

LAC STE. ANNE FOUNDATION

February 2026 Newsletter

SPRUCE VIEW LODGE

Diane Robbins - Site Manager

Whitecourt



There has been so much change for the year 2026 already, many people have come and gone.

We want to say a big welcome to our newest residents and members of the Spruce View Lodge Family; Garry Engebretson- his humour and wild side brings so much energy and excitement to the lodge. Norman Thibault who was a previous tenant of the Woodland Villa has now joined us here at the lodge, his French accent makes him so nice to listen too, and we already have a nickname for him "T-Bone". We are also joined by Miss Anne Knott, our British nurse who can tell you off but make it sound so romantic; she is so much fun to have around. We also welcomed a new couple Jenny and Leon, both originally from Whitecourt but just joined us from a senior's lodge just outside of Grande Prairie.

Huge shout out to Gordon who was kind enough to cover for our maintenance department while Aaron was away laying on the beaches of the Philippines; we are happy to have him back with us, but will also miss Gordon.

MEETINGS:

Lodge Meeting- February 18th

Resident Meetings- February 11th

SVL RESIDENT



Norman Thibault

Welcome to the family, Norman Thibault. Norman was born and raised in Donnelly, Alberta, and carries the region's strong French-Canadian heritage. They made their living by growing oats and barley. He is a proud father of two children, one in Red Deer and the other in Ontario, with ten grandchildren and two great-grandchildren. Norman values family above all else, and ours is richer for his presence.

Norman was a heavy equipment and grader operator who continued to do what he loved until he retired at 72. He enjoys watching baseball and curling, and his proudest moment was celebrating his 88th birthday with the entire family, particularly his grandchildren.

His advice for everyone: respect others and listen more than you speak. Welcome, Norman; we are honored to have you here.



SVL ACTIVITIES



Clarissa Titong - Activities Coordinator

Whitecourt

Greetings!

WOW, February already! We started our month with arts and crafts with an easy and simple Valentine's painting session; it was a relaxing afternoon. On February 6th, we had karaoke and happy hour, residents had a great time singing their favorite songs while drinking. That's all for now about February. Here's a recap of January's activities.

We began January by taking down the Christmas trees, storing the ornaments, and organizing our basement.

On January 9th, we welcomed children and their parents to a snowman-making event. It was a fun morning that made everyone smile.

We hosted a hot chocolate social, which is always a hit! On January 22nd we took time to reminisce about our 2025 activities. Looking back at photos and highlights brought smiles and the residents really enjoyed the past year.

Another highlight was January 23, when we had a snowball fight followed by bowls of homemade wonton soup. What a comforting day!

On our cooking show, we made Jalapeno Poppers, with the help from Karen! It was crunchy, cheesy and surprisingly mild. The peppers were prepared in a way that kept the flavor without being overly spicy, which is why everyone enjoyed them. On our Travel Tuesday session, we talked about Austria its landscapes, culture and traditions. For some of them it was the best opportunity to share personal stories related to places they have visited or admired.

Throughout the month, residents enjoyed a variety of games such as bingo, horse racing, triominos, Chinese checkers, and Rummy.

For our monthly birthday party, we'd like to give a big shoutout to our in-house entertainer Ron, who entertained our residents with little practice. Thank you, Deputy Mayor Tara Baker, for personally greeting our birthday celebrants. Shirley, congratulations on winning our door bingo.

Thank you so much, everyone, for making January meaningful and enjoyable; stay tuned for more.



SVL ACTIVITIES





SVL ACTIVITIES



Looking Show
Jalapeño Popper





SVL ACTIVITIES





SVL ACTIVITIES





IN MEMORY OF



Apolline Marie Bernier
May 30, 1938 – December 13, 2025



Joyce Mae Hahnekamp
September 4, 1940 – February 3, 2026





PLEASANT VIEW LODGE



Pamela Lacaille - Site Manager

Mayerthorpe

February is here! Happy Valentines Day!

Heart Month

February is Heart Month in Canada, a reminder to support heart health through healthy choices.

- Stay active with gentle movement like walking or stretching
- Choose heart-healthy foods and limit salt
- Take medications as prescribed
- Know your blood pressure and cholesterol numbers
- Manage stress, sleep well, and stay socially connected
- Notify staff immediately for chest pain, shortness of breath, or sudden dizziness

Small daily habits can make a big difference for heart health.

Family Day - February 16

February 16 is Alberta Family Day. We hope residents enjoy time with family and loved ones.

Pink Shirt Day - February 25

We will be recognizing Pink Shirt Day on Wednesday, February 25th in support of kindness, inclusion, and anti-bullying. Residents and staff are encouraged to wear pink to show their support.

“No act of kindness, no matter how small, is ever wasted.” - Aesop

Doctor Days

There will be no Doctor Days in February.

Please make an appointment at the clinic if you need to see a doctor.

Our next Doctor Day is March 4th.

Sewing Club

The Sewing Club will be in the Community Centre on February 28th.

Welcome

Welcome new casual staff Stephanie Cook and Lodge Assistant and welcome Cook Paula, and HCA Shaleena! We are happy to have them on join the team.

PLEASANT VIEW LODGE

Meetings

- Friendship Club Meeting February 17th at 10am
- Staff Meeting February 17th at 1:30pm
- Resident Council February 23rd at 10:15am
- Health & Safety Meeting February 25th at 1:30pm

Seniors Taxi Service

Call 780-284-8937 to schedule a ride.

Banking

ATB will be in the Family Dining Room from 9:30am-10:30am on February 25th.

Church Services

The St. Agnes Catholic Church continues to hold Sunday morning services in the Community Centre. All are welcome to attend.





PVL STAFF



Congratulations to our January

Make Others Great Award Winner

Joe!



PVL ACTIVITIES



Dallys Crossland - Activities Coordinator

Mayerthorpe

The weather has been so warm, it feels like spring. But the residents have been reminding me not to get too excited, that it's not real and there is still more winter to come.

January is a quiet month compared to the hustle and bustle of December. As much as I love Christmas it's also nice to get everything put away and get back to normal as well. Although, I'll still be looking forward to next time.

We had learned that the second season of "A Man on The Inside" was on Netflix so we decided to watch that. The first one was so funny we had been eagerly awaiting the second season.

We had a Tim Horton's Day on January 16th. This seems to be a once-a-month activity that we can't miss. Always a crowd favorite.

We went on a bus trip on January 23rd. Just a simple shopping and lunch trip in Whitecourt which always is a hit amongst the residents. We decided to try out the new restaurant "The Garage" it was very good. We would definitely go there again.

For our monthly Birthday Party, we had The Riehl Band come by to perform for us. We would like to thank the Friends of the Lac Ste Anne Foundation for generously donating the cost of our entertainment.

We were invited to participate in a University of Alberta study called "Voiced Memories". All participants were able to get some information on a very interesting reminiscing activity where voice recordings are recorded along with a cherished photo. Participants also got to make their own recording to go with their very own cherished photo. This could be used in dementia care or to leave a voiced legacy for your loved ones to listen to while they look at family photos. I can imagine that could be very special for the family. It was very interesting and we were happy to participate.

Our little town's 100th birthday is coming up next year so the mayor of Mayerthorpe, AJ, came by to visit with the residents and get their ideas on how the town should celebrate the big event. We will be looking forward to seeing what the town does to commemorate such a milestone.



PVL ACTIVITIES



This past month a few of our favorite activities around here at PVL have been scoops and smiles, which is ice cream cone deliveries. The residents say, "it's always a good day for ice cream!". As well as Young at Heart, which has been getting more and more popular. We would like to thank Darlene for putting this on for us each week and for making every special occasion a little more special with your added touches. Many of our residents look forward all week to Young @ Heart.

We would like to wish a very Happy Birthday to Wanda, Marilyn and John. W who all celebrated Birthdays in January!





PVL ACTIVITIES





PVL ACTIVITIES





PVL ACTIVITIES





PVL ACTIVITIES



CHATEAU LAC STE. ANNE LODGE

Tracy Nkonge - Site Manager

Onoway



Happy February from Chateau Lac Ste. Anne Lodge!

January is gone, and with it, the 4 darkest weeks of the month a gone along with it. In February we welcome longer days, brighter moods, and celebration of love.

This month we say, "may your new home be blessed", to our resident Gordon. We miss you and your family around the lodge, and we hope your new home is everything you are hoping for.

I want to welcome our new Full-time LPN, Emma to the lodge. We are excited to have you on board Emma; we look forward to the great person-centered relationships you build with our residents, the support you give the team, and we are grateful to have your experience as an addition to our Lodge. Welcome to the Chateau, Emma!

Next Proposed Resident Meeting: March 4th, 2026.

Next Proposed Staff Meeting: March 25th, 2026.



CLSA ACTIVITIES



Shauna Londeau - Activities Coordinator

Onoway

In the quiet of February, we're reminded that warmth isn't found in the weather, but in one another.

January 5th, we were joined by Kathleen and Cynthia from Onoway Mental Health for a thoughtful and uplifting presentation. Together, we explored what brings us happiness and the many ways we find fun in our daily lives. We were reminded that joy often comes from the simple moments we create and share with one another. We're delighted to share that they will be joining us monthly to continue sharing stories, and memories.

January 7th, the Onoway Elementary School students joined us for an afternoon filled with conversation, games, and puzzles. Their visit brought so much energy and joy into the lodge. Moments like these remind us how important it is to bridge the gap between generations.

January 8th, the Little Village Day Care students came for a visit, filling the lodge with laughter, tiny voices, and big smiles.

January 9th, we enjoyed an ice cream float social, a simple treat that brought plenty of smiles and sweet moments. It was a lovely chance for residents to gather, visit, and enjoy a little taste of nostalgia together.

January 12th, Deanne from Head to Toe Reflexology visited the lodge to share the benefits of reflexology. Residents enjoyed learning how this gentle practice can support relaxation, circulation, and overall, well being.

January 13th and 15th, Judi generously volunteered her time to guide us through a Zen tangle, inspired painting session. This month, our paintings were of river rocks, a relaxing and mindful activity that encouraged creativity and a sense of calm.

January 16, we gathered for a cozy Hot Chocolate & Baileys Social. Residents enjoyed warm mugs and good company.

January 20, Bonnie and her wonderful volunteers joined us to make homemade cards. Residents enjoyed choosing stamps, while chatting and creating together.



CLSA ACTIVITIES



January 21, Linda joined us for a beautiful sing along. Her music filled the room, and residents happily chimed in with their familiar favourites.

January 23 was all about treats and togetherness as we gathered for a Banana Split Social. Bowls of ice cream, bananas, sauces, nuts, and cherries filled the tables; residents were delighted, as always, to enjoy a classic ice cream treat.

January 27, we welcomed Karen and her team from the University of Alberta for their Voiced Memories Café. Residents were invited to bring a photo that held special meaning to them. The team digitized each photo, and residents were recorded while sharing their story behind the memory that was captured in the image. This was a pilot project put on by the University of Alberta that offers our residents the first opportunity to make their memories tangible.

January 29, we enjoyed a lovely heart themed craft. Residents wrapped yarn around heart shaped forms, creating soft, colorful decorations just in time for February.

We wrapped up the month by celebrating our one birthday resident, Noella. Gary Thomas joined us and delivered an amazing performance, as he always does.

We continue to have plenty of fun with our regular games and activities, including bean bag toss, floor curling, axe throwing, jackpot card bingo, Left Right Centre, horse racing, and of course—bingo. These favourites always bring out lots of laughter, and friendly competition.

Congratulations to Audrey & Tom K. for winning our lunchtime progressive bingo.

Congratulations to Mildred, who was our Exercise Peddler raffle winner this month. We also raised \$90, which will go toward supporting our Activity Department and future programs.

Every month brings new memories, thank you for being a part of ours.



CLSA ACTIVITIES





CLSA ACTIVITIES





CLSA ACTIVITIES



**LSAF
COOK APPRECIATION
FEBRUARY 2, 2026**



Thank you to all of our wonderful chef's, your dedication and enthusiasm is greatly appreciated

HAVE A WONDERFUL APPRECIATION DAY