

NEWSLETTER

May 2023



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to the month of May! We are enjoying the warmer weather and with that comes the opportunity to be outside more, working in the garden, playing, and walking outside! It's so nice to see the sun shining in the morning when we wake up and I look forward to enjoying the warmer days with you all! We have several exciting events going on this month. Mother's Day, Barbeques, Greenhouse bus trips and yes..... Another trip to Busy Bee for all who would like to join! And so much more!



Please have a look at the poster boards/bulletin boards around the Lodge, for upcoming events and the daily whiteboard for our daily activities.

We started our second walking challenge on April 1st as you all completed our first challenge so quickly! Great job! We will be walking the Pacific Crest Trail; a total of 2668 miles. Please continue to track your miles as you walk, and if you need more tracking sheets, please find me and I will get you new ones. I will continue to encourage you all to keep walking, and exercising any way you can, and remember our morning exercises are open to all who would like to attend! Walking is a great way to stay in shape, improve mood and overall wellness.

Here's to a great month of May! See you around!

Brianne Rothfus - Activities and Volunteer Coordinator.

May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**
Birthstone: **Emerald**
Flower: **Lily of the Valley**

Quote of the Day

You are never too old to set another goal or to dream a new dream.

– C.S. Lewis

April Month in Review

Monthly Puppy Visits Started in April!

We enjoyed sharing and loving on these new furry friends this month! Thank you to Rhoda for visiting with Angel and thank you to the Pasma Family who brought in their dogs Tonta and Rocko.

We look forward to having puppy visits the first Monday of every month at 10:30am. Please let your family/friends know ahead of time and invite them to bring their furry friends as well.

Please ensure their pets are potty trained and interact well with others.



Daycare Easter Egg Hunt

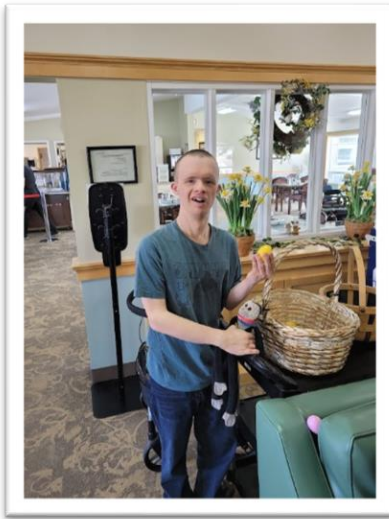
We had the Three Hills Daycare visit us for an exciting Easter Egg Hunt around the Lodge. They had so much fun finding our 144 eggs our volunteer Coltyn hid around the Lodge.

Popovich Dinner Theater

Richard and Deborah Popovich really had us hooting and hollering at our Dinner Theater Event this month! We found out many of you can still shimmy and dance and that some of our residents made off with a Gas Barbeque from Alix, AB. Thank you for a wonderfully fun night!



More April Photos



Thank you to our Volunteer Coltyn who helps each week at our Lodge!



Daycare Easter Egg Hunt



Hot Cross Buns Demonstration with Richard



Kindness Rock Garden Project



Volunteer Appreciation Lunch



Volunteer Appreciation Lunch

Upcoming Events

Cinco De Mayo Celebration

Friday May 5th – Special Lunch Meal and activities throughout the day: Details on Calendar

Vitamin B12 Clinic

Friday May 5th at 10:00am in Auditorium

Diggers Greenhouse Bus Trip

Monday May 8th at 2:00pm. Meet in Lobby at 1:45pm.

Movie Matinee's

Thursday May 11th @ 2pm: Rookie (Baseball Movie)

Monday May 15th @ 2:00pm Biggest Little Farm Doc.

Mother's Day Tea and Playdate

Friday May 12th @ 10:30am in the Auditorium. Please feel free to invite your daughters, granddaughters, great granddaughters.

National BBQ Day and Lunch BBQ

Tuesday May 16th at 11:50am – Outside in Gazebo weather permitting.

World Bee Day Tuesday May 23rd

Busy Bee Bus Trip @ 1:30pm

Bee Documentary @ 3:00pm in Auditorium.

PCA Grade 6 Game Emporium/ Ice Cream Floats

Friday May 26th @ 1:00pm – 3:15pm

Annual Parking Lot Hockey Game/BBQ Fundraiser

Saturday May 27th 11:00am-2:00pm – Funds raised go towards our Activities Budget for the year. Community Welcome!

Provincial Election Mobile Poll

1:00pm -2:30pm in the auditorium.



Regular Monthly Events

-Puppy Visit: Monday May 1st @ 10:30am in Auditorium – First Monday of every month.

-Men's/Ladies Coffee Break
Tuesday May 2nd @10:00am
Men - Unit 5 Dining room, Ladies - ¾ coffee room – First Tuesday of the Month.

-Tuesday May 9th: IDA Tuck Shop @ 10:30am – Second Tuesday of the Month

-Wednesday May 10th: Campfire Sing-along @ 2:00pm in Auditorium – Second Wednesday of the Month.

- Thursday May 11th: Nimble Fingers Knitting Club @ 9:00am in the Yarn Barn – Second Thursday of the month.

May Birthdays

In May, we celebrate birthdays with:

- **Brenda Henley**
- **Art Atkinson**
- **Jean Atkinson**
- **Mike Middlebrook**
- **Wilf Tremblay**
- **Dianne Belt**

Please join us in the Auditorium on Wednesday May 24th @ 2:00pm to celebrate with our guests of honor.



Glenn Ford, Actor, 1st May 1916
Bing Crosby, Singer, 2nd May 1904
Lesley Gore, Singer, 2nd May 1946
Audrey Hepburn, Actress, 4th May 1929
Karl Marx, Philosopher, 5th May 1818
Sigmund Freud, Psychiatrist, 6th May 1856
Orson Welles, Actor, 6th May 1915
Stevie Wonder, Singer, 13th May 1950
Peggy Lee, Singer, 26th May 1920
Clint Eastwood, Actor, 31st May 1930

Pisces (Apr 20 – May 20)

Taureans are dependable, logical, and overall peaceful beings

Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained

WOW!

First Telephone Phone Call

In May of 1876, Alexander Graham Bell made the first successful telephone call, famously saying "Mr. Watson, come here, I want to see you."

Poem to Share

Life doesn't frighten me

Maya Angelou

Life doesn't frighten me,
Not at all.
I've known too many terrors,
Seen too many falls.

Climbed too many mountains,
Crossed too many seas,
Felt the pain of heartbreak,
And the sting of disease.

I've watched the earth shake,
And the sky turn red.
I've seen the mighty fall,
And the brave lie dead.

But life doesn't frighten me,
Not at all.
I've learned to be courageous,
And to rise when I fall.

For though life can be harsh,
And the road can be rough,
I know I have the strength,
And the will to be tough.

So bring on the challenges,
And the struggles that come.
For life doesn't frighten me,
Not at all, not one.

Noticeboard



NEW STAFF

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

- **Chris - maintenance**
- **Ashley – Dining room and Housekeeping**

We hope that you enjoy your time here!

MEAL GUESTS

If you would like to have a Guest for a meal, please remember to give the Kitchen at least 24hr notice to make the necessary adjustments. We understand that last minute guest can happen but if you can plan ahead, 24hr notice will be helpful for our staff. – thank you

CULTURAL CELEBRATION

In the month of May we celebrate Cinco De Mayo and the Mexican Culture. We look forward to sharing an authentic Mexican Meal and celebrating with our residents and staff in the vibrant Mexican Culture.

PUZZLES

Please remember to return completed puzzles in the closet labelled “Drop Box Closet” and place them in the crates located on the floor of the closet for future organizing. – Thank you

HAIRDRESSER

Unfortunately, we continue to look for an in-house hairdresser and our search has been unsuccessful. As Kerstin is away the month of May we regret to inform you that our salon will not be open until Kerstin returns. Thank you for your patience and sorry for the inconvenience.

THANK YOU

WE WOULD LIKE TO THANK ALL OUR VOLUNTEERS FOR THEIR GENEROSITY AND WILLINGNESS TO HELP IN CERTAIN AREAS OF OUR LODGE: PUZZLES, LIBRARY, BIRDS, PLANTS, GARDEN, PARADE COMMITTEE, GARDEN COMMITTEE AND SUNDAY CHURCH SERVICE. I APPRECIATE YOU ALL SO MUCH - THANK YOU!



Upcoming Event Posters

GOLDEN HILLS LODGE

Cinco de Mayo Lunch

FRIDAY MAY 5, 2023

ENJOY A DELICIOUS MEXICAN LUNCH MEAL

11:50 am - Main Dining Room

Pinata and Mocktail Party @2:00pm

Monday May 8th at 2:00 pm

Diggers Greenhouse Bus Trip

Meet in Lobby at 1:15pm

Anyone who would like to take in our beautiful local greenhouse or purchase plants for pots this year please Join us!

MONTH OF MAY MOVIE FEATURES

THURSDAY MAY 11TH A 2PM : ROOKIE

MONDAY MAY 15TH @ 2PM : BIGGEST LITTLE FARM

Men's Coffee Break:
Unit 5 Dining Room

Ladies Coffee Break:
3/4 Coffee room

Tuesday May 9th @ 10am

PCA GRADE 6 FUN EMPORIUM AND ICE CREAM FLOATS

FRIDAY MAY 26TH
1:00-3:00 PM

AUDITORIUM/OUTSIDE

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

ICE CREAM FLOATS

ENCOURAGING GENERATIONAL CONNECTIONS

MOTHER'S DAY TEA AND PLAYDATE

We would like to celebrate our Mothers, Grandmothers, and Great Grandmothers with a special Sparkling Juice and Morning Tea/Coffee

PLEASE JOIN US AND BRING YOUR CHILDREN AGES 0-6 YEARS FOR A TIME OF VISITING AND PLAYING AS WE HONOR OUR MOTHER'S. TOYS WILL BE PROVIDED

PLEASE RSVP BRIANNE AT activities@kneehillhousing.com

Golden Hills Lodge
Three Hills AB

Friday May 12th @ 10:30 am

GOLDEN HILLS LODGE AUDITORIUM

PUPPY VISIT

Golden Hills Lodge - Auditorium

Monday May 1st
10:30am

Come on out for a friendly visit from some of our favorite furry friends!

Laughing Matters



Breakfast

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him:

'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

To which her husband calmly replied:

'I just wanted to show you what it feels like when I'm driving.'

The English Professor

An English professor asked his students to add punctuate the following words: "woman without her man is nothing"

The males in the class wrote "Woman, without her man, is nothing."

The Females wrote "Woman! Without her, man is nothing."

Staff Spotlight

Chris Peterson



Hello, My name is Chris Peterson. I am the new Maintenance Employee. I Started in April and look forward to my time here. I am originally from Three Hills, and my parents currently live near Huxley, AB. My family is currently living in Calgary while we wait to purchase a home here in Three Hills and we are looking forward to our move back to small town living. I have two children; A boy, age 7 – Cash, and a girl, age 2 – June. My wife’s name is Kate. I look forward to getting to know you all and thank you for your kind welcome.

Guess that Resident

Every month we list clues about one of our own residents. Clues no one else would know. Please look at the clues and see if you can guess who our mystery resident is. The answer will be revealed at our monthly tea!



- I have flown in an ultra-light plane.
- I have held a six-week-old tiger cub in my arms.
- I love football; and my favorites are Saskatchewan Rough Riders and Hamilton Tiger Cats.
- I had seven years of post-secondary schooling.

Word Search



THANK YOU FOR THE MUSIC!

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

Fernando
Annifrid
Eurovision
Mamma
Arrival

Sos
Benny
Hepstars
Mia
Abba

Agnetha
Andersson
Waterloo
Dancing
Eagle

Bjorn
Sweden
Chiquitita
Queen
Ring