



## Welcome

### NEW RESIDENTS

Keith Mc.	Teresa T.
Mae R.	Beulah S.
John D.	Fred C.
Jean C.	Jacob L.
Silvia B.	Murray F.
Toni S.	Arlene H.
Dennis B.	Carol M.
Julie G.	

## GENERAL MANAGER MESSAGE

By Carol Law

It's the Holiday Season,

We at AgeCare Walden Heights want to wish our Residents and Family a safe, happy and healthy Holiday season. During this time of the year we know that many of our Residents are busy with their families, off to special dinners and often out to visit with their loved ones. We ask that you take the time to let us know as soon as possible if you are going to enjoy the Holiday at home with a resident. We want to ensure that any medication required while away is ordered in advance and available when they leave.

We know this is a time to create memories and hope that yours are warm and happy.

Season's Greetings from the entire AgeCare Walden Heights Team

## Hospitality

By Sacha Fritz

Hospitality department has been making a few changes to our menu, our preparation and cooking and plating methods all in an effort to improve the taste, the temperature and presentation of our food. As always your feedback is always greatly appreciated.

We want to be more proactive when it comes to individual food items that may not be fan favorites. We want to replace those menu items with items more to your liking in a timely manner. Also stayed tuned for our annual fantastic Christmas brunch on Dec 18<sup>th</sup>

### On Friday November 18<sup>th</sup> 2016

There was a Chili Cook off at AgeCare Seton, including AgeCare Lake Midnapore, Walden and Seton. After early deliberation and with about a 80 Taster Walden was declare winner by a big land slide. Congratulation to the Walden Kitchen Team.

# RECREATION CORNER

By Bonnie Whitney

## Welcome to December!

Recreation has many things organized to celebrate this festive season.

### *Join us.....*

Friday, December 2<sup>nd</sup>, 2pm: CC Christmas Dancers

Monday, December 5<sup>th</sup>, 2pm: St. Sebastian Handbell Choir

Friday, December 9<sup>th</sup>, 2pm: Chinook Country Line dancers

Tuesday, December 13<sup>th</sup>, 6:30pm: Southwinds Hymn Sing

Wednesday, December 14<sup>th</sup>, 2pm: Aven Grace Christmas Concert

Tuesday, December 20<sup>th</sup>, 2pm: Welcome/Birthday Party with entertainment by "The Waltzing Matildas"

Thursday, December 22<sup>nd</sup>, 2pm: KidsU Christmas Presentation

Friday, December 23<sup>rd</sup>, 2pm Christmas choir presentation with Walden's own Hummingbirds (don't forget to wear your best Christmas Sweater all day!)

Friday, December 30<sup>th</sup>, 2pm: Pre-New Year's Eve Party with Entertainment by William Bjorn

*Happy Holidays from your Walden Recreation Team*

**Reminder** that **Sunday, December 25<sup>th</sup> & Monday, December 26<sup>th</sup>** are **STAT Holidays**. Recreation staff will not be on site those days, however watch for Christmas Treats during snack & meal times. Also fill in your Boxing Day trivia booklet and hand into recreation in order to win a prize.

# STAFF SPOTLIGHT

By Carol L.



## **Amber McDonald**

Current position is Office Manager

Voted MVP for Trust in her previous position as Unit Clerk  
Amber was responsible for scheduling of care staff,  
payroll, ordering supplies and doing WCB

Her favorite part of her position was the relationships  
created with the health care team.

Amber did not have much interaction with our residents  
and families as her work revolved around scheduling the  
care team.

Amber enjoys spending time with her kids and grandson,  
shopping and keeping active.

Amber's favorite food is Pizza.

Amber enjoys going to the gym to get rid of any stress.

# VOLUNTEER NEWS

We are happy to announce some programs being facilitated by our dedicated team of volunteers. We encourage residents to attend these programs independently.

## ***Southwinds Hymn Sing***

Tuesday December 13<sup>th</sup> at 6:30 pm  
Vista Main floor

## ***Coloring with Jewel and Kids***

Sunday December 18<sup>th</sup> at 2:00 pm Vista Main  
Floor

## ***Rosary with Lori a Canadian Chaplain***

Tuesday December 13<sup>th</sup> @ 10:00 am Vista  
Emerald Dining Room  
Tuesday December 27<sup>th</sup> @ 10:00 am Vista  
Emerald Dining Room

## ***Colouring with Michelle***

Wednesdays @ 2:30 pm Vista Main Floor

## ***Bible Study with Lynda***

Wednesday December 7<sup>th</sup> at 6:30 pm - Emerald  
Dining Room

Wednesday December 14<sup>th</sup> at 6:30 pm -  
Emerald Dining Room

**\*\*No Bible Study December 21<sup>st</sup> or 28<sup>th</sup>\*\***

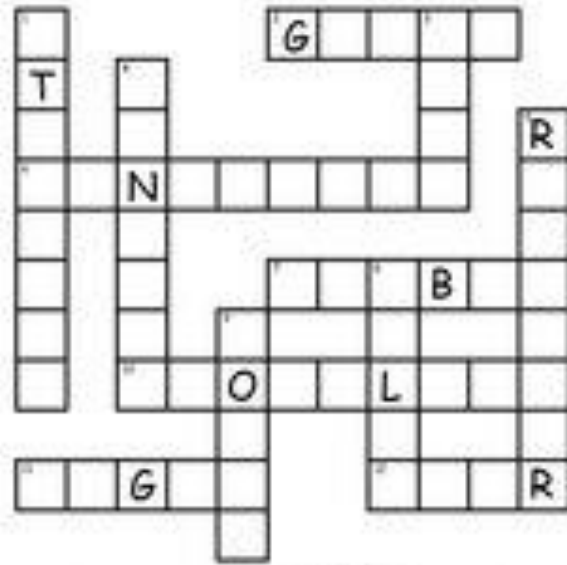
## ***Piano with Shahana***

Saturday December 3<sup>rd</sup> at 11:00 am – Vista Link  
Saturday December 10<sup>th</sup> at 11:00 am – Vista Link  
Saturday December 17<sup>th</sup> at 11:00 am – Vista Link  
**\*\*Not December 24<sup>th</sup> or 31<sup>st</sup>\*\***

# HAPPY BIRTHDAY

- May J. - December 3<sup>rd</sup>  
 Fred H. - December 3<sup>rd</sup>  
 Delorna H. - December 3<sup>rd</sup>  
 Ida M. - December 4<sup>th</sup>  
 Mary E. - December 4<sup>th</sup>  
 Vern A. - December 5<sup>th</sup>  
 Victor B. - December 5<sup>th</sup>  
 Ritchie B. - December 8<sup>th</sup>  
 Jean H. - December 8<sup>th</sup>  
 Eric T. - December 9<sup>th</sup>  
 Elaine B. - December 10<sup>th</sup>  
 Vivian L. - December 12<sup>th</sup>  
 Phyllis C. - December 13<sup>th</sup>  
 Ann S. - December 13<sup>th</sup>  
 Reg B. - December 16<sup>th</sup>  
 Bev W. - December 17<sup>th</sup>  
 Margaret W. - December 19<sup>th</sup>  
 Ann M. - December 19<sup>th</sup>  
 Ed S. - December 19<sup>th</sup>  
 Bud W. - December 25<sup>th</sup>  
 Elizabeth N. - December 27<sup>th</sup>  
 Ray R. - December 29<sup>th</sup>  
 Yvonne C. - December 29<sup>th</sup>

## 'Tis the Season



## Forever in Our Hearts

Sylvia "Sue" H. - October 29<sup>th</sup>

Luella D. - October 30<sup>th</sup>

Katie L. - November 8<sup>th</sup>

Lorraine W. - November 11<sup>th</sup>

Ted J. - November 15<sup>th</sup>

*We cherish the memories of those who have passed away*



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