



DIGNIFIED Living

VOLUME 22
ISSUE 06
JUNE

Welcome to June!

Where there are friends, there is wealth.

~ Titus Maccius Plautus

In ancient China, the solstice in June was observed by a ceremony to celebrate the Earth, femininity, and the “yin” forces. It complemented the winter solstice that celebrated the heavens, masculinity and “yang” forces.

However you celebrate the seasonal changes to come, please wear your hats and sunscreen. Residents are always mindful about drinking lots of water and I know you will not having a problem keeping hydrated through the hot days ahead.

While you are out enjoying the sunshine, I encourage you to see how many varieties of flowers you can find in beautiful Calgary. The colors and variations are astounding both within the city and up in the mountains! Growing up, my family always had such beautiful gardens and the “dirt therapy” was so relaxing.

My wishes to everyone for a summer filled with beautiful sunny days, great conversations, and fabulous friendships.



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Laugh &
Be Healthy

If someone you know would benefit from living at The Manors, please visit themanorvillage.com or contact our call centre at 403-686-8386 for more information and to learn more about our referral program.



Hello June, big warm hugs to you!

by ERICA S., RECREATION DIRECTOR

The month of June brings beautiful bouquets, delicious fruits and vegetables and an urge to be outside and enjoy the sunshine as June starts the beginning of summer! June is the month with the longest daylight hours in the Northern Hemisphere and conversely the shortest daylight hours in the Southern Hemisphere. The birth flowers of June are the honeysuckle and the rose. Both flowers are symbols of all things relating to love, desire, generosity, and affection.

If you were born in June, then there's a good chance you'll be a bit of a hopeless romantic! June has three birthstones – alexandrite, moonstone, and pearl. Alexandrite is said to represent longevity and health. Moonstones on the other hand are said to bring good luck and are associated with love and passion. Finally, we have pearls, the main birthstones of June. Above all else, pearls represent purity and faith.

I like to think of June as the month of grass and leaves and already the aspens are trembling again, and a new summer is offered to us! I can't wait to lather on some SPF and spend lots of time in the sunshine as I have finally put away my winter clothes and patiently waited to burst out the summer clothes!

What are some of your favorite ways to spend a summer day or weekend? I look forward to lots of dog walks, maybe tackle some new hikes in the mountains and possibly camping! 

May Birthdays

Gerald C. June 2

Jeanette M. June 7

Elizabeth O. June 9

Roy F. June 10

Don W. June 12

Marnie R. June 16

Harold E. June 17

Sylvia S. June 24

Norma C. June 29

Our June birthdays will be celebrated during our monthly birthday

concert on

Wed June 22,

at 2:00pm

in the theatre with

Sox & Sax .





Sunshine is Among us!

by ANEEQA G. MEMORY CARE ACTIVITY COORDINATOR

I would like to formally introduce myself! My name is Aneeqa, I am from Pakistan and have been living in Canada for almost seven years. I am the youngest of my family of five! In my free time, I love to spend time with my mother – we cook together, and we share many fun moments together!

I started with the Manor Village as a PCA about two years ago after I graduated from Bow Valley College – Health Care Aide program and later as a Recreation Therapy Aide. I love working with people and treat everyone like family and have developed strong bond with the residents. After a day’s work, I always leave knowing that I have made a significant difference in their quality of life. It is all about connection and to be honest, it is a true honor to be able to work with everyone and how welcoming they are to allow me into their lives!

I feel very fortunate to receive the Activity Coordinator position, where I can develop deeper therapeutic relationships and build on my skill set! I truly love what I do and feel lucky to provide productive and meaningful activities.

We celebrated Mother’s Day on Memory care with family members in attendance! It was a great event! Families gathered to honor their Mother’s, Aunts, Grandmothers or Great Grandmothers! We had special decorations and each lady received a flower.

Summer is almost here, and I am looking forward to arranging outdoor activities that can help boost positive mental health! We will have plenty of opportunities to garden and picnic in the park where we can enjoy the fresh air, hear birds chirping or just sit peacefully by a pond or a fountain! 



Here are just some of the things to do and see at The Manors in May

Just a reminder to check the Daily Activity Calendar to know what is happening each day, as things can change quickly!

Walking Group Bus Trips

(Bus Trip)

June 13, 20 & 27 Mondays at 1:00pm

Parks and green spaces have panned out to be nothing short of healing spaces for individuals by giving them direct access to natural greenery. Whether you're on a picnic, a brisk walk, or walking your dog, parks and open spaces promote physical activity and improved mental health. Ask reception about what park we are visiting that week and be sure to sign up!

Sign up at reception

Yoga with Melinda

**Tuesdays at 10:30am
in the Activity Center**

Yoga for seniors can help prevent the onset of osteoporosis, which causes bones to become brittle or weak. The slow, measured movements involved with yoga poses can lead to better balance and movement, which can also help prevent falls. As falls are the leading cause of injury among seniors, yoga helps provide the tools you need to improve your mobility so you can get around more safely.

Walking Group

Tuesdays at 3:15pm

Everyone is welcome for this walking group! Let's meet in the Lobby at 3:15pm, lace up our sneakers and head outside to explore our wonderful neighborhood! Experts have said that walking could be the best exercise for seniors; it's an effective way to reduce the risk for chronic conditions and improve your overall health.

Music with Tessa

Thursdays at 2:00pm in the Theatre

Let's continue to sing-along with Tessa on Thursdays! If it is a nice day, we can move to the 7th floor patio or outside! *Fingers crossed for nice weather*

Grocery Trips (Bus Trip)

Wednesdays —

June 1 (TBD), 15, 22, & 29 at 1:00pm

We will pack our reusable grocery bags and go to either Safeway or Walmart, to stock up on some goodies! **Sign up at reception**

Men's Coffee

**Thursdays at 10:15am
in the Games Room**

Let's catch up on the latest sports teams, or just daily banter! Coffee groups can allow you to meet lots of new friends, keep busy, and learn something new. It's an ideal way of getting to know new people!

Seniors 20% off Days at Shoppers Drug Mart (Bus Trip)

Thursdays at 1:00pm

Let's load up in the bus and head to Shoppers to take advantage of 20% off days! Collect your points or redeem your points for great deals!

Sign up at reception

Cash Bingo

Fridays at 2pm in the Games Room

It's Back!!! Cash Bingo!! We will play for money/cash/moolah/cha-ching!! Cards range from \$0.25 - \$0.75. Quarters are preferred!! Good luck to everyone!!

Rebooked Trips & Events

We have been diligently waiting to resume our cancelled trips and events, we are slowly getting there, we appreciate everyone being patient until we get the greenlight to reschedule our trips and events.

International Intergenerational Day

June 1st

A great day to spend with the younger generation i.e.. Grandkids! Share stories, play a game or enjoy music together!

Grey Eagle Casino (Bus Trip)

Thursday, June 2 at 11:00am

Pack up your money and let's go to the casino for a little bit of gambling and or food, its totally up to you! (Independent only) *Sign up at reception*

Garden Party at The Inn at Officers Garden. (Bus Trip).

Wednesday, June 8th at 10:30am

It's the most wonderful time of the year! Seniors Week! Let's celebrate our seniors with a Garden Party at the Inn at Officers Garden! Tea, dessert, and a lovely environment! *Sign up at reception*

Blackfoot Diner (Bus Trip)

Thursday, June 9th at 1:00pm

June 9th is National Strawberry Rhubarb Day, so let's celebrate by going for PIE at the Blackfoot Diner! If that flavour is not for you, they offer other flavours of pie as well. I hear its almost world famous! *Sign up at reception*

National Picnic Day (Bus Trip)

Friday, June 17th at 11:00am

Let's celebrate this glorious national day by heading to a park for a picnic! Better known as our Busnic Bus Trips! Pack for all seasons as we never know what type of weather we will encounter! *Sign up at reception*

Acrylic Painting with Carol

**Friday, June 17th at 1:00pm
in the Activity Centre**

No painting skills required! Everyone welcome! Painting and art offer benefits to your physical health, perhaps most obviously improves your hand-eye co-ordination and dexterity. The positive psychological and emotional benefits of art therapy also tend to seep into other areas of your life.

Charge to room if sign-up

Father's Day Celebration

Monday, June 20th at 2:00pm

In the Games Room. Calling all Father's, Grandfathers, Great Grandfathers! Come joins us for a special celebration for Father's Day! Music by Robb Mann.

June Birthday Concert with Sox & Sax

June 22nd – at 2:00pm

Yay for our June babies! Let's come together and celebrate with Sox & Sax while we eat delicious cake! MmmmMm!!

Chinook Country Line Dancers

Monday, June 27th at 2:00pm

This fabulous group performs all styles of dance. *“We provide high energy and enthusiasm at private functions and corporate events. We are ready to bring the highest energy to your special event.”* Come see Chinook Country Dance Studio Line Dancers!

*****Times, and dates of bus trips may change due to CMOH guidelines, keep up to date with the weekly calendars for any changes that may arise****

May was...

Marvelous

To see more about activities at The Manor Village at Varsity follow us on social media — [TheManorVillage](#)

HAPPY NURSES WEEK to all of the wonderful nurses that we know! We celebrated with a delicious cake, paired with coffee and shared stories of why and how we each got into nursing! One commonality was that we do it because we love working with people! We appreciate all the hard work and dedication each nurse provides to us! Cheers to all nurses!



We hopped on the bus and had an adventure at **CARBURN PARK** in the Southeast! This is a great park for any level and has some great amenities! In the warmer months they have canoe rentals and Stand-Up Paddle Boarding. I was telling the residents the Stand-Up Paddle Board company also hosts Stand-Up Paddle Board Yoga and that next time were here, we need to try it out! Many laughs were had, and they all think I should try it first while they watch from the sidelines!



MOTHERS DAY ON MEMORY CARE was over two days! First we showered them with beautiful flowers then the next day we had ice cream with two types of cookies, a sparkling wine and some family members joined us! What a great fun time for the Mothers!



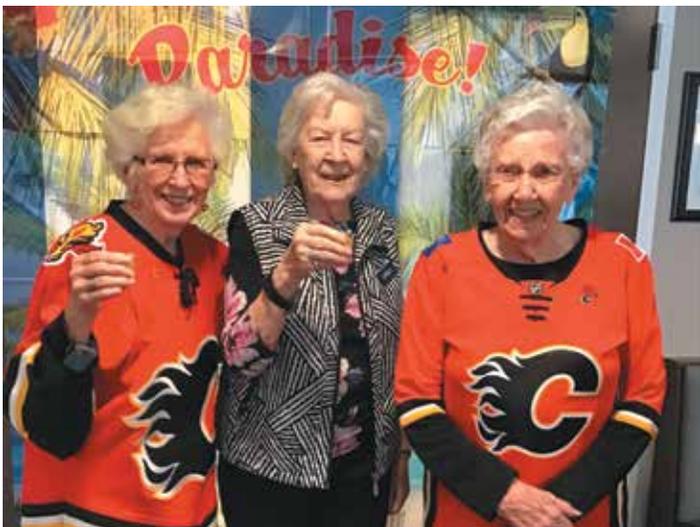
We love Mother's!
So we celebrated
with a **BEAUTIFUL
CLASSICAL
SERENADE** by the
Harp Angel, sipped
coffee or tea from the
beautiful tea cups and
snacked on a delicious
mixed berry scone
with jam and whipped
cream! Each lady was
handed a Gerber Daisy.
It was a lovely time to
show our appreciation for the special women in our lives!



MEMORY CARE has been buzzing with excitement this month!! Music with Tessa is always a highlight! Fresh garden flowers to plant! And a special Mother's Day Celebration!



ARRIBA, ARRIBA!! We sure know how to fiesta here at Varsity!! On Cinco de Mayo, (May 5th), we celebrated with nachos, salsa, margaritas, and Mexican soda. We had a tropical photo booth and dancing!!



We kicked off just in time for the start of Spring with a beautiful **FLOWER ARRANGEMENT!** What started as a sit-down event, quickly turned into a stand-up event as all were “hands-on deck” to be able to get the right amount of flowers in their vase! The residents took them home to enjoy!



We were very lucky to have a **CARD MAKING** extraordinaire volunteer her time to our residents for an afternoon of card making. The residents were able to choose their card “Thank You, Happy Anniversary, Happy Birthday”. Then they added all the glitz and glam! As they were making the cards, they were talking about who they were going to give their cards to! A great afternoon indeed!



Today was the first **BIRTHDAY CONCERT** that we had in the dining room in over two years! YAY!! April birthday babies were treated to birthday cake, coffee, a yellow rose for friendship and the special guests of Julie and Mary that make up Wild Rose Duo! It was very special to have them serenade us with their musical talents and their charm!!



We kicked off Spring with a **SPRINGTIME SOCIAL!** We were influenced by the colors and flavours of Spring. Erica made a surprise beverage. She had the residents first smell the drink and try to guess the flavour. There were lots of good guesses! The Springtime drink was a Lavender infused lemonade! It smelled and tasted just as good as it sounds! We paired that off with a Springtime flavoured cookie which was a key lime white chocolate cookie! The drink and cookie paired so well together! To top it off, we all wore pastel clothing to mark the beginning of Spring!!





WE ARE WHAT WE EAT!

“Let food be thy medicine...”

—HIPPOCRATES

by GARTH MANN, DIRECTOR: THE MANOR VILLAGE LIFE CENTERS

Our bodies and minds react exactly to how we treat them. Each person’s body and mind are unique and should be studied genetically, rather than focusing on symptoms.

A simple nutrigenomic test will determine what foods we can metabolize and digest. Diets packed with glutens, sugars and trans fats will, over time, result in microvascular ischemia (changes to small blood vessels in the brain) and heart disease in many people.

My grandson, Caden, was diagnosed at age two as showing symptoms of autism.

My daughter, Alissa, was determined to find a solution for her child, who was unable to assimilate answers to questions or respond without anger. She was not going to submit to a diagnosis of autism, even though the medical and holistic naturopathic experts were certain the family should “just accept and prepare for the autistic spectrum.”

Alissa is a strong-willed woman who refuses to believe what she is told without being absolutely certain. She was determined to mitigate symptoms by associating the disease with intestinal hyperpermeability (leaky gut syndrome).

From the age of two to 12, Caden lived on a diet that excludes glutens, trans fats, most sugars, seed-type

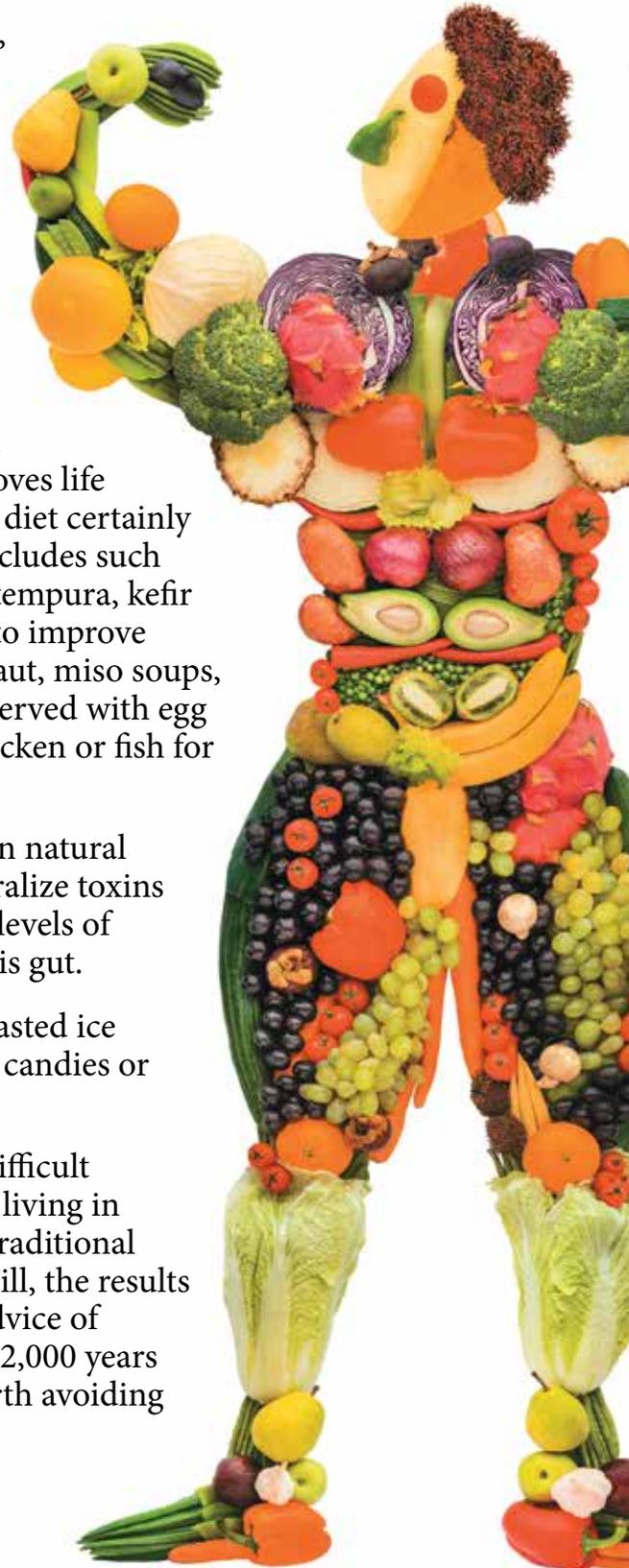
saponins, bananas, chocolate, deep-fried foods and traditional dairy. Certainly not the typical North American diet.

As a result, Caden has grown to be a healthy, intelligent 12-year-old who loves life and all sports. His diet certainly isn’t typical and includes such foods as kabocha tempura, kefir with live bacteria to improve digestion, sauerkraut, miso soups, kimchi fried rice served with egg and fresh farm chicken or fish for protein.

His diet is based on natural probiotics to neutralize toxins and diminish low levels of inflammation in his gut.

Caden has never tasted ice cream, Halloween candies or fried fast foods.

Sure, it has been difficult for Caden’s family living in Arizona to avoid traditional American diets. Still, the results of following the advice of Hippocrates from 2,000 years ago have been worth avoiding a life with autism.



“I Wish I’d Done it Sooner.”

This is what our Lifestyle Marketing Professionals and staff hear constantly from Residents after they’ve settled into our buildings. While it is a big transition to move from your home of several years, our residents settle in quickly to life at the Manor and enjoying having new friendships and a wide array of activities to be engaged with. One resident quipped that she had to stop telling her friends about all the fun bus trips and entertainment she’s enjoyed here because one friend was jealous of all her fun she’s having in her senior years. *If you have friends that are thinking about moving to the Manor, encourage them to reach out and consider moving in.*

REFERRAL CASH
\$1000
 for Any
 Existing
 Residents.

Do you know of a friend or former neighbor who is considering joining a fabulous seniors’ community? Why not refer them to the Manor Village at Varsity so they are able to join you for all the fun and ease of lifestyle?

Did know you can earn \$1,000 for each new resident you refer for an IMPROVED life at The Manor Villages?

Its that easy!! For details please see Marguerite, your Lifestyle Marketing Professional. *(The referral must be from a Manor Resident and result in a 12 month lease to qualify)*



THE MANOR VILLAGE

LIFE
CENTERS™

AT VARSITY

The Manor Family

Executive Director	Michelle C	Dial 5407
Wellness Director	Dianna D	Dial 5408
Reception	Crystal F	Dial 0
Accountant	Teresa A	Dial 5405
Maintenance Coordinator	Colin W	Dial 5410
Recreation Director	Erica S	Dial 5555
Executive Chef	Eric R	Dial 5416
Dining Room Manager	Nicole S	Dial 5417
Housekeeper Manager	Kathy	Dial 5411
Lifestyle Marketing Professional	Marguerite N	Dial 5406
Evening Building Attendants	Mark S Cecilia Y	Dial 5516 Dial 5516
Hair Salon	Phia S	Dial 5430
Licensed Practical Nurse	24 Hours a Day	Dial 5501

Outside Building Please Call (587) 393-9999

CurrieGreen



Construction has begun on our newest and largest location!

Currie Green is a progressive three phase project that will include: The Davenport House, The Alexandria House, and The Manor Village. It is located in the sought-after community of Currie – one of the most exclusive locations in Calgary. These three buildings will be elegantly designed and constructed in steel and concrete for luxury living and safety.

The Davenport House & Alexandria House feature beautiful, spacious one and two bedroom suites (plus den) for lease. They are joined by a glassed-in Atrium which houses amenities such as indoor Pickle Ball, Bocce Ball, Stretch & Flex Programs, as well as two floors for The Garden Café and Medallion Dining. There are several services and amenities available to contribute to the elevated quality of life for our Residents.

As a true “Aging-in-Place” community, Currie Green includes a third building. The Manor Village Life Centers meets the needs for extended health care including Memory Care and Enhanced Care. The aging process should represent dignified living. The main two floors of The Manor Village at Currie Green are occupied by Advanced Medical Group / Surgical Center, to provide community health services to Residents and their families plus Currie and area neighbours.

All three buildings surround the beautifully manicured Officers’ Mess Garden with trees, shrub, benches and walking paths.

For more information about Pre-Sales of Currie Green.

For more information:
curriegreen@statesmangroup.com
or 403-369-6000

www.curriegreen.ca

This is how life is meant to be lived,
through healthy aging!

Top Notch Dad Jokes

I was addicted to the hokey pokey but I turned myself around.

Did you hear about the new pencils with an eraser on each end?
I just don't see the point

Why can't your nose be 12 inches long?
Because then it would be a foot.

I used to have a job at a calendar factory but I got fired for taking a couple days off.

What did the buffalo say to his son when he dropped him off at school? *Bison*

What do you get when you cross a vampire with a snowman? *Frostbite.*

Did you hear about the restaurant on the moon?
Great food, no atmosphere.

What's brown and sticky? *A stick.*

Why don't crabs give to charity?
They're a little shellfish.

Want to hear a joke about construction?
I'm still working on it. 🚧

I KEEP ALL MY
DAD
JOKES
IN A **DAD** A **BASE**