every day.

CLSA STAFF



Hello! My name is Melissa Elliott, and I've proudly called Lac Ste. Anne County home for the past 19 years.

I'm a mom to two amazing young adults—my daughter (22) and son (20)—who have grown up in Onoway, attending school and building their lives in our wonderful community.

In my free time, you'll often find me tending to my garden, enjoying peaceful walks with my dog, or sharing laughter and stories with friends and family. These simple joys keep me grounded and grateful. I'm absolutely thrilled to be joining the Chateau family and look forward to connecting with each one of you.

Here's to new beginnings, shared moments, and building something beautiful together!

CLSA ACTIVITIES

Shauna Londeau - Activities Coordinator

Onoway

"November comes and November goes, with the last red berries and the first white snows." — Clyde Watson

We began October with honoring our seniors with National Seniors Day on October 1st. To celebrate, we brought a taste of comfort and wistfulness right to their doorstep with a Tim Hortons Drive-Thru Experience. Residents were delighted to enjoy their favorite Tim Hortons' treats.

Friday, October 3rd, our lodge was filled with the hum of music and the sweet swirl of nostalgia. Residents gathered to enjoy their favorite classic milkshakes. Whether it was chocolate, vanilla, or strawberry, each sip sparked stories and smiles.

October 6th, we proudly hosted a Town Council Candidate Forum, welcoming all individuals running for local office to speak directly with our residents. This gathering created a meaningful space for dialogue, questions, and shared visions for our community's future. Residents had the opportunity to express their concerns and feel understood.

October 7th, our residents had the opportunity to make their voices heard through mobile voting, right here at the lodge. With ballots cast and conversations shared, the day was a celebration of civic responsibility. The convenience of the mobile voting station ensured that everyone who wished to participate, could do so with ease and dignity.

October 8th, we welcomed Tara, who shared an enlightening presentation on the benefits of Light Therapy. Her session offered valuable insights into how light can positively impact mood, sleep, and even offer pain management.

As Thanksgiving weekend approached, we then gathered on Friday, October 10th, to share in the thankful spirit of the season. Residents enjoyed some classic apple pie and pumpkin pie; each served with a generous scoop of traditional vanilla ice cream. The room was filled with laughter, gratitude, and the comforting aroma of fall spices.

CLSA ACTIVITIES

October 14th, we held our monthly Poker Walk, an animated twist on the classic poker rally, designed to get residents moving and helping to get our steps in. As participants strolled from station to station, they collected cards to build their best poker hand. Congratulations to Audrey, who claimed victory with the winning hand and took home a Kinder chocolate collection as her prize!

October 14th and 16th, in the spirit of autumn Judi, one of our volunteers hosted a Zen Pumpkin Painting workshop. Residents tapped into their creativity and mindfulness as they transformed ordinary pumpkins into stunning works of art using the gentle, flowing techniques of Zen-inspired brushwork.

October 17th, our lodge was alive with the festive rhythms of Mexican music, creating an atmosphere that had toes tapping and spirits lifted. Residents sipped on delicious Margaritas and snacked on crispy corn chips that were served with zesty salsa and queso cheese dip.

October 21st, we kicked off the holiday spirit with the start of our homemade Christmas card sessions, led by the ever-talented Bonnie and her wonderful volunteers. It reminded us that the most meaningful gifts are often made by hand and shared from the heart.

October 24th, we gathered for our monthly Pub & Crib Club, but more than anything, it was an afternoon of music and laughter. Residents enjoyed the familiar tunes, friendly games of cribbage, and the cozy pub beverages.

October 28th, we welcomed Lauren from Congdon's team for an insightful and engaging presentation on fall prevention. Lauren shared practical tips, safety strategies, and helpful reminders to support our residents in staying steady and confident in their daily routines.

October 29th, we welcomed Linda for a beautiful Sing-Along that filled the dining room with harmony. With Linda strumming on her guitar and singing songs we all knew, we found ourselves reminiscing cherished moments and remembering the joy of singing together. Residents joined in with smiles, proving once again that music has a magical way of connecting us to our past and to one another.

CLSA ACTIVITIES

This Halloween, we came together to spread joy and treats to the little ghosts and goblins of our community. Residents assembled 150 treat bags, filled with goodies and love. The morning was filled with music, laughter, and a bit of a shoulder workout as we packed each bag with care. Come Halloween evening, our residents proudly handed out the treat bags to excited trick-or-treaters.

We closed out October with a birthday celebration honoring our October birthdays Leo, Eileen, and Jeannette! The lodge was filled with music, laughter, and birthday wishes as Trace Jordan provided performed live for us.

A big congratulations to Georgina, our winner of the Halloween Candy Count Contest! The drinking cup was filled with 49 chocolates, and Georgina's guess of 48 was impressively close, just one chocolate shy of perfection. And a big congratulations to Lisa who won our fall themed raffle basket. This raffle raised \$458.00 all going to the enrichment of our seniors.

A huge congratulations to our progressive bingo winner Diane who took home \$40.50. A big shout-out to our beloved pet therapy dogs, Tilly and Boom! Your visits bring more than wagging tails—they bring comfort, joy, and cherished memories to our residents, especially those who have had pets in their lives.

As the air sharpens, the light softens, and the world starts to whisper winter. On November 6th, we welcomed the children from Little Village Day Care, for a visit. The lodge was filled with laughter and joy as kids and seniors spent time together coloring, reading, and playing games. We are delighted to announce that this intergenerational program will continue - Little Village Day Care will be joining us on the first Thursday of every month. We look forward to many more moments of fun, creativity, and friendship!

November 7th, our residents gathered for a delightful Sip & Paint afternoon. With brushes in hand and refreshments at their side, they created beautiful paintings of poppies. There were many beautiful masterpieces painted by our Picassos.

CLSA ACTIVITIES

November 8th, we were honoured to welcome the Onoway Legion to the Chateau for a beautiful Remembrance Day celebration.

November 14th, residents gathered for our monthly Pub & Crib Club. With a delicious beverage in hand, everyone enjoyed friendly games while listening to great tunes.

November 17th, we welcomed Pieces by Sharon with her wonderful selection of fashions. Residents enjoyed browsing through the beautiful clothing and accessories, with many finding just the right piece(s) to add to their wardrobes!

November 18th, we welcomed Bonnie for our monthly Card Making Class. Residents enjoyed crafting beautiful Christmas cards, each one filled with love, to send to their loved ones.

November 19th, residents enjoyed our lovely Mini Market right here at the lodge. The event featured Nana's Wreaths, Fashion Jewelry, delicious treats from Wicked Crumb, and beautiful broaches and scarves from Treena's Finds. It was a wonderful afternoon of shopping, visiting, and discovering special items to take home.

November 21st, residents were treated to ice cream cones while enjoying some background music. The combination of sweet flavors and cheerful melodies made for a simple yet delightful afternoon.

November 25th, residents gathered for a fun Gnome Craft activity. With plenty of imagination and supplies, everyone created their own unique gnomes.

November 26th, we were treated to a truly special experience when Linda, who generously volunteered her time, shared her musical talents. With her guitar in hand, she led us in a beautiful sing-along that filled the room with joy.

We closed out November with a birthday celebration honoring our November birthdays - Art and Gordon! The lodge was filled with music, laughter, and birthday wishes as Dhalia Wakefield provided a live performance for us.

CLSA ACTIVITIES

Congratulations to Marina & Tom N. for winning our lunchtime progressive bingo. Thank you to the Onoway Gardening club for donating the gorgeous Christmas centerpieces for our tables, along with several wreaths – we raffled off the beautiful wreaths and raised \$132 for the activity department!

Thank you to all the staff and residents who donated to the Chateau's Giving Tree; there were many warm blankets, hats, mittens, and scarves to give to those in need. Additionally, we would like to thank Marion who made the trek into Edmonton and donated all the items to the Mustard Seed to help the less fortunate in the inner-city of Edmonton.

Stay safe and warm!



CLSA ACTIVITIES



CLSA ACTIVITIES



CLSA ACTIVITIES



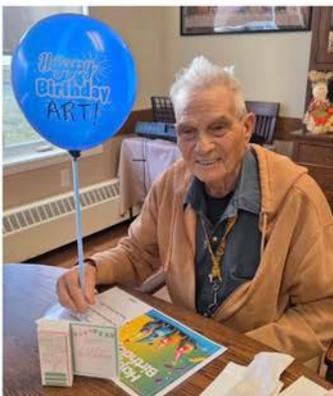
CLSA ACTIVITIES



CLSA ACTIVITIES



CLSA ACTIVITIES



PLEASANT VIEW LODGE

Pamela Lacaille – Site Manager

Mayerthorpe

Welcome to November!

The days are shorter, and winter is settling in. This month brings important safety reminders and health updates.

Winter Weather Safety

As snow arrives, please take extra care:

- Wipe shoes on mats to prevent slippery floors
- Use walkers or handrails when walking
- Wear winter footwear with good grip
- Report icy spots near entrances so staff can sand them

Cold Weather Window Reminder

Please keep windows closed overnight and on cold days to prevent frozen pipes. If you need help to adjust your room temperature, let staff know.

Fall Prevention Month

Lauren Nemeth from Congdon's came to the lodge to do a Fall Prevention presentation on November 14th

A key focus in supportive living.

- Keep walkways in your room clear
- Use your walker or mobility aid
- Turn on lights at night before getting up
- Tell staff if you feel unsteady or have had a near-fall

Helpful Resources:

Parachute Canada • Finding Balance Alberta

Cold & Flu Season

Please report symptoms to staff early (cough, fever, sore throat, fatigue).

Remember to:

- Wash hands often
- Use hand sanitizer before/after meals & activities
- Stay hydrated and rest when needed

PLEASANT VIEW LODGE

Welcome New Residents

Welcome Susan! We are glad you're here and hope you feel at home.

Seniors Taxi Service

Call 780-284-8937 to schedule a ride.

Church Services

St. Agnes Church continues to hold services Sunday mornings in the Community Centre during their renovations. All are welcome.

Warm wishes for a cozy and peaceful November!

December is here, bringing colder temperatures, snowy days, and the warmth of the holiday season. As we head into winter, please review the following safety reminders and updates.

Winter Weather Safety

With snow and ice becoming more common, please take extra care:

- Wipe shoes on mats to prevent slippery floors
- Use walkers or handrails when walking
- Wear winter footwear with good traction
- Report icy or slippery areas near entrances so staff can sand them

Vehicle Safety Reminder for Residents Who Drive

For residents who continue to drive, please remember to practice winter safety:

- Use caution when plugging in vehicles during cold weather
- Take extra care during snow and ice removal around your vehicle
- Watch for pedestrians and other vehicles in the parking lot
- Let staff, family, or friends know your whereabouts when traveling

Cold Weather Window Reminder

Please keep windows closed overnight and on very cold days to help prevent frozen pipes. If you need assistance adjusting your room temperature or closing a window, please let staff know.

PLEASANT VIEW LODGE

Cold, Flu & COVID-19 Season and Vaccinations

Please report symptoms to staff as early as possible, including cough, fever, sore throat, or fatigue.

Remember to:

- Wash hands frequently
- Use hand sanitizer before and after meals and activities
- Stay hydrated and get plenty of rest

Vaccinations for COVID-19 and influenza are encouraged. RSV vaccination is also an important consideration for older adults during respiratory virus season. The pneumococcal vaccine is beneficial for seniors and those living in congregate settings. Please discuss with your pharmacist if you have not already.

Welcome New Residents

A warm welcome to our new residents Victor & Susan, and Lorraine. We are glad you're here and hope you feel at home.

In Memory

Sadly, Muriel passed away. She will be missed, and our thoughts are with her friends and family.

Seniors Taxi Service

Call 780-284-8937 to schedule a ride.

Church Services

St. Agnes Church continues to hold Sunday morning services in the Community Centre during their renovations. All are welcome.

We wish everyone a happy holiday season!

PVL STAFF



Congratulations to our October

Make Others Great Award Winner

Delilah Jones!

PVL STAFF



Congratulations to our November

Make Others Great Award Winner

Dallys Crossland!

PVL ACTIVITIES

Dallys Crossland - Activities Coordinator

Mayerthorpe

Christmas is on the way, and we are officially decking the halls!

Our walking club has been meeting weekly and walking laps around the building. We usually walk 6 laps each time which equals 1km! Way to go walking club!

Leanne has come to do two of her three Christmas Card Making Classes here at the lodge. Each time we make 3 cards and this next time we should also be making name tags which are my personal favourite!

This past month we played axe throwing and target practice which are both so much fun! We even had our brand-new Mayor, AJ, stop by for a game with us. Turns out, he is a really good shot!

Pieces by Sharon stopped by with some fashion and accessories so the ladies could do some shopping. It's always a hit when Sharon comes by with her things!

Of course, we can't go a month without having a Tim Horton's day! It's always a crowd pleaser.

We have had 2 bus trips cancelled the last little while due to unforeseen circumstances. We have been lucky and have been able to reschedule to go next week to make up for it. However, it is a reminder that with the weather changing and with so many factors that come into play to make a bus trip happen such as illnesses, bad weather, bus/driver/staff availability to name a few, that these things do happen and we better not rely too heavily on our bus trips for all our shopping needs as they are never guaranteed but always enjoyed!

We are looking forward to our Christmas Tea. Gordie West is coming to do some entertainment for us. We have never had him here, but he was suggested to me by Sandy Morton and I can't wait to see how he does, good, I'm sure.

We would like to wish a very Happy Birthday to Mary who celebrated a Birthday in October! Happy Birthday Mary!

Every year Christmas seems so busy, we have choirs and students stopping by to sing for us every few days, not to mention all our parties and events over December. We always enjoy it so much, but I am looking forward to the calm of January.

Since our last newsletter we have been on a couple bus trips. The trips to Whitecourt for shopping seem to be the big crowd pleaser around here.

PVL ACTIVITIES

We also enjoyed a Tim Horton's day which was donated by the Friendship Club – Mayerthorpe. The Friendship Club donates so many wonderful events throughout the year from parties to crafts to bus trips! We very much appreciate the continued support from them and other groups like them, such as The Friends of the Lac Ste Anne Foundation without whom we would not be able to do all the wonderful things we do here at PVL.

We welcomed the Joyful Melody Trio for our November Birthday Party and they were absolutely wonderful! Although one of the ladies was unable to join us, we are so looking forward to haven't them back again in the future so we can get the full trio experience

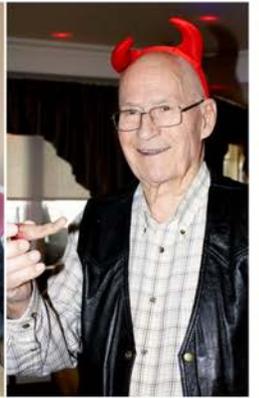
We had the Mayerthorpe Minor Hockey kids stop by for a game of pool noodle hockey. These kids come and do this with us once a year and its always so much fun!

And of course, it wouldn't be December at PVL without our Resident Christmas Party. This year we had Hodie West come and perform his Christmas Show for us. We all really enjoyed it but now we want Gorie to come back and perform a classic country show for us too! He was really good. We would like to thank Satya from Mayerthorpe Value Drug Mart who, for the 3rd year in a row, has sponsored this event! Thank you so much Satya!

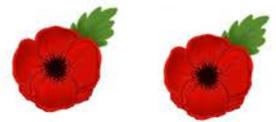
Unfortunately, Rosedale Youth Group couldn't make it this year as there was freezing rain on the day they were scheduled to do the tour this way and it was cancelled. However, Shining Bank Choir Group did make it, and the residents were thrilled to experience their music. It is always such a joy to have the choir groups come and perform for us.

We would like to wish a very Happy Birthday to Alice and Marie who celebrated Birthdays in November!

PVL ACTIVITIES



PVL ACTIVITIES



PVL ACTIVITIES



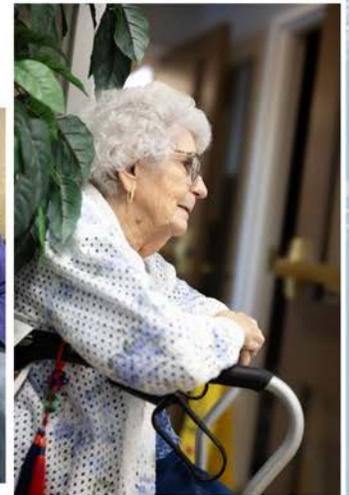
PVL ACTIVITIES



BORN TO CRAFT



PVL ACTIVITIES



PVL ACTIVITIES



CHOIR



WOODLAND VILLA

Melody Nemlander - Supportive Housing Manager

Another year is coming to a close. It is hard to believe how fast time is going. We have our tree up early so that it can be enjoyed for a while. Florence likes to harrass me daily, so here is a little pay back, lol. She thinks that I am in the picture with her, but I ducked down. She says this is the best tree yet, although she says that every year. We also have some people that do a lot of puzzles, Shirley is one of them. I wonder how many puzzles go through this place in a year.

This weather we have been having is nice, but it does lead to surfaces being slippery, so please be careful when you go out and about.

