I would like to take this opportunity to welcome our newest Blue Sky and Golden residents. Thank you for choosing us for your new home.

In years prior, June is a very busy month around here. In addition to all the fun activities Laura and Troy have planned, we’ll also be celebrating Father’s Day and Seniors’ Week, so be sure to come out and participate.

A final reminder, if you have not already done so, please submit a copy of your Notice of Assessment as soon as possible. As per your Residency & Service Agreement, it is due by June 1.

Happy June, Father’s Day, and Happy Seniors’ Week everyone.

14.10 The Resident must not do, or permit to be done, in the Premises anything that is likely to disturb or be a nuisance to the other Residents or neighbours. In particular, the Resident must not allow the noise of radio, TV, stereo, musical instruments, vehicles, or guests to disturb other Residents at any time.

Children that are visiting Residents should not be allowed to run throughout the building or use the equipment in the common areas unsupervised. Quietness must be maintained after 11:00 p.m. No disturbances will be tolerated between 11:00 p.m. and 7:00 a.m.
**Bus Trips**

On June 7, we will be going to Waterton for sightseeing and lunch. If you would like to go, please sign up. We will be leaving at 9:00 a.m. and will be gone for a full day. The cost of this trip is $3.00 for the bus and lunch is your expense.

On June 19, we will be going on a bus trip to North Walmart. This is your opportunity to get some shopping done and stock up on everything you need. The bus will be leaving at 9:30 and we will be back to the lodge for lunch. The cost of this outing is $3.00 for the bus and shopping and lunch are your expense.

On June 29 at 9:00 a.m., we have a bus trip to Lundbreck Falls. We will be having a picnic lunch and enjoying the view at the Falls. If you would like to join us on this trip, please sign up. The cost will be $3.00 for the bus.

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**SPECIAL EVENTS**

**Seniors’ Week**
We will be celebrating Seniors’ week from June 4 to 9. We will have a seniors’ Jeopardy with milkshakes, an outing to Waterton, a party with special gifts, free card bingo, and a KFC lunch to help celebrate.

On June 11 at 1:30 p.m., we will be having an information session on Alberta Seniors’ Benefit, Dental and Optical Assistance for Seniors and Special Needs Assistance for Seniors. This presentation will be given at the Resident meeting so we hope that many of you will be able to attend. Family members are invited and encouraged to attend.

There will be a guest speaker from Service Canada Mobile Outreach Services on June 18 at 1:30 p.m. They will be providing us with information on Canada Pension and Old Age Security benefits. I hope many of you come out and learn about all the programs and services that are available to you.

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Thank you to those of you who completed the Resident survey in April. The results have been compiled and will be reviewed at your next Resident meeting.
Chef’s Comments

June is a beautiful month to get out there and get gardening. Lots of vegetables are harvested this season for any early growers.

The sun is shining but don’t forget to stay hydrated during this hot month.

Hope to see the flames on the BBQ going a couple of times to really bring in the summer.

Happy Gardening!

David

Calendar Events

On Thursday mornings we will be having nature walks. Join us for a bit of exercise and enjoy a lovely walk outside. The fresh air, and sights and sounds of summer will brighten your day and spirit.

Wellness Corner

Here are some of the top tips for men to stay healthy:

1. Find a Doctor - Make sure it’s one you are comfortable with.
2. See that doctor – Even if you feel well it is important to see your doctor regularly.
3. Get Informed – Be knowledgeable about symptoms and complaints but don’t self diagnose.
4. Exercise – Make time for exercise and try various types. (walking, stretching, weights).
5. Eat to thrive – Get enough nutrition; focus on nutrients rather than calories.
6. Prioritize Sleep – Get at least seven hours of sleep.
7. Check your Head – Mental health is important. Learn to recognize signs of depression.
8. Care for your prostate – As we age, the prostate grows. A low-fat diet will help reduce prostate growth.

Maintenance Corner

The ants seem to be quite prevalent this year so if you are having visitors, please let us know. This way we can try to curb the problem.

With the onset of warmer weather, hopefully everyone is getting a chance to get out and enjoy some sunshine when the opportunity presents.

To all of our fathers, “HAPPY FATHER’S DAY”!

Doug & Rod
Reminders

We are revising our Resident & Family Handbook.

The handbook is provided to you at move-in and contains conditions and information not included in your Residency & Service Agreement.

If you would like a copy of the revised handbook, please see Management.

Emergency Preparedness - Loss of Water

In the event of mechanical breakdown or supply issue to the building resulting in a loss of running water, the Foundation has procedures in place to minimize the impact on residents. Residents can assist to preserve water when possible by limiting bathroom use.

Jugs of bottled water are available to provide water for the staff to utilize for cooking. Hand sanitizer will be utilized for hand hygiene. The Foundation may request the resident contact a family member to provide hand sanitizer and bottled water to drink.

In the event the situation cannot be resolved for a longer period of time, the Foundation may request that residents contact a family member to stay with until the situation is resolved.

Please see your manager if you have any questions or concerns.

Foot Doctor

Just a reminder that the foot doctor will be at the Lodge on June 21 at 9:00 a.m. This is your opportunity to come out and get your toes in tip top shape.

Reflexology

If you would like to have an appointment with the Reflexologist, she will be here on June 28 at 9:00. The sign-up sheet is on the bulletin board if you want to schedule an appointment.

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad

Author Unknown

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