



Happy Birthday

Vera K. August 6

Frances H. August 21

Bonnie S. August 22

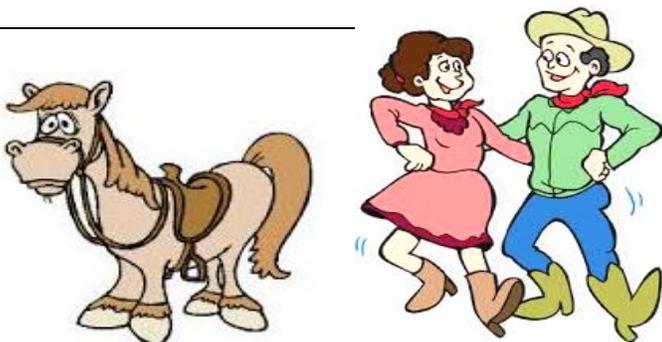
Mary S. August 23

Myrla P. August 28



Decorating Contest Winners

Congratulations everyone! This year we tied for the FIRST PLACE with Meadowlands. Thank you to everyone who participated. It was a great way to kick off Stampede Week. YEEEE HAAAAAA!



*Congratulations to July's
Employee of the Month*

Debbie J.

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



Farewell to:

Gladys K.
Gloria R.

We wish them well in their new homes!



In Our Hearts

Donna T.

We cherish the memories of those who have passed away

Welcome to our New
Residents

☞ Frances H.
☞ Jane Y.

OLD AGE

“Old age is 15 years older than I am.”

~Oliver Wendell Holmes

“Age is strictly as a case of mind over matter. If you don't mind it doesn't matter.”

~Jack Benny

“Old people like to give good advice, as a solace for no longer being able to provide bad examples.”

~La Rochefoucauld

“Old age isn't so bad when you consider the alternative.”

~Maurice Chevalier

“Every man desires to live long; but no man would be old.”

~Jonathan Smith

“Wrinkles merely indicate where the smiles have been.”

~‘Following the Equator’

Get Lost at the Lethbridge Corn Maze

Corn everywhere, 9 acres of corn way above your "ears".

There is a kids maze, a Trivia maze and a Big maze.

Navigating through the 3 different mazes will take from 20 minutes to 2 hours.

If you really Get Lost, don't despair, we will be harvesting in November.

**We are open in 2014
from July 25 till October 25**

Beside the corn maze there is a

- petting zoo
- playground
- cow train
- giant slide
- hayrides
- pumpkins in the fall
- fresh fruit
- snack shack



July and August

- > Monday to Saturday 10 am 9pm (guest may remain 1 hour after closing)
- > Sundays closed



MEXICAN CORN ON THE COB (ELOTE)



"As served by street vendors in Mexico. Grilled ears of fresh corn are spread with mayonnaise and sprinkled with grated cheese. You'll want to eat all your corn this way from now on."

Ingredients:

- | | |
|-----------------------|--------------------------|
| 4 ears corn, shucked | 1/2 cup grated cheese |
| 1/4 cup melted butter | 4 wedges lime (optional) |
| 1/4 cup mayonnaise | |

Directions:

1. Preheat an outdoor grill for medium-high heat.
2. Grill corn until hot and lightly charred all over, 7 to 10 minutes, depending on the temperature of the grill. Roll the ears in melted butter, then spread evenly with mayonnaise. Sprinkle with cheese and serve with a lime wedge.

Air Conditioners

Please make sure you keep your windows closed when air conditioners are running.



When you have your window open it makes the A/C run too hard and it blows the breaker. It is also important to keep it on low when you first start it then gradually turn it up.

Thank you,
Norman Moser, Maintenance



Annual Seniors of Distinction

In celebration of seniors and their contributions to our Society the Seniors of Distinction Awards will take place at Valleyview October 1, 2014. The nomination process is now open to recognize the contributions, achievements and diversity of seniors. Nominees must be at least 65 by January 1, 2014, live in Medicine Hat or Redcliff and whose accomplishments took place in Medicine Hat or Redcliff to be eligible.

Nominations can be made in four different categories.

- *Arts: includes visual and performing arts, literary achievement and other artistic endeavors including teaching their skill to others.
- *Leadership: includes roles in community organizations and those who inspire others with their vision.
- *Community Service: either as a volunteer or a professional helping the sick, helping to set things up for weekly meetings or assisting others in the community.
- *Healthy Living: to reward accomplishments in sports, gardening, recreation, education or learning initiatives such as learning a new sport.

For more information contact:

Tina Dorn, Marketing coordinator

Valleyview Retirement Community at 403.526.7000

August Recreation News

***Finally the summer weather is shining down upon us and we are able to enjoy the beautiful sunny days. As you will see on the activity calendar many of our programs are being held outdoors on the patio.**

***The garden in the backyard is looking lovely. The flowers and vegetables are growing and blooming and it is great to have the gardens in our backyard. Please check the August calendar for dates/times when we will be harvesting and preparing some of the vegetables from the garden.**

***Most of our entertainers have taken the summer off (a well deserved break) but they are looking forward to returning in September**

***Thank you to all Volunteers, Staff, Residents and Family members for making the annual Valleyview Stampede Breakfast a success. Even though Mother Nature decided to rain, the food, music and fellowship was enjoyed by all.**

*** Thank you to Judy and Marni for selling 50/50 tickets at the bbq. Congratulations to David Williams who is now \$51.50 richer.**

Sheila, Debbie and Judy hope everyone is enjoying their summer. As always we encourage you to feel free to come and talk to us and bring forth any ideas, comments and concerns.

Sheila Schwab-Recreation Coordinator

Debbie Jesse-Recreation Coordinator

Judy Folk-Recreation Assistant

