



Gladstone Seniors Residence SEPTEMBER 2019



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---------------------------------------|
| 1 | 2 STAT HOLIDAY | 3 9:30 Upper Body Strength 2:00 BINGO | 4 9:30 Lower Body Strength 2:30 FATHER LOUIE | 5 9:30 Upper Body Strength 11:00 LUTHERAN 2:00 CARD BINGO | 6 9:30 Lower Body Strength 2:00 WHIST | 7 |
| 8 SUNDAY BRUNCH Family and friends welcome 24 hour notice | 9 9:30 Upper Body Strength 2:00 BEAN BAG TOSS | 10 9:30 Lower Body Strength 2:00 VISIT A FRIEND | 11 9:30 Upper Body Strength 11:00 Rosary 2:00 BINGO | 12 9:30 Lower Body Strength 11:00 ST.MARY'S 2:00 WHEEL OF FORTUNE | 13 9:30 Lower Body Strength 2:00 WHIST | 14 PAMPERING YOUR NAILS |
| 15 SUNDAY BRUNCH Family and friends welcome 24 hour notice | 16 9:30 Upper Body Strength 2:00 CRAFT | 17 9:30 Lower Body Strength 2:00 BINGO | 18 9:30 Upper Body Strength 11:00 Rosary 2:00 OYSTRICK BROTHERS | 19 9:30 Lower Body Strength 2pm TARGET PRACTICE COME TEST YOUR EYES | 20 9:30 Upper Body Strength 2:00 WHIST | 21 |
| 22 SUNDAY BRUNCH Family and friends welcome 24 hour notice BILL B. | 23 9:30 Upper Body Strength 2:00 SCAVANGER HUNT VICTORIA B. | 24 9:30 Lower Body Strength 2:00 BIRTHDAY PARTY | 25 9:30 Upper Body Strength 11:00 Rosary 2:00 BINGO | 26 9:30 Lower Body Strength 2:00 MONTHLY WEIGHTS ANN D. | 27 9:30 Lower Body Strength 2:00 WHIST | 28 PAMPERING YOUR NAILS |
| 29 SUNDAY BRUNCH | 30 9:30 Upper Body Strength 2:00 DECORATE FOR HALLOWEEN HELEN W. | | | | | |

Gladstone Seniors Residence
SEPTEMBER 2019 News Letter

Birthdays

BILL B. - SEPT 22

VICTORIA B. - SEPT 23

ANN D. - SEPT 26

HELEN W. – SEPT 30

Meal Times

Breakfast
6am – 9am
Lunch
12pm- 1pm
Supper
5pm- 6pm



Joining a resident for a meal reminder:

There is a small fee to have a meal with your loved one.

Breakfast \$4

Lunch \$5

Supper \$5

Sunday Brunch \$10

Sunday Supper \$7

You are more than welcome to join but please let the kitchen know ahead of time if you are planning to join the resident as they may need to make extra food.



HELLO RESIDENTS OF GLADSTONE

Just a reminder that it is important that pills are taken in front of staff and not left in your rooms. This is a licensee issue and we need to follow it. So please be patient with the staff and take your pills in front of them. We also want to make sure our jobs are being done accurately to continue to help keep you healthy.

Just a reminder that there is a Foot Care Nurse that will come to your room for a fee, her name is Sheri MacGillivray RN(NP) her phone number is 306-620-5039. Taking care of your feet is very important.

