

NEWSLETTER

March 2023



GOLDEN HILLS
Lodge



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to the month of March! We are only 20 Days away from the first day of spring and hopefully only have 1 ½ months left of snowy weather!



This month we have a lot of fun activities planned! We will be welcoming a few more guests this month with the PCA grade 6 emporium and Ice Cream party, and the Gr 8/9 girls chapel class. We have some fun St. Patrick's day activities planned, a "mocktail" hour and an afternoon bus trip to Busy Bee Coffee Shop and Bakery (spots are limited so please sign up). In addition to those, we have a Resident Meeting and will end our month with our Annual Spring Formal Dinner. The staff have been meeting and working hard to put together a higher class menu for the event and it will feature live string quartet music and a photo booth! We are looking forward to getting dressed up and having a special "night out" with you all! Please look for the invite to the formal in your mailboxes this month.

I would like to encourage you all as we enter the next season of Spring, to continue to walk and record your miles on our sheets (if you need more, please stop by my office and I can get you new ones). With warmer weather, we can hope that walking outside will become a possibility more! Also, I would like to encourage everyone to continue coming to our morning exercise group! Our numbers are growing and that is so wonderful to see! I have watched residents who attend become stronger and have increased endurance as they make this a daily priority and would love everyone to see these improvements!

Lastly, I would like to thank you all for your flexibility with the last-minute changes to our schedule this past month due to family illness. I hope that it will not happen often, but I thank you for your understanding and willingness to adjust.

I wish you all a happy start to the Spring season and look forward to seeing you around at our events!

Brianne Rothfus - Activities/Volunteer Coordinator

Month in Review

Red Hatter's Tea and Fashion Show

A big thank you to Donna Dubois and the Red Hatter's Society for putting on a great tea party and fashion show! It was so fun to see your collections and brightly colored hats and clothes! We had so much fun!



Valentines Day Invasion!

Thank you to the Grade One class from PCA for coming to our lodge on Valentines day. We enjoyed their stories, poems, and love bug crafts. They were a great dose of energy!



Month in Review



Art was creating the "Great Canadian Love Bug"



Poem's about a Snowman and Love Bug



Morning Exercises!



Wild and crazy Volleyball!!



Kerstin on Guitar at our Music Cafe



Thank you, Clarence Creaser for your Bear Story!

Upcoming Events



What's That Game: PCA Grade 9 Students

Friday March 3 @ 10:30am, Auditorium

Men's Coffee Break

Tuesday March 7th @ 10:00 am, Unit 5 DiningRoom

Personal Touch Fashions Boutique

Saturday March 11th, Auditorium

PCA Grade 6 Emporium

Tuesday March 14th @ 1:00-3:00pm, Auditorium
Games/Coloring/Puzzles and Ice Cream Floats,

St. Patty's Day BINGO

Thursday March 17th @ 2:00pm, Auditorium

First Day of Spring: Walkers in Bloom

Monday March 20 @ 2:00pm, Auditorium
Decorate your walker/cane or scooter with Paper Flowers,

Busy Bee Coffee Shop Bus Trip

Tuesday March 21 @ 2:00pm – Please sign-up across from Jim's Office as we only have 12 spots available.

Birthday Tea

Wednesday March 22 @ 2:00 pm, Auditorium

National Cocktail Day: Mocktail Hour

Friday March 24th @ 2:00pm, Auditorium

Armchair Travel to Madagascar

Monday March 27th @ 2:00pm, Auditorium

Resident Meeting

Tuesday March 28th @ 2:00pm, Auditorium

Golden Hills Lodge Annual Spring Formal Dinner

Thrusday March 30th @ 5:00 pm, Main Dining Room –
- Formal Attire/Sunday Best 😊

Regular Events:

1st Tuesday – Men's Coffee Break 10:00-11:00

2nd Tuesday – IDA Tuck Shop 10:30-11:30

2nd Wednesday – Campfire Sing-along
2:00pm

2nd Thursday – ATB Financial 9:00am

2nd Thursday – Nimble Fingers 9am -
11:00am

4th Wednesday – Birthday Baking 10:30am

4th Wednesday – Birthday Tea 2:00pm

Tuesdays @ 11:00am – Walking Group

Special Dates

1st Chopin's Birthday

1st St. David's Day

1st World Day of Prayer

3rd World Wildlife Day

8th Intl. Women's Day

17th St. Patrick's Day

21st First Day of Spring

22nd World Water Day

23rd World Meteorological Day

25th Greek Independence Day

Event Posters

Free Tax Clinics
Get your benefits and credits



If you have a modest income and a simple tax situation, volunteers can do your tax return for you!

By Appointment Only

To book an appointment call
Kneehill Regional FCSS
403-443-3800

When: April 4, 2023
Where: Three Hills Lodge Auditorium



GOLDEN HILLS LODGE WALKING CHALLENGE

WALK WITH US ACROSS CANADA'S GREAT DIVIDE!
1100 KM DISTANCE

PLEASE SEE BRIANNE FOR WALKING PACKAGE AND RECORD SHEETS



GOLDEN HILLS LODGE
PRESENTS OUR
ANNUAL SPRING
FORMAL

*The Golden Flame
Bistro*

You are joyfully invited
to dine with us

MARCH

THURSDAY *30th* AT 5 PM

2023

GOLDEN HILLS LODGE DINING ROOM

PLEASE WEAR YOUR BEST ATTIRE
LIVE INSTRUMENTAL MUSIC AND PHOTO BOOTH



Firm Foundation
Advanced Medical Footcare

Will be at Golden Hills Lodge

MARCH 20, 2023

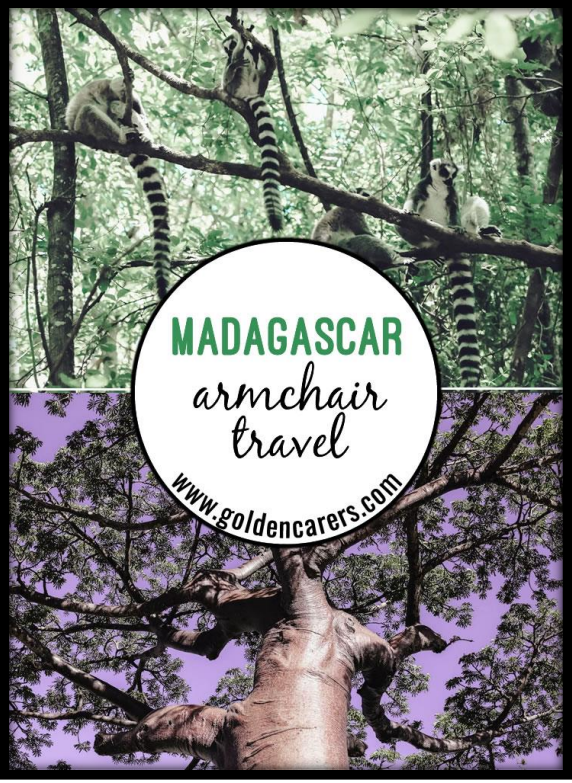
Please call 403-443-2402
To book an appointment

PLEASE SIGN UP - 12 SPOTS AVAILABLE



COFFEE SHOP TRIP

TUESDAY MARCH 21 @ 2:00PM
MEET IN LOBBY @ 1:45PM



MADAGASCAR
armchair
travel

www.goldencarers.com

★ ★ ★ ★ ★

**PCA GRADE 6
FUN EMPORIUM AND
ICE CREAM FLOATS**


TUESDAY MARCH 14
1:00-3:00 PM

AUDITORIUM

**GAMES: SKIP BO,
CORKINOLE, BOGGLE,
COLORING AND MORE!**

ICE CREAM FLOATS

ENCOURAGING GENERATIONAL CONNECTIONS

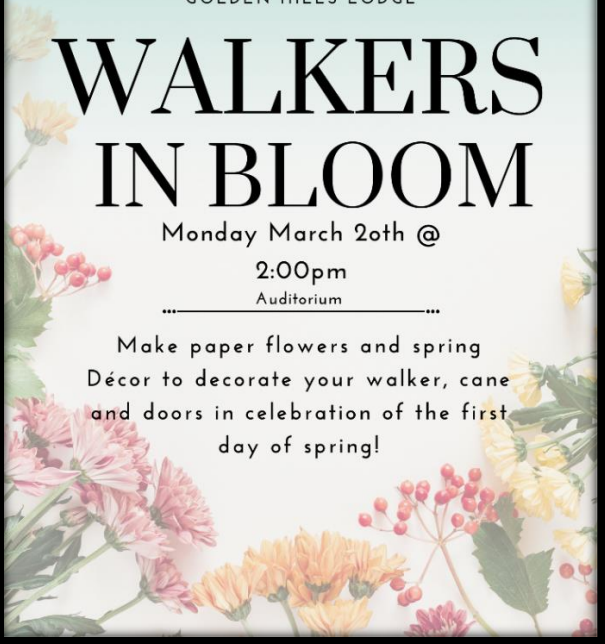



GOLDEN HILLS LODGE

**WALKERS
IN BLOOM**

Monday March 20th @
2:00pm
Auditorium

Make paper flowers and spring
Décor to decorate your walker, cane
and doors in celebration of the first
day of spring!



March Birthdays

In March, we celebrate birthdays with:

- **Shirley D**
- **Harry K**
- **Vi Bienert**

Please join us in the Auditorium on Wednesday March 22nd at 2pm to celebrate!



Catherine O'Hara, Actress, 4th March 1954
Shaquille O'Neal, Basketball Player, 6th March 1972
Liza Minelli, Actress & Singer, 12th March 1946
Albert Einstein, Physicist, 14th March 1879
Michael Caine, Actor, 14th March 1933
Bruce Willis, Actor, 19th March 1955
Steven McQueen, Actor, 24th March 1930
Elton John, Singer, 25th March 1947
Vincent van Gogh, Painter, 30th March 1853
Celine Dion, Singer, 30th March 1968

Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

Historical Events in March: The Concorde

In March 1969, the Concorde roared into the skies on its maiden flight. Built as part of a joint venture between the UK and France, it was a supersonic passenger airplane that travelled at twice the speed of sound. Only 14 Concorde aircraft went into service before it was retired in 2003.

Poem to Share

My Shadow

by Robert Lewis Stevenson

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me when I jump into my bed.

The funniest things about him is the way he likes to grow—
Not at all like proper children, which is always very slow;
For he sometimes shoots up taller like an India rubber ball,
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an arrant sleepy-head,
Had stayed at home behind me and was fast asleep in bed.

Noticeboard



NEW VOLUNTEERS

A warm welcome to our new volunteers:

- **Naleah Klassen**
- **Ellie Burak**
- **Coltyn Burden and Don**

We are so excited to have you join us and thank you for your willingness to volunteer at Golden Hills Lodge!

HAIRDRESSER

We are currently looking for a new Hairstylist to replace Amanda who has resigned and chosen to step back to focus on her family and teaching endeavors in Red Deer. Thank you Amanda for your willingness to travel so far for us! We wish you the best!

We will let you know as soon as we find a replacement. Thank you for your patience.

In the meantime, Kerstin has agreed to do wash and sets, and cuts for anyone interested.

She will be available Wednesday Mornings and will have a sign-up sheet on the salon door to book a time.

RESIDENT MEETING

Our next resident meeting will happen Tuesday March 28th at 2pm in the Auditorium.

CAN YOU CONTRIBUTE?

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.

Please let Brianne know if you have anything you would like to publish, personal short stories, poems, pictures, etc. We would love to have you contribute!

Noticeboard



BIRTHDAY CAKE SIGN-UP

Anyone wishing to request a specific cake or dessert they would like for their Birthday Month please write it down on the Birthday Baking Sign-up Sheet located outside Jim's office. We would love to make a dessert/cake that you love! Writing on the Sign-up sheet does not mean you have to help make it, we have lots of people who like to bake and are willing to help out if baking is not something you are interested in.

Piano

We have contacted Harvey Burkholder to come tune the piano in the Auditorium.

He hopes to have a look at it early March and get it sounding "just right".

THANK YOU: We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

In addition we would like to thank all the Resident volunteers who are willing to help with the upkeep of jobs around the lodge! You are so valuable and very much appreciated! Thank you very much!

Minnie Cummings – Birds/Plants
Donna Dubois – Library
Judy Canfield – Puzzles
Orlene Csakany – Garden/Piano
Clarence Creaser – Sunday Livestream Church

GARDEN COMMITTEE

Thank you to everyone who came out to the Garden Committee meeting. It was a great way for me to hear how it has ran in the past and what we want to change moving forward for the new season! I will continue to keep you updated as the warm weather approaches and the gardening season gets closer!

Laughing Matters



My Resume...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.
Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.
After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.
Next, I tried working in a muffler factory but that was too exhausting.
Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.
I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.
My best job was being a musician, but eventually I found I wasn't noteworthy.
I studied a long time to become a doctor, but I didn't have any patience.
Next was a job in a shoe factory; I tried but I just didn't fit in.
I became a professional fisherman, but discovered that I couldn't live on my net income.
I managed to get a good job working for a pool maintenance company, but the work was just too draining.
So, then I got a job in a workout center, but they said I wasn't fit for the job.
After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.
My last job was working at Starbucks, but I had to quit because it was always the same old grind.
SO, I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

Funny Aging Jokes

Always find a reason to laugh - it may not add years to your life but it will add life to your years.

I've reached an age where my train of thought often leaves the station without me.

Don't let aging get you down. It's too hard to get back up.

Name That Resident



Guesses will be shared and Answer Revealed at the Monthly Birthday Tea

- I lived in California for 4 years in my 20's.
- The Country Celebrated my Marriage during the Centennial celebration with a special party in Montreal.
- I learned to ski in Squaw Valley, CA prior to it hosting the Olympics.
- I owned a motorbike and was blown off the road by a tornado in 2000 while riding it.

WHO AM I?

Spotlight: Staff member – Olivia Stewart

Hi! My name is Olivia Stewart and I am a staff member here at the Golden Hills Lodge! I work in the Dining room on Fridays and some weekends, you may have seen me around!

I am currently in Grade 12 doing online schooling and looking forward to Graduating this year!

For those of you who do not know, I am a self-taught artist. I have loved drawing and creating since I was little, and my passion for art has continued throughout my life. I love to draw real life people, and animals and have a lot of my work posted on my Instagram account.

Here are a few of my creations!



Word Search



INTERNATIONAL WOMEN'S DAY

C O U R A G E V A L U E D N
O C R E F O R M C F V R O A
S H H S O C I A L A C E M H
X U R G E N D E R F E F A L
I I P Q Z Q I B E D L L C L
J F N P U O U G S P E E T I
J E T F O P A A J U B C I B
A M M D L R O B L C R T V E
C I W Q F U T S S I A U I R
T N Y F X U E G I M T O S A
I I U Y V V P N L T E Y T T
O S O C I E T Y C V I T E I
N M A D V O C A T E M V W O
G G O R I G H T S J U Z E N

Feminism
Advocate
Reform
Positive
Gender

Influence
Suffrage
Liberation
Social
Valued

Activist
Equality
Support
Rights
Reflect

Brave
Celebrate
Society
Courage
Action