



July 2014

Happy Birthday!

- ✧ Mattie – July 14
- ✧ Della – July 8
- ✧ Glad – July 17
- ✧ Ruth – July 23
- ✧ June – July 28
- ✧ Pauline – July 29
- ✧ Henry - July 30

Congratulations to June Employee of the Month

Raylene

Residents, family and staff can
nominate staff. Nomination slips are
at the front reception desk

WELCOME TO NEW RESIDENTS

CAROLINE

ASSISTED LIVING

JULY



- July 1 - **CANADA DAY**
- July 4 - Independence Day USA
- July 4 - 13 - Calgary Stampede

JULY IS
NATIONAL
ICE CREAM
MONTH!



WINDOW CLEANING! JULY 9 AND 10

Aramark is having the outside windows cleaned July 9th and 10th by Sonshine Window Cleaners. Please be aware that during this time, someone may be at your window. Please keep your windows closed so that they can be properly cleaned.

Thank you!



Do you live in Canada?



- If your local Dairy Queen is closed from September through May you may live in Canada.
- If someone in a Home Depot store offers you assistance and they don't work there, you may live in Canada.
- If you've worn shorts and a parka at the same time, you may live in Canada
- If you've had a lengthy telephone conversation with someone who dialed a wrong number, you may live in Canada
- If you measure distance in hours, you may live in Canada
- If you know several people who have hit a deer more than once, you may live in Canada
- If you have switched from "heat" to "A/C" in the same day and back again, you may live in Canada
- If you carry jumpers in your car and your wife knows how to use them, you may live in Canada
- If you design your kid's Halloween costume to fit over a snowsuit, you may live in Canada
- If driving is better in the winter because the potholes are filled with snow, you may live in Canada



- If you know all 4 seasons: almost winter, winter, still winter and road construction, you may live in Canada

Canadian Dessert - Nanaimo Bars

Prep Time: 30
Minutes

Ready In: 30
Minutes

Servings: 16



INGREDIENTS:

- | | |
|---|---|
| 1/2 cup butter, softened | 1/2 cup butter, softened |
| 1/4 cup white sugar | 3 Tbsp heavy cream |
| 5 Tbsp unsweetened cocoa powder | 2 Tbsp custard powder |
| 1 egg, beaten | 2 cups confectioners' sugar |
| 1 3/4 cups graham cracker crumbs | 4 (1 oz) squares baking chocolate (semisweet) |
| 1 cup flaked coconut | 2 tsp butter |
| 1/2 cup finely chopped almonds (optional) | |

DIRECTIONS:

1. In the top of a double boiler, combine 1/2 cup butter, white sugar and cocoa powder. Stir occasionally until melted and smooth. Beat in the egg, stirring until thick, 2 to 3 minutes. Remove from heat and mix in the graham cracker crumbs, coconut and almonds (if you like). Press into the bottom of an ungreased 8x8 inch pan.
2. For the middle layer, cream together 1/2 cup butter, heavy cream and custard powder until light and fluffy. Mix in the confectioners' sugar until smooth. Spread over the bottom layer in the pan. Chill to set.
3. While the second layer is chilling, melt the semisweet chocolate and 2 teaspoons butter together in the microwave or over low heat. Spread over the chilled bars. Let the chocolate set before cutting into squares.

ALL ABOARD!



Alberta Prairie Railway Excursions

A Major Alberta Attraction - Great For The Whole Family

Enjoy a complete day on the train!

Alberta Prairie offers an exciting one day adventure on board a real steam or diesel-powered train. Different themes are enacted throughout the season, including murder mysteries, family, live stage show, seniors and teddy bear specials. At some point during your excursion the train may be brought to a screeching halt. Look out! It's the dreaded outlaw "Reynolds Raiders". They are known to frequent these parts and on occasion hold up the train. But fear not the Canadian Métis hero, Gabriel Dumont, is there to stop them. After a short but furious gun battle, the money the outlaws took from passengers is retrieved. Since it's impossible to tell who the money belongs to, it is donated to a number of children's charities. The train leaves Stettler, Alberta, and returns five to six hours later..

All excursions include a full course buffet meal which is included in the fare, on board entertainment and maybe even a train robbery. All meals during the summer are presented in the community hall in Big Valley, a large tent in Big Valley or the community hall in Stettler. During your journey on board the train you will travel through the beautiful rolling and treed countryside of Alberta's Parkland.

So, what do we as Canadians have to be Proud of?

Insulin, [1921, F. Banting, C. Best]

Telephone [1876, Alexander Graham Bell]

Light Bulb [1874, Henry Woodward, Mathew Evans]

Wonderbra [1964, Louise Poirier]

Pacemaker [1950, J. Hopps, W. Bigelow, J. Callaghan]

Zipper [1913, Gideon Sundback]

Poutine [1957, Fernand Lachance]

Java Programming Language [1994, J. A. Gosling]

Standard time [1878, Sir Sandford Fleming]

Ski-Doo [1922, Armand Bombardier]

BlackBerry [1999, Mike Lazaridis]

Radio Voice Transmission [1900, R. Fessenden]

Retractable Beer Carton Handle [1957, S. Pasjack]

Goalie Mask [1959, Jacques Plante]

Lacrosse [First Peoples]

Steam Fog Horn [1853, Robert Foulis]

Walkie-Talkie [1942, Donald L. Hings]

Alkaline Long-Lasting Battery [1959, Lewis Urry]

Paint roller [1940, Norman Breakey]

Snowblower [1925, Arthur Sicard]

Self-propelled Combine Harvester [1937, T. Carroll]

G-Suit [1941, Wilbur Rounding Franks]

Ardox Spiral Nail [1954, Allan Dove]

Separable Baggage Check [1882, John M. Lyons]



NO Resident Council

Meeting in summer

Next meeting will be

Tuesday,

16 September 2014

10:30 a.m.

3rd Floor

RECREATION NEWS



Happy Birthday Canada!!!!

Canada will be 147 years old this July



The Valleyview hosted a Breakfast for our Volunteers.

We had 76 guests attend.

Thank to all the staff that helped make it a success.



Summer is great fun with Recreation.
We will be planning many Summer Recreation
Programs for July.

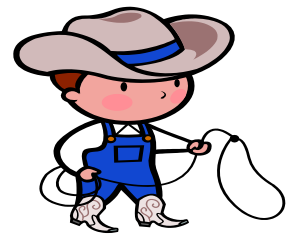


*There will be a Stampede BBQ for Residents and Families on
Tuesday July 22, 2014.*

*Please buy your tickets from the front office on July 8, 2014
from 8AM- 8 PM.*

Hope to see you there.

Recreation Staff will be taking Residents to the Annual Stampede
Parade on Thursday July 24 8:00 AM. There will be a sign up sheet
posted, or you can see Judy, Debbie or Sheila to get signed up for
the Stampede Parade on July 24 at 8:00 AM



The Recreation Staff will also be taking Residents to Echo Dale Park for
picnics via Special Transit this summer.

Looking back to
June.....Seniors Week was

exciting; we made homemade lemonade,
homemade ice cream and served root beer
floats.

We also had a Seniors Week draw from
Monday June 2 to
Friday June 6.

Debbie Jesse-Recreation Therapist.
Sheila Schwab-Recreation Coordinator
Judy Folk Recreation Assistant

Winners of the Seniors Week Draw:

June 2nd - Bonnie

June 3rd - Della

June 4th - Matti

June 5th - Hilma

June 6th - Lois