



APRIL 2025 NEWSLETTER



THE CARE HOME WITH A HEART

We made it, April has arrived. Welcome Spring, we have been anxiously awaiting your arrival. The snow has almost completely melted away, and we are experiencing much nicer weather. Soon it will be time to start planting flowers again and enjoying some outdoor walks.

Once again, we had a very busy month with many activities, crafts, games and entertainment for our residents to enjoy. This month we started a men's coffee morning, which we are hoping to continue weekly; our men need some interaction away from all our women. Lol. On the 17th, we had a St. Patrick Day Party with Alice playing the piano, and Marg accompanying her on her guitar and singing us some Irish songs. The residents had the choice of some green beer or some green punch. Alcoholic and non-alcoholic choices were available. We had two choices of St. Patrick Day baskets for our residents to try and win, and a candy vase where they tried to guess the amount of candy for a prize as well. Everyone had a blast, singing along to the music. Now it's time to retire the green beer till next year.

On March 19, we welcomed Audrey from "The Mamas" to play at our monthly Birthday Party. Two of our residents celebrated the big 95 and one of our residents welcomed 96 years. Big milestones for all who celebrated and a very Happy Birthday to you all. Our returning entertainment included Wes Stubbs, Rick Martin, Jerry & The Holy Spirit and Karaoke with Geri. This month we had the pleasure of "The Jammers, a three-piece band come to entertain for us. We do hope they will continue to return.

March Birthday Party



April Birthdays

JEAN PARDOE – APRIL 2

MARG CRUSTZ – APRIL 4

LUCILLE LA CLAIRE – APRIL 8

WARREN JAHN – APRIL 20

GLADYS HALAYKA - APRIL 28

RICHARD RENNIE – APRIL 22

Happiest of Birthdays to everyone enjoying a Birthday this month!

St. Patrick Day Party



Entertainment



Crafting Fun

For crafting this month, our ladies enjoyed making recycled Birthday cards and St. Patrick Day mason jars for our table centerpieces. We painted green shamrocks on the jars and then added some shamrock flowers to finish them off. They were then enjoyed by all at our St. Patrick Day party. Beautiful job ladies, it's always a pleasure crafting with you. Great fun and great laughs had by all who came out.



Activities



Condolences

Condolences to the families of Ben Wareham, Connie Schock, and Mary Dowhay . You were not with us very long, but your presence will be greatly missed by everyone who had the pleasure of getting to know each and every one of you.

Myrtle Yelland was a resident of Good Shepherd for almost 7 years. She came in Sept. 2018. It was always a pleasure to see you sitting out in the foyer and coming to all the music. Myrt, you will be greatly missed. Our sincerest condolences go out to your family.

Upcoming Events

April 7 – Father DJ & The Holy Spirit at 3pm

April 9 – Wes Stubbs at 2pm

April 11 – Birthday Party with Audrey & Phyllis (The Mamas) at 2pm

April 16 – Karaoke with Geri at 2pm

April 18 – Good Friday (NO RECREATION)

April 21– Easter Tea with Alice McIntyre at 2pm

April 22 – Entertainment with Rick Martin 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 17th 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.

Today's Reminders

1. You are allowed to take a break.
2. You are worth more than your appearance.
3. Pay attention to how you talk to yourself.
4. You don't have to be happy all the time.
5. You are allowed to change your plans.
6. It's okay if you make a mistake.
7. You mean a lot to someone.

Everyone needs a HUG. It's fat-free, sugar-free and has no calories. It requires no batteries and relieves pain. So, here's a Big HUG for all my family and friends.

Running through sprinklers. Chasing down ice cream trucks. Riding bikes with friends around the neighborhood. Swinging so high that the poles lifted out of the ground. Catching fireflies. Picking blueberries. No internet. No social media. No cell phones. We headed home when the streetlights came on. Those were the summers of my childhood. How lucky I was to grow up before technology took over the world.

Staying positive doesn't mean you have to be happy all the time. It means that even on hard days you know there are better ones coming.

You may not be able to change the entire world, but you can release your love and watch its vibrant colors paint the world around you with kindness and patience and watch your little part of it change for the better.

I believe the most beautiful thing you can be is kind. Kind to those who enter our lives, kind to those who fight battles only smiles can hide, and kind to ourselves. Kindness is both a strength and a beauty. Never let anyone take that away from you.

A SPRINKLE OF FAIRY DUST

