




TEA & TALES

Brandon Seniors for Seniors, in collaboration with the Mood Disorders Association of Manitoba, are very excited to announce "Tea & Tales". This is the first of its kind in the Westman Region. "Tea & Tales" is a senior Support Group that brings people together for morning coffee/tea and refreshments to share experiences and discuss a variety of topics about mental health. Grief, loss, coping with aging mood disorders, finding motivation after retirement and general life topics are all a part of this six-week session. Participants can come enjoy each others company and get support from other seniors who are experiencing similar struggles. Facilitated by Lora Hay, from the Mood Disorders Association of Manitoba, this will be hosted at Brandon Seniors for Seniors on Tuesday mornings starting July 9, 2024, until August 6, 2024. There is no cost to register. Tea & Tales prioritizes the privacy and confidentiality of all participants. Our bus will leave Rotary Villas at 10:00 a.m. and pick everyone back up at 12:00 p.m.



We held our annual Walk for Alzheimer's Poker Derby on June 19. We raised an amazing \$685 to support those impacted by Alzheimer's and dementia. Thank you to all the wonderful community members who joined us a made this event a success!



The Retirement Lifestyle You Deserve

July 2024

A Note from the Wellness Department

Get ready for an exciting month as it's time for our annual carnival! Be sure to tell your family and friends to come join us for an afternoon of fun and excitement on Friday, July 19, from 2 - 4 p.m.

We are very fortunate to have the United Way student volunteers back with us this summer. They will be here twice this month and have some fun activities in store for you.

On the first Wednesday of every month we will be offering Catholic Mass with St. Augustine Church in the Multipurpose Room at 11 a.m.

Each month we will be celebrating a funny and bizarre national holiday. Come celebrate National Gummy Worm Day with us under the pergola and try our tasty creation!

Sometimes walkers and canes can get mixed up while in the dining room or at activities. Stop by our labelling booth with your assisted mobility device and we will be happy to label and/or decorate it for you.

Our mental health is a very important thing to take care of, and beginning this month for the next 6 weeks our bus will be taking those who would like to attend to "Tea & Tales" at Seniors for Seniors.

The summer Olympics are taking place in Paris from July 26 - August 11. The Olympic athletes will be very active over those two weeks and we should be too! Pick up your Olympic passport at the Front Desk. Every activity/event you attend will earn you a stamp in your passport. Hand in your completed passport once the Olympics are over. The resident(s) with the most stamps will receive a prize. Be sure to stop by our Olympic Wall to pick a square. Be aware, your square location will be very valuable to you throughout the Olympics! You will find out more closer to the end of the month. Join us for as many Olympic-related activities as you



July is the month of the Dove which is a symbol of grace and freedom. Gracing us with their presence this month will be Marion Prior and Sandra Jackson. Please be sure to welcome these lovely ladies to our Rotary community.

Common area, hallway, and dining room carpet cleaning is scheduled this month.

A reminder that all work orders are to be reported to Front Desk to improve overall efficiency.

Enjoy the beautiful month of July.

Tanis Low

Leasing Coordinator

can throughout the weeks. Trish, Faith and I hope you all have a wonderful month and we look forward to spending July with you!

Lisa Tudball

Wellness Coordinator



ANNUAL ROTARY VILLAS CARNIVAL

Family & Friends Welcome!

GAMES	Friday, July 19	FACE PAINTING
SNACKS	2p.m. —4 p.m.	BOUNCY CASTLE
PRIZES	Front Parking Lot	

Rotary Villas Recreation Calendar - July 2024

July Birthdays

July 10-Liz Grant
 July 11-Grace Flynn
 July 15-Don Roy
 July 22-Marj Roney
 July 26-John Naylen
 July 31-Kay Cairns
 July 31-Glenn Erskine

July Anniversaries




July 3-Harvey & Heather Bridgeman
 July 4-John & Betty Naylen
 July 6-Jerry & Marilyn Ross
 July 22-Robert & Linda Lane

Shuttle Schedule

Monday to Friday:
 8:15am-4:15pm
 Sunday Church Shuttle:
 8:45am-12:15pm

Locations

Multi-Purpose Room - M
 Common Room - C
 Dining Room - DR
 Front Lawn - FL
 Pergola - P
 Solarium - S
 Fireside Patio - FP
 Library (2nd floor) - L
 Workshop (2nd floor) - W
 Billiards Lounge - BL
 Bar - B
 Private Dining Room - PDR
 Fitness Centre - FC
 Shuttle Bus - SB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY CANADA DAY! Canada Puzzles at the desk 10:00 Coffee with Lisa D. - C 2:00 Trivia with Grace and Bev - C	2 9:30 Exercises - M 10:00 Mobile Foot Care - M 10:00 Coffee with Jody - C 10:00 Bus to Tea & Tales 2:00 Monarch Video - M 3:30 Rotary Happy Hour - B 7:15 Senior Paper Stories-C	3 9:30 Chair Dancing - M 10:00 Coffee with Bev - C 11:00 Catholic Mass with St. Augustine Church - M 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Hymn Sing - C	4 9:30 Stretching - M 10:00 Coffee with Tanis - C 2:00 Afternoon Bingo - DR 3:00 Big Beasts Video: Episode 3 - M 7:15 Music & Drinks by the Fire: Frank Sinatra - C	5 9:30 Drumming to be Fit-M 10:00 Coffee with Trish - C 1:45 Sit & Be Fit - M 2:30 Root Beer Floats - DR	6 10:00 Walk Around the Block (meet in lobby) 2:00 Humane Society Project - M
7 8:45 Church Shuttle-SB 7:30 Youth Choir - C	8 9:30 Exercises - M 10:00 Coffee with Shradha - C 11:45 Lunch Bunch Outing: Echo Restaurant-SB 7:15 Evening Bingo: (bring \$3) - M	9 9:30 Outdoor Sittercises - P 10:00 Coffee with Lisa T.- C 10:00 Bus to Tea & Tales 2:30 Town Hall - DR 3:30 Rotary Happy Hour -B 7:15 Word in a Word - C	10 9:30 Chair Dancing - M 10:00 Coffee with Trish - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-Long - C	11 9:30 Stretching - M 10:00 Coffee with Cory - C 1:30 Games with the Student Volunteers-M 2:45 Popsicles under the Pergola - P 7:15 Mental Aerobics - M	12 9:30 Drumming to be Fit-M 10:00 Coffee with Trish - C 1:45 Sit & Be Fit - M 2:30 Ice Cream Treats -DR	13 10:00 Dice Game - M 2:00 Birthday Party & Entertainment with The Sanderson's -DR
14 8:45 Church Shuttle-SB 2:30 Worship & Devotional Service- C	15 9:30 Stretching - M 10:00 Coffee with Lisa D. - C 2:30 National Gummy Worm Day Surprise-P 7:15 Word Search Competition - M	16 9:30 Exercises - M 10:00 Coffee with Jody - C 10:00 Bus to Tea & Tales 3:30 Rotary Happy Hour with Mocktails & Snacks-B 7:15 Concert from the Past: Gordon Lightfoot - M	17 9:30 Chair Dancing - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-Long - C	18 9:30 Stretching - M 10:00 Coffee with Tanis - C 2:00 Afternoon Bingo - DR 2:00 Communion with St. Matthew's Church - PDR 7:00 Walker/Cane Labelling Booth - C	19 9:30 Sit & Be Fit - C 10:00 Coffee with Trish - C 1:00-4:00 Massage Therapy 2:00-4:00 Annual Carnival! 	20 10:00 Walk Around the Block (meet in lobby) 2:00 Scrapbooking: (bring photos) - M
21 8:45 Church Shuttle-SB 10:00 Prairie Therapy Dogs - M 7:30 Interdenominational Church Service (COP) - C	22 9:30 Exercises - M 10:00 Coffee with Shradha - C 2:00 Movie Matinee: Going in Style - M 7:00 Humane Society Project - M	23 9:30 Outdoor Sittercises -P 10:00 Mobile Foot Care - M 10:00 Coffee with Lisa T.- C 10:00 Bus to Tea & Tales 12:15 Olympic Wall Begins! 3:30 Rotary Happy Hour - B 7:15 Memory Joggers - M	24 9:30 Chair Dancing - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-Long - C	25 9:30 Stretching - M 10:00 Coffee with Cory - C 1:45 Daly House Museum Tour & Tea - SB 2:00 Afternoon Bingo - DR 7:30 Entertainment w/ the Unique Vocal Quintet-DR	26 Olympics Begin!  9:00 Pick up your Olympic Passport at the front desk 9:30 Drumming to be Fit-M 10:00 Coffee with Trish - C 1:45 Sit & Be Fit - M 2:30 Ice Cream: French Macaron Sundaes - DR	27 10:00 Card Making: Thank-you Cards - M 2:00 Outdoor Giant Jenga Game - FL
28 8:45 Church Shuttle-SB 2:30 Worship & Devotional Service- C	29 9:30 Exercises - M 10:00 Coffee with Lisa D. - C 2:00 Olympics Themed Lottery Bingo - M 7:30 Entertainment with the Country Kings - DR	30 9:30 Tai Chi Class - M 10:00 Coffee with Jody - C 10:00 Bus to Tea & Tales 2:30 Meet & Greet - DR 3:30 Rotary Happy Hour -B 7:15 Olympic Trivia - C	31 9:30 Chair Dancing - M 10:00 Coffee with Bev - C 12:00 Chase The Ace 2:00 Sit & Be Fit - M 3:00 Sing-a-Long - C	Lions TV Bingo: Every Wednesday at 3:00pm (Channel 10) Cards are sold at the front desk for \$3.00/ pack of 3 cards.	Brandon Embroiders will be here in the Library at 1:30pm on July 3, 10 & 24.	Gel Moments Nails will be offered in the Library starting at 9:00am on Wednesday July 3, 17 & 31.