

# NEWSLETTER

## June 2023



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# Editor's Desk

Hello Residents, Families and Friends!

Welcome to the Month of June!

We are fast approaching the longest day of the year already! I can hardly believe this! The warm weather is a welcome sign, and I am looking forward to enjoying all the fun summer activities with you all!



This month we will see more activities happening outside, making time for tending to the garden and a special trip to Kirk's Alpaca Farm. Please see the calendar for the days and details of the trip!

I encourage you all to keep up with your walking and tracking your miles. You have been doing an amazing job and I am excited to see where are walking takes us as we conquer the Pacific Crest Trail! If you need more tracking sheets, please see me and I will get them to you.

We have a special concert performance booked with Trevor Baker: Country Gospel and we encourage you all to invite community members as we will be opening it up to guests and accepting donations in support of Activities here at the Golden Hills Lodge.

I wish you all a great month and look forward to all the fun we will have together!

Keep Safe!

*Brianne Rothfus - Activities and Volunteer Coordinator*

## June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**  
Birthstone: **Moonstone or Pearl**  
Flower: **Rose or Honeysuckle**

# Month in Review

## Mother's Day Tea and Playdate

We honored all our mother's here at the Golden Hills Lodge with a beautiful Tea and Playdate with all our friends and loved ones!



## Mother's Day Tea



## Mother's Day Tea: Baby Snuggles



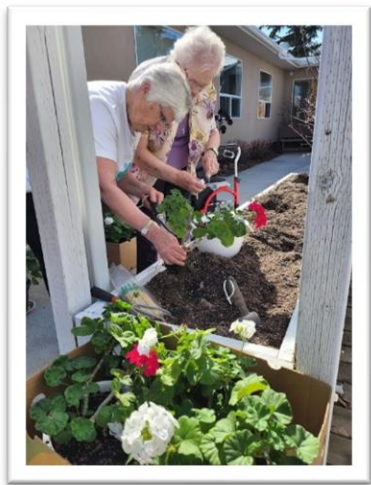
# May in Review



First BBQ of the Season!



Thank you Chris and Kitchen Staff!



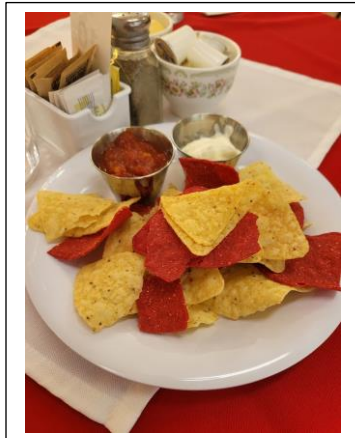
Gardening Begins!



Thank you Shirley Arnold for your Volunteer Help!



Cinco De Mayo Pinata making



Gaucha Clarence Creasser.... Hola!

# Upcoming Events

## Afternoon in the Park

Monday June 5<sup>th</sup> @ 2:00pm – Meet in Lobby at 1:50pm

## Parade Meeting

Monday June 5<sup>th</sup> at 3:00pm in Auditorium

**Men's/Ladies Coffee Break** Tuesday June 6<sup>th</sup> at 10:00am

Men in the unit 5 , ladies in the ¾ coffee room

## Walker Inspection/Repair Clinic

Tuesday June 6<sup>th</sup> @ 2:00pm – in Auditorium

## Kirk's Alpaca Farm Bus Trip

Wednesday June 7<sup>th</sup> @ 2:00pm

## Busy Bee Bus Trip

Tuesday June 13<sup>th</sup> @ 2:00pm

## Trevor Baker Country Gospel Concert

Tuesday June 13<sup>th</sup> at 6:30pm in the Auditorium

## PCA Kindergarten Class Visit

Thursday June 15<sup>th</sup> at 10:15 am in Auditorium

## Father's Day Fishing Trip to Evan's Pond

Monday June 12<sup>th</sup> @ 2:00pm

## Clothing Exchange

Monday June 26<sup>th</sup> @ 2:00pm – Auditorium

## Armchair Travel to Morocco

Tuesday June 27<sup>th</sup> @ 2:00pm

## Parade Committee Meeting

Wednesday June 28<sup>th</sup> @ 2:00pm

## Potato Chip Tasting Challenge

Wednesday June 28<sup>th</sup> at 3:00pm in Auditorium



## Regular Events

### Walking Group every

Tuesday at 11:00am

### Ministerial Service every

Sunday at 4:00pm

### Minds in Motion Group

every Thursday 1:30-3:30pm  
for 5 weeks. June 1-July 6th

### IDA Tuck Shop: Tuesday

June 13<sup>th</sup> at 10:30-11:30am

### Campfire Singalong:

Wednesday June 14<sup>th</sup> at  
2:00pm

### ATB Financial Bank:

Thursday June 15<sup>th</sup> at 9am

### Birthday Tea: Wednesday

June 21<sup>st</sup> at 2:00pm

### Group Gardening Times:

Thursday June 8<sup>th</sup> and  
Monday June 19<sup>th</sup>

# June Birthdays

In June, we celebrate birthdays with:

- **Donna Du Bois – June 20<sup>th</sup>**
- **Rachel Fairchild – June 20<sup>th</sup>**
- **Beth Cotrill – June 26<sup>th</sup>**

Please join us in the Auditorium on **Wednesday June 21<sup>st</sup>** at 2:00pm to honor our June Birthdays!



Marilyn Monroe, Actress, 1<sup>st</sup> June 1926  
Morgan Freeman, Actor, 1<sup>st</sup> June 1937  
Johnny Depp, Actor, 9<sup>th</sup> June 1963  
Judy Garland, Actress, 10<sup>th</sup> June 1922  
Prince Philip, Duke of Edinburgh, 10<sup>th</sup> June 1921  
Donald Trump, Former President, 14<sup>th</sup> June 1946  
Boris Johnson, Prime Minister, 19<sup>th</sup> June 1964  
Nicole Kidman, Actress, 20<sup>th</sup> June 1967  
Elon Musk, Entrepreneur, 28<sup>th</sup> June 1971  
Mike Tyson, Boxer, 30<sup>th</sup> June 1966

## **Gemini (May 21 – Jun 20)**

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

## **Cancer (June 21 – July 22)**

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

## **The First Manned Hot Air Balloon Launch**

On June 4, 1783, the Montgolfier brothers launched the first untethered hot air balloon in France. This historic event marked the beginning of manned flight and opened up a new world of possibilities for exploration and travel, changing the course of history and inspiring future generations to reach for the stars and achieve the impossible.

WOW!

# Poem to Share

## Invictus

William Ernest Henley

Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.

In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds and shall find me unafraid.

It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate,  
I am the captain of my soul.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Diane Enzie**
- **Ruth Wright**

We hope that you enjoy your time here!

## NEW STAFF

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

- **Ashley Flahr**
- **Michelle Trombley**

We hope that you enjoy your time here!

### Bus Trip Update

In regards to the discussion we had during our last resident meeting, there will now be a minimum \$2 bus trip fee for anyone wishing to go on our regular monthly outings. There will be, in some cases, a higher fee for the bus trip depending on the nature and destination of our outing. We also require a minimum of 10 passengers to take the bus out and there will be a deadline for the bus sign up sheet two days prior to the outing. I will plan to set up in the lobby on the deadline day to collect bus fees for each outing. Thank you for your understanding.

## CONTINUOUS IMPROVEMENT

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Residents, families, and friends are reminded that there is always room for suggestions and improvements.

Please feel free to visit with staff pertaining to suggestions and comments for improvement and satisfaction as well. We welcome communication between staff and residents and would love to hear from you.

Please feel free to use the Resident Meeting time for suggestions as well.

## 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.

Please hand in your submission to Brianne or email me anytime.

[activities@kneehillhousing.com](mailto:activities@kneehillhousing.com)

Thank you!



# Noticeboard



## LIBRARY SERVICE

Please remember to return your borrowed books to the designated book return boxes in the library you originally took the book from. Our volunteer Donna can then categorize the return accordingly.

Anyone who has books they would like to donate please give to Brianne in her office. They will later be sorted and determined if we can keep them or need to donate them. Please do not put them in the library yourself or in the return boxes.

- Thank you very much!

## HAIRDRESSER

We continue to research and look for a Hairdresser who would fit well in our Lodge, however we have been unsuccessful in finding someone.

Thank you for your patience as we continue to find someone.

## 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.

## GARDEN

With the warm weather we are all eager to watch as our Garden takes off in to a beautiful Oasis! Please remember:

- If you purchased a flower pot yourself please remember you are responsible for its watering, upkeep and end of season care.
- Those with Garden plots please remember you are responsible for the watering, upkeep and end of season clean-up for your designated plot.
- Thank you to Minnie Cummings who will be doing the watering for the surrounding flower beds in the Garden Courtyard.
- **Thank you to Orlene Csakany for her donatation of hanging flower pots off the North Porch of the gazebo courtyard.**
- **Thank you to Arlene Penner for planting the large pots located around the front and interior courtyards of the Building.**

HAVE FUN!

# Laughing Matters



## The Engagement

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter. She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"

# Staff Spotlight : Ashley Flahr



Hi!

My name is Ashley and I am a new staff here at the Lodge. You may have seen me working in housekeeping or sometimes in the Dining room.

I live in Trochu and have two young boys. I don't have any specific hobbies; I like to say that my boys are my hobby right now. I have been known to enjoy comedy shows and concerts when I get the opportunity.

I look forward to getting to know you all and thank you for the warm welcome!

See you around!

## Resident Spotlight:

Donna Du Bois. Donna moved to the Lodge in November 2021 after being a much devoted volunteer for us here at the Lodge for Many years! She was nominated in 2014 for Stars of Alberta Volunteer Awards and we are so thankful for her many years of volunteering! She continues to volunteer as a resident as our Resident Volunteer Library Manager.



# Word Search



## RECYCLE REUSE REDUCE

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

Solar  
Trash  
Compost  
Greenhouse

Water  
Clothes  
Chemicals  
Repair

Emissions  
Ozone  
Sustainable  
Landfill

Plastic  
Organic  
Petrol  
Recycle