

*The Good Shepherd
Villas Inc.
Prince Albert*

MARCH 2025 NEWSLETTER



THE CARE HOME WITH A HEART

Welcome March, we are excited to see you coming, as this means Spring is on the way. We had a very funny February this year, as it brought us some very cold temperatures. Our temperatures reached to -50 with the wind chill, and now that our month is ending, we have had temperatures in the upwards range of +8 degrees. Snow is beginning to melt; the birds are starting to return, and the deer can be seen out looking for food.

We had a very busy month with lots of exciting activities that kept us busy. February, which is the month of Love, was celebrated with a Valentine's Day Party on the 14th. We had Alice McIntyre play for our party. The residents enjoyed Strawberry Sundaes and were presented with some Valentines Day cards. Fun was had by all who attended, including our three Valentine's couples. Irene & Paul Thomas, Lorraine & Ken Passler and Arnold & Marilyn James.

VALENTINES DAY PARTY





Some of our returning entertainment included Wes Stubbs, Rick Martin and Audrey Neubuhr from "The Mamas " for our monthly Birthday Party. On the 27th we had Luda's Ukranian Choir here to sing for us. Beautiful music. Thank you to everyone for coming out and getting involved.

FEBRUARY BIRTHDAY PARTY

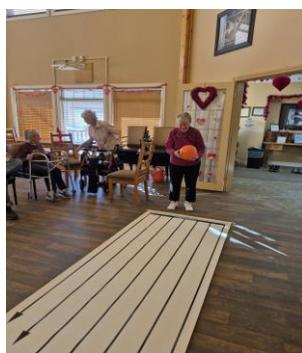


For crafting this month, our ladies painted some sealer jars in reds, whites and pinks, then added sprinkles and roses to the lid tops and we used them for our table's decorations. We also had a small craft that we did for our outdoor birds. We used empty toilet paper rolls, coated them in peanut butter then rolled them in bird seed and sunflower seeds. We added some twine and hung them outside on the tree branches, for our birds to enjoy.

CRAFTING



GIANT YAHTZEE AND BOWLING FUN



DANCING WITH GILLE FRANCOUER AND FRIENDS



SALVATION ARMY CHURCH



UPCOMING BIRTHDAYS

LOUISE GALE - MARCH 6TH

TOM PREDDY – MARCH 8TH

PATSY GOERTZEN – MARCH 17TH

ROSE SLONSKI – MARCH 31

Happiest of Birthdays to everyone enjoying a Birthday this month

Good luck to Ann Balicki and Myrtle Brown who have moved to new Care Homes. Enjoy your new homes, you are missed all ready.

We would like to send condolences to the families of Grace Jones and Frank Brothwell on their recent passing.

Frank had been a resident with Good Shepherd Villa since 2020. He was one of our only two surviving Veterans. Frank was in the Army, the 1st Division of PPCLI- Princess Patricia Canadian Light Infantry. He was posted in Calgary at Currie Barracks and was a 1st Battalion Paratrooper (Parachute Jumper). He served overseas in the fall of 1951 and returned to Calgary in 1952. He was away in Korea, at the 38th Parallel, for 14 months, serving in the Korean War. Being Canadian, he served as part of the United Nations Group of soldiers that spent time over there. When he went to Korea and Japan, he remembers seeing the devastation wrought by the atomic bomb. Frank was a very joyful and entertaining person to be around. He had a great sense of humor and was always telling jokes and making everyone giggle. He was very helpful to our ladies who were blind, by telling us ladies where to put their stuff so there were no mess ups, he was like a mother hen to them. You will be greatly missed by everyone who had the pleasure of getting to know you.

Grace was with us only a couple of years, but they were great years. Grace always had a smile on her face, had humor in her voice and loved to go out to any activities, games and music until her health declined and she was unable to join us. Grace, you will surely be missed by all. Rest in peace.

UPCOMING EVENTS

March 5th - Karaoke with Geri at 2:30pm

March 12th – Wes Stubbs at 2pm

March 17th – St. Patrick’s Day Cocktail Party with Alice McIntyre

March 19th – Birthday Party with Audrey from “The Mamas” at 2pm

March 25th – Entertainment with Rick Martin at 2pm

March 29th - Karaoke with Geri at 2pm

****PLEASE NOTE IMPORTANT ACTIVITIES ARE HIGHLIGHTED IN BOLD BLACK LETTERS, AS IT WAS TOO HARD TO SEE WITH THE HIGHLIGHTED RED AND BLUE COLOURS. CHURCHES WILL STILL BE HIGHLIGHTED IN YELLOW. ****

**** Please remember to check the activity boards outside **House 1 & 2, House 3** and **House 5** for daily activities as they may change unexpectedly without notice. ****

Please let staff know if you are taking a resident or family member from the building. There is a logbook at the front door to sign in and sign out. If the door is locked, please ring the doorbell or call 306-922-1202 to be let in. The doors are usually locked around 6pm for the security of our residents and staff.

If anyone would like to be added to our e-mail list, please send us a message at recreation@goodshepherdvilla.ca You will then receive the GSV monthly Newsletter, Calendar and any Emergency updates. If you have any pictures of past events that you would like to share with us, please use this e-mail as well.

If you want to get any books or audio books from the library, please let Luda or Geri know and they can give you the required form to fill out and get you set up. Library Exchange Day will be on the 20th of this month. We have added some large print books to our bookshelves by the office and the Hairdresser shop. You can take these books to read but please return them when you are finished so others can enjoy them as well.

If you want to start up a canteen fund, please talk to Geri. If you would like a special request for the canteen, Geri can try to accommodate you. We will be selling Progressive Bingo cards. Our Bingo board is usually hung outside the Great Room. A new number will be posted every day with a pattern displayed every month. Cards are \$1 and more than one card may be purchased. Follow the pattern and try to win the jackpot. If not won, it will be carried over to the next month. We encourage the residents to play, as it gets them out of their rooms to come and check the numbers.

We are always looking for ideas for activities, crafts, games, and entertainment for our residents to enjoy. Suggestions are always welcome.

TODAYS REMINDER

“Today I choose to see the good in every situation, even when it’s hard. There’s always something to be grateful for and focusing on the positive will help you find peace and joy in the present moment”

Grief is the reminder that Love was present, and that even if it’s no longer in its original form, that Love still exists.

Hugs are actually so underrated, especially those hugs that are so tight you can literally feel the other person’s heartbeat and for a moment everything feels so calm and safe like nothing can hurt you.