

## ERIK Who?

ERIK is an Emergency Response Information Kit that provides the necessary information for medical personnel to respond quickly in an emergency.

Rotary Villas recommends you keep an up-to-date ERIK on top of your fridge for cases of emergency. ERIKs are available from Tanis, the Leasing Coordinator.



## Are You a Plant Lover?

The Garden Club is seeking new members to help care for Rotary Villas' plants and flowers.

Garden Club members have adopted a monthly schedule; each member takes a turn to water, do basic maintenance on the potted plants throughout the common areas once a week. The rotation varies based on the number of participants (usually every 5-6 months).

The Garden Club only maintains Rotary Villas potted plants, not plants left in the Common Area, nor for cut flowers or floral arrangements.

All gardening help is welcomed. Please contact Pam Stacy (Suite 102) (no voicemails please) if you are interested or for more information.



## Recreation Shuttle Outings Ramping Up

As the weather is expected to change for the better, we have some outings planned this month.

We will be heading out for a drive and ice cream a couple evenings this month; lunch and shopping at the mall; supper at Chilli Chutney; and a trip to the Art Gallery.

If you are interested in these events, add your name to the appropriate sign up sheet on the recreation board near the elevators. Seats on the shuttle are first come, first serve.



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## Friendly Reminders

For your safety, please ensure your mobility device (wheelchair/scooter) has a seatbelt if you plan to use the shuttle service.



If you are feeling unwell and are experiencing any cold or flu-like symptoms, even if mild (ie: runny nose, sneezing, sore throat), please stay in your suite and call reception (dial 0) to make arrangements for room service meals and further directions. Thank you!

There will be no shuttle service on Monday, May 22, due to the statutory holiday (Victoria Day).



In order to provide a relaxed dining experience for all, we ask that if you plan to attend second sitting for lunch or supper, please arrive only a few minutes before service. This will allow time for residents at the first sitting to finish their meal, exit the dining room, and then our servers can clear the tables quickly without interruption.

## Brandon Mobile Foot Care

Michelle Dryden, LPN, will be here on May 9 then every 6 weeks. A sign up sheet is posted on the Recreation Board. \$55 per visit. Cash, cheque, or e-transfer accepted at time of service. Direct billing available for Veterans Affairs Canada and MB Blue Cross card holders. Please bring your card to the appointment.



# The Retirement Lifestyle You Deserve

May 2023

## A Note from the Wellness Department

You have probably noticed the change in announcements at mealtimes and maybe even had a laugh (or groan), or maybe had a memory come back to you. We are hoping that you are enjoying this change and that it helps to brighten your day. Motivational Monday will hopefully add a smile to your day. Tickle your Ribs Tuesday is sure to make you laugh. Wisdom Wednesday should make you think! This Day in History Thursday should bring back some memories. Fun Fact Friday should expand your knowledge. Saturday are the conversation cards, in hopes you will find a subject to talk about while you enjoy your meal. These are designed to bring you joy while waiting for your lunch. Share a smile with someone today and everyday!

Joyce Scantlebury and Jacquie Koromah



We are thankful for all our staff do every day, but we wanted to show a little extra appreciation by dedicating a week to our staff.

Last month, we celebrated our wonderful staff with pizza, popcorn, themed gift baskets, and fun "rewards". We also interviewed each staff member and posted their answers as a little profile so everyone could get to know them better. Unfortunately we weren't able to catch everyone for this, but we still appreciate all of our staff's efforts. There was also a shout out wall for the "shining stars of Rotary Villas". Thanks to all our staff for making Rotary Villas a great place to live and work. We have a great team.

## Welcome HOME!

April Showers bring May flowers...bring on the sunshine...and our new residents! We welcome Kevin McPhail on April 28, Art Lehnus on May 1, and John and Ardeth Brown on May 26. Please welcome these new residents when you see them out and about.

Tanis Low  
Leasing Coordinator



## Update from the Kitchen

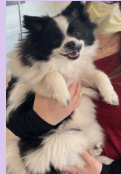
We excited for our new spring & summer menu to begin on May 7.

Some new items to look forward to include: bacon tomato melt; deviled eggs and ham plate; chicken salad sandwich; chicken and sausage gumbo; coq au vin; ginger chicken stir fry; ham salad roll up; spinach and berry salad with chicken; country fried beef steak and more!

Bon appetit!



# MAY 2023 RECREATION CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Lions TV Bingo</b> is every Wednesday at 3:00 p.m. Cards are sold at the Front Desk for \$3 each.</p>	<p><b>1</b></p> <p>9:30 Chair Dancing - M 10:00 Coffee with Shradha - C 2:00 Shuffleboard - BL 7:15 Concerts from the Past (Dolly Parton) - M</p>	<p><b>2</b></p> <p>9:30 Tai Chi - M 10:00 Coffee with Jody - C 2:00 Coffee with Len Isleifson - C 3:30 Rotary Happy Hour - B 7:15 Senior Paper Stories - C</p>	<p><b>3</b></p> <p>9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 2:00 Sit &amp; Be Fit - M 2:30 Train Works - W 3:00 Hymn Sing - C 7:15 Whist &amp; Bridge - M</p>	<p><b>4</b></p> <p>9:30 Drumming to be Fit - M 10:00 Coffee with Jason - C 10:00 Project Samaritan House - M 2:00 Bingo - DR 4:00 TAPS - M 6:30 Baking for the Tea - M</p>	<p><b>5</b></p> <p><b>Fun Friday! - Wear Spring Pastel Colors</b> 9:30 Stretching - M 10:00 Piano Music by Judy - C 1:30 Cribbage - S 1:45 Sit &amp; Be Fit - M 2:30 Ice Cream - DR</p>	<p><b>6</b></p> <p>10:00 Dice Game - M 11:30 Lunch &amp; Shopping at the Mall - SB</p>
<p><b>7</b></p> <p>8:45 Church Shuttle - SB 2:00 Rotary Villas Book Club - L 7:30 Youth Choir - C</p>	<p><b>8</b></p> <p>9:30 Chair Yoga - M 10:00 Coffee with Lisa - C 10:30 Baking for the Tea - M 2:00 Shuffleboard - BL 7:15 Music by Randy &amp; Friends - DR</p>	<p><b>9</b></p> <p>9:00-4:00 Brandon Mobile Foot Care - M 10:00 Coffee with Joyce - C 10:30 Garden Club - S 2:00 Town Hall - DR 3:30 Rotary Happy Hour - B 7:00 Drive &amp; Ice Cream - SB</p>	<p><b>10</b></p> <p>9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit &amp; Be Fit - M 2:30 Train Works - W 3:00 Sing-a-long - C 7:15 Whist &amp; Bridge - M</p>	<p><b>11</b></p> <p>9:30 Drumming to be Fit - M 10:00 Coffee with Tanis - C 2:00 Mother's Day Tea - DR 4:00 TAPS - M 7:15 Russian Textile Doll Craft - M</p>	<p><b>12</b></p> <p><b>Fun Friday! - Wear Floral Print</b> 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:30 Cribbage - S 1:45 Sit &amp; Be Fit - M 2:30 Ice Cream - DR</p>	<p><b>13</b></p> <p>10:00 Project Humane Society - M 2:00 Bingo - DR</p>
<p><b>14</b></p> <p><b>MOTHER'S DAY</b> 8:45 Church Shuttle - SB 2:30 Interdenominational Church Service - C</p>	<p><b>15</b></p> <p>9:30 Balloon Volleyball - M 10:00 Coffee with Shradha - C 2:00 Shuffleboard - BL 7:15 Music by Westman Jam - C</p>	<p><b>16</b></p> <p>9:30 Tai Chi - M 10:00 Coffee with Jody - C 2:00 Exploring Historic Resources of Southwestern MB - M 3:30 Rotary Happy Hour Mocktails &amp; Snacks - B 7:30 Music by The Irish Cowboy - C</p>	<p><b>17</b></p> <p>9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit &amp; Be Fit - M 2:30 Train Works - W 3:00 Sing-a-long - C 7:15 Whist &amp; Bridge - M</p>	<p><b>18</b></p> <p>9:30 Drumming to be Fit - M 10:00 Coffee with Jason - C 10:00 Project Samaritan House - M 2:00 Bingo - DR 2:00 St. Matthew's Celebration of Communion - PDR 3:15 Tiny World Ep. 4 - M 4:00 TAPS - M 7:15 Meditation - M</p>	<p><b>19</b></p> <p><b>Fun Friday! - Sunshine Day! Wear Yellow!</b> 9:30 Stretching - M 10:00 Piano Music by Judy - C 1:30 Cribbage - S 1:45 Sit &amp; Be Fit - M 2:30 Ice Cream - DR</p>	<p><b>20</b></p> <p>10:00 Card Bingo - M 1:00-3:00 Come &amp; Go Brandon Roots Jam - C 2:00 Ladderball - M</p>
<p><b>21</b></p> <p>8:45 Church Shuttle - SB 10:00 Prairie Therapy Dogs - C 2:00 Movie Matinee - M</p>	<p><b>22</b></p> <p><b>HAPPY Victoria Day</b></p>	<p><b>23</b></p> <p>9:30 Tai Chi - M 10:00 Coffee with Joyce - C 2:00 Wine, Cheese &amp; Paint Afternoon - M 3:30 Rotary Happy Hour - B 7:00 Drive &amp; Ice Cream - SB</p>	<p><b>24</b></p> <p>9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit &amp; Be Fit - M 3:00 Sing-a-long - C 7:15 Whist &amp; Bridge - M</p>	<p><b>25</b></p> <p>9:30 Drumming to be Fit - M 10:00 Coffee with Tanis - C 10:00 Art Gallery Trip - SB 2:00 Men's Coffee Club - M 2:00 Bingo - DR 4:00 TAPS - M 7:30 Music by Until It's No Fun - DR</p>	<p><b>26</b></p> <p><b>Fun Friday! - Wear Your Garden Hat!</b> 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:30 Cribbage - S 1:45 Sit &amp; Be Fit - M 2:30 Ice Cream - DR</p>	<p><b>27</b></p> <p>9:30 Project Humane Society - M 2:00 Birthdays Celebration with Music by Slim Jim Trio - C</p>
<p><b>28</b></p> <p>8:45 Church Shuttle - SB 2:30 Worship &amp; Devotional Service - C</p>	<p><b>29</b></p> <p>9:30 Chair Yoga - M 10:00 Coffee with Lisa - C 2:00 Shuffleboard - BL 4:30 Supper Club (Chilli Chutney) - SB 7:15 Piano Music by Ekaterina - C</p>	<p><b>30</b></p> <p>9:30 Tai Chi - M 10:00 Coffee with Jody - C 10:00 Baking Bread - M 2:00 Meet &amp; Greet - DR 3:30 Rotary Happy Hour - B 7:00 Armchair Travel (Argentina) - M</p>	<p><b>31</b></p> <p>9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 Chase the Ace 2:00 Sit &amp; Be Fit - M 3:00 Sing-a-long - C 7:15 Whist &amp; Bridge - M</p>	<p><b>Brandon Embroiderers</b> will be here in the <b>Library</b> at <b>1:30 p.m.</b> on: <b>May 3, 17, 24</b></p>	<p><b>GeIMoment Nails</b> will be offered in the Library starting at 9:00 a.m. on <b>Wednesday: May 10 &amp; 24</b></p>	<p><b>Visit with Tiffany</b> every <b>Thursday</b> at 1 p.m. in the <b>Common Room!</b></p> 

## May Birthdays

Arthur Paulsen	May 9
Leonard Lewandoski	May 9
Maureen Gagen	May 9
Myrna Barkley	May 10
Maury Coulter	May 13
Ellen Penner	May 15
Linda Lane	May 17
John Sadler	May 17
Jerry Ross	May 17
Muriel Mitchell	May 26

## May Anniversaries

## Shuttle Schedule

### Monday to Friday

8:15 a.m. - 4:15 p.m.

### Sunday Church Shuttle

8:45 a.m. - 12:15 p.m.

## Locations

Common Room	C
Fitness Centre	FC
Front Lawn	FL
Multipurpose Room	M
Dining Room	DR
Private Dining Rm.	PDR
Solarium	S
Fireside Patio	FP
Library (2 <sup>nd</sup> Floor)	L
Workshop (2 <sup>nd</sup> floor)	W
Billiards Lounge	BL
Shuttle Bus	SB
Bar	B