



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------



<p><b>4</b>  <b>11-1pm</b> Brunch (DR)  <b>12pm</b> Baking Orders Due  <b>1pm</b> Movie "BRIDGERTON" Series continued.....  <b>4pm</b> BINGO (L)</p>	<p><b>5 GINGERBREAD DAY</b>  <b>11:30-1:30pm</b> Lunch (DR)  <b>1:30pm</b> Michelle's Chair Yoga/Exercise, Mens &amp; Ladies (L)  <b>1:30-2:30pm</b> Singing Practice with Kerry  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>6</b>  <b>10am</b> Cardio-Drumming (T)  <b>11:30-1:30pm</b> Lunch (DR)  <b>1pm</b> Bridge (L)  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>7 CHOCOLATE ICE CREAM DAY</b>  <b>10am</b> Men's Coffee Social (MR)  <b>11AM MEMBERS MEETING</b>  <b>11:30-1:30pm</b> Lunch (DR)  <b>2pm</b> Cards/Games (L)  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>8</b>  <b>9:30-10:30am</b> Kid Zone—with Volunteers (MR)  <b>11:30-1:30pm</b> Lunch (DR)  <b>2-3pm</b> Happy Hour (DR)  " Gary Mockford"  <b>4-6:30pm</b> Dinner (DR)  <b>7pm</b> Crib (L)</p>	<p><b>9 STRAWBERRY RHUBARB PIE DAY</b>  <b>10am</b> Cardio Drumming (T)  <b>10:30pm</b> Game-QWIRKLE (L)  <b>11:30-1:30pm</b> Lunch (DR)  <b>2pm</b> Pictionary (DR)  <b>4-6:30 pm</b> White Table Cloth Dinner (DR)  <b>6:30-7:30 pm</b> Entertainment "Dan Lonsdale"  <b>7-9pm</b> Cocktails,</p>	<p><b>10</b>  <b>12pm</b> Members Movie &amp; Popcorn (T)  "THORN BIRDS" continued  <b>4-6:30pm</b> Dinner (DR)</p>
<p><b>11 GERMAN CHOCOLATE CAKE DAY</b>  <b>11-1pm</b> Brunch Buffet (DR)  <b>12pm</b> Baking Orders Due  <b>1pm</b> Movie "BRIDGERTON" Series continued.....  <b>4pm</b> BINGO (L)</p>	<p><b>12</b>  <b>11:30-1:30pm</b> Lunch (DR)  <b>1:30pm</b> Michelle's Chair Yoga/Exercise, Mens &amp; Ladies (L)  <b>1:30-2:30pm</b> Singing Practice with Kerry  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>13</b>  <b>10am</b> Cardio-Drumming (T)  <b>11:30-1:30pm</b> Lunch (DR)  <b>1pm</b> Bridge (L)  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>14 STRAWBERRY SHORTCAKE DAY</b>  <b>10am</b> Men's Coffee Social (MR)  <b>11:00am</b> Progressive Step Orthotics &amp; Bracing. With Blake Bevan (L)  <b>11:30-1:30pm</b> Lunch (DR)  <b>2pm</b> Cards/Games (L)  <b>4-6:30pm</b> Dinner (DR)  <b>6-8pm</b> VALLEYVIEW COMMUNITY ASSOCIATION AGM (L)</p>	<p><b>15</b>  <b>9:30-10:30am</b> Kid Zone—with Volunteers (MR)  <b>11:30-1:30pm</b> Lunch (DR)  <b>2-3pm</b> Happy Hour (DR)  " JOHN CLINCH"  <b>4:30-6:30pm</b> Dinner (DR)  <b>7pm</b> Crib (L)</p>	<p><b>16</b>  <b>10am</b> Cardio Drumming (T)  <b>10:30pm</b> Game-QWIRKLE (L)  <b>11:30-1:30pm</b> Lunch (DR)  <b>1-2pm</b> June Tea  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>17</b>  <b>12pm</b> Members Movie &amp; Popcorn (T)  "THE MISSING YEARS"  <b>4-6:30pm</b> Dinner (DR)</p>
<p><b>18 FATHERS DAY</b>  <b>10:30-12pm</b> Floor Games  <b>12-2pm</b> BBQ Brunch (DR)  <b>12pm</b> Baking Orders Due  <b>2-3pm</b> "TODD &amp; STEPH"  <b>4pm</b> BINGO (L)</p> 	<p><b>19 COCONUT DAY</b>  <b>11:30-1:30pm</b> Lunch (DR)  <b>1:30pm</b> Michelle's Chair Yoga/Exercise, Mens &amp; Ladies (L)  <b>1:30-2:30pm</b> Singing Practice with Kerry  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>20</b>  <b>10am</b> Cardio-Drumming (T)  <b>11:30-1:30pm</b> Lunch (DR)  <b>1pm</b> Bridge (L)  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>21 SUMMER SOLSTICE</b>  <b>10am</b> Men's Coffee Social (MR)  <b>11:30-1:30pm</b> Lunch (DR)  <b>2pm</b> Cards/Games (L)  <b>4-6:30pm</b> Dinner (DR)  <b>6:30-7:30pm</b> PHARMASAVE FASHION SHOW (DR)</p> 	<p><b>22</b>  <b>9:30-10:30am</b> Kid Zone—with Volunteers (MR)  <b>11:30-1pm</b> Lunch (DR)  <b>2-3pm</b> Happy Hour (DR)  " ALLY CATS"  <b>2:30-4:30pm</b> RCMP MUSICAL RIDE ( outing)  <b>4-6:30pm</b> Dinner (DR)  <b>7pm</b> Crib (L)</p>	<p><b>23</b>  <b>10am</b> Cardio Drumming (T)  <b>10:30pm</b> Game-QWIRKLE (L)  <b>11:30-1:30pm</b> Lunch (DR)  <b>2pm</b> Pictionary (DR)  <b>4-6:30pm</b> Dinner  <b>7-9pm</b>Cocktails,&amp; Music (WB)</p>	<p><b>24</b>  <b>12pm</b> Members Movie &amp; Popcorn (T)  "THE LEISURE SEEKER"  <b>2-3pm</b> Ice Cream Social  Entertainment:  "MICHAEL POWEL ORCHESTRA"  <b>4-6:30pm</b> Dinner</p>
<p><b>25</b>  <b>11-1pm</b> Brunch (DR)  <b>12pm</b> Baking Orders Due  <b>1pm</b> Movie "BRIDGERTON"  <b>4pm</b> BINGO (L)</p>	<p><b>26</b>  <b>11:30-1:30pm</b> Lunch (DR)  <b>1:30pm</b> Michelle's Chair Yoga/Exercise, Mens &amp; Ladies (L)  <b>1:30-2:30pm</b> Singing Practice with Kerry  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>27</b>  <b>10am</b> Cardio-Drumming (T)  <b>11:30-1:30pm</b> Lunch (DR)  <b>1pm</b> Bridge (L)  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>28 TAPIOCA DAY</b>  <b>10am</b> Men's Coffee Social (MR)  <b>11:30-1:30pm</b> Lunch (DR)  <b>2pm</b> Cards/Games (L)  <b>4-6:30pm</b> Dinner (DR)</p>	<p><b>29</b>  <b>9:30-10:30am</b> Kid Zone—with Volunteers (MR)  <b>11:30-1pm</b> Lunch (DR)  <b>2-3pm</b> Happy Hour (DR)  " DUSTY BOOTS"  <b>4-6:30pm</b> Dinner (DR)  <b>7pm</b> Crib (L)</p>	<p><b>30</b>  <b>10am</b> Cardio Drumming (T)  <b>10:30pm</b> Game-QWIRKLE (L)  <b>11:30-1:30pm</b> Lunch (DR)  <b>2pm</b> Pictionary (DR)</p>	<p>(T) Theater Room  (L)= Library 2nd floor  (G)= Gym  (MR)= Members Retreat, 4th floor  (DR)= Dining Room  (WB) = Wine Bar  (PT) = Patio</p>



### Chef George Culinary Team

Welcome to all our new members, I look forward to meeting you and getting to know you. Thank you to the food committee for all the information gathered. Starting June.5<sup>th</sup> 2023 we will be running our full menu Monday-Friday. With Saturday and Sunday being special menus. Choice of two on Saturday and Brunch on Sunday. We will also be starting up the BBQ real soon, any suggestions on what you would like to have BBQ. Please feel free to bring it to my attention and I will see what I can get for us. Just a reminder that when we do our formal night, the full menu is also available that evening. It is just our special for the night. We will be having a Father's Day BBQ on June.18<sup>th</sup>

I look forward to seeing you all there.

### DINING ROOM & HOUSEKEEPING

We would like to welcome our new housekeeper Janet.

I will be coming around randomly putting stickers where your water shut off is in your suite. If you would like to know where it is just ask me. The Blinds and windows will be getting cleaned over this next month. Patio will be open unless smokey, windy, or rainy.

*Thank you,  
Stephanie*



Pat Mintern—June 5th  
Gary Miller—June 8th  
Diane Reid—June 13th  
Marlene Connell— June 16th  
Bryan White—June 18th  
Lyoyd Dupas—June 18th  
Joan Bristow— June 21st  
Bernie Kent— June 23rd  
Don Grimm-June 30th

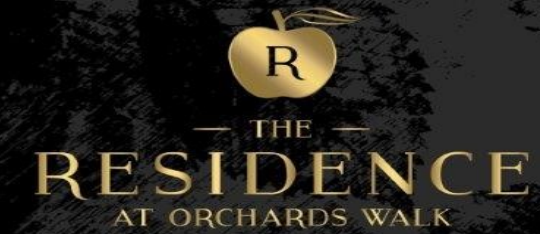
### THE RESIDENCE BOOK CLUB

**May 31st Wednesday at 3pm**  
**The Retreat Room on the 4th floor.**  
**Our book for this month**  
**“The 100 Year Old Man who Climbed out the window and disappeared”**  
**By Jonas Jonasson**  
**Alan climbs out of his nursing home window on his 100th Birthday and we get to follow him on his subsequent adventure.**  
**Please contact: Marion Zagar Suite #122**  
**Phone: 250-372-2458**  
**Email: marionzagar@shaw.ca**

**Welcome Danielle Donisis**  
***BLUSHING***  
**Beauty & Aesthetics**  
**Hand & Foot care**



Call to make appointments: **778-220-0741**  
Email: danielledonisi@gmail.com



## Members Corner



**Hello Members,**

As we return to our hot summer temperatures; comes the need to stay hydrated and to be protected from the sun with sun block.

We have put water jugs back out at the middle of every floor to ensure that people have adequate access to water. An adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

June is a busy month with such events as a white table cloth dinner, weekly entertainment, conversation social, Pharmasave Fashion Show, RCMP Musical Ride, Social Tea, Monday Singing, Father's Day BBQ and that is just to name but a few.



At this point I would like to acknowledge the events that have past that have gone well and I'm glad to hear the Ice Cream Social was well attended and enjoyed.

Congrats to Jill and her new position as the title has changed from the letter that we had put out from Kathy. The new title is **“SALES AND EVENT'S MANAGER”**. She'll be amazing at it as she always does a great job.

Thank you Brittany for all the work you do around the building, and the monthly tea's that you take time to come up with new ideas for the tea events.

Thank you Stephanie for singing at the monthly teas.

Thank you to all of you who make the Residence an amazing place to call home.

*Sincerely,  
Jody Kelly*