

LAC STE. ANNE FOUNDATION

March 2026 Newsletter

PLEASANT VIEW LODGE

Pamela Lacaille – Site Manager
Spring is here!

Mayerthorpe

As spring approaches, please be mindful of icy or wet areas, be careful when going downtown.

Welcome Ken H. to the lodge, we hope you enjoy your new home.

We had Gert, Joe, Gerald and Sharon W. move out this month. We will miss you all and wish you well in your new homes!

Doctor Days

The next doctor day will be on April 8. The doctor can see a maximum of 8 residents during their visit at the lodge.

Please ensure you are signed up in advance, as the list is sent to the clinic ahead of time and we are unable to add residents last minute including the day before.

If the list is full, please contact the clinic at 780-786-2412 to arrange an appointment at the clinic. If it is emergent please go to outpatients.

Sewing Club

The Sewing Club will be in the Community Centre on March 21st.

Meetings

- Staff Meeting - March 24th at 1:30pm
- Resident Council - March 30th at 10:15am

Banking

ATB will be here on March 25th in the Family Dining Room from 9:30am–10:30am.

Church Services

St. Agnes Church continues to hold Sunday morning services in the Community Centre. Everyone is welcome.

PVL STAFF



Congratulations to our February

Make **O**thers **G**reat **A**ward **W**inner

Erika Hogger!

PVL ACTIVITIES

Dallys Crossland- Activities Coordinator

Mayerthorpe

Spring is in the air and I am loving it! I can't wait to get gardening and enjoying the outdoors.

We celebrated our Birthday party on February 13th. Wendy Lemky has come to perform for us at our Valentine's Day Party for the last several years. It has become a Valentine's Day tradition around here. Another PVL Valentine's Day tradition is having the playgroup kids come and perform for us and visit. It is adorable and we look forward to it each year!

We have had some crazy weather lately, whiteout blizzards, freezing rain, then suddenly beautiful again. We did end up having to cancel a few things due to the weather but overall we have been pretty lucky. We did have to reschedule our snowball fight game, but when we did finally end up getting to do it, it was very fun. We are thinking of doing it again with the children from the school when they come. We think they may enjoy it. 😊

We would like to thank our wonderful resident, Alice, for donating the cost of this past month's Tim Horton's Drive Thru! It is very much appreciated!

We had a wonderful bus trip again in February as well. We always have a great time on our outings. Always fun for all.

We had our first Crib tournament here at PVL. It was very well received, and we plan on doing it monthly as long as everyone enjoys it. It was very fun. We had 10 teams come to play. Dave and I were the winning team. We did not want to take the pot so we are rolling it over to our next tournament, which will take place on April 10th. I am very much looking forward to doing this again. Everyone is welcome to attend. Please see me to register!

We would like to thank the family of our residents, Lloyd and Elsie, both of their families brought in a cake to share with all residents to celebrate their Birthdays. That was very thoughtful and very much appreciated!

We would like to wish a very Happy Birthday to Ronald, Lloyd, Bret, Margaret and Eugene who all celebrated birthdays in February!

PVL ACTIVITIES



Happy
Birthday

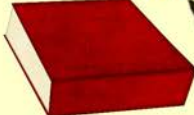


STILL YOUNG
AT HEART

PVL ACTIVITIES



PVL ACTIVITIES



PVL ACTIVITIES



PVL ACTIVITIES



PVL ACTIVITIES



CHATEAU LAC STE. ANNE LODGE

Tracy Nkonge - Site Manager

Onoway



Happy March from Chateau Lac Ste. Anne Lodge!

In February the CLSA staff won an education competition for the month of January which is being held within the Lac Ste Anne Foundation. As a result, the foundation provided all our staff with beautiful appreciation tumblers and keychains which was well received by the team. Congratulations CLSA staff for this achievement!

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

Saint Patrick's Day takes place annually on March 17, so we will be celebrating it at the lodge with our residents. St. Patrick's Day is a cultural and religious holiday commemorating the patron saint of Ireland, St. Patrick, who brought Christianity to the country in the 5th century. It is a national holiday in Ireland and is globally celebrated with parades, wearing green, Irish music, and traditional, often Irish-American, food like corned beef and cabbage. Although I don't think we have corned beef and cabbage on our menu, I do know the activities department has something up their sleeve(s) to commemorate the fun!

So with that said, Happy St. Patrick's Day!

Next Proposed Resident Meeting: April 1st, 2026 (not a joke).

Next Proposed Staff Meeting: April 29th, 2026.

CLSA ACTIVITIES

Shauna Londeau - Activities Coordinator

Onoway

March is the month that teaches us hope by letting the light linger a little longer each day. On February 2nd, we welcomed Onoway Mental Health to the Chateau for a wonderful session of reminiscing. Together, we revisited past times that once filled our days with joy, laughter, and meaning.

On February 3rd, we were pleased to welcome Bridgette Coninx, the Mayor of Onoway, for an open floor discussion with our residents. It was a meaningful opportunity for everyone to share thoughts, ask questions, and connect directly with our community leadership.

To kick off the winter Olympics our residents brought their A game on February 6th as they faced off in a series of friendly competitions: the 100 meter dash, javelin throw, shot put, and target shooting; these events had everyone cheering, laughing, and showing off their competitive streak. The energy was high, the determination was real, and the quest for gold made every event even more exciting. Most importantly, they had a fantastic time celebrating movement, camaraderie, and a little healthy rivalry.

We were delighted to welcome Kelly from the Onoway Library on February 10th for a creative afternoon of button making. Residents enjoyed choosing their designs, crafting their own personalized buttons, and sharing plenty of laughs along the way.

On February 12th, we were happy to welcome Judi back for another relaxing watercolor session. With her gentle guidance and creative encouragement, residents painted beautiful pieces and enjoyed some music as we let our inner Van Gogh shine.

On February 13th, we celebrated Valentine's Day with a sweet and simple social. Residents enjoyed delicious strawberry milkshakes with their fellow residents.

With Valentine's Day fast approaching, we decided to turn to the experts, our seniors, for a little "Love Advice." And wow... did they ever deliver. Their wisdom was heartfelt, funny, practical, and full of the kind of truth you only earn by living a full life.

On February 17th, we were delighted to have Bonnie join us for her monthly card making class. Residents enjoyed crafting beautiful handmade cards under her wonderful guidance.

CLSA ACTIVITIES

On February 20th, we settled in for a relaxing matinee complete with warm popcorn and good company. Residents enjoyed watching A Home of Our Own, making it a lovely, low key afternoon together.

On February 24th, we gathered for our Wit Knit activity, picked up our crochet hooks, and spent a cozy morning working on our projects.

On February 26th, we spent the afternoon preparing for the month ahead by making festive Irish signs. Residents had fun choosing bright designs and adding playful sayings to their creations, getting us all into the spirit of March.

On February 27th, we wrapped up the month with our birthday celebration, joined by our newest entertainers, Trevor Mullen and his spouse, Stacey, who filled the afternoon with wonderful music. We celebrated our February babies Mary, Bryan, Olive, and Floyd. The entertainment was amazing and we will be inviting them back again for more celebrations! We enjoyed our Saturday bingos, lovingly run by our dedicated volunteers. Without their time, energy, and commitment, these activities simply wouldn't happen. A big SHOUT OUT to each of them for making our weekends brighter and more fun.

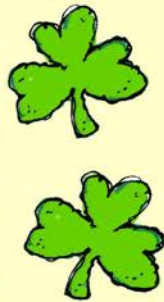
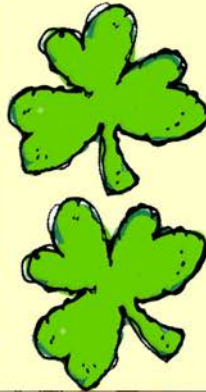
Throughout the month, we enjoyed three wonderful pet therapy sessions with Sue and Boom, as well as our very own Tilly. Their visits brought comfort, joy, and plenty of smiles to residents, there's nothing quite like the calm and companionship that our furry friends provide.

Congratulations to Audrey, our lucky winner of the Valentine's Day raffle basket! Thank's to the generosity of everyone who participated, we raised a total of \$205. Every ticket purchased helps support the meaningful programs and moments we create together, and we're so grateful for the continued community spirit.

The little moments, when shared together, become the memories that warm our hearts the longest. Till next month stay warm and stay healthy.



CLSA ACTIVITIES



CLSA ACTIVITIES



CLSA ACTIVITIES



SPRUCE VIEW LODGE ACTIVITIES



Clarissa Titong - Activities Coordinator

Whitecourt

Greetings Everyone!

The first week of March brought a whirlwind of weather from snow, sunshine, and strong winds, but that didn't stop us from having a good time together. We started a new and exciting activity called chair dancing, which was a hit with everyone who participated, it certainly keeps us pumped up and happy all day! On the same day, we hosted another nail spa session, which was relaxing and enjoyable for some ladies.

Looking back, February was full of memorable moments and engaging activities. On February 3rd, for Travel Tuesday, we visited the enchanting island of Bermuda. We discussed its breathtaking beauty, rich traditions, vibrant culture and the intriguing mystery of the Bermuda Triangle. That same day, the University of Alberta hosted the first "Voiced Memories" event, in which participants shared the cherished stories behind their favourite photographs, bringing memories to life through wonderful narration.

Valentine's Day, February 13th, was truly special, we celebrated with a delightful tea party with delicious homemade treats. To add to the event, our staff performed a captivating dance that touched everyone's hearts. A big shoutout to Mary, Ingrid, Arlet, Revena, Lerma, Christine, and Remi for making the day unforgettable! We also enjoyed a Filipino-themed meal featuring homemade spring rolls, chicken and vegetable noodles, and egg tarts, which everyone enjoyed!

On February 17th, we hosted another special bingo event. Congratulations to Kitty and John H. for hitting the jackpot! We really appreciate the continuous support from family, friends, and staff that makes these events possible.

Our cooking show featured a viral TikTok recipe: the "hard-boiled casserole", a new favorite that delighted everyone's taste buds, another taste to remember!

We were also happy to see Sue and Boom our furry friend, Boom's visits always bring extra joy. Occasionally, deer come by to say hello and their presence never fails to brighten our day.

SVL ACTIVITIES

We also enjoyed fun games like ladder ball, Triominos, rummy, Chinese checkers and cribbage. Congratulations to Shirley and Sheila for winning the door bingo!

For our monthly birthday party, we had Eileen Ryton "The Harp" player entertain our residents and Mayor Ray personally greeted our birthday celebrants, Norman, Rolande, Eileen, Vicki and Gerald.

Stay connected and keep up with all our activities by following us on Facebook at Spruce View Lodge. We look forward to sharing more wonderful moments with you soon!

Thank you 😊



SVL ACTIVITIES



SVL ACTIVITIES

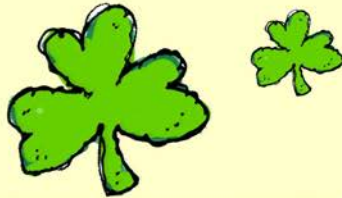




SVL ACTIVITIES



SVL ACTIVITIES



SVL RESIDENT



We are delighted to welcome Margaret Knott into our family, though she prefers to be called Ann. Ann, who was born in England on April 8th, has an interesting and inspiring life story. She is the proud mother of two children, grandmother to seven, and great-grandmother to seven wonderful great-grandchildren.

Ann moved to Canada at the age of 40 to pursue a rewarding career in nursing. She worked in hospitals and eventually advanced to the position of head nurse. She values the opportunity to meet a diverse range of people through her job. Despite the long hours, Ann found her work rewarding and enjoyable.

Ann enjoys gardening and painting in her spare time, but nothing compares to spending time with her grandchildren. She is particularly fond of grandfather clocks and even has one in her room, showing her appreciation for timeless beauty. Ann enjoys sharing a cup of tea while talking current events or simply socializing with other residents.

Her advice to everyone is to embrace our world's diversity and accept everyone for who they are, regardless of their differences. We are honored to have Ann as a member of our lodge, and we look forward to many wonderful times together.

SVL RESIDENT



We are happy to welcome Leon and Jenny into the family, a true testament to love. Jenny, born and raised in Grande Prairie on May 5th and Leon, originally from Saskatchewan and born on June 22nd bring a wealth of experience and warmth to the community. Leon has spent 40 years working at Millar Western, and Jenny has been a skilled hairdresser for over 25 years.

Their story began in Whitecourt, where they met and formed a lasting relationship based on love and resilience in the face of life's challenges. They are overjoyed to be back in Whitecourt, close to their children, after previously living in Grande Prairie. They enjoy dancing, watching hockey and baseball, and traveling to see their grandchildren.

Jenny advises everyone to prioritize health, reminding us that health is wealth. This couple enriches the family with their joy, wisdom, and close bonds.



SVL RESIDENT



We are happy to welcome Gary Engebretson to our family! Born and raised in Fairview, Alberta, on January 29. Gary is a proud father of two, both of whom live nearby in Whitecourt, a blessing that keeps the family close.

Gary has dedicated 60 years to the trucking industry, a career he truly enjoys despite its challenges. His passion for driving has taken him across Canada and into some U.S. cities, allowing him to experience stunning landscapes, meet people and eventually run his own trucking business. His favorite meals on the road are simple hearty beans and sausages perfect for a busy trucker.

Outside of work, Gary enjoys fishing, watching farm life, and the unique hobby of hunting for truck parts.

His wise advice to all: "Never get excited and never lose your control."
We're grateful to have Gary with us and look forward to sharing many great moments together.