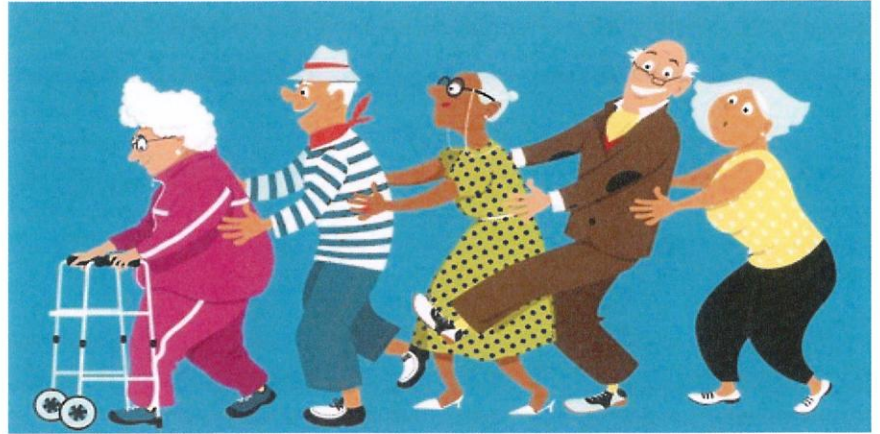


HILLVIEW MANOR NEWSLETTER 2023



ISSUE SEVEN

July 1st was celebrated with Canada Day celebrations throughout the city and smaller rural communities. Hillview was a quieter day but some residents were out and about with their families.

With summer comes holidays and much of our staff is coming and going with vacations.

For something new a group of our residents went to the Souris Valley Theatre to see Ranchers and Rustlers. We weren't able to go for a couple of years so this was a real treat.

The second outing for those that were interested was the shopping trip to Walmart with lunch following at EB's. This is always an enjoyable outing.

The library came twice to do crafts with our folks. We usually have 5 or 6 that take part.



This month four of our folks celebrated birthdays.

July 10th....Mary Mack
July 10th....Ivabelle Goud
July 25th....Hank Lievaart
July 31st....Winona Raiwet



July birth flower is Larkspur or Delphinium. They are gorgeous flowers that brighten up many gardens in early summer. The flower is a vibrant blue colour and can grow to 6 feet in height!

Delphiniums are said to symbolize joy, warmth and fun. Blue delphiniums are said to have a meaning of dignity, while the white, pink and light blue flowers mean youth and renewal.

The birthstone for July is the Ruby. This gem provides strength, vigor and nobility, helping protect the wearer from the evils of the world. It signifies love and passion while attracting good luck.

HAPPY BIRTHDAY

HILLVIEW NEWS

Summer is always a special time for our residents as family members who live a distance away are able to take some holidays and travel to Estevan. It's fun to see new faces come for visits.

Our nurse Paige has left Hillview for other employment. She will be missed I'm sure. Luckily we have Raeann and joining her is Margie and Stephanie.

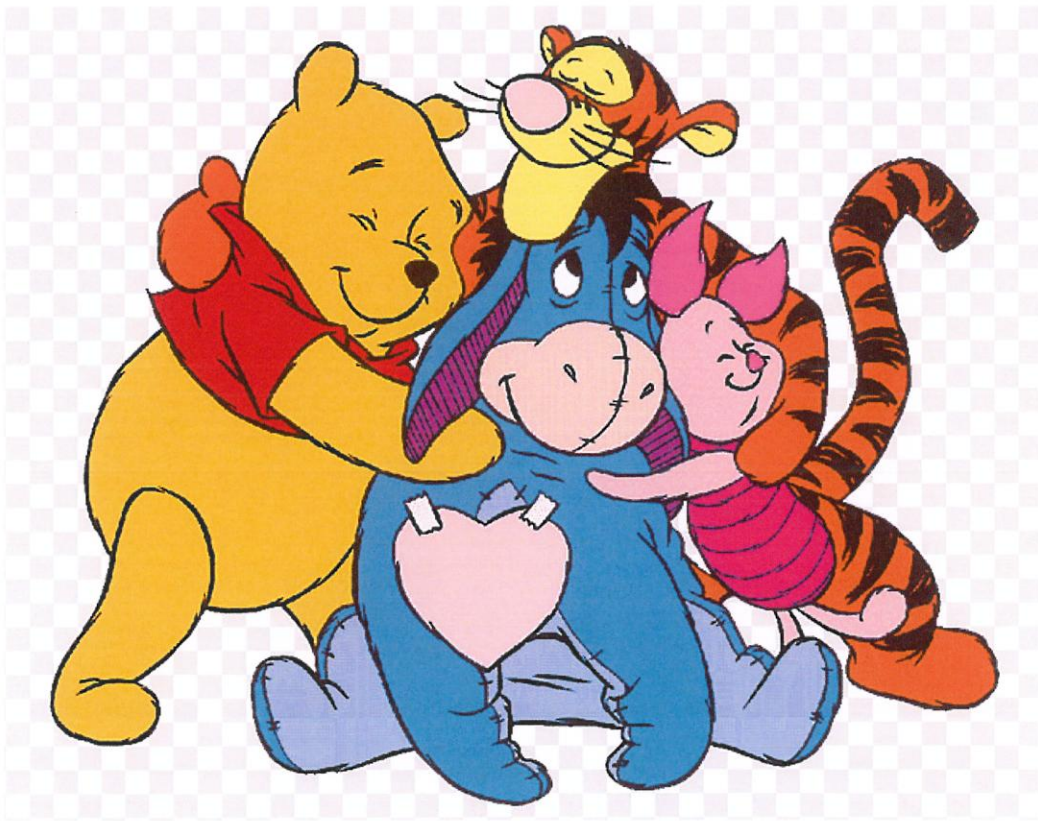
Congratulations to Desiree. She travelled to Nova Scotia and took part in the 2023 CAWF National Arm-wrestling Championship. After competing Desiree finished 3rd in the Women's 60kg Right Arm. Way to go!!!!

The gardens are growing like crazy. Rhubarb is nonstop. The folks have already had a feast or two of beans that they say were delicious. Cucumber and tomatoes are coming along nicely. Henry loves to get out and putter in the gardens. Whether he's watering or picking beans etc, he's in his happy place.

A couple of our folks are currently in the hospital. We miss them and wish them well.

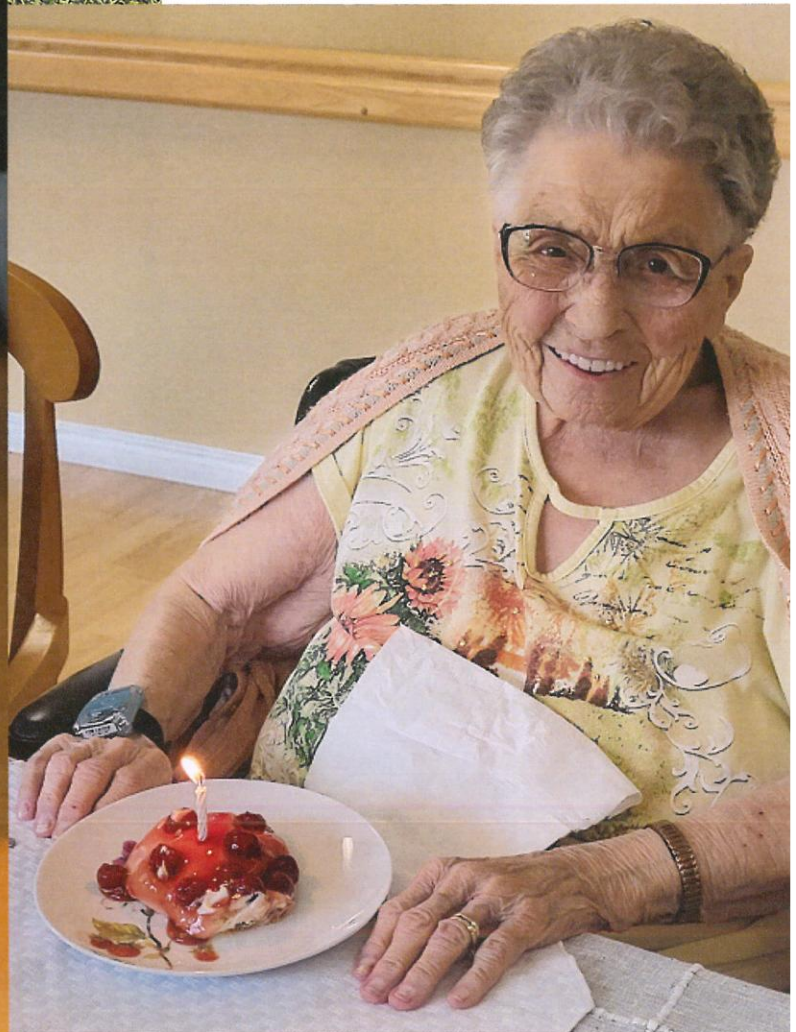


*Life is short, live it
Love is rare, grab it
Anger is bad, dump it
Fear is awful, face it
Memories are sweet, cherish them*



*How do you spell LOVE?
You don't spell it, you feel it
-Winnie the Pooh*







	<h1 style="text-align: center;">2023</h1>	<p style="text-align: center;">1</p> <p>10:30-Baking- 1:15-SR (H1&2) 2:00-Public Library Crafts 3:45- Skip Bo-(H3&4)</p>	<p style="text-align: center;">2</p> <p>10:00-Exercise 11:00-Card Bingo 1:15-Trinity Lutheran Communion 2:00-Caragana Ramblers 3:45-Yahtzee (FR)</p>	<p style="text-align: center;">3</p> <p>10:00-Exercise 11:00-Resident Meeting 1:15-SR (H1&2) 2:00-Card Bingo 3:45-Crockinole (FR)</p>	<p style="text-align: center;">4</p> <p>10:00-Exercise 11:00-Bean Bag Toss 1:15-SR (H1&2) 2:00-Bingo 3:45- Skip Bo (H3&4)</p>	<p style="text-align: center;">5</p> 
<p style="text-align: center;">6</p> 	<p style="text-align: center;">7</p> <h2 style="text-align: center;">No Activities</h2>	<p style="text-align: center;">8</p> <p>10:00-Exercise 11:00-Card Bingo 1:30- Movie 3:00- Public Library Visit 3:45- Skip Bo-(H3&4)</p>	<p style="text-align: center;">9</p> <p>10:00-Catholic Mass 11:15- Golf Course Lunch/cart rides 2:00-Card bingo 3:45- Devotions</p>	<p style="text-align: center;">10</p> <p>10:00-Exercise 11:00- Card Bingo 1:15-SR (H3&4) 2:00- Bean Bag Toss 3:45-Yahtzee (FR)</p>	<p style="text-align: center;">11</p> <p>10:00-Exercise 11:00-Washers 1:15-SR (H1&2) 2:00-Bingo 3:45-Skip Bo-(H3&4)</p> <p style="text-align: right;">Marianne Holzer 87</p>	<p style="text-align: center;">12</p> 
<p style="text-align: center;">13</p> 	<p style="text-align: center;">14</p> <p>10:00- Communion 10:30- Baking 11:00- Manicures 1:15-SR (H1&2) 2:00- Card Bingo 3:45-Skip Bo (H3&4)</p>	<p style="text-align: center;">15</p> <p>10:30-Card Bingo 1:15-SR (H1&2) 2:00- Public Library Crafts 3:45- Yahtzee (FR)</p>	<p style="text-align: center;">16</p> <p>10:00-Exercise 11:00- Card Bingo 1:30-Movie 3:45-Snakes & Ladders (FR)</p>	<p style="text-align: center;">17</p> <p>10:00-Exercise 11:00- Card Bingo 1:15-SR (H1&2) 2:00-ice cream social (FR) 3:45-Crockinole (FR)</p>	<p style="text-align: center;">18</p> <p>10:00-Exercise 11:00-Score 4 Connect 1:15-SR (H1&2) 2:00-Bingo 3:45-Skip Bo (H3&4)</p>	<p style="text-align: center;">19</p> 
<p style="text-align: center;">20</p> <h2 style="text-align: center;">Gospel Chapel 1:30</h2>	<p style="text-align: center;">21</p> <p>10:00- Communion 10:30- Baking 11:00- Manicures 1:30- Keith & Gary 3:45-Skip Bo (H3&4)</p>	<p style="text-align: center;">22</p> <p>10:00-Exercise 11:00- Card Bingo 1:30- Movie 3:45-Yahtzee (FR)</p>	<p style="text-align: center;">23</p> <p>10:00-Exercise 11:00- Card Bingo 1:15-SR (H1&2) 2:00-Colouring (FR) 3:45-Devotions</p>	<p style="text-align: center;">24</p> <p>10:00-Exercise 11:00- Card Bingo 1:15-SR (H1&2) 2:00- Musical performance in (FR) 3:45-Crockinole</p>	<p style="text-align: center;">25</p> <p>10:00-Exercise 11:00-Bean Bag Toss 2:00-Loonie Bingo 3:00- Wine & Cheese 3:45-Skip Bo (H3 &4)</p>	<p style="text-align: center;">26</p> 
<p style="text-align: center;">27</p>  <p style="text-align: center;">DON'T WORRY BEE HAPPY</p>	<p style="text-align: center;">28</p> <p>10:00- Communion 10:30 Monthly BPS 11:00- Manicures 1:15-SR (H1&2) 2:00-Card Bingo 3:45-Skip Bo (H3&4)</p>	<p style="text-align: center;">29</p> <p>10:00-Exercise 11:00- Card Bingo 1:15-SR (H1&2) 2:00- Public Library Crafts 3:45-Crockinole (FR)</p>	<p style="text-align: center;">30</p> <p>10:00-Exercise 11:00- Card Bingo 1:15-SR (H1&2) 2:00-Wilma & Val 3:45-Devotions</p>	<p style="text-align: center;">31</p> <p>9:45-1:00- Walmart/Eddie Websters Lunch 2:00-Card Bingo 3:45- Skip Bo (H3&4)</p>	<p style="text-align: center;">((FR)-Family room (H)-House</p> <p style="text-align: center;">*Activities subject to change*</p>	