



## **MAY 2025 NEWSLETTER**



***THE CARE HOME WITH A HEART***

Welcome to this wonderful month of May. It's officially time to start planting flowers and vegetable gardens. In a short couple of weeks, we will be planting and displaying our own beautiful hanging flowerpots out front, and some tomatoes in our planters outside of House 1. If anyone would like to come to help us with the flower and tomato planting, we are hoping to do this on May 22.

We have had another busy month with lots of activities to enjoy. We started off the month with some much-needed Spring cleaning in the Great Room, then we did some decorating for Easter. Our ladies made some Easter bunny plate designs which we proudly displayed in our windows. We then started making some paper flowers which we will use for our centerpieces for Mother's Day. Great job ladies, it's always fun doing crafts together.

Our returning entertainment included Wes Stubbs, Rick Martin, Father DJ & the Holy Spirit, Karaoke with Geri, our April Birthday Party with Audrey from "The Mamas", and an Easter Tea with Alice McIntyre. The residents also enjoyed their visits with my puppies Elsa, Daisy and Jingles. They always bring a smile to so many faces.

### **Crafting fun**



### **Exercises**





## *April Birthday Party*



## **May Birthdays**

**May 2<sup>nd</sup> - Andre Boutin**

**May 5<sup>th</sup> - Dianne Dowhay**

**May 5<sup>th</sup> – Kenneth Passler**

**May 9<sup>th</sup> – Mary Warner**

**May 10<sup>th</sup> – Lorraine Passler**

**May 20<sup>th</sup> – Marie Broda**

**May 23<sup>rd</sup> – Doreen Stenhouse**

**May 27<sup>th</sup> – Joanne Fontaine**

***Happiest of Birthdays to everyone enjoying a Birthday this month!***

## **Upcoming Events**

**MAY 5– Father DJ & The Holy Spirit at 3pm**

**MAY 7 – Karaoke with Geri at 2pm**

**MAY 9 – Mother's Day Tea Party with Alice McIntyre at 2pm**

**May 10 – Visits with Elsa, Daisy & Jingles**

**May 11 – Mother's Day**

**MAY 14 – Wes Stubbs at 2pm**

**May 19 – Victoria Day – NO RECREATION**

**MAY 23– Cocktail Birthday Party with Audrey (The Mamas) at 2pm**

**May 27 – Entertainment with Rick Martin at 2pm**

**May 31 – Clothing & Garage Sale at 10:00 am – 3:00pm**

**We are planning a Garage / Clothing Sale on May 31<sup>st</sup>. Our clothing prices will be \$1. Most other items will be \$1 as well, unless otherwise marked. If you would like to donate a few items to our sale, the proceeds will go to Recreation. The funds will be used for the Carnival, which will be coming up later in the summer. Once the sale is over, any items will be donated to the homeless shelters and Y.W.C.A.**

## **Condolences**

*Condolences to the families of Betty Babcock, Patsy Goertzen, Beatrice Ruszkowski, Olga Martyniuk and Eileen Silzer on the passing of your loved ones. Your presence will be greatly missed by everyone who has had the pleasure of getting to know each and every one of you.*

*A special goodbye to Patsy Goertzen who was a long-time resident of Good Shepherd Villa. She was with us for almost ten years. She moved in with her husband William, but he passed away six weeks later. Patsy used to help in the kitchen, always lending a hand up until her illness prevented her from helping any longer. Patsy always had a smile on her face and would brighten up whenever she saw you. She loved her hugs, always wanting more. She will be sadly missed by the residents of House 4 and the entire staff of Great Shepherd Villa.*

**\*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](mailto: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 15th 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. We will try to exchange them every couple of months.

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. Canteen items are chocolate bars, chips (small and large bags), assorted pop, peanuts, nuts, popcorn, licorice, hard candies, cookies, wafers, mints, crackers, gum, halls, batteries (AA and AAA), and Lypsol lip balm.

Prices for canteen are as follows: chocolate bars \$1, Small bags of chips \$1, assorted pop \$1, and other items as priced, ranging from \$1.50 - \$3.50 an item. We only charge \$.25 above the cost of the item to cover taxes.

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. Good luck to all.

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

Always pray for others who can't pray for themselves, because others prayed for you when you couldn't.

**Dear God**, wrap your arms around the hurt, lost, broken and sad. Show them your love and light. **Amen**

Three mischievous old grannies were sitting on a bench outside a nursing home when an old grandpa walked by. One of the grannies called out, "We bet we can tell exactly how old you are!" The old man scoffed, "There's no way you can guess that you old fools. One of the grannies grinned and said, "Oh, sure we can! Just drop your pants and underwear, and we'll tell your exact age." The old man was a little embarrassed but also eager to prove them wrong. So, with a shrug, he dropped his drawers. The grandmas inspected him carefully, then asked him to turn around a couple of times and jump up and down several times. After a brief moment, they all nodded and shouted in unison, **"You're 87 years old!"** Standing there with his pants around his ankles, the old man was stunned. **"How in the world did you guess?"** he asked. Slapping their knees and grinning from ear to ear, the three old ladies happily yelled.... **"We were at your birthday party yesterday!"**

### **The Strength You Don't See**

You don't always notice it, but you're stronger than you think.  
It's in the way you wake up despite the exhaustion.  
It's in the way you smile even when your heart aches.  
It's in the way you keep showing up,  
Even when the world gives you every reason to hide.

Strength isn't always loud.  
It's not always about standing tall,  
Or moving mountains, or winning battles.  
Sometimes, strength is soft.  
Sometimes, it's just the decision to try again,  
To believe that better days are coming,  
Even when you can't see them yet.

So don't doubt yourself.  
You have survived every hard day, every heartbreak,  
Every moment that felt impossible.  
And you are still here.  
Still standing.  
Still fighting.

That is strength.  
And it's already within you.



You have a soft heart,  
and a pure soul, that's why you feel  
everything so deeply. Be clear on one thing:  
this is your superpower, not your weakness.

The world needs more of you so don't  
suppress who you are. It is not your job  
to heal every person you meet, but  
it's your job to make sure your kind nature  
remains intact throughout your journey.

Stay close to those who  
genuinely appreciate you, and stay far away  
from those whose only goal is to take  
advantage of your energy. You are one  
of the rare gems the Universe  
has blessed with heightened clairvoyance  
and divinity. Keep shining your light  
everywhere you go.





