

# NEWSLETTER

July 2023 – Summer Edition



GOLDEN HILLS  
*Lodge*

## Hello Residents, Families and Friends!

I will be away on Holidays from July 14<sup>th</sup>-July 24<sup>th</sup>. I look forward to spending time with my family in BC, and while I am away June will be helping lead morning exercises. I will have specific activities set out and challenges posted for you all to complete while I am away. Please have a look at the calendar and take advantage of the independent activities I have scheduled for you. Take home activities will be posted on the Activity Bulletin Board to be returned when I return for a prize!



I look forward to what the Month of July holds for us and encourage you all to continue walking. I thank you all for your willingness to be flexible during these summer months!

## NOTICEBOARD

### New Residents

A very warm welcome to:

### Ruth Wright

We hope you enjoy your time here!

### Library Service

We have two libraries in the Lodge and would encourage all residents to access this whenever they would like. Please ensure you return your books to the drop boxes located in the Libraries. Our resident Library Volunteer will then categorize the books. Check out the new addition: "The Journey" by Daniel Wiebe – one of our own residents!

### Garden

Thank you to all our residents who have brought in such wonderful potted flowers! Please remember you are responsible for the upkeep and watering of your personal flowerpots. We have resident volunteers watering the large pots/flower beds.



**Mickey Nott – July 15**  
**Howard Olson – July 15**  
**Sandy Tofflemire – July 24**  
**Helen Wade – July 29**

*Please join us in the auditorium  
Wednesday July 26<sup>th</sup> @ 2pm  
To celebrate*

### Special Days in July

- 1<sup>st</sup> Canada Day
- 1<sup>st</sup> Intl. Joke Day
- 4<sup>th</sup> Fourth of July (US)
- 7<sup>th</sup> Calgary Stampede Kick off
- 14<sup>th</sup> Bastille Day (France)
- 24<sup>th</sup> Cowboy Day
- 30<sup>th</sup> Friendship Day



*Calgary Stampede*

Faith is the bird that feels the light  
when the dawn is still dark.

- Rabindranath Tagore

# Upcoming Events

Happy Canada Day 



**Men's/Ladies Coffee Break** Tuesday July 4th at 10:00am  
Men in the unit 5, ladies in the ¾ coffee room

## **Stampede Pancake Breakfast**

Friday July 7<sup>th</sup> at 7:50am – Wear your best Stampede Outfit! Jeans, and Western attire.

## **Parade Float Decorating**

Friday July 7<sup>th</sup> in Auditorium/Parking Lot at 1:00pm

## **Three Hills Summer Parade**

Saturday July 8<sup>th</sup> at 9:30am – 12:00 noon. Meet in parking lot if you have signed up to be on a float/in the parade.

## **Bi-Monthly Resident Meeting**

Tuesday July 11<sup>th</sup> at 2:00pm in Auditorium

**Stampede Chicken Legs and Smokies BBQ in Gazebo** Wednesday July 12<sup>th</sup> at 11:50am

## **Everything Country Duo Concert**

Wednesday July 12<sup>th</sup> at 2:00pm in Auditorium

## **Farmland Documentary**

Wednesday July 19<sup>th</sup> at 2:00pm in Auditorium

## **Armchair Travel Yellowstone National Park**

Tuesday July 25<sup>th</sup> at 2:00pm in Auditorium

## **Campfire, Smores and Songs**

Tuesday July 25<sup>th</sup> at 7:30pm on the Gazebo Deck

## **Summer Movie Matinee: The Wizard of OZ**

Friday July 28<sup>th</sup> at 2:00pm in the Auditorium

Attention: I will have activity centers set up around the lodge for the days when I am not here. Please feel free to make use of these, as well as the Scavenger Hunt I have created for all to complete by the time I return! A prize will be given to all those who return the completed scavenger hunts to me when I get back!

## 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

Last session: July 6th

**IDA Tuck Shop:** Tuesday

July 11th at 10:30-11:30am

**ATB Financial Bank:**

Thursday July 13<sup>th</sup> at 9am

**Birthday Tea:** Wednesday

July 26<sup>th</sup> at 2:00pm

**Group Gardening Times:**

Thursday July 6<sup>th</sup>, Monday

July 17<sup>th</sup>, and Monday July

31<sup>st</sup>.

Brianne will be away on  
Holidays July 14<sup>th</sup> - July 24<sup>th</sup>