

# NEWSLETTER

## August 2022

Golden Hills Lodge: 403-443-5333



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# Editor's Desk

Hello Residents, Families and Friends!

It's hard to believe that we are halfway through the summer! I hope everyone is enjoying the weather and watching all the flowers bloom!



Every time I go in the garden I am amazed at how fast things grow and how beautifully vibrant things are. I encourage you to walk around the garden and get some fresh air this month.

Keep Safe!

*Morgan*

## August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**  
Birthstone: **Peridot**  
Flower: **Gladiolus**

## Quote of the Day

Believe you can and you're halfway there.

- Theodore Roosevelt

# Month in Review

## Milkshake Party!

The weather has been so lovely for our Milkshake Party the last couple months. Our next one will have a couple different milkshake options, so come on out!



## Three Hills Parade: Celebrating our Heritage

On July 16<sup>th</sup> we drove our float in the parade and it was a blast! Thank you to all who helped decorate, and those who rode on the float!



# Month in Review

## Birthday Tea

This month our birthday tea didn't get rained out! Instead we had perfect weather to enjoy our cake!



## Outdoor Ring Toss

Why not play some games outside! The weather was just amazing while we played Ring Toss. Come on out and join us in August!



# Upcoming Events

## Root Beer Floats

Thursday, August 9<sup>th</sup> at 2:00pm

## Historical Presentation on Kneehill County

Tuesday, August 16<sup>th</sup> at 2:00pm

## Dance Celebrations Performance

Wednesday, August 19<sup>th</sup> at 4:00pm

## Ice Cream on Gazebo

Thursday, August 25<sup>th</sup> at 2:00

## August Birthday Tea

Wednesday, August 24<sup>th</sup> at 2:00

## Armchair Travel to Croatia

Monday, August 29<sup>th</sup> at 2:00pm

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# Regular Events

Reading with June Every Friday at 11:00am

Games in ¾ coffee room every morning

Library every 2<sup>nd</sup> Thursday at 10:30am-11:30am in the Bird Room

Three Hills Ministerial Service Every Sunday at 4pm

Prairie Tab Church Service in Auditorium at 10:30am every Sunday



## Special Days

1<sup>st</sup> Horses' Birthday

2<sup>nd</sup> Forgiveness Day

5<sup>th</sup> Beer Day

8<sup>th</sup> Cat Day

9<sup>th</sup> World Indigenous Day

12<sup>th</sup> International Youth Day

13<sup>th</sup> Left-Handers Day

15<sup>th</sup> Ferragosto Festival

15<sup>th</sup> Indian Independence Day

20<sup>th</sup> Lighthouse Weekend

26<sup>th</sup> Daffodil Day

# August Birthdays

In August, we celebrate

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## Birthdays!

Come Celebrate with us on  
August 24<sup>th</sup> at 2:00pm



- Tony Bennett – Singer – 3rd of August, 1926
- Dustin Hoffman, Actor, 8<sup>th</sup> August 1937
- Melanie Griffith, Actor, 9<sup>th</sup> August, 1957
- Magic Johnson, Basketball Player, 14<sup>th</sup> August, 1959
- Madonna, singer, 16<sup>th</sup> August, 1958
- Robert De Niro, Actor, 17<sup>th</sup> August, 1943
- Patrick Swayze, Actor, 18<sup>th</sup> August 1952
- Bill Clinton, 42<sup>nd</sup> President of the US, 19<sup>th</sup> August 1946
- Sean Connery, Actor, 25<sup>th</sup> August, 1930
- Michael Jackson, Singer, 29<sup>th</sup> August, 1958

### Leo (July 22 -Aug 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

### Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

### Famous August Inventions: Method for Packaging Frozen Foods

Clarence Birdseye obtained a patent for packaging frozen foods on August 12, 1930, making a lasting impact on nutrient and flavor preservation for mass-distributed foods!

# A Poem to Share

## *Life Doesn't Frighten Me*

*By Maya Angelou*

Shadows on the wall  
Noises down the hall  
Life doesn't frighten me at all

Bad dogs barking loud  
Big ghosts in a cloud  
Life doesn't frighten me at all

Mean old Mother Goose  
Lions on the loose  
They don't frighten me at all

Dragons breathing flame  
On my counterpane  
That doesn't frighten me at all.

I go boo  
Make them shoo  
I make fun  
Way they run  
I won't cry  
So they fly  
I just smile  
They go wild

Life doesn't frighten me at all.

Tough guys fight  
All alone at night  
Life doesn't frighten me at all.

Panthers in the park  
Strangers in the dark  
No, they don't frighten me at all.

That new classroom where  
Boys all pull my hair  
(Kissy little girls  
With their hair in curls)  
They don't frighten me at all.

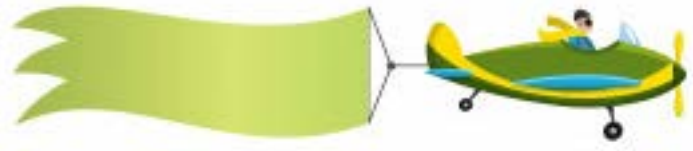
Don't show me frogs and snakes  
And listen for my scream,  
If I'm afraid at all  
It's only in my dreams.

I've got a magic charm  
That I keep up my sleeve  
I can walk the ocean floor  
And never have to breathe.

Life doesn't frighten me at all  
Not at all  
Not at all.

Life doesn't frighten me at all.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Claire

We hope that you enjoy your time here!

## NEW STAFF

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A warm welcome to those people who joined our team in the past month!

- Daniel M (summer volunteer)
- Olivia S

## MORGAN AWAY

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I will be away until the 15<sup>th</sup> of August, but you will be in June's very capable hands 😊

## CLEAR VIEW

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There is a new device in the  $\frac{3}{4}$  coffee room. It is used for magnifying small print. If you would like a quick lesson, please see June or Morgan.

## PRAIRIE'S PCP PROGRAM

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Starting next month (September) the Primary Care Paramedic program from Prairie will be coming to spend some time with us.

The students first visit to GHG will be on September 14<sup>th</sup> at 10:45am!

The goal is to help students better their communication and interactions with seniors.

Mark your calendars!

## CAN YOU CONTRIBUTE?

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Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Thank you!



# Laughing Matters



## Little Boy Lost

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover.

The little boy watched in amazement, and then asked, "what's the matter, haven't you ever seen a little boy before?"

## The Tooth Fairy

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## Adam & Eve

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"  
His father replied, "No, your mom was talking about her side of the family."

## Broccoli & Boogers

What is the difference between broccoli and boogers?  
*Children don't eat broccoli!*

# Spotlight



## Janet Beeby

Janet's started our little interview all the way at the beginning. Her father was a WWI veteran, he was wounded and ended up in a hospital in London where he met his future wife, his nurse! He then travelled to Canada to build a home for his new bride so they could start a family.

Janet has three older brothers, Robert, Malcom, and Allan. Janet was often referred to as, 'the twerp'. They grew up on a farm in Saskatchewan, and although she doesn't have too many memories of the farm she does

recall following her brothers around and getting in the way of their chores.

By the time school rolled around they had moved into town and Janet was a fish out of water! She was a shy young girl who was out of her comfort zone. God knew she needed a buddy, and there in the corner of the school ground stood, Don Grayowl. These two girls quickly became friends. To this day, Janet still thinks fondly of their friendship. In about grade 5 or 6 Janet's family moved to Prince Albert where she finished her education. After her graduation she moved to Saskatoon to study nursing. This is where she met her husband, Bill. Bill was the friendly maintenance man who would make the rounds each morning at the nurse's desk and check that everything was running smoothly. Janet and Bill were good friends throughout her nursing training, but when her graduation dance came along, Janet made the first move! She asked him to accompany her to the school dance and the rest is history!

Bill and Janet had 2 beautiful girls, Pat and Cathy. Cathy passed away in her 30s due to cancer, and Pat and her husband Steve live on a small farm near Three Hills. Pat and Steve raise horses as well as run a program called CAN Practice that specializes in helping police officers and veterans overcome stress and trauma. Prior to moving into the Lodge, Janet lived with Pat and Steve for a couple years.

Janet is so very thoughtful and has so many good stories to share! Do come and visit with her! The biggest lesson that Janet has learned thus far is, "to trust in the Lord"

# Famous & Infamous Left-Handers

If you are left-handed you are in good and not so good company!

Left-handers have graced all walks of life from World leaders to musicians to hooligans and outlaws.

George W. Bush

Queen Elizabeth II

Barack Obama

Nicole Kidman

Jack the Ripper

Napoleon Bonaparte

Aristotle

Oprah Winfrey

Marilyn Monroe

Osama Bin Laden

John F. Kennedy

Ronald Regan

Mahatma Gandhi

Joan of Arc

Bill Gates

John Rockefeller

Albert Einstein

Germaine Greer

Helen Keller

Pelé

Angelina Jolie

Fidel Castro

Michelangelo

Bob Dylan

Bill Clinton

Joan of Arc

Prince William

Judy Garland

Greta Garbo

Harpo Marx