

RV 3rd Annual Family & Friends Carnival



Kudos to our Wellness team for an exciting and successful carnival on July 22. We are thankful for the warm weather. It was heartwarming to see all the smiling faces of residents, family and friends!



Thank you to the kitchen staff for the delicious mini donuts! Thank you to all of our volunteers and staff!

Staff vs Resident vs Student Games

Staff, residents, and students from the United Way summer program faced off for a little friendly competition. Competitions included candy toss, Family Feud, and a pie eating contest.



Annual Alzheimer's Poker Derby a Great Success




What a beautiful day for our Annual Walk for Alzheimer's Poker Derby! Stations were set up along the walking path around Rotary Villas and walkers picked a card at each one. At the end, the residents with the top three poker hands won a prize.



Thank you to all who came out to walk. A cheque of approximately \$850 will be presented to the Alzheimer Society of Manitoba at their Brandon location at a later date.





ROTARY
VILLAS
AT CROCUS GARDENS



The Retirement Lifestyle You Deserve

August 2023

A Note from the Wellness Department

If you want to strengthen your body, exercise! If you want to exercise your brain, listen to music!

There are few things that stimulate your brain like music does. If you want to keep your brain engaged throughout the aging process, listening to music is a great tool. It provides a total brain workout.

Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.

The power of music is not limited to interesting research. Jump start your creativity by listening to different styles of music. This might not be pleasurable at first, but the unfamiliarity challenges your brain and forces the brain to struggle to understand the new sound.



Music can help you recall a memory from long ago. By reaching for familiar music, it may bring you back to moments in your life, some happy, some sad, but those are healthy emotions. Listen to your body. Pay attention to how you react to different forms of music. What style of music works for you, may not work for others. Feel the music and welcome the many benefits. Plan on attending our many music opportunities at Rotary Villas to better your life and health.

Joyce Scantlebury
Wellness Coordinator

Welcome HOME!

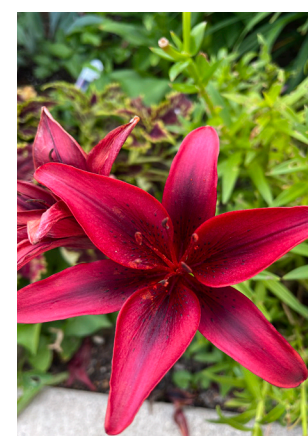
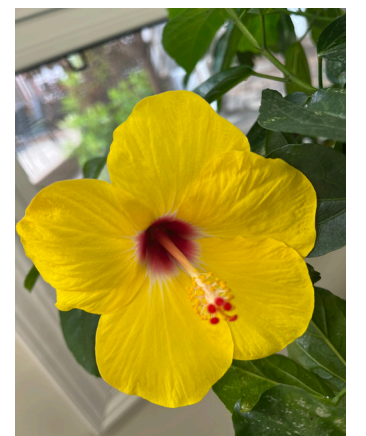
This month we welcome a few new residents to Rotary Villas:

- Marj McAllister
- Edi Russell
- Wayne & Noella Alexander


Come say hello and mingle at the Resident Meet & Greet on Tuesday, August 29.

Thanks again to everyone for welcoming our new residents and making them feel at home.

Tanis Low
Leasing Coordinator



AUGUST 2023 RECREATION CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Brandon Embroiderers will be here in the Library at 1:30 p.m. on Wednesday: August 2, 16, 23</p>	<p>Lions TV Bingo is every Wednesday at 3:00 p.m. on channel 12. Cards are sold at the the Front Desk for \$3 each.</p>	<p>1 9:00-4:00 Bdn. Mobile Foot Clinic - M 10:00 Coffee with Jody - C 2:00 Wet & Wild Water Fight & Slip n' Slide - FL 3:30 Rotary Happy Hour - B 7:15 Country Drive & Ice Cream - SB</p>	<p>2 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Hymn Sing - C</p>	<p>3 9:30 Drumming to Be Fit - M 10:00 Coffee with Jason - C 11:00 Picnic at the Daly House - SB 2:00 Bingo - DR 3:00 Computer Jeopardy - M 7:15 Jenga - FL</p>	<p>4 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:45 Sit & Be Fit - M 2:30 Ice Cream Floats - DR</p>	<p>5 10:00 Project Humane Society - M 1:15 Trip to the Funsized Farmyard (Shilo) - SB</p>
<p>6 8:45 Church Shuttle - SB 2:30 Worship & Devotional Service - C 7:00 Youth Choir - C</p>	<p>7 CIVIC HOLIDAY No Shuttle</p>	<p>8 9:30 Chair Yoga - M 10:00 Coffee with Jody - C 10:15 Alexis' Pet Therapy - M 2:00 Resident Council - M 3:30 Rotary Happy Hour - B</p>	<p>9 9:30 Stretching - M 10:00 Coffee with Jacquie - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-long - C</p>	<p>10 9:30 Drumming to be Fit - M 10:00 Coffee with Tanis - C 2:00 Visit with Goats - M 7:15 Ladderball - FL</p>	<p>11 9:30 Stretching - M 10:00 Piano Music by Elaine Bollman - C 1:45 Sit & Be Fit - M 2:30 Ice Cream Treats - DR</p>	<p>12 11:30 Lunch & Shop at the Mall - SB</p>
<p>13 8:45 Church Shuttle - SB</p>	<p>14 9:30 Chair Dancing - M 10:00 Coffee with Lisa - C 2:00 Music by The Sandersons - C 7:15 Firepit & Music - FP</p>	<p>15 9:30 Tai Chi - M 10:00 Coffee with Joyce - C 10:30 Garden Club - S 1:30 Paws Crossed Pet Therapy - M 3:30 Rotary Happy Hour Mocktails & Snacks - B</p>	<p>16 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-long - C</p>	<p>17 9:30 Drumming to Be Fit - M 10:00 Coffee with Jason - C 2:00 Bingo - DR 2:00 St. Matthew's Celebration of Communion - PDR 7:15 Charades - C</p>	<p>18 9:30 Stretching - M 10:00 Coffee with Joyce - C 11:30/12:45 Block Party BBQ - DR 1:00-4:00 Massage Therapy - M 1:45 Sit & Be Fit - C 2:30 Ice Cream - DR</p>	<p>19 2:00 Birthday Celebration with Music by Phil Wilk - C</p>
<p>20 8:45 Church Shuttle - SB 2:30 Worship & Devotional Service - C</p>	<p>21 9:30 Chair Dancing - M 10:00 Coffee with Shradha - C 1:30 Horse & Pony Visit from Lucky Break Ranch - P 7:15 Music by Tom Cats - C</p>	<p>22 9:30 Tai Chi - M 10:00 Coffee with Joyce - C 2:00 Swinging Pendulum Art Demonstration - M 3:30 Rotary Happy Hour - B 6:30 Music in the Park (REIMAGINED) - SB</p>	<p>23 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-long - C</p>	<p>24 9:30 Drumming to Be Fit - M 10:00 Coffee with Tanis - C 1:30 Home Health Walker/ Wheelchair Inspections - M 2:00 Bingo - DR 3:00 Tiny World Ep. 6 - M 7:15 Word in a Word - C</p>	<p>25 9:30 Stretching - M 10:00 Piano Music by Elaine Bollman - C 1:45 Sit & Be Fit - M 2:30 Banana Splits - DR</p>	<p>26 10:00 Project Humane Society - M 2:00 Trip to Crows General Store - SB</p>
<p>27 8:45 Church Shuttle - SB 2:00 Movie - M</p>	<p>28 9:30 Chair Yoga - M 10:00 Coffee with Lisa - C 2:00 Angel's Sugar Gliders & Chinchilla - M 4:30 Supper Club (Swiss Chalet) - SB 7:15 Firepit Trivia - FP</p>	<p>29 9:30 Tai Chi - M 10:00 Coffee with Joyce - C 10:30 Baking Biscuits - M 2:00 Resident Meet & Greet - DR 3:30 Rotary Happy Hour - B 7:15 Scavenger Hunt Drive - SB</p>	<p>30 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 Chase the Ace 2:00 Sit & Be Fit - M 3:00 Sing-a-long - C</p>	<p>31 9:30 Drumming to Be Fit - M 10:00 Coffee with Tanis - C 11:00 Lunch at Lady of the Lake - SB 2:00 Bingo - DR 2:00 Men's Coffee Club - M 7:30 Music by Dorothy & Brian Granger - C</p>	<p>GeIMoment Nails will be in the Library at 9:00 a.m. on Wednesday: August 2, 16, 30</p>	<p>Visit with Tiffany every Thursday at 1 p.m. in the Common Room!</p> 

August Birthdays

Faye Brown	Aug. 8
Lloyd Harness	Aug. 13
Bud Leech	Aug. 13
Jack Fraser	Aug. 16
Betty Loree	Aug. 20
Lorraine Walker	Aug. 21
Pam Stacy	Aug. 22
Mary Warren	Aug. 23
Heather Bridgeman	Aug. 29

August Anniversaries

Shirley & Glenn Erskine	Aug. 23
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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 nd Floor)	L
Workshop (2 nd floor)	W
Billiards Lounge	BL
Shuttle Bus	SB
Bar	B

Calendar is subject to change.